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09/25

Issue 063
September 2025

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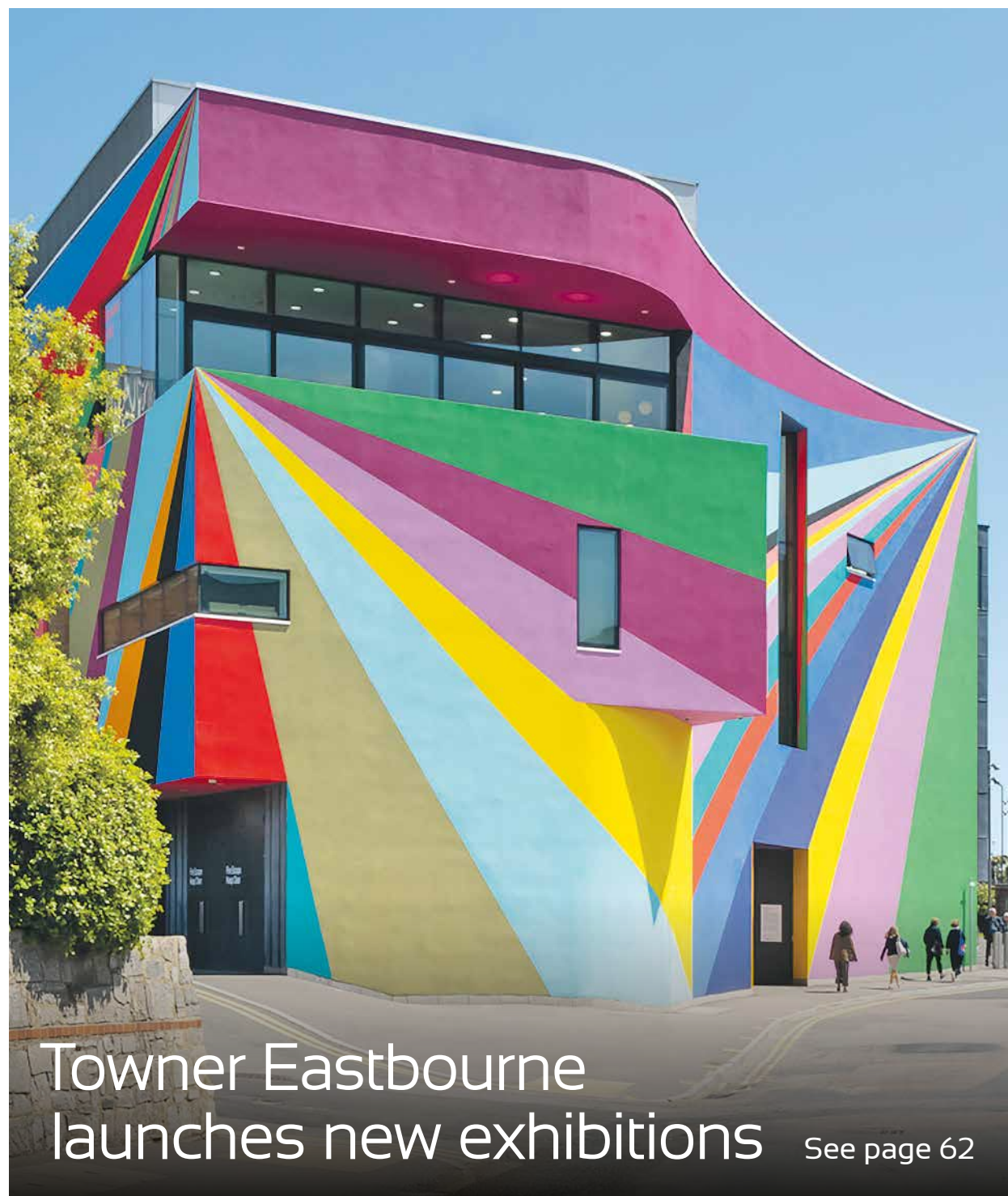
Bournefree

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Towner Eastbourne
launches new exhibitions See page 62

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See more
on page 10
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 The Arts: Patterson Gallery

**Our next edition will be
 distributed from October 1st.
 Make sure you are a part of it.**

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Bumper month for Bournefree

IT'S been a bumper month here at *Bournefree*...

By **Peter Lindsey**

First, the September edition is 72 pages, the highest it's been for many months, and that's because of a high level of advertising and more local news and features.

The number of pages we do each month is, in effect, dictated by the level of local interest, number of emails we receive, inquiries we handle, all leading to the revenue for the magazine – in print and also online.

We are delighted to be printing 72 pages and we hope you find it an enjoyable read.

Our online Reach continues to grow as well. In August, the number of Views on the *Bournefree* Facebook page was a staggering 8.3 million.

One *Red Arrows* video from *Airbourne* received more than three

and a half million Views. It was shared 8,300 times, there were 2,500 comments and it had 59,000 likes. Not bad for one video shot on a phone on Eastbourne Pier.

Our *LinkedIn* account is also gathering apace. Our most popular story of August was seen by more than 166,000 people.

Talking of the *Red Arrows*, this year's *Airbourne* really was Eastbourne at its very best. *Eastbourne Borough Council* estimates there were around 750,000 people at *Airbourne* over the four days.

I have never seen it so busy – and in the words of our Council Leader Stephen Holt: “*Airbourne* is more than just an airshow – it's a celebration of community, resilience, and the spirit of Eastbourne. As we reflect on this year's success, we

look forward to building on it and making next year's event even more spectacular. Thank you, Eastbourne. You've once again proven that when we come together, we can achieve something truly remarkable.”

Well said Stephen.

Victoria Place – where the huge development is taking place at the top end of Terminus Road – also appears to have had a busy few weeks, what with the *Pop-Up Park*, *Airbourne*, and a break in the works.

Let's hope it is enough to keep these wonderful businesses going until everything is completed by Christmas.

We do work closely with many local businesses, and I want to thank *East Sussex College* for their four-page WRAP around this month's *Bournefree*. The results were excellent, and the college really has stepped up a gear in recent years.

We are already cracking on with October's edition. Please message the team – that's Gail, Harry and myself – if you wish to be featured.

Thanks to everyone who supports *Bournefree*.

Bournefree

Bournefree is becoming more and more popular each month, and we want to make it easier for you to promote your business or organisation.

Gail and Harry are here to help you with your marketing and to raise awareness of what you do.



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Eastbourne DigiFest 2025: Understanding AI and what it means for you

ARTIFICIAL Intelligence has become one of the most talked about topics of our time. From powering the apps on our phones to changing how businesses serve their customers, AI is reshaping everyday life.

By **Donna Fielder**

But with so much hype, confusion and even concern about what AI really means, how can people in Eastbourne cut through the noise and understand the changes coming their way?

Highlight of the town's calendar

This October, the tech conference for business, *Eastbourne DigiFest*, organised by *Chalk Eastbourne* and sponsored by *East Sussex Growth Hub*, *Lightning Fibre*, and *Switchplane* among others, will help answer that question. The festival has become a highlight in the town's calendar, bringing top

speakers and fresh ideas to the community. This year, AI takes centre stage with talks designed to be thought-provoking, practical and relevant to businesses of all shapes and sizes.

Embrace or risk being left behind

That relevance is clear. According to the UK Government's survey on business use of AI, around 15% of UK firms have already adopted at least one AI technology. The most common applications include AI-driven data management, natural language processing (like chatbots) and automation of repetitive tasks. For Sussex businesses, that presents both opportunity and urgency: embrace AI to compete effectively, or risk being left behind.

People at the heart of progress

Highlights at *Eastbourne DigiFest* include Paul Hetherington, whose session "Leading People in the Age of AI" looks at how workplaces are changing as technology takes on new roles. For anyone managing a team, it offers insights into how to support staff and keep people at the heart of progress. Glenn Chilcott will examine the ethical side of AI in "Responsible AI", exploring how businesses and communities can use these tools fairly and responsibly. Russ Miles will take a more practical angle in "Build Smarter", showing how AI can be engineered to solve real-world problems rather than just appearing in headlines.

Challenges

Adding to the debate, Tim Jameson, Managing Director of *AxisOps*, asks in "AI and the Future of Being Human" whether life will feel easier or emptier if we allow AI to shape every decision we make. His session highlights the human qualities at risk and challenges us to make sure technology enriches life rather than diminishes it.

The economy

Research by PwC suggests that AI could add as much as £232 billion to the UK economy by 2030, making it one of the biggest drivers of growth this century. Yet public understanding often lags behind, with many people unsure how AI already influences their lives. That makes events like *Eastbourne DigiFest* so important; they seek to provide clarity, spark debate and help people prepare for change.

Digital safety

While AI is one of the key conference themes, *Eastbourne DigiFest* also recognises the growing importance of cybersecurity, with Kurtis Toy set to deliver vital advice on how to protect against online threats. The UK Government's *Cyber Security Breaches Survey 2024* found that 50% of businesses reported a cyber attack in the past year, up from 32% in 2023. For businesses in Eastbourne, that figure is a sobering reminder that digital safety cannot be ignored.

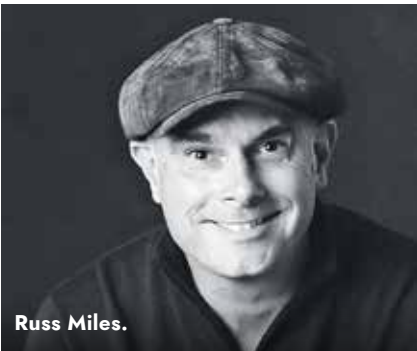
Eastbourne DigiFest 2025 is a chance to join the conversation about the future of technology and to make sure Eastbourne is part of it. To find out more and secure your place, visit eastbournedigifest.com today.



Paul Hetherington.



Glenn Chilcott.



Russ Miles.



Tim Jameson.

Trustee opportunity at Tweed

DO you have an interest in the welfare of elderly people and expertise to share?

By **Harry Farmer**

With the retirement of two long-serving Trustees, an opportunity has arisen to join the Board at *The Emilie Galloway Home of Rest*, known as *Tweed*, in Silverdale Road.

This long-established, affordable care home occupies a beautiful and well-maintained Edwardian property with attractive gardens. It provides a home from home setting for its residents which typically number 18 to 21.



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- Nursing or medical experience
- Background in the care industry
- Business or management skills
- Finance or accountancy training

To find out more about becoming a Trustee, or to enquire about a longer-term or short-term respite stay, please contact the team at *Tweed*. Visits are welcomed by appointment to provide ample time to be shown around and ask questions.

01323 733223
www.tweedcarehome.co.uk

25th annual broadcast

***EASTBOURNE Youth Radio (EYR)* returns for their 25th annual broadcast from 18th–21st November 2025 on 87.7FM and online at www.eyr.org.uk.**

By **Mina O'Brien**

Organised by *Eastbourne Education Business Partnership (EEBP)* and broadcast from studios at *East Sussex College* in Eastbourne, *EYR* will see students from local schools, aged from 5-19, present their radio shows covering a wide range of topics.

There will be a special focus on *Anti-Bullying Week* and issues around mental health and wellbeing.

This year, *Eastbourne Youth Radio* marks 25 years on air, and to celebrate this, *EEBP* together with *East Sussex College* are inviting *EYR* Alumni to come back and be featured in the broadcast programmes – to show their career progression.

The Programme schedule has been extended by an extra day to feature the Alumni – and this means there are more opportunities for schools,



colleges, businesses and charities to get involved!

This annual broadcast is only made possible by the considerable support and involvement of many local businesses and other organisations – many of whom have been longstanding supporters. We are delighted to welcome *VACGEN* as our Lead Sponsor for *EYR* 2025.

EYR is about enabling young people to research, produce, present and perform their own material in association with community partners.

From this they will learn and develop a wide range of employability and personal skills.

Further details and the programme schedule will be included in the November issue of *Bournefree*.

If you are a school, college, business or charity and wish to take the opportunity to get involved in this commemorative year – please contact the *EEBP* via email: **mina.obrien@eastbourneebp.org.uk**



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'I'm going over the edge – literally!...'

'I'M terrified of heights but I'm doing this because it matters.'

By **Peter Lindsey**

The words of Rupert Kirby, who is abseiling down the side of St Thomas's Hospital, right opposite the Houses of Parliament in London.

He's raising money for two very worthy causes – *Guy's Cancer Charity* and *Evelina London Children's Hospital*.

The event starts at 11am on Friday September 19th.

Rupert said: "I have terminal cancer, and the care I've received from



Guy's has been exceptional. I keep fighting it and hoping.

"And the amazing team at Evelina looked after our son James from just a few days old until he turned 18.

"Both charities support thousands of people and families across London and the South East.

"Please donate if you can – and share this with others to help me reach as many people as possible.

Your support will give me courage when I'm standing on that ledge!

"All the money goes to the two charities and the often lifesaving work they do."

To donate please visit:

<https://fundraise.guyscancercharity.org.uk/pf/rupert-kirby>

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Your Eastbourne BID – Bringing Our Town to Life

Victoria Place – A Big Thank You

A huge thank you to everyone who visited Victoria Place during our Pop-Up Park this summer – and an extra round of applause for the brilliant traders who organised such a fantastic series of weekends. Over six lively events, thousands of visitors enjoyed the newly refreshed street.



The works are now back in progress, but let's keep that momentum going – our traders still need your support, so pop down and see them!

Mark Lane & Station Street Summer Party

**Friday 12th & Saturday 13th
September, 7pm–1am**

We're squeezing every last drop out of summer with our final Summer Street Party! Mark Lane and Station Street will be closed to traffic and transformed into an open-air celebration of music, drinks, and good times.

Join us for a boogie, raise a glass (or two), and enjoy the warm, friendly atmosphere as the sun sets.



Farmers Market – Fresh Finds & Local Treasures

**6th September, 9am–1.30pm
Towner Plaza**

Our first two Farmers Markets have been a huge hit, with visitors loving the fresh local produce, live music, and relaxed community feel. We've now expanded to include a charming brocante area – the perfect place to hunt for unique, characterful pieces to make your house a home.

Thanks to our fantastic partners – Eastbourne Food Partnership, Towner Gallery, and Eastbourne Borough Market – this market is brimming with quality and variety. Arrive early to bag the best finds!

Christmas... Is Coming

Yes, the sun is still shining, but here at Eastbourne BID we're already getting festive! Christmas is a vital time for our town centre, and this year's celebrations promise to be bigger and brighter than ever. Save these dates:

29th November

Christmas Lights Switch-On (Bankers Corner)

Live music, rides, stalls, and the big moment when our lights sparkle into life. Plus, the reveal of the Design a Christmas Light winner, sponsored by Lightning Fibre.

5th December

Little Chelsea Festive Fun & Fireworks

Meet Father Christmas, enjoy live music, and watch the sky light up in our spectacular finale.

13th December

Christmas Farmers Market (Devonshire Quarter)

Stock up on fresh, local treats for the big day, then enjoy festive film screenings at the Towner cinema.

20th December

Christmas Carols at Bankers Corner

Traditional carols, festive cheer, and a perfect excuse to finish your shopping.

Plus – keep your eyes peeled for our Peter Pan Trail and Festive Window Dressing Competition. Sign up to our newsletter for the latest updates.

