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Issue 064
October 2025

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EATING OUT
FEATURE.

Pages 39-46



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**Our next edition will be
 distributed from November 1st.
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Making our town a better place

SEPTEMBER has been a month where groups have come together with a common aim – to make Eastbourne a better place.

By **Peter Lindsey**

And while some have been critical online, I think everyone accepts that we do need to improve our town.

Eastbourne Together

First, *Eastbourne Foodbank* staged the launch of *Eastbourne Together* – and it's just that, people coming together with new and fresh ideas.

Here's a key message from CEO Jess Holliday: "We've had fantastic interest from the community on the *Eastbourne Together* launch. Since the event, we have had people getting in touch to be added to our mailing list, so they can keep up to date with future work. This is brilliant and we are so pleased to be able to reach out to anyone who wasn't able to make the launch. It's not too late – email hello@eastbournetogether.org.uk for more details."

Well done to Jess and her team!

We are Eastbourne

Second, *We are Eastbourne* has also launched. *Eastbourne Neighbourhood Board* is independent and set up to make sure local people have a real say in shaping the future of our town.

Plan for Neighbourhood

Eastbourne is one of 75 places in Britain to be given £20 million over the next decade from the Government's *Plan for Neighbourhood* fund (PfN), to improve Eastbourne's neighbourhoods, high streets, schools, and public spaces. Making our town a better place to live, work and play.

Let's hope we can maximise the opportunities there.

Arlington Bluebell Walk

I also wanted to give a mention to the amazing man who has brought the incredibly popular *Arlington Bluebell Walk* to the community for the past 52 years.

John McCutchan MBE has been named *Fundraiser of the Year* at the *BBC Sussex and BBC Surrey Make a Difference Awards* held at Lingfield Park.

John, nearly 89, is delighted – and so he should be. He's nearly 89 and is much admired for his commitment to the local community.

Well done John!

Special features

It's another bumper *Bournefree* – when we reach 72 pages we know that's been a very busy month, and again highlights the level of interest in what we are doing.

And dare I say it, we are already thinking ahead to Christmas and our special features on local businesses during the festive season.

Don't forget to stay in touch with our website and our socials – and we wish everyone a happy and successful October!

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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You Golf Me Up

SEPTEMBER was a good month for
You Raise Me Up.

By **Simon Cosham** YRMU

Firstly we have started up our support group again and it was well attended with families coming together to share and support each other.

Our counsellor Lucie welcomes old and new families so if you feel this could benefit you please get in touch lucie@youraisemeup.co.uk

Our *Golf Day* at *Royal Eastbourne* was a great success with 20 teams attending and the event raised just under £9,000 so thank to everyone that contributed towards making

this such a success! *Clarke Roofing* came first with *CT Electrical* second and *Advanta Chartered Accountants* coming third so well done to them.

Enjoolata Foundation very kindly awarded us a grant for £5,000 to enable us to continue providing the services we do to families that really need our support.

We will be launching our 12 Days Of Christmas online auction soon again this year – more details next month. Our *Christmas Jumper Day* is on Friday 12th December this year so if you would like to take part please email simon@youraisemeup.co.uk

Thank you for your support!



Winning team – Clarke Roofing.



Second place team – CT Electrical.



Third place team – Advanta Chartered Surveyors.

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A **CHALK** event

Bournefreemag 2025

25th anniversary broadcast of youth radio

EASTBOURNE Youth Radio (EYR) celebrate 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 the Eastbourne Education Business Partnership and broadcast from studios at East Sussex College in Eastbourne, EYR will see students aged from 5–19 present their radio shows covering a wide range of topics.

This year will see several past EYR alumni returning to the studios to recount their experiences on EYR and subsequent career journeys. There will also be a special focus on *Anti-Bullying Week* and issues around mental health and wellbeing.

Generous support

This annual event is only made possible by the generous support and involvement of many local businesses and other organisations. Still seeking programme sponsors!

Champion the voices

Ian Holden, HR Manager at VACGEN, and lead sponsor for 2025 says, "We're proud to be supporting *Eastbourne Youth Radio!* VACGEN has been manufacturing Ultra-High Vacuum components for 60 years, and since settling in Lower Dicker in 2016, we've felt it time to give back to the community that's welcomed us so warmly. We're especially excited to champion the voices of young people in Eastbourne and can't wait to hear their stories and ideas. At VACGEN, we actively invest in the future by offering apprenticeships, work experience placements, and T-Level opportunities. Through our support, we hope to spark interest in science and engineering — fields that are close to our heart".