**Let's make this a season to
remember – see you in town!**



Image above:
Eastbourne News

Driven by business, funded by business

Your Eastbourne BID is independently funded by town centre businesses to support and promote our area. We've organised events like the Little Chelsea Festive Fun and Fireworks, funded Christmas lights, and installed CCTV and planters. Decisions are made by a voluntary team of Directors who represent local businesses, dedicated to creating a thriving, vibrant town centre for everyone to enjoy.

Don't forget, the BID has launched a monthly newsletter that promises exclusive updates, hidden gems and early access to special offers. It's an exciting way for residents and visitors alike to stay connected to everything happening in town, so please do sign up by scanning the QR code.



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Locks off for Marie Curie

ON a sunny August morning in *Morrisons*, and Danny Edwards and Ricky Hepworth were braced for a makeover.

By **Gail McKay**

Ricky had volunteered to shave his long beard, and Danny was going for a full head shave, while maintaining his own luscious beard, and all for charity.

Marie Curie, *Morrisons* chosen charity, is the UK's leading end of life charity that provides care at home and in hospices.

Pleased to help

Ricky was pleased to help this charity, he has a type of blood cancer and knows how important the work that *Marie Curie* do for people with cancer. Danny was delighted to help the charity too and was quite buoyant when his head was being shaved. He did, however, make use of a *Morrisons* branded beany afterwards.

Donate

Kim Davies, the store's Community Champion, had a tombola on the day



Ricky, Kim and Danny.

to boost their donations. If you'd like to donate to *Marie Curie*, you can do so through any of the tills at any of the *Morrisons* stores and the bookcase in the Eastbourne store is a permanent fixture where you can pick up a book and leave a donation. Going to press, the sum raised was over £600.

Kim loves that her colleagues are so supportive of the charity events she organises. You can see the work they do on the *Community Champions Facebook* page.



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Johnson's



At the very heart of our community...

LIGHTNING Fibre is the Headline Sponsor of the inaugural *Eastbourne Business Show*.

By **Peter Lindsey**

The event takes place on Wednesday 10th September, from 10am to 3pm at The Kings Centre in Eastbourne.

The show is organised Nick Bryant from *Brilliant Businesses* and Mike Monk from *Mike Monk Events*.

This new event in Eastbourne will provide a lively day with more than 70

exhibitors, seminars and networking. It's a great event for entrepreneurs, small businesses and SMEs.

Forward facing

Lightning Fibre supported *Forward Facing*, a Sussex-based charity, at *Airbourne* by providing an accessible viewing platform for families and children who might otherwise have missed out.



EBS organiser Nick Bryant and Lightning Fibre's Emma Pearce.

Its mission? Simple but powerful: provide fun, memory-making experiences and ongoing emotional support to the families it supports.

The dedicated viewing area gave families and children a safe and comfortable spot to enjoy the airshow. This would certainly not otherwise be an option due to the incredibly large crowds and practical accessibility challenges of the beach.

Lightning Fibre was delighted to be backing Chelsea Spence who has



Chelsea Spence, Emmaline Pollard from Lightning Fibre and Candice Konig.

teamed up with Candice Konig, CEO at *Forward Facing*, to provide this accessible viewing area by providing £500 of sponsorship funds.



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Visit one of the most beautiful cottages around

IT'S one of the most famous cottages in England – and here's your chance to pay a visit.

By **Peter Lindsey**

Perched on the clifftop with the magnificent Seven Sisters as the backdrop, Coastguard Cottage is one of the most photographed buildings in the country.

The Coastguard Station has a rich history, come along and soak up the views, and help raise awareness to safeguard its future.

This is when you can visit during September:

Saturday 13 September:
10:00–16:00

Sunday 14 September:
10:00–15:00

Saturday 20 September:
10:00–16:00

Sunday 21 September:
10:00–15:00

The actual address is 6 Coastguard Cottages, Cuckmere Haven.

The nearest car park is South Hill Barn, at the end of Chyngton Way, Seaford.

The cottage is then a 15minute walk downhill, encompassing the most spectacular views.

It is accessible only by foot, the ground is uneven and there are steps into the house. Dogs are welcome.

You do not need to pre-book – on the day call Lucy on **07790 019645** if you have any queries.



Image: Rupert Kirby.
<https://rupertkirby.smugmug.com>

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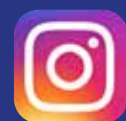


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Big Walk 2025

IN 2020, Scott Temple from Eastbourne suffered a brain tumour. It couldn't have come at a worse time as lockdown was about to begin.

By **Peter Lindsey**

Five years later, and Scott – accompanied by four friends – is undertaking a charity walk later this month.

It's no ordinary walk – it's 141.5 miles walking from Durdle Door in Dorset to the Tower of London over seven days.

They're raising money for three charities:

- Brain Tumour Research
- Chaseley
- Radio DGH.

Scott, 43, is a Rehab Support Worker at Milton Grange in Old Town, having previously worked at The Chaseley Trust in South Cliff.

He also presents a show on Radio DGH between 4pm and 6pm every other Wednesday.

He said: "I had been having various symptoms for over a year and eventually they discovered a large tumour in my brain.

"My operation was on the first day of Lockdown but I was very lucky, the doctors managed to remove all of the tumour.

"So this is the least I can do – help three charities that are very dear to my heart. Research into brain tumours is obviously so important and Chaseley

is a very special place to work. I love presenting on Radio DGH."

The walk is taking place between September 22nd–28th and the walkers will be visiting Abbeys, Castles and other special places along the way.

Scott said: "Two years ago, I set up Eastbourne Free Walkers, and we have 388 members online. I love walking, it means I never walk alone.

"Four of us will be walking, the fifth will be the driver, going ahead and planning what we need every day. The route takes in the countryside, which is important to me, Japanese gardens and Windsor Castle. We are aiming to walk around 20 miles each day.

"The first two years after the tumour were very dark. I had Long Covid which presented its own challenges but walking has always helped me. I find it very inclusive when there is a group of us, it's good to get out talking to others."

Scott has already undertaken two challenges for Brain Tumour Research – a walk from Dungeness to Eastbourne back in 2023 and 10,000 steps a day in February 2022.

He has set up a [gofundme.com](https://www.gofundme.com) page: **Big Walk 2025 – Door to Door**

Plus, he is organising six Quiz Nights.

Eastbourne Free Walkers



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Kerry creating amazing brickwork as part of the mural.



Mural will transform charity hub

WORK is well underway on a giant mural that will transform a charity's building in Old Town.

By **Peter Lindsey**

Experienced artist Kerry Caffyn from Hailsham has been commissioned by Eastbourne decorating experts *Brewers* to work on the project at *The SASBAH/JPK Hub* in Church Street.

Works had already been completed to repair and restore the front of the *Hub*, at 39 Church Street, Old Town.

Now Kerry is creating the attractive mural. It will bring the feel of *The Downs* into Old Town and express some of the warmth and joy that happens inside the building by bringing it to the exterior.

Brewers and *SASBAH – The Sussex Association of Spina Bifida and Hydrocephalus* – have worked together for 20 years.

SASBAH Chief Executive Rom Sanglaji says he couldn't be more pleased:

"We are extremely fortunate to have received support from *Brewers* for such a long time.

"Melanie Adams, in particular, and her team have been so supportive to us over those years, and this is just another example.

"We moved to our new premises at Christmas, working alongside Jill Parker and *The JPK Project*, and the mural is beyond our wildest dreams. "Every member of the *SASBAH* and *JPK* family is truly grateful to *Brewers*."

Artist Kerry Caffyn is thrilled to be asked to create the mural.

She said: "I have a long and very proud association with *Brewers*, and I am very honoured to have been asked to undertake this work.

"It's probably going to take about eight weeks to finish, I won't be

working on it seven days a week, but I know it will be really special when it's finished."

Melanie Adams, Global Head of *Wallpaper Direct* at *Brewers*, says *SASBAH* is a charity very close to her heart.

She said: "I feel privileged to have supported the charity for such a long time. We have a business relationship with *SASBAH* where their members send out our wallpaper samples to our customers ordered online, providing work experience for these people.

"I know and see the amazing work Rom and the team do, making a real difference to the lives of their members, who all have learning disabilities.

"Once completed, I know the mural will be very popular and people will come from far afield to admire it.

"It really is a great example of a local business supporting a local charity, and making a huge difference.

"*Brewers* supports community projects across the world – for example, we have just funded a new A&E department in Kenya – and the



Artist Kerry Caffyn.

Brewers family is so supportive of community projects which have a long-lasting positive effect.

"This is certainly one of those."

For more information about *SASBAH*, go to <https://sasbah.org.uk>

Foodbank's new initiative

ACROSS the UK, more than one in five people live in poverty, and one in seven people face hunger because they simply don't have enough money to live on.

By **Jess Holliday**

What are we doing about it?
We listen to people who come to our foodbank. People like Mary, who had to come to the foodbank when all three of her children needed new winter shoes and there was no money left over for food.

Our *Baby Basics* team found a warm coat for each of the children, and our debt advisor spoke with Mary. Although she was working part-time, Mary didn't have enough coming in to cover the rent, food costs and bills. She had borrowed money which she was struggling to repay. Our debt advisor supported Mary to open the letters and contact her creditors to arrange a manageable payment plan. We invited our employability partner charity in to



work with Mary, and eventually she secured a better-paid job.

What part do you play?

We know we can only make a sustainable, long-lasting difference to people in Eastbourne by coming together as a community, to address the root causes of people's desperately difficult situations.

This September, we're launching a new initiative, *Eastbourne Together*, bringing together charities, schools, businesses, individuals, faith groups, public and statutory services and health to agree a shared vision and

explore how we can all support each other as we work towards this vision.

We'd love you to join us as we embark on this journey of change and community togetherness.

Contact us through our website at: eastbourne.foodbank.org.uk or message me on: jholliday@eastbourne.foodbank.org.uk



Please scan QR Code for *Eastbourne Together* event details.

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Green light for safety works on Harbour Club development

HOMEOWNERS at *Harbour Club Apartments*, the prominent residential development adjacent to the *Harbour Club*, are relieved to have received the go ahead for essential fire safety works at the building.

By **Harry Farmer**

Although a contractor and professional team had been in place for some time, the project, which relates to removal and replacement of flammable insulation beneath the render, had been under review with the Building Safety Regulator for several months.

Managing agents, *Wildheart Residential Management*, completed a successful application to Homes England and as a result the total cost of works will be fully funded by their *Cladding Safety Scheme*. The main contractor, *AP Facades*, hope to be on site commencing works in September with a project that will run for approximately 12 months.

Graham Swift, Chairman of the
Board of Directors of the leaseholder

owned building said “We are delighted to finally be able to commence works and grateful to our managing agents, *Wildheart Residential Management*, and the wider professional team for the significant work put in to date. We are looking forward to the building being restored to its former glory”.

Simon Halls, Managing Director of *Wildheart* added, "Ensuring the safety of residents in the buildings we manage is our number one priority. Getting approval from the Building Safety Regulator for works on these High Rise Buildings is an increasingly complex task and we are pleased to have worked closely with Graham and his Board of Directors."



along with the contractor *AP Facades* and project managers *MAF Associates*. We are looking forward to completing another cladding remediation project on time."



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"Clear guidance on cladding and BSR processes."
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Pastures New are looking for business opportunities

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By **Mark Beresford**

I merged many, sold several and closed three. The 200 businesses I didn't buy had one thing in common.

At *Pastures New*, we've worked at the coalface. We have the expertise to help you understand the risks and avoid common pitfalls when selling your business.

Publically advertising your business is very risky. 75% of advertised businesses don't sell. It could be a misleading valuation, and by publicising the sale you may alert competitors seeking to poach your clients. You can make lenders uneasy and buyers will scrutinise your staff and customer base, potentially harming your reputation and creating unforeseen challenges. Staff may feel abandoned, and your customers unsettled.

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'Eastbourne Life' in pictures

TADAS has become very well known locally for his amazing images.

By **Peter Lindsey**

Very often, he shares them on social media, having been to such places as Beachy Head and Seven Sisters to capture the mood.

He also has a popular 'Eastbourne Life' feature where he takes pictures of people, representing what our town is like. He's done this in other places too, including Brighton and Folkestone.

Now Tadas has decided to produce a calendar for 2026. It includes 12 absolutely stunning images of Eastbourne and the surrounding area.

He said: "Every image is captured with care, often from above, showing the beauty of the world from a unique perspective.

"I have been taken aback by the support I receive, in particular the incredible number of people who look at my images online.



"I have been taking pictures since the age of 15 and I have always been referred to as 'a natural born creative.'

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A walk on the wild side

TIDE Mills to Newhaven East Pier by the RSPB Eastbourne & District Group.

By **Tony Vass**

Our group met on a very welcome, bright, warm and sunny summer morning which gave us a very pleasant walk across Tide Mills and onto the Newhaven East Pier.

A slow start to the bird count slowly increased as we were enthralled by the singing of several whitethroats and sedge warblers.

Our heads then lifted to observe the antics of a crow attempting to make life unpleasant for a buzzard. The buzzard looked irritated but not put off! No purple sandpipers today, but we did find a pair of whimbrels on the beach.

Returning to our cars, we encountered a little egret rummaging in a mill pool. If trophies were given out for graceful and elegant walking, a little egret would have a cabinet full of them (see photo). We spotted this



one wading in murky water, and were then treated to fine views of a red kite overhead, looking magnificent in the clear, blue sky.

Our next walks

Please see website for more details:
<https://group.rspb.org.uk/eastbourne>

- Wed 10th Sept. 10am Walk: Cooden Moat and Hooe Level.

- Sat 20th Sept 10am Walk: South Farm, Southease.

Our next Speaker:

- Michael Blencowe on '100 Days of Wildlife in a Suburban Garden'. Wed 3rd Sept at 2:15pm & 7:00pm, in St Wilfred's Church Hall, Eastbourne Road, Pevensey BN24 6HL

The Royal Society for the Protection of Birds RSPB is a registered charity: England and Wales no. 207076

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Pedal power

CHAILEY Heritage Foundation's recycled cycles help more riders get back on track!

By Peter Lindsey

Chailey Heritage Foundation and the inclusive cycling charity Wheels for All, have teamed up to help make cycling possible for more even more people with disabilities and long-term illnesses.

Chailey has donated a number of specialist trikes to *Wheels for All*. These adapted cycles will help the charity deliver inclusive cycling sessions, and hospital and clinical referrals from their base at the *Eastbourne Sports Park Athletics Track*.

Olivia Powell, Equipment Administrator at *Chailey Heritage Foundation* said:

"We're keen to support other organisations that share our commitment to accessibility, inclusion, and wellbeing. The trikes were no longer suitable for use by our current young people so rather than scrapping the equipment, we saw an opportunity to extend their life and impact elsewhere. It's incredibly rewarding to know that equipment which wasn't being used here can now bring joy and freedom to so many others."

Wheels for All is the largest provider of inclusive cycling in the UK. The Eastbourne branch was set up 11 years ago. Mainly funded by *East Sussex County Council*, it caters

for riders from all over East Sussex, West Sussex and Surrey and is run by a team of staff and volunteers.

Peter Bryant is Eastbourne's *Wheels for All* Manager:

"The trikes from *Chailey* will help offer a greater diversity and range from the early years through to adults. These will and already are changing our riders' lives, giving them a feeling of freedom and independence sometimes for the first time. We are so passionate and proud about the work we do here and so we are truly grateful for *Chailey's* support."