Wide-ranging programme

Eastbourne & Lewes District Community Safety Partnership are back with *Sussex Police* discussing issues around knife crime. *Trafalgar Theatres* will be talking about performing arts, *Lansdowne Hotel* promoting hospitality and *Boutique Modern* updating on new construction methods. Southern Water will be focusing on 'unflushables' whilst *Enterprise Shopping Centre* will be getting all festive. *MyLifeMe App* and *Holding Space* will be providing wellbeing support and *Switchplane* will be reflecting on their recent *Digi-Fest*. Many more contributions including *Up Country Stone Cross*, *PRG*, *Eastbourne Foodbank*, *Radio DGH* and *St Wilfrid's Hospice*.



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*. We hope that you tune in and enjoy listening to their work over the four days.

mina.obrien@eastbourneebp.org.uk





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Berkeley Hotel launches Hospitality Academy



SKILLS for Work and Life.

By **Gail McKay**

Coastline Hospitality Academy CIC has achieved a major milestone, gaining approval as a Highfield accredited centre (Centre No. 40268). This recognition means the Academy can now deliver nationally recognised qualifications in hospitality and employability — right here in Eastbourne.

Coastline Hospitality Academy was created to respond directly to employer needs and to provide local people with hands-on, practical training that leads to real opportunities. The Academy's flagship programme, *Hospitality Skills for Work & Life*, has been accredited by *Highfield* at Level 2, with final sign-off due in October 2025, ahead of its official launch.

Designed with employers at its heart, the programme equips learners with essential hospitality skills while also developing transferable strengths such as

teamwork, customer service and problem-solving. Importantly, it reflects the broad range of careers hospitality offers — from hotels, restaurants and tourism to events, customer service and the wider service industries.

Josh Babarinde OBE MP said: "It was a real honour to support the *Coastline Hospitality Academy*, from writing a letter of support to chairing their first roundtable discussion.

"In a town like Eastbourne, where tourism and hospitality remain at the heart of our economy, it is inspiring

to see a project designed to equip local people with the skills they need to thrive.

"This initiative will not only open doors for Eastbournians but also play a vital role in strengthening and sustaining Eastbourne's economy for years to come.

"With Eastbourne's visitor economy employing thousands, the *Academy* will play an important role in supporting local employers and residents."

For press enquiries, contact: info@coastlineacademy.co.uk

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Terminus Road Works Starting

The long-awaited works to Terminus Road have now started and we wanted to provide you with an update on the developments and key contacts for the future.

The scheme, running from Bankers Corner to Blacks will take around a year to conclude and will include:

- The re-pedestrianisation of the area of Bankers Corner to the entrance of the Beacon (facing Bolton Road).
- An improved surface will be installed along a section of Bolton Road and Langney Road as well as from Shoezone to Blacks.

Full details are available via the QR code which will direct you to the County Council website,

Although this is not a BID project, we understand how important and potentially disruptive, the works may be.



Weekly Drop in Sessions:

Every Wednesday 1pm – 3pm at 25a Langney Road (next to Fresh & Grill Kitchen).

Senior project and site members of the construction team will be available to answer any questions.

Contact:

You can also email EastbourneImprovements@balfourbeatty.com or contact us and we will pass your query to the team.

We've already raised concerns about delivery and waste access, street furniture and phasing. We will continue to lobby for minimal disruption to businesses.

Working Together for an Unforgettable Summer!

It's been a packed summer schedule this year, and we wanted to say a heartfelt thank you to all the businesses and partners who have made this year so successful.

Plant Adopters

Thank you to those who have agreed to 'adopt' a planter for this year and who have maintained one of the fifty planters we have across the town.

Victoria Place

Thank you to the traders of Victoria Place who have worked with us to deliver an incredible summer pop up park. With live music and entertainment every week there is palpable excitement on the new pedestrian precinct and its future potential.

Little Chelsea Summer Fair

Thank you also to those businesses who worked together on this years summer fair which supports local businesses and artisans.

Mark Lane and Station Street Summer Takeover

It was great to once again close Mark Lane and Station Street to traffic in the evening for three nights and demonstrate to partners what can be done. As a result, the Police have supported our calls for evening pedestrianisation in the area.

Tennis and Airbourne Fanzones

Thank you to those businesses who helped fund the tennis and Airbourne fanzone, bringing these important tourist activities to our town centre.

Farmers Market

Finally, a huge thank you to our partners who have made the Farmers Market such a success – the biggest in East Sussex already!

We are so pleased to be able to work in partnership with businesses across the town. If you have an idea you'd like us to support, please do get in touch!



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.



Students of the game

THE carefree days of summer, when you could proudly show your support in the sun with a football shirt, are behind us now.

By **Joe Walton**

But you can still wear your colours with pride even though the nights are drawing in and there's a chill in the air.