Chailey Heritage Foundation is committed to supporting its community. Collaboration with charities like *Wheels for All* ensures its specialised resources benefit as many people as possible.





C.A.C.L. Easter Gym Camp 2015.



C.A.C.L. Main Football Camp Summer 2016.



C.A.C.L. Mini Football Camp Easter 2018.



C.A.C.L. Mini Gym Camp Summer 2016.

C.A.C.L. – A legacy of sports development in Eastbourne

FOUNDED in 1981, C.A.C.L. has been at the forefront of sports development for children in Eastbourne for more than four decades. They have coached over 7,000 children in Eastbourne and surrounding areas.

By **Peter Lindsey**

Founders Chris and Cheryl Pinch – both Physical Education teachers (Loughborough and Chelsea PE College) – coupled their teaching careers with the development of C.A.C.L. Sports.

From their Christian roots and their passion to see young people involved in sport in the community, they were determined to develop sport in Eastbourne and Hailsham, particularly as facilities during this period were limited.

Initially launched with gym and football holiday courses for a small

group of children, C.A.C.L. began its operations in a field in Meads, Eastbourne, at a time when the town lacked formal sports facilities.

1980s expansion and venue establishment:

During the 1980s, CACL broadened its range of activities. Football sessions continued at *Meads School Field*, while gym classes took place at *Ocklynge School*.

Coupled with the weekly programmes, they also established C.A.C.L. *Holiday Sports Camps*, which included *Splash Camps*, (canoeing, bodyboarding and swimming), *Horse Riding Days*, *Outdoor Activity weekends* and even *Dry Skiing!*

The increasing demand for sports programs led C.A.C.L. to utilize various venues for its camps. This period marked significant growth for C.A.C.L. Sports.

In a strategic move to accommodate its expanding programmes, C.A.C.L. acquired *St Elisabeth's Hall* on Victoria Drive in the mid-1980s.

The church hall underwent a comprehensive transformation into a sports venue, featuring a gymnastic foam pit, high bars, asymmetric bars, gymnastic rings, and a trampoline.

The innovative facility quickly positioned C.A.C.L. *Gym Club* as a leader in the region, with the club achieving National Champion status in various categories of the *British Sports Acro Championships*.

Challenges and innovations of the 1980s:

The winter of 1984 posed significant challenges due to maintenance issues, including burst pipes, broken boilers and damage caused by constant vandalism.

Despite these setbacks, C.A.C.L. launched one of the nation's pioneering Pre-School Activity Centres, focusing on co-ordination, movement, ball skills, creative dance, and gymnastics. This initiative underscored C.A.C.L. Sports' commitment to early childhood sports education.

Relocation and Modernization in 2001:

In 2001, C.A.C.L. relocated to *The University of Brighton*, Eastbourne (now the *Hillbrow Health and Wellbeing Hub*). The new facilities

provided an enhanced environment for the club's programmes, enabling the continuation of high-quality training sessions for both gymnasts and footballers.

With the closure of the University, C.A.C.L. Sports has now linked with the *Hillbrow Health and Wellbeing Hub* who took over the facilities, where it continues to thrive, they are delighted to be part of the vision of *Hillbrow*, in developing sport across the age range in the community.

Current operations and community impact:

Today, C.A.C.L. coaches over 500 children weekly, with 400 participating in gymnastics and 100 in football. The club also runs popular holiday camps throughout the year. As an integral part of the local sporting community, C.A.C.L. remains dedicated to fostering a passion for sports and physical activity among young people.

C.A.C.L.'s journey from a small field in Meads to a prominent sports institution reflects a legacy of resilience, innovation, and commitment to excellence. The club continues to play a vital role in the development of young athletes in Eastbourne, maintaining the same passion for sports as it did at its inception.



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Graham Cullis, artist, makes waves against loneliness

FROM Eastbourne to 30 beaches nationwide, artist and mental health advocate Graham Cullis is on a mission to combat loneliness. His free *Splat & Splash* gatherings mix art, meditation, sea swims, and silent disco to connect strangers, celebrate creativity, and support grassroots charities — with a surprising twist involving ketchup, mayonnaise, and mustard.

By **Gail McKay**

We caught up with Graham for an exclusive chat about his movement.

For those who haven't heard of *Splat & Splash – Standing Against Loneliness*, how would you describe it?

Splat & Splash is a tour of 30 secret beach gatherings across the UK, to help combat loneliness, spark connection, and celebrate community spirit. It's about art, meditation, dance, cold water dips... and that little bit of joyful chaos you only get when people create together by the sea.

You've spoken openly about loneliness and mental health. How does this tour help people?

These gatherings are about showing people they're not alone, that connection can happen anywhere. People will discover loving communities, art, meditation, dance, and sea swimming — all of which can be used as holistic tools for mental health. People often walk away with new friends and a genuine feeling of belonging.

The tour runs from September into January, which means some pretty cold sea dips towards the end. Tell us more about that and your love for cold water.

I've been an advocate for getting in the sea for years now. I have been involved in various sea swimming communities around the world. Cold-water therapy is amazing for so many things. It can improve circulation, build resilience, aid weight loss but most importantly works wonders for improving mental health.

You're also shining a light on local charities during the tour?

Yes — while *Youth Art Connect CIC* is the main organisation I'm supporting, I also want to give space to local charities. At my pilot event in Seaford, the Beachy Head Chaplaincy Team gave a talk that felt like a mini mental health first aid course, it was eye-opening for everyone there.

How can people get involved or help?

Show up, and share. The gatherings are free — just follow my social media, my *WhatsApp* community, or get on my email list. And please help spread the word — liking or commenting helps the algorithm show it to more people.



All photos by TK Photography.



So... why ketchup, mayonnaise, and mustard instead of paint?

At my other events, people throw paint over me — it's fun, messy, and always gets a laugh. But at the beach, I want to protect the sea. Food condiments are my eco-friendly stand-in. It's ridiculous, it's belly-laugh funny, and it's perfect for grabbing attention online.

And what happens to all the art created during the tour?

Every beach will have a collaborative canvas, splatted and splashed with colour. The next day, I'll respond to it

with my own painting. By the end of the tour, I'll have at least 30 originals, each holding the energy and story of that gathering. They'll all come together in a swanky London charity gala, aiming to raise £1,000 per painting for *Youth Art Connect CIC*.

If you'd like to join one of Graham's gatherings then you **NEED** to follow him on either **Instagram**, **Facebook** or **TikTok**. He will be dropping the locations, times and dates in his posts and stories. You can also message him on **+44 7799 850146** hello@grahamcullis.com





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SCAN ME

Find your happy place – The joy of singing in a choir

THERE'S something magical about raising your voice in song, especially when you do it together.

By **Celine Gucher**

Singing in a choir isn't just about hitting the right notes. It's about lifting your spirit, boosting your confidence, having some 'me time' and building connections that last a lifetime.

Studies show that singing in a group can release those wonderful feel-good endorphins, reduce stress,

improve lung function and enhance memory. Singing together not only connects you with like-minded people. Emotionally, it's a tonic – helping people to feel more positive, energised and joyful. But perhaps the most powerful benefit is the sense of belonging it creates. In a world where loneliness is on the rise, choirs offer a place to connect, share laughter, and create something beautiful together.

"It's more than a choir – it's our happy place!"

For the past ten years, *The Happy Place Choir* has been doing just that. Known as Eastbourne's sunniest choir, this fun, inclusive, and welcoming choir has brought together people of all ages to sing rock, pop and gospel in glorious harmony. The choir is one big family, where everyone is made to feel welcome and part of something truly incredible. There are no auditions, no pressure.

Discover the joy of singing in a choir with *The Happy Place Choir*.

Monday evenings at *The Lamb* in Old Town, Eastbourne.



A new branch in Hailsham will meet on Wednesday evenings at *Summerheath Hall*, Hailsham. Feel uplifted and join our happy place!

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Email: happyplacechoir@gmail.com



Come along for a coffee

MACMILLAN – The World’s Biggest Coffee Morning is an annual event in aid of *Macmillan Cancer Support*.

By **Peter Lindsey**

Friends, family and work colleagues come together to support a charity very close to our hearts supporting people with cancer.

Polegate Community Foundation is organising a Coffee Morning on Friday September 26th between 9am and noon at *Polegate Town Hall*.

Everyone is welcome.



Welcome funds

EASTBOURNE Shopmobility has been given a very welcome grant from the *National Lottery Community fund*.

By **Peter Lindsey**

Margaret Jordan said: “As a small charity we are very reliant on such grants to continue providing our services to local residents and visitors.

“We help people with limited mobility to hire scooters and wheelchairs to enjoy our town centre and seafront. It enables them to maintain a degree of independence, and also contributes towards the local economy.

“We aim to keep our rental prices as low as possible, so all grants and donations are very welcome.

“We are based in *The Beacon* shopping centre, and open Tuesday to Friday, 9am to 4pm.”

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Saturday	11:30 - 14:00	16:30 - 21:30
Sunday	Closed	16:30 - 21:30

Delivery times differ. Please check our website for more information.







Lyn Owen, Miguel Ferreira, manager of La Locanda Del Duca, Shelle Luscombe and Peter Owen.

Elite Lunch Club supports Alzheimer's charity

MEMBERS of Eastbourne's *Elite Lunch Club* have raised £1,000 for *Alzheimer's Research UK*.

By **Peter Lindsey**

Around 50 people enjoyed a hearty lunch with wine and great company at La Locanda Del Duca on Cornfield Terrace.

The money was raised through a raffle, auction and donations, and Chairman Peter Owen presented a cheque for £1,000 to Shelle Luscombe, Regional Fundraising Officer for *Alzheimer's Research UK*.

The lunch club was established in 2011 by chairman Peter Owen. What started with just eight members has grown to over 90, who are mainly retired and like to go out for good food, wine, company and entertainment.

The group meets six times a year at either *La Locanda Del Duca* or the *Langham Hotel* and, since the start of 2025, each luncheon has raised money for a different charity, chosen by the members.

Dementia affects almost one million people in the UK alone and has a huge impact on families. It is most commonly caused by Alzheimer's disease. *Alzheimer's Research*

UK is the UK's leading dementia research charity, which is working to revolutionise the way dementia is treated, diagnosed and prevented.

Peter Owen said:
"The Elite Lunch Club is such a special group. We're brought together by our love of good food and wine and our regular meetings provide social connection, lasting friendships and the all-important magical element of fun!"

"I would like to thank our members for their generosity towards the charity, and I also want to acknowledge the incredible ongoing support of both *La Locanda Del Duca* and the *Langham Hotel*."

Shelle Luscombe said:
"We're so grateful to Peter and the *Elite Lunch Club* for choosing to support *Alzheimer's Research UK*. If nothing changes, one in two of us will be directly affected by dementia – either by caring for someone with the condition, developing it ourselves, or both. Fantastic fundraising efforts like this will help us get closer to a cure."



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The Eastbourne Saffrons Sports Club: A 140-Year-Old Sporting Institution Transforms into a Vibrant, Modern Community Hub

Eastbourne, UK – August 2025 – One of Eastbourne’s most historic sporting institutions, The Saffrons Sports Club, has undergone a remarkable transformation, evolving from a traditional members-only sports club into a thriving, open, and inclusive destination for sport, leisure, and social connection.

Founded in 1886, The Saffrons has long been home to the town’s oldest and most prestigious cricket, hockey, football, and croquet clubs – each of which continues to flourish and offers free coaching to juniors. Now, after significant investment and redevelopment, the club has expanded its offering to embrace new sports, social facilities, and a renewed sense of community purpose.



The revitalised site now features:

- **Four state-of-the-art Padel tennis courts**, introducing one of the UK’s fastest-growing sports to Eastbourne.
- **A welcoming outdoor café from Twinn Coffee** – the perfect spot for members, visitors, and passers-by to relax, meet friends, or enjoy a coffee after a game.
- **The Gun Brewery taproom**, offering locally brewed craft beers in a laid-back, social setting.



New Members for July

Marbell Events • Eastbourne Acupuncture • Independent Zinzino Partner • HSBC UK Bank • The Rosy Lee • Sweet Bake Art
Justify Marketing • DataFortified • Plus 8 Digital • Bombay Avenue • Bodycare Chiropractic • Rebel Rebel Fitness and Treatments
Roo Media Marketing

While the club's sporting heritage remains at its core, the modernised Saffrons is no longer just for members – it is a place for everyone. Friendly staff, inclusive events, and accessible social spaces have positioned the club at the very heart of Eastbourne's community life.

"This is a new chapter in the story of The Saffrons," said Roger Myall, Chairman of The Saffrons Sports Club. "We're proud of our 140-year history and our role in nurturing local sport, but we're equally excited to welcome more people than ever before through our gates – whether they come for the cricket, hockey, padel, the café, the taproom, or simply to enjoy the atmosphere."

The Saffrons' blend of tradition and innovation ensures it continues to be a place where sport and community thrive side by side – honouring the past while embracing the future.

Chamber members Eastbourne Town Football Club and Eastbourne Bowls Club are delighted to welcome Padel4All and Gun Brewery to Saffron's Sports Park.

Dave Shearing, Eastbourne Town Football Club Chairman said, *"The addition of these great organisation has really developed the sports park."*

"Padel tennis is attracting a new client base and Gun are providing excellent cask and keg beers to keep everyone well hydrated!"

About Gun Brewery

Over the past few years, there has been a quiet revolution in the way people drink and make beer. Small

brewers working with enthusiasm and great ingredients and without the constraints of large corporations are producing delicious beers once again.

Gun Brewery are part of that movement. Their aim is simple; inspired by brewing styles both old and new, to make great beer, using the best ingredients. In September 2021, Gun were awarded the coveted Great Taste Producer status by the Guild of Fine Foods, so visit the Taproom at Saffrons to try their excellent cask and keg beers.

The Taproom is set in the historic flint walls of The Saffrons, surrounded by 18 acres of trees and beautiful grounds in the very heart of Eastbourne. It's in this tranquil setting that you'll find the Gun Brewery Saffrons Taproom. Open to all, it combines the best of a brewery taproom with the warm welcome of a clubhouse.

Here you will find 12 Keg and 4 cask lines serving brewery fresh beer (all made with Sussex Spring water) complimented by a carefully curated list of wines, spirits and soft drinks.

Live sports are a key part of the offering, which is completed by a rotating series of street food offerings. Quiz, music and DJ nights are all in the mix too.

So be sure to visit, catch a game and enjoy a pint or two in the sunshine surrounded by glorious grounds.

For more information visit
www.thesaffrons.org
www.gunbrewery.co.uk/saffrons



Join today and reap the rewards!

Eastbourne unLtd Chamber of Commerce is the largest town based Chamber in the South East, so becoming a member will connect you to a large business network offering support, advice and opportunities for you and your business to grow.

Our members not only benefit from the varied events programme we offer but membership also enables them to submit an editorial for inclusion in this publication. This offer is free exclusively for our Members.

Annual membership starts from as little as £70+ VAT per year – Join today, it's a complete no brainer!

Fundraiser for MND research

LINDA Westcott started having problems with her left foot – it wouldn't engage with the rest of her body.

By **Peter Lindsey**

At first, she thought it might be the effects of a knee operation but sadly the diagnosis was Motor Neurone Disease. That was in April 2019, and by February the following year she had passed away.

Now husband Chris, from Old Town, is doing his bit by trying to raise money into research of the 'cruel and wretched disease.'