Fantastic line-up

This autumn, we have sports fans covered with a fantastic line-up of vintage jumpers, hoodies and jackets.

Step into our shop opposite Town Hall and you'll find stunning outwear from clubs just a stone's throw away, as well as pieces from teams thousands of miles across the globe.

Our growing collection includes pieces ideal for a brisk walk to a match and for cosy nights in on the sofa.



Special event

Students of the Game is very happy to be hosting a special event on Tuesday, 21st October.

Daniel Ford, author of the hugely popular book, *Fish, Chips and Football*, will be giving a talk passing on his vast and unique knowledge of sports writing.

Daniel is an engaging and expert speaker so this is sure to be a great event for anybody interested in sports writing, local sport and much more besides.

The shop will be open for drinks and snacks before the talk which begins at 7:30pm.

Retro flair

For those who love the flair of retro American sportswear, we have new NFL and NBA gear arriving regularly.

We continue to work hard to cater for as many sports fans as possible with one-off gems that bring warmth, nostalgia and style.

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Five years on, Hellingly Community Hub pulses with parish life

FIVE years after opening its doors, *Hellingly Community Hub* has firmly established itself as the beating heart of parish life.

By **Julie O'Neill**

This Autumn marks the Hub's fifth anniversary, celebrating half a decade as a multi-purpose venue that has hosted hundreds of events, welcomed thousands of visitors and transformed how this fast-growing rural community connects.

A modern facility for a growing parish

Built to serve the whole community, the Hub boasts three flexible rooms, free Wi-Fi, air conditioning, a fully equipped kitchen, and high-quality audio-visual systems. Free parking and electric car charging points ensure accessibility for all.

Cllr Chris Jackets, Chair of the Halls Committee, recalled the project's long history, which began over a decade ago with the *Roebuck Park*

development. After delays and redesigns, the Hub opened with a focus on quality facilities, later upgraded to meet conference and event demand. "Today, the Hub offers some of the best-equipped meeting spaces in the area, with top-tier AV included in the hire fee," he said. "It combines professional standards with outstanding value."

A hub for all ages

Over the past five years, the venue has become home to everything from toddler groups and youth clubs to fitness classes, council meetings, quiz nights, exhibitions and training sessions.

Local Pilates instructor Jenn, owner of *Jen 4 Pilates* and the Hub's very first hirer, says it has been central to her success "I found the perfect place to set up my classes," she

said. "The mix of health, humour and community makes our sessions unique. Marking this milestone is both a personal and professional triumph – thank you, *Hellingly Hub*."

Free weekly groups

Run by *Hellingly Parish Council*, the Hub also offers free activities designed to bring people together, including:

- **Baby & Toddler Group** – Mondays 8:30–10am
- **Young at Heart (55+)** – Mondays 10:30am–12:30pm
- **Youth Hub** – Wednesdays for Years 6–11
- **Rhymetime** – pre-school fun
- **Holiday Activity Days** – school holiday activities

These programmes provide a friendly, low-cost way for residents to socialise and try new things.



Looking ahead

Parish Clerk Jenny Hoodless said the anniversary is a milestone for the whole community. "We want to thank every resident, volunteer, group leader and business who has supported the Hub over the last five years," she said. "It's your enthusiasm that has turned this space into the heart of Hellingly. We're excited to see what the next chapter brings."

For all hire enquiries, email: hubblebookings@hellingly-pc.gov.uk or call: **01323 449415**

Further details are available at: www.hellingly-pc.gov.uk

or by visiting: **Hellingly Community Hub, The Drive, Hellingly BN27 4EP**



HPS using David White Hall.

Lightning Fibre expands its services



TO thousands more homes on the *CityFibre* network.

By **Peter Lindsey**

Lightning Fibre is pleased to announce a major expansion of its wholesale partnership with *CityFibre*, enabling the company to offer its full fibre broadband services to thousands of new premises in towns across the South coast of England.

Lightning Fibre will soon launch *CityFibre* services to residents and businesses in Polegate, Eastbourne and Hastings.

Wholesale agreement

This expansion builds on the wholesale agreement signed with *CityFibre* last year through which it announced the launch of services in Worthing, Brighton and Hove over the wholesale challenger's network.

As a vertically integrated network operator with its own fibre networks, *Lightning Fibre* will continue to use its own infrastructure where available.

The wholesale agreement with *CityFibre* enables it to significantly expand its serviceable footprint, enabling it to acquire new customers and retain more home movers.

Rob Reaks, Chief Commercial Officer at *Lightning Fibre*, commented: "We are delighted to be able to extend our footprint by leveraging *CityFibre*'s robust infrastructure. This agreement will enable us to reach even more homes and businesses with ultrafast and ultra-reliable full fibre technology."

Lightning Fibre's commitment

This expansion reinforces *Lightning Fibre*'s commitment to delivering high-quality broadband across the South East and, to some degree, reduce churn due to customer relocation.

George Wareing, Chief Sales Officer at *CityFibre*, added: "It's great to see *Lightning Fibre* build on their success over our network.

Greater choice

With *CityFibre* infrastructure across the South East, they now have a far larger footprint over which to offer their services, and residents and businesses will now have an even greater choice of provider."



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Steve's Cleaning Services: One Year Anniversary

FOUNDER Stephen Fahey is celebrating a year in business with *Steve's Cleaning Services*. Stephen provides residential cleaning services to elderly clients and people with medical conditions, drawing on his background as a former support worker.

By **Gail McKay**

"I never thought I would own such an amazing business where I get to meet all kinds of people from the Eastbourne community. What I love about my business is that my clients have so much wisdom to share," says Stephen.

His story is simple: after several years without full-time work and failed

attempts at securing permanent employment, a friend called Jim—who Stephen occasionally helps with sash window work—encouraged him to start a cleaning business. "Go out after you finish with me and start leafleting," Jim advised. And that's exactly what Stephen did.

"Even when I was really tired after a day's work, I went out to leaflet the local community. Last year alone, I leafleted over 10,000 houses," Stephen explains.

More recently, he has expanded the business to include additional handyman services and now specialises in deep cleaning for houses and flats. Stephen continues learning new skills and plans to complete a carpentry course soon to enhance his service offerings—skills that will certainly feature on his future leaflets.

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I've done it!

EASTBOURNE'S Rupert Kirby successfully completed his abseil challenge despite being terrified of heights.

By **Peter Lindsey**

He abseiled down the side of St Thomas's Hospital in London, raising money for Guy's Cancer Charity and Evelina Children's Hospital.

Rupert said: "They have both had a life-saving impact on my family and so many others. They are my inspiration."

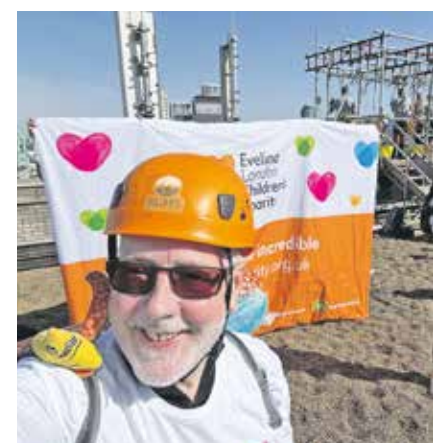
"I have terminal cancer, and the care I've received from Guy's has been exceptional. I keep fighting it and hoping ... having said that it was a bit disturbing how quickly my consultant agreed to me jump off a building.

"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. Your support gave me courage when I was standing on that ledge!

"All the money goes to the two charities and the often life-saving work they do."

You can still donate. Please visit <https://fundraise.guyscancercharity.org.uk> and search for **Rupert Kirby**



Beachy Head Marathon

Saturday 25th October 2025

THE Beachy Head Marathon is one the biggest off-road marathons in the UK.

By **Peter Lindsey**

Formerly known as the **Seven Sisters Marathon**, it is popular for its scenic and challenging route through the **South Downs National Park** countryside.

It's great for runners, joggers or walkers looking to get fit. The start/finish is from Eastbourne Seafront at the start of the *South Downs Way*.

Beachy Head Ultramarathon – Saturday 25th October 2025

This is an exciting new addition to the *Beachy Head Marathon* weekend, with runners invited to take on both the traditional Marathon route followed by the 10K route to create this endurance race with a total distance of approximately 52.6 kilometres.



Beachy Head 10k – Saturday 25th October 2025

The 10k run will set off with a route comprising of breathtaking views and challenges, taking a shorter looping route across the Downs to Belle Tout Lighthouse and back.

Beachy Head Half Marathon – Sunday 26th October 2025

The *Beachy Head Half* is now in its sixth year and begins on Sunday 26th October 2025. The route will encompass much of the marathon

route, however will detour into new surroundings which still have that amazing, picturesque scenery.

The Start/Finish for all is from Eastbourne Seafront at the start of the *South Downs Way*.

For more event information visit: www.beachyheadmarathon.com

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BACK

Charity fundraiser at Eastbourne Bowling Club

LOCAL Managing Agent *Fitch Taylor Johnson* hosted a charity fundraiser at *Eastbourne Bowling Club* raising money for *You Raise Me Up*.

By **Peter Lindsey**

Members of Eastbourne Bowling Club joined forces with the FTJ and Friends team for their second annual charity bowling tournament.