And on Saturday October 4th, there is a fundraising evening at *The Oval*, home to *Eastbourne United FC*.

Speaker for the evening is the legendary Dorit Oliver-Wolff, the Holocaust survivor, who lives in Eastbourne.

Tickets are now available.

Chris said: "It was a very rapid downhill journey for Linda once we knew what the problem was, but now I am finding it therapeutic to convert a huge negative into some sort of positive by raising funds towards MND research.



"We later found that her aunt had died back in 1940 from paralysis of the mouth, which is now recognised as a sub-division of MND, so there may well have been a genetic link.

"I was recently invited to a seminar at *Brighton University* to meet the researchers. They are making progress but it is little steps and funding is crucial to keep this going.

"The disease has become much more high profile – Rugby League player Rob Burrow, who had MND and his playing colleague Kevin Sinfield, who raised millions, became real public figures.

"There is now a much better awareness of what is a truly awful illness."

Chris is delighted that Dorit has agreed to be the focus of the evening on October 4th – "She's a terrific speaker", he said.

It's 7pm for 7:30pm and it's £10 per ticket.

To book your ticket, please go to "<https://www.justgiving.com/page/christopher-westcott-3>

Or email Chris at: chriswestcott@hotmail.co.uk



THE LICENSING ACT 2003 (PREMISES LICENCES AND CLUB PREMISES CERTIFICATES) REGULATIONS 2005
Regulation 25 Advertisement

TO : WHOM IT MAY CONCERN

We The Chaseley Trust do hereby serve notice on 24/07/2025 that it is our intention to apply to Eastbourne Borough Council for the grant of a new premises licence or club premises certificate to use or permit the use of premises known as

The Chaseley Trust, South Cliff, Eastbourne, East Sussex. BN20 7JH for the following licensable activities or proposed variation:

Sale of alcohol to residents and visitors seven days a week from 13.00 to 17.00, and on special occasions such as comedy nights or celebratory events, up to 22.00.

*In the case of an application for a provisional statement, representations are restricted after the issue of a provisional statement

Any person who desires to make a representation to the grant should send a brief written statement of the grounds of his/her objection to licensing@lewes-eastbourne.gov.uk or Eastbourne Town Hall Grove Road Eastbourne BN21 4UG no later than midnight on 21st August.

The register and records of applications may be viewed at the above council office during normal office hours; summaries are available via www.lewes-eastbourne.gov.uk.

It is an offence knowingly or recklessly to make a false statement in connection with an application, the maximum penalty for which a person is liable on summary conviction is an unlimited fine. Date: 24th July 2025

Signed: Andy Burt – Registered Manager – The Chaseley Trust

**28 days starting the day after applying to the Licensing Authority

This notice shall be published in a local newspaper or, if there is none, in a local newsletter, circular or similar document, circulating in the vicinity of the premises, on at least one occasion during the period of ten working days starting on the day after the day on which the application was given to the relevant Licensing Authority.

Light and bright

HERE it is – the glowing Beachy Head Lighthouse.

By **Peter Lindsey**

It was last painted 13 years ago after a major public fundraising campaign.

Now the owner *Trinity House* has said it will continue with any upkeep needed going forward.



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Watch & clock repairs in Eastbourne

AT Brufords, we believe your watch is more than just an instrument for telling the time; it's a cherished companion, a piece of art, and often, a family heirloom.

Our commitment to excellence extends beyond your initial purchase, and for over 135 years we've been the trusted name to ensure your watches and clocks continue to perform for generations to come.

Watch servicing you can trust

Much like a car engine, the internal mechanics of a watch need regular servicing to maintain accuracy and longevity, as over time, the lubricants can degrade, tiny particles can accumulate, and seals can weaken.

As part of the servicing process, our expert watchmakers meticulously dismantle your watch, clean every component, inspect for wear (replacing worn parts with genuine replacements where necessary), re-lubricate the movement, and carefully reassemble each piece. Finally, your watch undergoes rigorous testing to ensure its accuracy, water

By **Caitlin Rowson**

resistance (where applicable), and power reserve are all within manufacturer specifications.

Typically undertaken every 3-5 years, regular servicing is the key to preserving your watch's accuracy, extending its lifespan, and maintaining its value.

Vintage watch & clock restorations

Whether it's a family pocket watch that's been passed down from one generation to another, a classic wristwatch from a bygone era, or an antique mantel clock that has fallen silent, we hold a special passion for the repair of vintage watches and

clocks. These pieces carry stories and history, requiring specialised knowledge and a delicate touch.

From intricate adjustments to dial restorations, every vintage repair we undertake is approached with the utmost care, ensuring its historical integrity is respected. We understand the unique challenges of older movements, and use a blend of traditional horological techniques with modern precision tools to complete each repair.

In-house repairs

Beyond full servicing and vintage restorations, we also offer a complete range of general watch repair services.

Has your watch stopped unexpectedly? Perhaps the crown is loose, or the crystal is cracked?

We handle everything from battery replacements and strap adjustments, to more complex movement repairs





and water damage remediation, alongside professional case and bracelet polishing to restore their original luster.

With a state-of-the-art service centre on-site, we hold a host of accreditation statuses from many luxury Swiss watch brands, giving us access to genuine parts, tools, and materials, so you can be confident that your cherished timepiece is in expert hands. And if we can't complete the work on-site, our relationships with the brands we stock means we can return your watch to the official manufacturer.

Our dedicated team of experts

Experienced in all aspects of watch and clock maintenance, our watchmaking team take great care in the servicing and repair of your timepieces.

Brian Birkmyre: Head watchmaker

Joining us in 2024, with more than 20 years industry experience (including 5 years lecturing at the *British School of Watchmaking*), Brian is a fellow of the *British Horological Institute*, and brings an exceptional depth of knowledge to our team.

Benny Eldridge: Vintage clock & watch specialist

With over 50 years' experience in repairing clocks and watches, there really aren't many things that Benny can't turn his hand to. Learning his trade through traditional approaches, over his career Benny has seen an incredibly wide and diverse range of

watches and clock, and approaches each piece with precision, patience, and deep respect for craftsmanship.

Rebecca Lewis: Watch technician

Becky has been part of the *Brufords* team for over five years, and involved with the workshop for the last two years. With a vast knowledge of timepieces, Becky is responsible for all of our "quick service" work including battery replacements, bracelet adjustments, and minor repairs.

A personal service

At *Brufords*, what sets us apart is our dedication to personal service, and we warmly invite you to visit us in-store at *The Beacon*, Eastbourne. Here, you can speak directly with our experienced team of aftersales specialists, allowing us to assess your watch or clock

in person, offering tailored advice and providing a precise quotation.* This interaction ensures a comprehensive understanding of the work needed and allows you to experience first-hand the dedication we bring to every repair. We aim to build lasting relationships with clients, ensuring your valuable timepieces receive the exceptional care they deserve.

So, whether your modern watch needs routine maintenance, a treasured family heirloom requires restoration, or you simply need a quick repair, we are here to help.

We look forward to welcoming you and helping your watches and clocks continue to mark life's precious moments with precision and beauty.

*Please note, an estimate may be required.



BRUFORDS
— SINCE 1886 —



Brian Birkmyre.



Benny Eldridge.



Rebecca Lewis.



Little Chelsea Health Store celebrates its first birthday!

HOW your support has helped Little Chelsea Health Store grow into a thriving community hub.

By **Melanie Beard**

This August marked a special milestone for us at Little Chelsea Health Store – our first birthday! It's hard to believe it's been a whole year since we opened our doors on South Street, and what a year it has been.

From the start, our mission has been simple: to create a warm, welcoming space in the heart of Eastbourne where people can find trusted health products, friendly advice, and that personal service you just don't get elsewhere.

Over the past twelve months we've welcomed hundreds of customers – many of whom are now regulars and friends. Together we've supported healthier lifestyles, reduced packaging waste through our refill station, and helped more people discover the benefits of natural health and nutrition. The encouragement, positivity, and kind words from our community have been overwhelming – it's thanks to our customers that the store has grown into something truly special.

A real highlight has been the launch of the *Health Hub*, a clinic room within the store. Here, local practitioners have offered therapies, nutritional advice, and consultations,

while our in-store health testing has given people practical insights into their wellbeing. The feedback has been fantastic, and it's clear customers value having a trusted place to explore their health in a supportive setting.

We've also expanded what's on our shelves. This spring saw the arrival of a new chiller, which means we can now stock more fresh and plant-based foods. Our organic fruit and veg, much of it locally grown, has proved especially popular. Alongside this, we've continued to champion local makers – from honey and kombucha to eco-friendly toiletries and handmade skincare. Our range has also grown to include innovative supplements, sustainable household essentials, and thoughtful gifts, with many special orders shaped by customer requests.

Beyond the shop floor, this year also saw the launch of our monthly email newsletter, packed with health tips, seasonal ideas, and in-store news. It's another way to stay connected with customers and make sure nobody misses out on new arrivals or events.

Of course, no birthday would be complete without a party! On Saturday 23rd August we celebrated in-store with giveaways, goodie bags, and a few surprises – a small way of saying thank you to everyone who has supported us during our first year.

As a family-run business, every purchase, refill, and kind word means the world to us. Our aim has always been to be more than just a shop – we want to be part of the community. Whether you pop in for your favourite supplement, bring your jars for a refill, or simply stop by for a chat, you're helping us build something special in Eastbourne.

Here's to our first year – and many more to come!

**Open Monday–Saturday,
10am–4:30pm**

**35a South Street
Eastbourne BN21 4UP**

**littlechelseahealth.store
hello@littlechelseahealth.store**



Sussex Audiology brings better hearing to Sussex

WELCOME to *Sussex Audiology Centres* latest clinic based in Meads High Street Eastbourne.

By **Gail McKay**

In recent years *Sussex Audiology* has grown from three audiology clinics to seven across the county due to its friendly professional approach, excellent clinical standards and outstanding aftercare.

Combined with the freedom to offer all available hearing aid manufacturers on an unbiased basis it has seen excellent results and client relationships achieved.

I visited their newest centre in Meads which has easy parking and the local high street is full of great independent shops and local traders.

Unbelievable technology

Sussex Audiology Centre Audiologists Louise Hill-Hottinger and Jade Hensby are experts in audiological assessments and explained the latest hearing products available

These include;

Rechargeable hearing aids for simplicity and ease of use particularly people who may find fiddly batteries an issue.



Bluetooth enabled devices for great connectivity for phone call and television streaming, both these enable lower sound volume and vastly improved clarity, they are also incredibly simple to install, *Sussex Audiology* can help if needed. They even enable people to stop requiring subtitles!

AI

AI or Artificial Intelligence is now in hearing aids, the latest development in hearing aids is providing a giant improvement in listening results like background noise in restaurants.

'Invisible' hearing aids that fit snugly in the ear canal and are so small they are not visible when in someone's ear canal.



Cros hearing systems for people that may have a complete loss on one side so the sound on the poor side is sent to the good ear and our brain works out the direction of sound eliminating the feeling of no hearing on one side.

All hearing aids are automated now and adjust to the environments they are in so whilst there are ways to adjust them it is normally not required.

Clinical microscopes

Louise and Jade also offer the highest standards of Wax Removal using ENT clinical microscopes, video otoscopy and suction devices, irrigation is also available if requested or deemed the correct procedure, appointments can take up to 30 minutes.

One of the best things is Jade and other team members are able to do domiciliary visits to your home or care home for both hearing aid assessments and ear wax removal if you are unable to attend the clinic so they can look after everyone.

Slowing cognitive decline

Studies link early detection of hearing loss to reduced risk of cognitive decline. In fact, people who develop hearing issues in mid-life (ages 40–65) have a higher chance of dementia later. The average person waits 7–10 years before seeking help, something Louise and Jade are determined to reduce locally by offering Free

Hearing Assessments so people can keep up to date with their hearing like they would their eyesight.

The hearing aid assessment is a free one-hour appointment, which entails understanding lifestyle needs regarding hearing, relevant medical history and then undertaking a detailed hearing assessment.

With a five-tier pricing structure, 12 months interest-free finance, discounted upgrades and most importantly a 45 day money back trial, good hearing health can be more accessible than you think.

Futuristic

I was really impressed with what is available for those looking to improve their hearing health. The technology is futuristic, and there is absolutely nothing to lose by having a free appointment with Louise or Jade. It could completely change your life.

There is also the option to visit one of *Sussex Audiology's* other centres in Lewes, Haywards Heath, Hove, Goring, Ferring or Storrington, appointments are free so take the first step towards enjoying your life to the full.

**3b Meads Street
Eastbourne BN20 7QT**

**01323 387098
sussexaudiologycentre.co.uk**

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Peppa Pig Character Day!

OINK-TASTIC fun awaits on Saturday 21st September at *Sharnfold Farm*.

By **Louise Page**

Join us for a muddy-puddle-filled adventure as Peppa Pig visits *Sharnfold Farm*! It's the perfect family day out for little piggies and grown-ups alike, packed with laughter, fresh air, and unforgettable memories.

Peppa & George will be making special appearances at intervals throughout the day – don't miss

your chance to say hello and snap a photo.

And that's not all... make a full day of it with our fantastic farm attractions:

NEW! Willow Way – Wander through this magical natural trail, filled with rustic twists and turns, perfect for mini adventurers.

NEW! Hollow Hideout – Let imaginations run wild in this woodland play space designed for creative and active fun.

Farm Trail – A scenic, interactive walk packed with sensory play,



nature spotting, and farm-themed fun for all ages.

Adventure Play Area – Slides, climbing frames, and tractors – the perfect place for young explorers to burn off some steam.

Meet the Animals – Say hello to our friendly residents including goats, chickens, pigs and more.



This is one of our most popular events, so book early to avoid disappointment!

Visit sharnfoldfarm.co.uk for more info and tickets.

<https://thefamilyparksgroup.co.uk/locations/sharnfold-farm>

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Eastbourne's secret weapon:

HOW one local business simplifies workplace supplies for Sussex.

By **Gail McKay**

For 40 years, Fieldskill has helped businesses streamline operations—and support our community.

The local solution to supply chain chaos

Imagine a typical workday interrupted by multiple deliveries: packaging from one supplier, janitorial supplies from another, stationery from a third. Invoices pile

up, paperwork overwhelms, and your carbon footprint grows with every out-of-area van that arrives. For Sussex businesses, this fragmented approach wastes time, money, and environmental resources.

Enter *Fieldskill*, Eastbourne's family-run workplace essentials partner for over four decades. Based at *Brampton Business Park*, they've spent 40 years solving these exact headaches with one powerful promise:

One order. One delivery. One invoice.



More than a supplier — a community partner

Fieldskill's ethos is deeply rooted in Sussex. They prioritise eco-friendly products, optimise delivery routes to save fuel, and champion local employment. Their dedication even extends to bespoke services like custom packaging, printing and office fit-outs—all managed by dedicated account managers who answer calls in three rings.

Why local consolidation matters

Fieldskill's 25,000+ products—spanning packaging, janitorial supplies, stationery, and office furniture—eliminate the need for multiple suppliers. They use their own

drivers and own vehicles to deliver across Sussex, ensuring items arrive on time and in perfect condition. This isn't just convenient; it's transformative.

Reduce paperwork chaos, minimise disruptions, Cut carbon emissions, and boost community resilience.

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Back to school at Students of the Game

AFTER a superb summer in Eastbourne, it's time for the holidays to wind down and the new school year to begin.

By **Joe Walton**

That means swapping beach bags for backpacks and getting back into the rhythm of early mornings and packed lunches.

But fret not! At *Students of the Game* we're here to make that transition a little more exciting by pairing function with sporting style.

Whether your child is starting reception or heading into their GCSEs, we've stocked up on fresh gear to help them kick off the term in style. From bold backpacks to sturdy pencil cases, keyrings and wallets — all featuring official team branding.

Just like a football club embarking on the new season, we know that it's important to feel good about the challenges ahead as much as it is about being prepared.



These products, alongside our ever-evolving collection of football shirts, rugby jerseys and vintage sportswear from around the world, help to give kids a quiet confidence boost as they carry their team with them during the day.

For parents, it's a chance to pick up a quality product at a great price. And maybe you'll even sneak

in a treat for yourself while you're browsing online or in our shop at the top of South Street.

Pop in for a look at our back-to-school range. We're open Monday to Saturday opposite the Town Hall.

Students of the Game
3 South Street BN21 4UJ
www.studentsofthegame.co.uk



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August marked our anniversary under new management. What a year it's been! Over the past 12 months, we've made significant changes to modernise our approach that includes state of the art photography and 3D Virtual Tours plus a brand new website to give every client's home the best possible showcase.

Our increased presence on property sites such as Rightmove and OnTheMarket ensures your property is seen by the widest possible audience.

We've been busy in the community too, proudly sponsoring events at Polegate Community Centre, Thomas A Becket School summer fair, and getting involved with the Eastbourne Chamber of Commerce. Backed by market leading Hailsham Estate Agent Stevens & Carter, we've mirrored their proven expertise into our own brand. With help from local businesses we've introduced fresh signage, new boards, and a refined look, a clear signal of our commitment to progress.

The results speak for themselves: according to Rightmove data, we now lead the BN26 market in both new listings and sales agreed.*

Why Choose Us?

Market Leaders in BN26 for listings & sales agreed*

State of the art photography and 3d virtual tours

Strong online reach via Rightmove, OnTheMarket & Social Media

Local knowledge, independent & community-minded

Friendly, approachable team, personalised client services

Our Friendly Team Are Ready To Help You – Pop into our office – the kettle's always on

Source: *Rightmove data 1st August 2024 – 1st August 2025



Dinotopia LIVE roars into The Waterfront!

SOMETHING BIG is heading to Eastbourne on the 13th – 14th September, as *The Waterfront* plays host to an unmissable prehistoric experience for the whole family.

By **Samantha Tull**

***Dinotopia! – How To Train Your Dinosaur – LIVE Show* brings the age of the dinosaurs back to life in an action-packed, interactive performance.**

Families will come face-to-face with Baxter the T-Rex and his prehistoric

friends, in a 30-minute show filled with laughs, thrills and larger-than-life entertainment.

Up-close encounters

The event promises to be more than just a show. Throughout the weekend, dinosaurs will roam *The Waterfront*, surprising visitors with up-close encounters and unforgettable photo opportunities. Then, ticket holders will be treated

to a live performance where the audience becomes part of the action, helping to “train” the dinosaurs and learning first-hand just how mischievous they can be.

With only four performances across the weekend and limited capacity at each, tickets are expected to sell fast. It’s a unique chance for families to step into a world where dinosaurs still roam, without leaving Eastbourne.

All ages

Dinotopia LIVE is designed for all ages – exciting enough to wow the kids, entertaining enough to

keep the adults laughing, and short enough (just 30 minutes) to fit perfectly into a family day out.

So, whether you’re a lifelong dino-fan or simply looking for a family day out with a difference, make sure you don’t miss this prehistoric party at *The Waterfront*.

Visit eastbournewaterfront.co.uk for more information.



Blue Heart Summer

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Thorndale Furnishers celebrate
40 years in business

Pages 46–47



Thorndale Furnishers – celebrating 40 years with one of the most extensive displays of quality furniture in the South

THE business has been successfully carried forward through successive generations of the family.

By **Barrie Crowhurst**

Malcolm and Jennifer Baker started out as tenant dairy farmers. They both grew up in Ashburnham near Battle, where they were also married.

Malcolm contracted brucellosis in his early thirties from the dairy herd and due to ill health, they both decided to diversify into other avenues. They first started selling secondhand cars and making Birch brooms. They then purchased a three piece suite from the local paper which they sold the next week for a good profit.

From that they continued to buy suites and furniture from the paper which they sold from their old dairy on the farm and then delivered them in their horse box.

As the business grew they then took on the first unit at *Burfield Park* Hailsham. A family friend spent two days driving them around London where they found a supplier, an Indian gentleman named Kishore who was happy to supply them with beds and three piece suites which they didn't have to pay for them until they had sold them.



Malcolm and Jennifer Baker.

A showcase of dining elegance

One of the standout features of *Thorndale Furnishers* is its extensive selection of dining room furniture. Visitors are greeted with numerous displays showcasing both traditional and contemporary styles. Whether you prefer a classic oak table with matching chairs or a sleek modern design with glass or metal accents, you'll find options that suit your taste.

Comfort and convenience with electric lift 'n' tilt chairs

For those seeking comfort and accessibility, *Thorndale Furnishers* offers a large display of electric Lift 'n' tilt chairs. These chairs come with either single or double motors, providing customizable comfort and ease of use. Ideal for individuals with mobility challenges



or anyone looking for a relaxing recliner, these chairs combine functionality with style.

Stylish desks, chairs, and storage solutions

Working from home or creating a dedicated study space has become increasingly important. *Thorndale Furnishers* recognizes this trend and offers a handsome collection of desks, chairs, and storage units. These pieces are designed to beautifully complement other home furniture, creating cohesive and functional spaces.

A superb range of leather suites

The heart of any comfortable living room is a quality sofa, and *Thorndale Furnishers* excels in offering a superb range of leather suites. Whether you prefer recliner models that offer ultimate relaxation or static sofas for a more formal setting, their display is designed to impress. Customers can browse through a vast selection of suites, all available in different styles and

levels of quality. From modern minimalist designs to classic Chesterfield styles, the store caters to a broad spectrum of tastes.

Beds that promise restful nights

A good night's sleep is invaluable, and *Thorndale Furnishers* takes this seriously. The store boasts an extensive collection of sprung beds, wrought iron beds, brass beds, as well as pine and oak frames. Sofa beds are also on display, providing versatile solutions for guest rooms or small spaces. Their large selection includes British handmade beds, ensuring craftsmanship and durability.

Storage and bedroom essentials

In addition to beds, *Thorndale Furnishers* offers a wide array of wardrobe furniture, duvets, pillows, and other bedroom essentials. This comprehensive approach means customers can furnish their entire bedroom in one visit, choosing from a selection that balances practicality with aesthetics.

Customer service

Thorndale Furnishers prides itself on its customer service. Their opening hours are designed to accommodate busy schedules, with weekdays open from 9:00am to 4:00pm, and Saturday and Sunday hours extending until 4:00pm and 2:00pm respectively. They are also available on bank holidays from 10:00am to 4:00pm and offer appointments outside regular hours.

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The 'Royal' & 'Alfriston' Trugs.



'Reg' making a trug in Herstmonceux.



Shop at 'The Bats Wing' in Alfriston.

Sussex Trug Heritage Centre

THE first steps are taking place towards restarting production of the world-famous *Royal Sussex Traditional Trugs* after an absence of 18 months due to raw material supply issues.

By **Peter Lindsey**

Director Robin Tuppen owned the business for 36 years, until it was transferred to Sussex Trug Heritage Centre, a not-for-profit company limited by guarantee.

There are no longer any shareholders and all profits are reinvested in the centre's activities. It was formed because the Sussex Trug Industry is in a perilous state. There are less than 10 practicing craftspeople now and the *Heritage Crafts Association* has listed the industry as being "critically endangered."

Robin, now 77, said: "We have been here at Magham Down for 11 years. My brother Peter and I started making the South Down Contemporary Trugs in Bexhill in 1983. In 1989 *Thomas Smith's Trug shop* was going to close down and a friend, Frank Odell, put up the funds to buy *Smiths*. We then

combined the two companies at the *Smith's* workshop in Herstmonceux.

"Our old workshop at Herstmonceux was in poor condition, having been built as a cavalry barracks in 1914. We moved from there about 22 years ago. Eleven years ago we moved to Magham Down, a 1914 village hall which perfectly matched our craft and history.

"Things changed over the years — when we were at Herstmonceux there were 24 staff. There were just seven of us when the pandemic started, now we are looking to rebuild.

"At one stage it looked like we may have to close because of a shortage of raw materials, but we have recovered well. Years ago there were 24 trug-making companies locally, but now there are just four.

"We sell trugs at Magham Down, and supply garden outlets and centres in the UK. Our customer base

spreads around the world with trade customers throughout the EU, Canada, the USA, Japan and South Korea.

"Online we sell through our website, through *Etsy*, *Amazon*, *Folksy* and have opened a *TikTok* shop, so that we can engage with younger customers too. We have our own YouTube Channel now"

A contemporary trug costs around £90 and 3,500 are created each year at the centre. Good quality materials are always used, and they are hand-crafted with care. It takes around 90 minutes to produce one trug.

In the past, *The Sussex Trug Heritage Centre's* predecessor, *Cuckmere Trug Company*, supplied the *Crown Estate* at Windsor and other high-profile places including the *Royal Botanic Gardens* at Wakefield House, the *Royal Botanic Gardens* in Edinburgh, *The Royal Horticultural Society* in Sweden and *Highgrove Enterprises*.

Robin said: "Brexit caused us challenges because there was no deal for consumer companies in Europe regarding VAT. We will have cleared this hurdle soon too, with the assistance of a Brighton company.

"We used to attend 12 trade shows in mainland Europe every year for clients such as *Prinz von Hessen* in Germany. It's going to take time to re-establish those shows as it involves VAT in individual countries.

"Restarting production of the *Royal Sussex Traditional Trugs* is very exciting. It involves using sweet chestnut and willow boards. Which are always very popular and we have a waiting list!

"As a not-for-profit company we can apply for grant funding and donations. Our initial target of £75,000 to get production underway and start to train people, has achieved 10% of that target. We are applying for a *National Lottery Heritage* grant to secure our future and establish a purpose made centre."

01323 871640
info@sussextrugheritagecentre.org
www.sussextrugs.com

Sussex Trug Heritage Centre
Thomas Smith's Trug Shop
Red Lion Hall, New Road
Magham Down, Herstmonceux
East Sussex BN27 1PN



New Community Hub for Hailsham

HAILSHAM Foodbank is looking to move and expand what it offers at a new Community Hub in the heart of the town.

By **Peter Lindsey**

The Foodbank has been serving residents since 2012. At its peak, it supported more than 7,000 residents each year. That figure has dropped to under 5,000 but demands remains high.

Now a *Crowdfunder* has been set up with a £5,000 target. You can donate at: <https://www.crowdfunder.co.uk/p/hailsham-foodbank-1>

Manager Julie Coates said: "The demand remains too high for our services. We open four mornings a week — Tuesday to Friday between 10am and noon — and we feel that the time has come to move to bigger premises so we can offer more services.

"There isn't currently a 'one stop shop' in the area for people to access and we have a wide range of services looking to join us to provide a much needed *Community Hub* for local people.

"We do not have a confirmed venue just yet but we have plans in the pipeline, and we urge people to donate to what will be a very valuable cause."

Hailsham Foodbank is currently at 4 Market Street. As well as handing out food via a referral, it offers:

- Use of a *Community Fridge*, including bread, fruit and veg, meat and much more.
- Advice from a member of *Hailsham Citizens Advice*.
- Debt Advice from *Community Money Advice*.
- Help with energy bills from *Energise Sussex Coast*.

The new *Community Hub* will be able to offer so much more, including easier access to housing, benefits, budgeting, volunteering, wellbeing and helping to get people involved in the local community.



Manager Julie Coates (left) and Deputy Catherine Mudford.

Julie said: "Basically, at the new Hub we will do what we do now and bigger, there will be support for so many people in so many different areas.

"Many people can't go online, and they may also find it difficult to make a phone call — and that's where we come in. Research shows that people want to go to one place for advice."

<https://hailsham.foodbank.org.uk>



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The end of an era, but what a legacy for Hailsham

THIS month we celebrate the incredible journey of the *Hailsham Active* Saturday morning exercise class at *Western Road Recreation Ground*.

By **Steve Wennington**

After seven and a half years, our much-loved instructor, Andrea Meszaros, is stepping down to focus on her career and family move to Staffordshire. Alongside her, the ever-enthusiastic Colin Ferguson, known for his “Disco Saturdays,” is also moving on to Spain. We thank them both for their humour, energy and the countless ways they’ve boosted our health and wellbeing.

What began as a small class grew into something much bigger — a catalyst for improving Western Road Recreation Ground and strengthening our community spirit.

How it all began

Nine years ago, Norman Harris of *Hailsham Harriers* and *Hailsham Active* suggested protecting Western Road Rec under the *Fields in Trust* programme. This led to £5,000 worth of free exercise classes provided by

Our Parks, a London-based initiative encouraging outdoor fitness. Andrea became our trainer, and in April 2018 the first session took place with 15 people braving the mud!

From this small start, ideas grew. When *Fields in Trust* launched a national competition offering £30,000, our proposal for a path and exercise area came second in the UK. Feedback suggested that with lighting we would have won outright — an idea we held onto.

Building the path

Around the same time, £100,000 of unused developer funds was about to be returned. With the help of Ralph Olsen (ex-highways), who donated his expertise in designing a path, and with support from the Town Arborist and cricket club, we developed proper plans. Although lighting was refused at first, ducting was added for future use.

Work began in the summer of 2020 — right in the middle of Covid — and by autumn the new path was ready. It became a lifeline during lockdown, giving residents a safe route for walks and exercise.

Let there be light

Determined to add lighting, *Hailsham Active* brought in grants specialist Annette Buswell. With support from *Lightning Fibre* and the *Town Council*, funding was secured. By combining grants (£50k) with council support (£10k), the £60k project was delivered — transforming the Rec into a truly year-round facility.

The recreation ground today

Now Western Road is buzzing on Saturdays — football, mini rugby, cricket, tennis, dog walkers, runners and families enjoying the space. Local clubs have continued to improve their facilities, ensuring the Rec remains a centre of community life.



Of course, there have been challenges — a few trees have been lost and drainage issues have arisen — but with replanting and new solutions underway, the future looks bright.

A Fond Farewell — and a Hopeful Future.

Andrea and Colin’s farewell party at *Herstmonceux Village Hall* brought together old friends, laughter and memories. These classes have always been more than just fitness — they’ve been about friendship, sharing problems, and starting the day with a smile.

And the story may not be over. The team at Fortior Fit have stepped forward to explore keeping the classes alive. So, watch this space!

Finally, a heartfelt thank you to Andrea, Colin, Norman, Ralph — and everyone who helped create such a lasting legacy for Hailsham.

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Hailsham Chamber September News

By Ryley Warwick

Chamber Podcast

In the latest episode of the **Hailsham Chamber Podcast: Let's Talk Business**, Chamber President Sam Beale (Stevens & Carter) sits down with Abi Tappenden from the **Children's Respite Trust**.

They talk all things charity:

- What it really costs to run a day at the Respite Centre.
- The life-changing work the Trust does for families across Sussex.
- And how YOU can get involved and help make a difference.