The attendees competed in a triples tournament followed by a BBQ lunch and games.

Through entrance fees, rink sponsorship, raffle tickets and donations an impressive

£1,658 was raised for the charity. The money will help to provide counselling and support services to families who have lost a child or young adult.

More than 100 people attended the event which was catered by *Lincoln's Bakery*.

Lynne Maguire, Director of FTJ's Eastbourne office, said: "A great time

was had by all and it was a fantastic opportunity to bring members of the community together with local businesses for a day of networking and friendly competition.

"But most importantly the generosity of the members meant that we were able to raise a huge amount of money for the charity to allow them to continue to support local families grieving the loss of a loved one. It was a fantastic effort from everyone involved and we very much look forward to hosting our third event in summer 2026."



Winning team.



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The town's favourite fireworks display

AT The Saffrons, Friday 7th November from 6pm – Tickets on Sale Now.

By **Harry Farmer**

The Saffrons host an amazing display every year. Come for fairground rides and attractions to keep little ones entertained, food and drink and a fantastic fireworks display.

Gates open at 6pm. Display at 7:30pm.

Scan the QR to get your tickets, or visit www.thesaffrons.org

New Taproom

The new *Gun Brewery Taproom* at *The Saffrons* will also be open throughout the evening and it's now open every day. Pop in for a chilled brewery X clubroom vibe and look out for their events, from quiz nights to a weekly pint and plod
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Well, I didn't know that...

EASTBOURNE has a surprisingly rich history and some unique claims to fame. But, after doing some delving... I've found some fascinating stories and some unbelievable facts... some of which are not as true as one would believe – PART ONE.

By **Edward Catflap**

So, we know our wonderful town nestles on England's sunny East Sussex coast and has a captivating story under the visionary guidance of the Duke of Devonshire. But what else...?

A town of firsts

Eastbourne introduced the world's first municipal motorbus service in 1903. Operated by *Eastbourne Corporation*, it began with a Milnes-Daimler vehicle running between the railway station and Meads.

The town also had the first roller-skating rink in the UK, which was located in the *Winter Garden's Floral Hall*.

First to Install British-Made Traffic Lights in 1931: While not the absolute first traffic lights in the UK, Eastbourne claims to be the first to install a set that was manufactured within Britain, a point of national pride.

The 'Whispering Windows' of Eastbourne's Town Hall

The Town Hall, a grand Victorian building, has a peculiar acoustic phenomenon in its main hall. If you stand at one end of the hall and whisper, someone at the opposite end can hear you remarkably clearly. It's often referred to as the 'whispering gallery' effect, though less grand than some cathedrals, it's still unexpected in a municipal building.

The hidden, unfinished shingle railway tunnel

There's a largely forgotten, subterranean Victorian-era railway tunnel beneath Eastbourne. It was an ambitious but ultimately failed project designed to transport shingle along the coast to combat erosion. It was never fully operational and finally abandoned it remains sealed, a hidden relic of engineering trial and error.



Eastbourne Corporation bus.



Did you hear that?

Eastbourne's lost 'Pleasure Gardens' and miniature railway

For a period in the early 20th century, Eastbourne had ambitious '*Pleasure Gardens*' near the *Redoubt Fortress*, featuring things like a large water chute and a miniature railway. Much of this infrastructure has since vanished or been repurposed, leaving behind only echoes of a grander, more varied entertainment past.

Birthplace of British shoe empires, Russell & Bromley and Jones the Bootmaker

Well, nearly... While *Russell and Bromley* is a family store in Eastbourne and was the first to carry the *Russell & Bromley* name above the door in 1880, the company's origins actually trace back to

Lewes in 1873. George Bromley, a shoemaker, married Albion Russell's daughter, Elizabeth, in Lewes, and Elizabeth's grandfather had established a shoemaking business there in 1820. The operations later moved from Eastbourne to Bromley in Kent in 1905.

And *Jones the Bootmaker*... This company was founded in Bayswater, London, in 1857 by Alfred and Emma Jones. While they did expand and later opened a large warehouse in Eastbourne after World War II, the company's birthplace is firmly in London.

More 'Well, I didn't know that...' next month in our November issue.



Roller-skating at The Winter Garden.



Sussex Art Shuttle

CUCKMERE Buses are pleased to announce that their *Sussex Art Shuttle* service 39 will continue to operate over the winter season.

By **Nick Price**, Cuckmere Buses

The service links the **Towner Art Gallery, Seven Sisters Country Park, Litlington, Alfriston** and the two **Charleston** venues at **Charleston House Firle** and **Charleston Lewes**.