The Podcast is proudly sponsored by *Studio W Media*.

Tune in now, support local, and consider sponsoring a future episode to spotlight brilliant causes like this one!
<https://youtu.be/nC3xQKFhtFQ>

Want to be a guest or sponsor?
Get in touch at: marketing@hailshamchamber.co.uk

September Charity of the Month: Hailsham Foodbank

Each month, we shine a light on the organisations that make our community thrive. This month, it's the turn of *Hailsham Foodbank* helping

neighbours in crisis with food, support, and compassion.

In the past year alone, they distributed 5,929 three day emergency food parcels.

With over 50 volunteers *Hailsham Foodbank* warehouse processes up to 3–4 tonnes of food in a single month.

A recent £500 grant from *Hailsham Town Council* will fund training for volunteers to deliver budget coaching. Plans are underway to move the distribution centre to larger premises. This will allow *Hailsham Foodbank* to grow its "Community Hub" model.

There are many ways to help, donating food, essential items include tinned veg, long-life milk, nappies, and toiletries. You can donate via Bankuet to send pre-selected food parcels or choose items from their online registry at For Common Good.

Volunteering in the warehouse, at the distribution centre, or assisting with community projects, volunteers are the backbone of the operation.

Let's offer support. Because when a neighbour is in crisis, *Hailsham Foodbank* reminds us that we don't face challenges alone.

October Big Business Breakfast

Join us on Thursday 2nd October at *Wellshurst Golf & Country Club* for another morning of networking, learning, and inspiration with the *Hailsham Chamber of Commerce*.

This month, we're excited to welcome two brilliant speakers:

Karen Dawkins – Karen Dawkins Online

Karen is a Brilliant Business Analyst! Offering business mentoring, support packages, Strategy Days, workshops, training and retreats. Helping stressed out business owners stop being the bottleneck in their own business!

Shawn May – May Connections

Shawn brings his expertise as an electrical specialist, offering insights into the world of smart electrical solutions and the importance of reliable systems in business today.

Come along for:

- A delicious breakfast at *Wellshurst Golf & Country Club*.
- Networking with fellow local businesses.
- Fresh ideas and inspiration from our speakers.

Thursday 2nd October
Wellshurst Golf & Country Club
7am – 9am



Don't miss out! Book your place now via the Chamber website.

www.hailshamchamber.co.uk



Fun future for The OSC

BADER College and Science Projects have signed a landmark 10-Year deal securing future of The Observatory Science Centre.

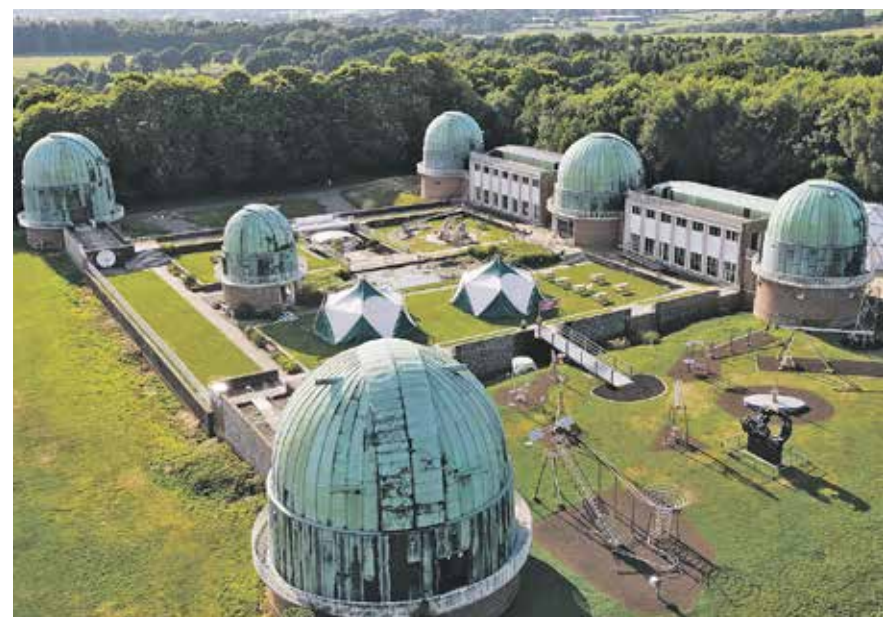
By **Natasha Message**

Bader College and Science Projects are pleased to share that they have reached a 10-year agreement to keep the Observatory Science Centre at Herstmonceux Castle Estate in East Sussex.

This secures the future of one of the UK's most iconic destinations

for interactive science, ensuring generations of families can continue exploring hands-on discovery at this historic site.

This renewed partnership marks a commitment to joint working, enhancing the visitor experience and investing in key improvements across the *Herstmonceux Castle Estate*.



Together *Bader College* and *Science Projects* aim to unlock *The Observatory Science Centre's* full potential to inspire future generations through science, history, and discovery.

"This agreement reflects our joint ambition to preserve and enhance this unique site. *The Observatory Science Centre* is an important part of the *Herstmonceux Castle Estate*, and we look forward to working closely with *Science Projects* to deliver an exceptional experience for visitors."

said Dr Matthew Evans, spokesperson for *Bader College* and Provost of *Queen's University, Canada*.

Abbie Rumbold, Chief Executive of *Science Projects*, added: "We are looking forward to welcoming visitors to *The Observatory Science Centre* for many years to come and are so excited about the opportunity to develop fantastic new visitor experiences. Our incredible team is ready to make the next decade and *The OSC's* fourth, our most fun yet."

Hailsham celebrates art and culture

WE'VE selected a handle of events, but log on to www.hailshamfestival.co.uk for the full itinerary.

By **Gail McKay**

Opening celebrations
Come along to *Vicarage Field* in the centre of town. The morning will include music by *Rising Stars Children's Choir* from *Seaford* and *Wealden Brass*. And performances from *The East Sussex School of Circus Arts*.

September 6th, 10am–1.30pm at *Vicarage Field*.

Carnival mask-making
at *Gallery North*, September 6th – 20th, 10:00am–1:00pm

Children's art exhibition
September 6th – 20th, 2:00pm–5:00pm at *Gallery North*. 3rd annual children's art exhibition, showcasing the work of more amazing young artists from across Hailsham and the surrounding villages.

Needle felt landscape workshop

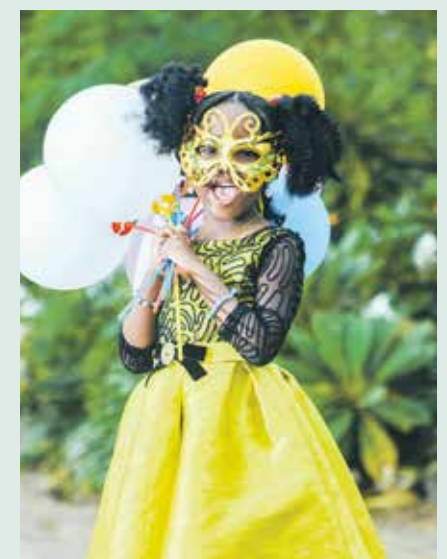
Led by Artist Carol Kemp.
September 9th, 11:00am–2:00pm at *Gallery North*.
Price: £22.50.

Acrylic painting workshop

Join Andy Hill for an immersive acrylic painting workshop September 10th, 6:00pm–9:00pm at *Gallery North*.
Price: £20.

Yarn basketry art workshop

Learn the absorbing and useful craft of yarn basketry. September 11th, 1:00pm–4:00pm at *Gallery North*.
Price: £20.



Kids' Pottery Workshop at Belle's

Create your very own Dragon Eye from clay and then paint it.
September 12th, 4:00pm–6:00pm
Price: £20.

Costume life model drawing workshop

Join artist Ben Ecclestone to learn the art of life drawing in costume.
September 18th, 6:30pm–9:00pm at *Gallery North*.
Price £15.

Kathy returns to the Lions

KATHY Butler has returned to be President of Hailsham Lions.

By **Peter Lindsey**

Keith Dickman had been President and has moved on to become Zone Chairman for the next year.

Kathy said: "So far this year the *Lions* have supported *VE Day*, *Sussex Day* and attended a few school fetes.

"The *ROAR* programme continues for schools to create a worthy project

for the community. This is always an exciting event for those involved and shows the young talent we have in the town.

"We're supporting the *Hailsham Festival* again this year with our stalls at the *Nostalgia Fair*, and the *Town Council* with the re-organisation of its street markets.



Kathy (right) with Jayne Torvill.

"Other planned events include a *Rum Infusion Quiz* evening on 19th September, *A Diabetes Day* in October, and, of course, we'll be joining in the fun at the *Christmas Light Up* evening in November.

"There are other events being discussed at the moment, with new games being devised to attract the young at heart.

"And our bookshop continues to flourish thanks to your continued support. So, please check out our *Facebook* page and *Instagram* for updates."

The Lions are looking for new members in Hailsham.

thetearsofacdown68@gmail.com

Running around the Bluebell Walk – and more

BATES Green Gallop 2025 is taking place on Sunday September 21st from 9am at one of the most beautiful locations in Sussex.

By **Peter Lindsey**

The trail route starts and finishes in the beautiful *Beatons Wood* which is home to an abundance of wildflowers and wildlife. *Bates Green Farm* at *Arlington* is also home to the famous *Bluebell Walk and Farm Trail*.

You have six hours to run as many 3.6 miles loops that you want. You can run solo or as part of a team.

We Run They Run I Run

The day is made possible by 'We Run They Run I Run' – an organiser of small running events based in Sussex.

A spokesperson said: "This is a beautiful multiple lap trail run in the East Sussex countryside We welcome runners of all abilities so please come and join us.



"We refer to our challenge events as runs, not races. Everyone who takes part is on their own mission.

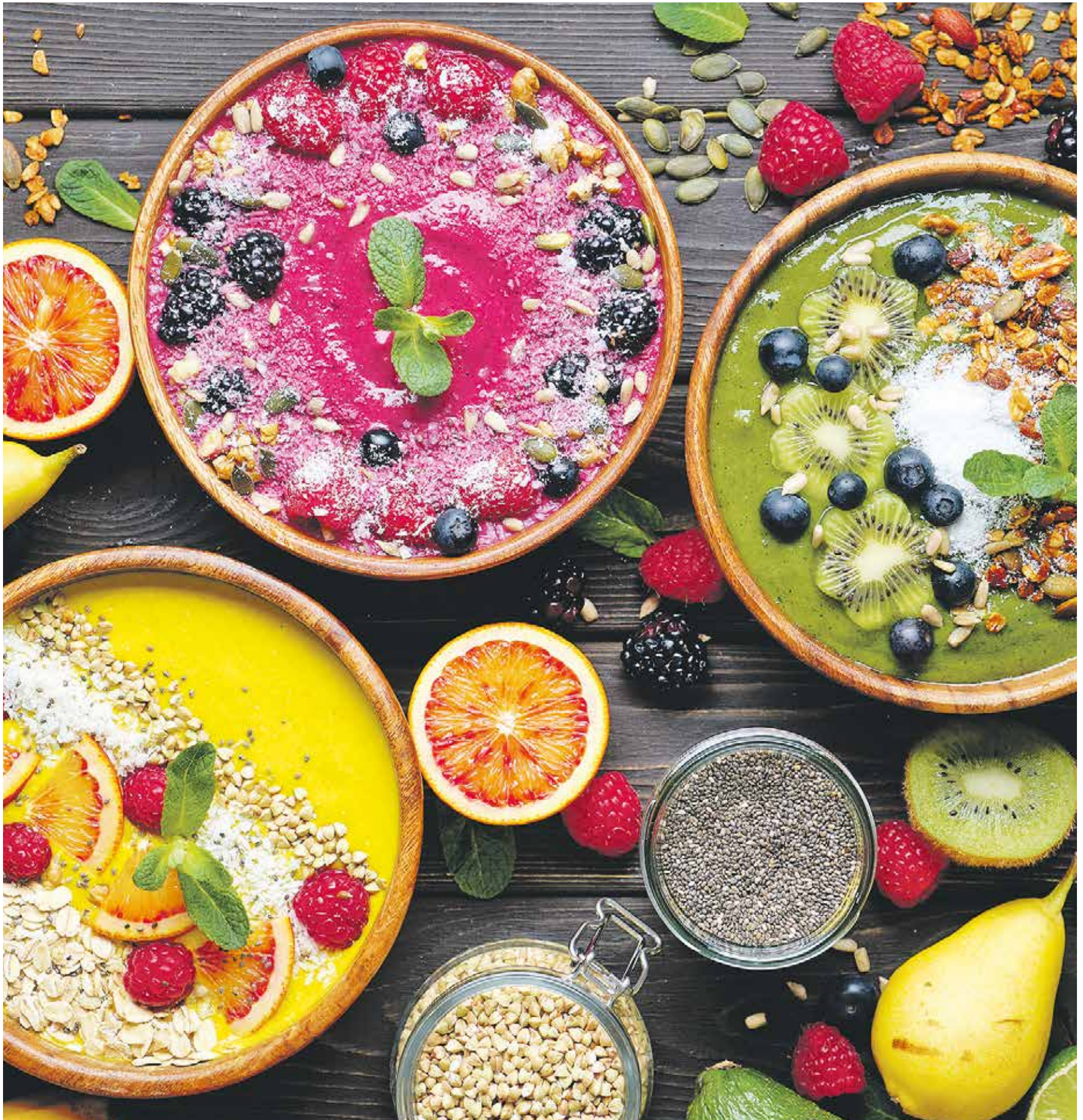
"You don't have to run for the whole six hours, you can stop when your mission is complete. Your time and mileage will be recorded.

"The emphasis is on the running and camaraderie. We provide well stocked aid stations with cake, fruit, biscuits and other goodies at an undercover HQ. All abilities welcome, run, jog or walk."

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Sussex Footcare leading the way in nail surgery and treating painful ingrowing toenails

UNDERSTANDING ingrown toenails: causes, symptoms and treatments.

By **Alex Selmes**

Ingrown toenails are a common and often painful condition which occurs when the edge of a toenail grows into the surrounding skin.

While any toe can be affected, the big toe is most commonly involved and can involve one or both big toes. This can lead to redness, swelling, infection and discomfort, making everyday activities like walking or wearing shoes difficult. For those with certain underlying health conditions ingrown toenails may increase their risk of complications developing.

What causes an ingrown toenail?

Several factors may contribute to the development of ingrown toenails:

- **Improper nail trimming:** Cutting toenails too short or rounding the edges can encourage the nail to grow into the skin by causing a nail spike.
- **Nail plate shape/size:** Some people have wide nail plates which make cutting the nail difficult and others may have involuted or pincer type nails which dig into and pinch the skin.
- **Foot biomechanics or deformity:** Some people's natural way of walking or a deformity may alter pressure distribution, toe alignment, and nail growth.

- **Tight footwear:** Shoes which are too tight can put pressure on the toenails and encourage improper growth.
- **Injury:** Trauma to the toe, such as stubbing it or dropping something heavy on it, can alter nail growth.
- **Genetics:** Some people inherit a tendency to develop ingrown toenails.
- **Poor foot hygiene:** If an ingrown toenail develops there may be an increased risk of infection if the feet are not kept clean and dry.