It will operate on the same days and at the same times as the summer service. Full details of the timings

appear on the website at www.cuckmerebuses.org.uk and in printed copies of the timetable. Timings of other services operated during the winter season are also present in both forms.

Cuckmere Buses Managing Director, Philip Ayres, says "We are very pleased that *Charleston* have



Sussex Art Shuttle at Charleston Farmhouse.

confirmed they wish us to continue this popular service over the winter period. During its operation it has attracted many visitors to the area, and is also used by many locals, who are looking for a stress-free and sustainable form of transport".

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How would you cope with a 'monster' attack?

PLAY our new game to find out!

By **Eleanor Lanyon**

Gale, Drench, Crystal or Inferno could be coming your way when you play *Stronger Together*.

Players take on the roles of neighbours on a typical street, and work together to be ready for future challenges. Instead of traditional emergencies, fantastical "monsters" attack the neighbourhood, forcing teams to pool their talents, share resources, and work together to prepare, survive, and bounce back.

How will you and your neighbours fare?

The game takes about 30 minutes to play, but the conversations afterwards can last as long as you like! Guided by a digital narrator (accessible via smartphone), *Stronger Together* can be played anytime, anywhere with no facilitator

needed. For groups who want to go deeper, *Blue Heart* offers free facilitated sessions to bring the experience to life and inspire real-world preparedness.

The game is free to community groups, workplaces, and anyone eager to explore how neighbours can support one another in a fun and engaging way.

To request a facilitated session or to get a free copy of the game, please contact us by email: contact@blueheart.org.uk

Find out more about the game at blueheart.org.uk/stronger-together



Learn, laugh and live with Eastbourne u3a

EASTBOURNE'S Youth Club for Seniors – discover new interests, explore new ideas and make new friends.

By **Karen Newing**

Why Brenda and Julie have been u3a members for over 15 years.

Brenda and Julie first met at a monthly Eastbourne and Wealden u3a meeting 15 years ago and are now close friends.

They both relocated to Eastbourne from Surrey but hadn't known each other when they lived there and when they joined the group, discovered they had mutual connections from their pasts. Brenda and Julie both

joined u3a to meet new people and take up new hobbies. They embraced the monthly meetings and talks and joined a lot of interest groups.

Brenda and Julie describe their u3a experience as like being in a holiday camp as it's fun and you can do as much or as little as you want.

Why Michael joined u3a

After being made redundant, Michael searched for purpose and found it in the u3a in Eastbourne (Meads). More than activities, it offered a welcoming community that valued learning and connection. He joined interest groups that



Brenda.



Julie.



Michael.

combined intellectual stimulation with social fun — board games, lunches, and outings reignited his curiosity and confidence.

Inspired, Michael started a Pub Games group including shove ha'penny, dominoes, and cribbage. It is a popular, cheerful gathering.

Later, Michael became Chairman of u3a Eastbourne (Meads), focusing on inclusivity and volunteer support. For him, u3a turned a difficult life change into growth.

We welcome new members!

We have three u3a groups in Eastbourne — Eastbourne and

Wealden, Eastbourne Central and Eastbourne (Meads). You can join any or all three of them. We meet as a group at least once a month and have over 80 special interest groups to choose from including walking, photography, reading, history, film and cinema clubs, dining, day trips, French speaking, history and many more.

You are very welcome to come to any group meeting as a guest to see if u3a is for you.

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For The Wedding Day

For brides, our collection showcases wedding rings that sit perfectly alongside an engagement ring, whether a simple polished band that complements without distraction, or a diamond-set piece for added sparkle. For grooms, our range balances strength with style: from classic gold or platinum bands to those with brushed finishes, engraved details, and subtle diamond accents.

Many couples also add a personal touch by having meaningful messages or motifs engraved on the inside of the band, making each wedding ring not only a symbol of marriage, but also a reminder of the connection between two hearts.

Beyond the rings themselves, a bride's jewellery completes her look, and our bridal jewellery collection is designed to balance elegance and impact. From chic diamond stud earrings that catch the light as you walk down the aisle, to statement necklaces or delicate bracelets that add polish without distraction, each piece is crafted to ensure that when you look back at your wedding photos in years to come, your jewellery remains as relevant as the day you wore it.

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The Rally returns

FOLLOWING it's huge success last year, Kim Hatcher-Davies and the *Morrisons* team are coming back with another *Wheelie Big Vehicle Rally* on 7th December.

By **Gail McKay**

It all kicks off at 5:30pm in Morrisons carpark, the vehicles, all shapes and sizes, will be getting ready to leave. All festively dressed, along with their drivers to parade around Eastbourne, Langney and Hampden Park.

And they're off

They will be waved off by *Wilfie Bear* and *Stix Drummers* to be led by the Santa bus and continue up Lottbridge Drove to the *Sovereign Centre*, turning

right along the seafront towards the *Cavendish Hotel*, down to the memorial roundabout, back along the seafront, along Princes Road, along Langney Rise, past Langney shopping centre, heading towards *Morrisons*. Then along Broadwater way to the *DGH* along Kings drive, turning right into Decoy Drive, through the village back to *Morrisons*.

Once all of the vehicles are back in the car park, judging will commence, for the best dressed vehicle and team.



Situated in *Morrisons* Car Park, there will be a portaloo, burger van and ice cream van.

Santa will be in his grotto, from 5:30pm. First come first served and he will be leaving to return to Lapland at 7:30pm to feed his reindeer. There will be no charge for Santa.

Thanks to the sponsors and supporters.

Balfour Beatty and Partners, PJ Skips and Coda Pharmacy.

All monies raised will be going to *St Wilfrid's Hospice* and *Marie Curie*.

The link to enter is:

www.stwhospice.org/support-us/rally

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cuckmerebuses.org.uk

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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John (third from left) receiving his award.

BBC Fundraiser of the Year

THE man who has brought the incredibly popular *Arlington Bluebell Walk* to the community for the past 52 years has been rewarded for his efforts.

By **Peter Lindsey**

John McCutchan MBE was named Fundraiser of the Year at the BBC Sussex and BBC Surrey Make a Difference Awards held at Lingfield Park.

John, nearly 89, is delighted.

He said: "I was thrilled to have been nominated in the first place by the *Eastbourne Dementia Action Alliance*. They are one of the many charities who come to *Bates Green* every spring and help us with the running of the *Bluebell Walk*."

"Each year, the *Bluebell Walk* lasts for around five weeks, and a charity helps us every day with the catering and other duties."

"I am proud to say that over those 52 years, yes we have raised more than £1.1 million for 89 local charities. That is a tremendous total and testament to the fantastic work carried out by the team of staff and volunteers from each and every one of those charities."

"I am normally happy to work quietly in the background, allowing others to be the public face but if winning this

award raises the awareness of what we do and attracts more visitors, then I am delighted."

"It was my late wife Carolyn who first came up with the idea of a *Bluebell Walk* in 1972, then created the beautiful *Bates Green Garden* in 1968, which is now one of the two *RHS Partner Gardens* in East Sussex, so everything I do here is in memory of her."

"I want to thank the *BBC* for staging these Awards, and for the privilege of meeting other people nominated, who were all incredible."

Former Eastbourne MP Stephen Lloyd is a Trustee of the *Eastbourne Dementia Action Alliance*.

He said: "We (*EDAA*) have taken part over the last couple of years in the *Bluebell Walk*, and it's great fun as well as raising money for dementia."

"John's not only incredibly generous with this superb initiative, open to local charities, he's also a really lovely bloke as well. Hat tip for your award John, well deserved."

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Eastbourne Bowling Club teams up with FTJ Managing Agents to help families through loss

Suicide is the biggest cause of death in young people in the UK and in Eastbourne and has affected several Chamber members over the years, so Eastbourne Bowls Club hosted a charity fundraiser in August to raise money for You Raise Me Up, a charity which supports families after the loss of a child or young adult.

Members of Eastbourne Bowling Club joined forces with FTJ Managing Agents for their second annual bowling tournament in aid of a local charity. The attendees

competed in a triples tournament followed by a BBQ lunch and games, whilst enjoying the Airbourne displays overhead.

Through entrance fees, rink sponsorship, raffle tickets and donations an impressive £1658 was raised for the charity; You Raise Me Up. The money donated will help to provide counselling and support services to families who have lost a child or young adult.

Over 100 people attended the event and Chamber member and Business Engagement lead at the club, Martin O'Toole said: "A great

time was had by all and it was a good opportunity to work with the community and our sponsors for a day of networking and friendly competition.

"The generosity of our members meant that we were able to raise a significant amount of money for You Raise Me Up to allow them to support local families grieving the loss of a loved one."

If you would like to sponsor Eastbourne Bowling Club or hold an event at the club head to eastbournebowlingclub.com



Welcome to DataFortified Limited - Your Local, Trusted Cybersecurity Partner for Business

DataFortified is proud to announce our recent partnership with the Eastbourne Chamber of Commerce and operational base within central Eastbourne, where we will be delivering and safeguarding the digital futures of our business communities.

As cyber threats grow more sophisticated, securing company data, supply chains and online operations has never been more critical. DataFortified delivers advanced cybersecurity solutions specifically designed for local organisations - whether you're a small enterprise or a larger regional company.