Symptoms of an ingrown toenail

Symptoms typically begin mildly and worsen if left untreated. Common signs include pain and tenderness along one or both sides of the toenail. Swelling and redness around the nail with warmth and increased sensitivity to the affected toe. The affected toe may also have hypergranulation tissue present which appears as red mass of tissue. Pus or drainage present indicates infection.

Stages of ingrown toenails

Mild ingrown toenails usually present with slight redness and tenderness without any signs of infection. Moderate ingrown toenails are increasingly painful with increased swelling and the potential formation of pus. In severe ingrown toenails the nail spike causes an overgrowth of skin (hypergranulation tissue) with red, shiny skin and ongoing infection and possible spreading of infection.



Treatment options

Treatment options vary depending on the stage of the ingrown toenail and are categorised as conservative treatments or surgical treatment. At *Sussex Footcare* our Podiatrist's Andrew, Joyce and Alex have completed the necessary training to complete minor surgery which involves part or total removal of the nail. We offer advice on proper nail care for your nail type/shape and complete footwear assessments to check if another type of footwear may be more appropriate to accommodate the toes. For those with poor biomechanics as the underlying cause podiatrists may recommend orthotics to change the forces upon the foot or recommend a referral for surgical correction of structural foot deformities.

For more severe cases we may advise antibiotics to treat the underlying infection as well as completing conservative treatments with a follow-up appointment to review the toenail. Minor surgery may also be advised depending on patient suitability, a minor surgery assessment would be completed at the appointment should the patient opt to have this treatment option. Minor surgery involves a local anaesthetic being injected into the toe and may be a partial nail avulsion or a total nail avulsion and involve part of or the whole nail being removed. An acid called Phenol may

also be applied to prevent regrowth of the offending nail portion. After surgery you will be provided with post-op redressing appointments to monitor the wound and shown how to look after this wound yourself.

When to see a professional

If you have any signs of severe pain and infection it is best seek professional advice. If you have diabetes or circulation problems these may increase the risk of complications developing and a podiatrist will be able to advise you on your risk status and how to look after your feet to prevent these complications.

Conclusion

Ingrown toenails can be a minor annoyance or a serious health concern, especially if infection develops or if you have underlying health conditions. With proper footcare, most cases are preventable. If you experience persistent pain or signs of infection, it is important to consult a healthcare professional such as a podiatrist for prompt and effective treatment. Antibiotics alone will not cure the problem, which we commonly see in clinic.

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Walking in the footsteps of our ancestors

MANY feet have trodden the paths that we take over the downs and through the villages and countryside that we so enjoy with the ramblers.

By **Jayne Brewell**

I am Sussex born and bred and have often thought about who in my family has trodden the familiar routes.

As a child, particularly with my grandmother, I would walk the downs and have photographs of our family sitting on the Long Man of Wilmington. The Long Man, or Wilmington Giant, has a history and purpose that is not really known. It is believed to date back to the early

18th century, with the earliest drawing in 1710 by surveyor John Rowley. However, there are other theories that date it to the Neolithic or Iron Age. Whatever the history, he has been a fascination of many a walker.

The South Downs has been lived and worked by generations of people for over 5,000 years. Archaeological sites stretch along the downs; the Devils Humps near Chichester and Bronze Age round barrows with their numerous myths, including being resting places for Viking leaders. Closer to home *Heritage Eastbourne* explored Butts Brow Neolithic enclosures which were thought to be used for ritualistic or ceremonial purposes rather than a settlement itself. Pottery was found in the ditches and the enclosure is believed to be dated around 3,600 BCE – Early Neolithic.

You can close your eyes and imagine the lives lived by the people themselves; working raising families, enjoying each other's company, engaging in conflicts, battling the elements and living peacefully together. In spite of our modern technology, everyday life continues much as it always has.



As we walk along chatting with our fellow ramblers we realise that in fact there is history below our feet, we are walking in the footsteps of our ancestors.

Polegate Ramblers is a very active friendly club that meets every Thursday for a choice of a 5-ish mile or 10-ish mile walk, and monthly on Saturdays for a 7-8 miler. Every fortnight there is also a Leisure Walk of about two miles which always ends in a coffee shop. New walkers are always welcome to join us for a walk or two before committing to membership.

For more details please email polegateramblers@gmail.com www.polegateramblers.org.uk

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Eastbourne - Broadway United Church, Broadway Mews
5.30pm and 7pm - Tel: Kayleigh 07714 384461

Eastbourne - Bridgemere Centre, Bridgemere Road
5.30pm and 7pm - Tel: Rachel 07817 750069

TUESDAY

Pevensey Bay - St Wilfrid's Church,
7.30am and 9am - Tel: Emma 07717 454693

Eastbourne - Duke Bernard Court, Latimer Road
3.30pm, 5.30pm and 7pm - Tel: Tracey 07736 047196

Hailsham - Emmanuel Church Hall, Hawkswood Road
7pm - Tel: Sarah 07798 702326

WEDNESDAY

Eastbourne - St Barnabas Church, Kingfisher Drive, Langney
7.30am and 9.30am - Tel: Jackie 07821 232511

Polegate - St George's Church Hall, Eastbourne Road
9.30am and 11am - Tel: Emma 07717 454693

Eastbourne - Community Wise, Ocklynge Road, Old Town
5.30pm and 7pm - Tel: Michelle 07900 903350

Polegate - St George's Church Hall, Eastbourne Road
5.30pm and 7pm - Tel: Emma 07717 454693

Eastbourne - St Barnabas Church, Kingfisher Drive, Langney
5.30pm and 7pm - Tel: Jackie 07821 232511

THURSDAY

Eastbourne - Emmanuel Church, Upperton Road, Old Town
9.30am - Tel: Rachel 07817 750069

Hailsham - Methodist Church, High Street
4.00pm, 5.30pm and 7pm - Tel: Jo 07860 961465

FRIDAY

Eastbourne - St Mary's Church, Decoy Drive
7.30am, 9am and 10.30am - Tel: Emma 07717 454693

Hailsham - Methodist Church, High Street
8am, 9.30am and 11am - Tel: Beckie 07948 352691

SATURDAY

Eastbourne - Archery Youth Centre, Willoughby Crescent
7.30am and 9.30am - Tel: Michelle 07900 903350

Hailsham - Summerheath Hall, Summerheath Road
7.30am, 9.15am and 11am - Tel: Beckie 07948 352691

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The A-Z of healthy eating

By **Harriot Smallholder**

- Apple**
An abundance of fibre, vitamins and antioxidants.

Blueberries
Include antioxidants that support brain health.

Carrots
A prime source of beta-carotene for eyes, skin and immune system.

Dates
A wealth of potassium, magnesium, and vitamin B6.

Eggs
Packed with vitamin D, choline, and protein.

Figs
Supports bone health and combats anaemia.

Garlic
Boosts the immune system and supports cardiovascular health.

H (vitamin) (aka biotin)
Found in eggs, milk and bananas to support skin, eye and hair health.

Insulin
Turns food into energy and maintains sugar glucose level.

Jackfruit
Healthy, popular meat substitute.

Kale
A nutritional powerhouse supporting heart bones.

Lentils
Excellent for energy production.

Magnesium
Helps you sleep.

Nuts
Can contain vitamin E, magnesium and omega-3 fatty acids.



- Oranges**
Abundant in vitamin C, potassium, and fibre.

Pumpkin
Rich in beta-carotene, vitamin K and potassium.

Quinoa
Complete protein source for muscles and energy.

Raspberries
Loaded with vitamin C, vitamin K, and manganese.

Spinach
Rich in iron, for strength.

Tomatoes
Antioxidant lycopene to protect against certain cancers.

Ultra-processed food
The eating of which will impede your wellness journey.

Veggie variety
Mix it up for maximum benefits.

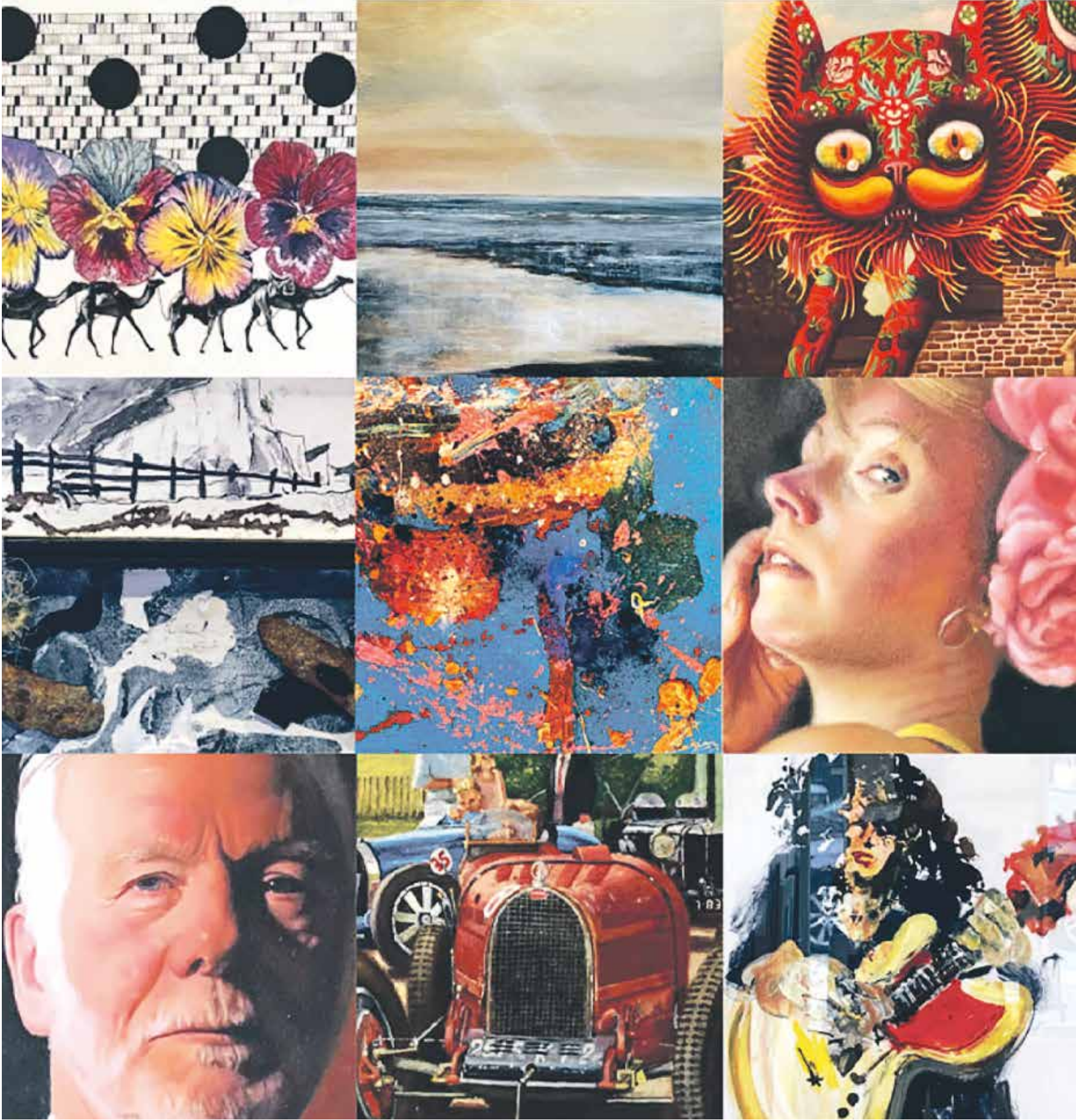
Water
Essential for any body.

X large
Don't supersize, unless it's the green stuff.

Yogurt
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Zinc
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Eric Ravilious

Eric Ravilious, *Beachy Head*, 1939, Towner Eastbourne.

Autumn—Winter Season

TOWNER
Eastbourne

townereastbourne.org.uk



J.M.W. Turner

Joseph Mallord William Turner, *Sarner See*, c.1844. Private Collection. Photo © Fisheye Images.

The Ravilious Collection

TOWNER Eastbourne announces new dedicated gallery showcasing its extensive collection of work by Eric Ravilious.

By **Cameron Brown**

On Friday 26th September, Towner Eastbourne is launching a new space dedicated to the much-loved British artist Eric Ravilious (1903 – 1942).

Featuring an expanded display of more than 100 of Ravilious' works from the *Towner Collection*, the new space will showcase the prodigious

output of one of Eastbourne's most celebrated artists, as well as works by Tirzah Garwood (who married Ravilious in 1930) and some of his closest friends and peers, including Edward Bawden and Peggy Angus.

The *Ravilious Collection* gallery will trace Eric Ravilious' life and celebrate the breadth of his career from his early days as a student and later a teacher at Eastbourne School of Art, to his work as a war artist which ultimately resulted in his early death



Eric Ravilious, *Cuckmere Haven*, 1939.

in service at the age of 39. The gallery will highlight Ravilious' unique connection to Eastbourne and will feature some of his best loved works, including local landscapes Cuckmere Haven and Beachy Head (both 1939).

Towner's Director Joe Hill said: "Eastbourne was a huge part of Eric Ravilious' formative years, and somewhere that he kept coming back to throughout his life. The town and its surroundings were clearly a huge source of inspiration to him. People

travel from all over the world to see the stunning scenery that we're so lucky to have on our doorstep, and we hope that many of them will complete their trip with a visit to Towner to see these iconic depictions of the Sussex landscape and learn more about one of Eastbourne's most celebrated residents."

**The Ravilious Collection
Opens Friday 26th September
Free entry (suggested donation £5)**

Get ready for the **BIGGEST** Christmas Party in Eastbourne!

Jingle Bell **JUKEBOX**

Step into a winter wonderland where the magic of Christmas begins. Jingle through the ages with the very best music from across the decades.

Enjoy **LIVE** entertainment, feast on a mouthwatering three-course Christmas meal, then boogie on the dance floor in true festive style!

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by Leap Then Look



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Touching Colours – an emotional rollercoaster

LINDA M James is a published author and an award-winning screenwriter who moved to Eastbourne two years ago.

By **Peter Lindsey**

She is directing a short film called 'Touching Colours' in and around Eastbourne in September that is based on a true story.

It focuses on Lucy, a young artist who is devastated when she goes blind within three days. Initially, she is suicidal, but miraculously, over time, her eye sight returns in the most incredible way.

It's being filmed in four locations: *Beatons Wood* at Arlington, *St Wilfrid's*

Hospice, an art studio in East Sussex and a local apartment.

A *Crowdfunding* page has been set up here: <https://www.crowdfunder.co.uk/p/touching-colours-2>

The target is £10,000. This will include the costs of the project plus a donation to *The Royal Institute for the Blind*.

Linda said: "Through my research, I've discovered that 250 people go blind every day in the UK. That's a staggering statistic, but I'm in contact with Guy Hamilton, a British scientist working in New York who, with his

team, have devised a machine to help blind people 'see' again.

"His research could give thousands of blind people hope.

"I want to include Giles' work in a future feature length screenplay as it is incredible."

Linda has directed stage plays before, but *Touching Colours* will be her debut as a film director.

She said: "I have an award-winning actress playing Lucy and an award-winning crew on board so the final film will be fantastic with amazing special effects. We 'see' what Lucy sees when she goes blind.

"It's an emotional rollercoaster based on a true, incredible story.



"As the director, I'm transforming my words into a powerful visual experience; you will see some events from Lucy's perspective, you'll see the degradation of her vision, her feelings of confusion and terror as her sight becomes more and more fractured and her overwhelming joy when her sight returns.

Patterson Gallery

at The Lansdowne Hotel

The next exhibition is a mixed show on the **23rd August** until the **30th September**. Illustrated is a selection of what will be on display, in the gallery and the exhibition will continue in the 1912 Restaurant.



In the **Alfriston Room**, lower ground floor
10am until 5pm

Tel: 07970 549873

peter@pattersongallery.co.uk www.pattersongallery.co.uk

A Classical Spectacular

5pm, Sunday 21st September 2025
Congress Theatre, Eastbourne BN21 4BP

The Kanneh-Masons

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with The Kanneh-Mason Trio

Verdi Requiem

The English Arts Choral
The English Arts Orchestra

Vocal soloists selected through
The Eastbourne International
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March No.1**



Tickets: £42, £34, £28, £19
Full-time students £6
www.englisharts.org

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Curtain Up
Every Wednesday until 14 October



Country Superstars
Saturday 6 September



Man in The Mirror
Thursday 4 September



Essentially Cher
Sunday 7 September



An Evening with Paul Merson
Thursday 11 September



Art of Andalucia - Flamenco Dance
Friday 12 September



RHT

Royal Hippodrome Theatre



The Bootleg Beach Boys
Saturday 13 September



The Ultimate MOD Revue
Friday 19 September



Mike Osman's JETHRO
Saturday 20 September



Killer Couples with Emma Kenny
Thursday 25 September



Whole Lotta Shakin'
Friday 26 September



Emilio Santoro as Elvis
Saturday 27 September

Box Office 01323 802020 | royalhippodrome.com
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Green and pleasant

SEPTEMBER is here and there's still plenty to be done while you're outside in the garden, assuming we have seen the end of this year's changeable weather. Let's all hope we can be enjoying the last of the year's warmth. If you grow fruit and vegetables then there will be all your crops to harvest which will keep you busy this month. There's plenty of work to do tidying and maintaining plants and equipment as well.

By **Geoff Stonebanks**

This year we have had very mixed weather throughout the summer, we have had so many downpours, then the hosepipe ban, the garden has started to give up. So, maybe we are set for an Indian Summer through September, we can but hope. We will certainly see the nights start to draw in before the dreaded clocks go back next month, so make the most of the month!

Garden tidy up

While tidying up, it is well worth remembering that your camellias and rhododendrons are well watered at this time of year to ensure that next year's buds develop well. Lots of people complain that their buds are dry and fall off in the spring, watering now will help prevent that. Part of

your tidy up routine might include picking off rotting fruits from pear and apple trees, they will spread disease if left on the tree.

Some plants look good as they fade, such as sedum where the flower heads hold their own for weeks and look good with a dusting of frost. Others, such as Hosta look a mess. There is no hard and fast rule about what to do with herbaceous and perennial plants once summer is over.

Some gardeners cut everything back, clearing out the borders, and others leave plants uncut to encourage wildlife and cultivate a less formal look. Still looking good in my garden, before being cut back, are the pretty Fuschia Magellanica pictured in the header.

National Garden Scheme

This month, here are three gardens you could visit with the *National Garden Scheme*.

High Beeches Woodland and Water Garden in High Beeches Lane, Handcross, near Haywards Heath opens on the 28th of the month from 1pm to 5pm with entry £11 and children £4. Wander through 25 acres of enchanting, landscaped woodland and water gardens with many rare and beautiful plants, an ancient wildflower meadow and absolutely glorious autumn colours.

A brand-new garden this year has been *Kotamaki* in *Tottingworth Park*, Broad Oak, near Heathfield, which opens again on Saturday 6th from 10am to midday with entry £12 and children £6 but pre booked visitors only. Tea, coffee & biscuits included and there will be a talk about the garden at 10:30am. It is large creatively planted gardens featuring a long double border within yew hedging, rockery, shade garden, exotic garden, pot garden, wildflower meadows, and kitchen garden.

In Forest Row there is *Wych Warren House* in Wych Warren, which opens its garden gate on Friday 12th from 2pm to 5pm with entry £6. Enjoy a walk through the six acre garden set in the Ashdown Forest, AONB, much of it mixed woodland. A delightful and tranquil setting with plenty of space to roam, and various aspects of interest providing sensory and a relaxing visit. Lovely stonework, specimen trees, three ponds, herbaceous borders, exotic bed, greenhouse and always something new on the go!

Full details on all the gardens at www.ngs.org.uk

Houseplant holiday is over

A good idea this month is to bring any houseplants that you moved outside over the summer months, back indoors, before the temperatures start to drop. I have a large collection of aeoniums, a few cacti and succulents that don't really like the cold, especially the frost. It's a pretty big job in my garden to lift them all and carry the containers back to their winter homes. I've probably got over 70 containers with aeoniums and I try and place as many as I can in the front and back porches of the house. They are such beautiful plants to look at, it always seems a shame to shut them away in the greenhouse! However, any that I can't find room for, have to spend the winter in the heated greenhouse.

As far as your indoor plants go, now is the time to start watering them less as they prepare for the colder months too.

Forward planning

September is a great time to look forward to 2026. Maybe sit down and think about spring bulbs you'd like to have in your plot next year. Spend time looking through catalogues or searching online. It's not too early to even start planting some you may already have. Some easy examples are the good old favourites, like crocus, hyacinth and daffodils. Make the most of the remaining warmth while you can!

Read more of Geoff's garden at: www.driftwoodbysea.co.uk

Geoff is a multi-award-winning garden owner, garden writer & broadcaster. Driftwood has appeared twice on BBC2 Gardeners' World and was a finalist in Gardeners' World Magazine Best Small Space. See the amazing 5-star reviews on TripAdvisor. Read all about Geoff's work for the community, appointment as a Coronation Champion and trips to Buckingham Palace including two Royal Garden Parties, in 2018 and 2023. Read the many published features on the garden in national, local and worldwide media, including TV.

THE VIEW TWO DAY SHOWCASE

13TH & 14TH SEPTEMBER, 10AM - 2PM

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- ✓ Taste our delicious food and drinks
- ✓ Meet our expert events team
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Registration is essential - visit our website to secure your free place!

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GIVEAWAY!**

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Issue 063
September 2025

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**A-LEVEL ACHIEVEMENTS – T-LEVEL HIGHLIGHTS
TECHNICAL & PROFESSIONAL EXCELLENCE**

EASTBOURNE



HASTINGS



LEWES



NEWHAVEN

ESC STUDENTS CELEBRATE THEIR RESULTS!

East Sussex College students in Eastbourne, Hastings and Lewes celebrated their A-Level, T-Level and Technical & Professional results (14 August), marking the culmination of their hard work, dedication, and ambition.

With an ever-expanding selection of courses, the College continues to offer students a wide range of academic and vocational pathways – from creative arts and sciences to healthcare, construction, engineering and more. Each year, new additions to the curriculum ensure learners are equipped with the skills and knowledge they need for today's industries.



Rebecca Conroy, CEO & Principal of East Sussex College, said: *"We're so proud of our students and all they've achieved. These results reflect their hard work and the dedication of our brilliant staff. Whether they're moving on to university, apprenticeships, or work, we know that they are ready for future success. East Sussex College will always be rooting for them."*

T-LEVEL HIGHLIGHTS

T-Level students once again impressed with their performance across subjects, reflecting their commitment and the real-world learning these qualifications provide. **This year's results underscore the strength of student achievement and the value of these courses.**



LILY MAE DENGATE, HARRIET GREY & ABIGAIL WRIGHT

Having completed her **T-Level in Education and Early Years** with a **Merit**, Lily (left) shared: *"I wanted to pass so I'm happy! Our tutor Lorraine has been amazing, if we needed help she was always there. I received my place at the University of Brighton for primary education teaching for 5-11 years. I'd recommend the course if you are willing to put in the work. It's worth it in the end."*

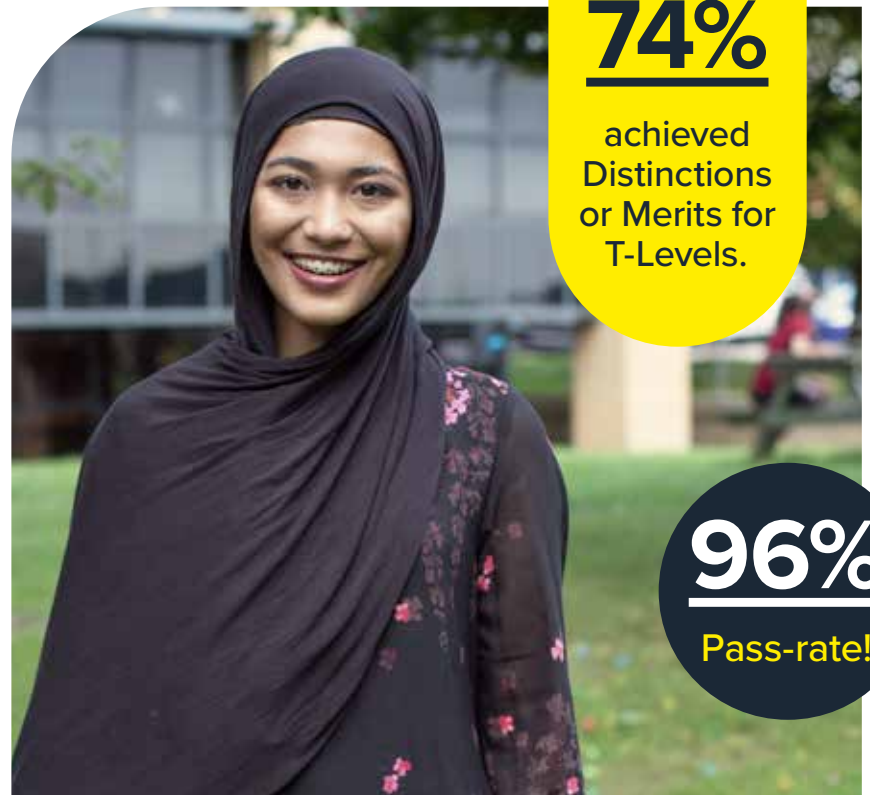
Harriet (centre) earned a **Merit** in her **Education and Early Years T-Level** and reflected on her experience: *"My tutor was literally always there for me – it was brilliant. I'm going to study at Canterbury Christ Church to do Business Management and Marketing Media – the dream is to work in F1 one day. The placement aspect is really good because you pick up career skills you can apply to your future!"*

74%

achieved
Distinctions
or Merits for
T-Levels.

96%

Pass-rate!



SHOMA ANSARY

After achieving a **Distinction** in her **Management & Administration T-Level**, Shoma said: *"I'm very happy with my grades! My tutors provided me with resources and tools, and throughout the year they answered any questions I've had. I'm hoping to go to the University of Sussex to study AI! I'd definitely recommend my course to others – it also offers industry placements which are really good for employment."*

TECHNICAL & PROFESSIONAL EXCELLENCE

An impressive set of results was achieved across a wide range of Level 3 courses, with strong pass rates reflecting the hard work of both students and staff. **Programmes continued to deliver consistently high outcomes, showcasing the quality of vocational education.**

Ashley achieved a **Distinction in Art & Design Level 3** and said: "I'm incredibly happy with my results! My tutor Dylan was amazing throughout! I'm going to university in Loughborough to study architecture. I'd definitely recommend this course to other students. The one piece of advice I'd give my younger self would be, listen to Dylan and everything will be fine!"



INDIGO ZINGEL

Indigo, who achieved a **Distinction in Art & Design Level 3**, reflected: "I chose this course because of the flexibility – you could go whatever direction you want. Because it's such a broad course, you can do so much and get so much from it. You get a different relationship with your tutors – they're more friendly and helpful. As the course is so broad it keeps a lot of doors open."



SIDNEY LLOYD

Sidney achieved a **Distinction in Uniformed Public Services** and said: "I've always wanted to join the public services, this is the best course to help me progress to that career choice. Communication and teamwork with my classmates are two skills I've developed, and also building resilience. After the course I aim to join Sussex Police to help our local communities."



ASHLEY KRUGER

A-LEVEL ACHIEVEMENTS

Meanwhile, A-Level students across the Eastbourne, Hastings and Lewes campuses celebrated another strong year of results. **49 courses achieved a 100% pass rate, a testament to the quality of teaching and the determination of students to succeed.**



MARIA KOVALOVA

Maria celebrated strong **A Level results – Economics (C), Criminology (A) and Business (A*)** – and shared: "Oh my gosh, I couldn't be happier! Support from my teachers was really helpful. The plan is to go to the University of Sussex to study International Business and a placement in the industry next year. I'd absolutely recommend Business. I've loved every second of it – the College, the people, I love it."

Erin celebrated **top grades in her A Levels – Fine Art (A), Fashion & Textiles (B) and Photography (A*)** – and shared: "The support has been really good – especially with finding out what to do next. I'm going to do a foundation year in Eastbourne, and then hopefully go to university next year to study a prosthetics and make-up course at UAL. I'd tell my past self to stick to it. Once you get it done, you realise it's worth it."



ERIN STEVENS

49

A-Level courses achieved a 100% pass rate.



ABDUL-WAHEED KHAN

Abdul-Waheed received an **A in Biology, A in Chemistry, and an A in Maths in his A-Levels**, and told the College: "I managed to get three As! It was a pleasant surprise, so I'm very happy. Next up, I'm potentially going to university to study data science. If I could tell my past self one thing it would be: don't be scared to ask questions and go beyond what you need to learn."

OPEN EVENTS 2025/26



Open Events are the perfect opportunity for you to come in and see the college surroundings and facilities, meet our dedicated course tutors and find out about our courses.

**DON'T
MISS OUT!**



— LEWES

Tuesday 14th October
Thursday 20th November

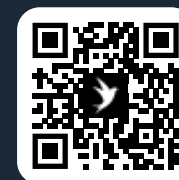
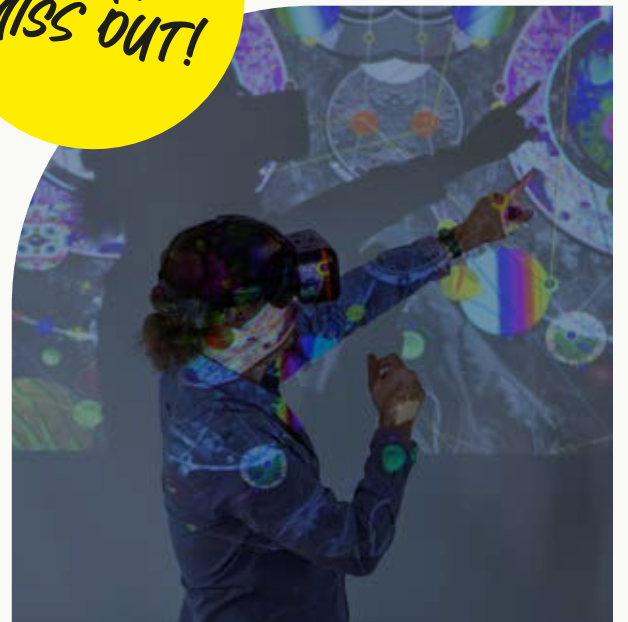
— EASTBOURNE

Wednesday 15th October
Thursday 20th November

— HASTINGS

Thursday 16th October
Thursday 20th November

Additional dates in
March 2026 available.



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