Our comprehensive services include robust IT security for your networks and systems, utilising scalable defences and AI-powered threat detection so your business is protected day and night.

We go beyond simple monitoring your infrastructure by deploying digital intelligence and supply chain risk tools, which are able to identify and counter risks quickly - ensuring your partners, vendors and supply chains meet high-security standards to keep your business resilient and secure. Staff awareness training is also a core component of our business, empowering your team to recognise and repel the latest

phishing schemes and cyber traps.

When instructing DataFortified to be your trusted cybersecurity partner, we stand by you every step of the way, through the good and the bad - with tailored resilience planning so your organisation is prepared for any form of digital attack attempt that presents itself, operating round-the-clock to minimise risk and maximise business your continuity.

For a confidential security assessment or to discuss any of your



cybersecurity requirements, visit our website or reach out directly for a bespoke consultation.

We look forward to assisting you.
Jonathan Pearce
Company Director

www.datafortified.com
sales@datafortified.com
01323 692 525

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!

The Eastbourne Business Awards 2025 Nominees

Community Business Award

Barwells Solicitors • Bee-Leaf Project • Dorley House Residential Care Home
Howden Insurance Eastbourne • Kamsons Pharmacy • Kim Hatcher Davies
Latch On Breastfeeding Support • Raystede Centre For Animal Welfare
Rhapsody Artist Development • Vibes Lounge • Wave Community Bank

Award Sponsored By: **LOCH ASSOCIATES GROUP**



Outstanding New Business / Start-up Award

Beauty By Sophie Burgman • Cloud Voice Security Ltd • Elite Muscle Welfare • Ellevera
Fame Academy • Glazepoint Ltd • Harmony Steps Bianca Matthews
JTP Accountancy And Tax Services • Latch On Breastfeeding Support • Mulberry & Cocoa
N7 Laser & Beauty • Opulent Productions • Printers Playhouse • Revive Health And Fitness
Send A Smile Gifting Limited • The Accountant's Best Friend Ltd • The Darts Den

Award Sponsored By: **CDS ELECTRICAL**



The Small Business Award (1-9 Employees)

4front Physiotherapy • Babyballet Hailsham, Eastbourne, Polegate, Seaford & Lewes
Beauty By Sophie Burgman • Cloud Voice Security Ltd • Cove • Crafty Clouett
Eastbourne Property Shop • Elite Muscle Welfare • Envy Hair & Extensions
Find Flow With Faye • Fountain Digital • Ginger & Sanders Property Rentals Ltd / Peter Sanders
James Thompson Architecture • Little Lemon Marketing • M S Steelwork Ltd.
Mop'n'Pop Cleaning • Mulberry And Cocoa • Pro Pro Photography • Real Life Videos
Riggzy Complete Kitchen Solutions Ltd • Riverbank Removals • RMJ Wellbeing
Taboo (Eastbourne) Limited • Team Hair & Body • The Rosy Lee

Award Sponsored By: **BREWERS**



SME Business of the Year Award (10 to 49 Employees)

DB Domestic Appliances Ltd • Experience It Now Travel • Newman Business Solutions
Pathfinders Youth Ltd • Sussex Audiology Centre • Sussex Autos

Award Sponsored By: **ADVANTA**



Large Business of the Year Award (50+ Employees)

Barwells Solicitors • Eastbourne Gardens Care Home
Mortain Place Residential Care Home • The View Hotel • Zebedees Ltd

Award Sponsored By: **GARDNERS**



Outstanding Family Business Award

Bluebell Dreams • DB Domestic Appliances Ltd • Ellevera • Experience It Now Travel
Crafters Recruitment Consultants Ltd • Hawes Construction Group • Pro Pro Photography
Rebel Rebel Fitness And Treatments • Riggzy Complete Kitchen Solutions Ltd
Sussex Audiology Centre • Taboo (Eastbourne) Limited • The Rosy Lee

Award Sponsored By: **THE HYDRO HOTEL**



Outstanding Young Achiever / Apprentice Award

Izzy Catterall of Babyballet • Laura Parish of Ditzzy Media • Scarlett Tennant of Ditzzy Media
Emma Baker of Dynasty Wills And Estate Planning • Ezra Povey of Ezra Povey
Mollie Hinkley of Mollie Hinkley Of Rebel Rebel Fitness
Emma Bradbury of Rebel Rebel Fitness And Treatments

Award Sponsored By: **EAST SUSSEX COLLEGE**



Outstanding Professional Service Award

Barwells Solicitors • Bee-Leaf Project • Blackmore Business Solutions / David Blackmore
Club Class Insurance Services Ltd T/a Mango Insurance • Driving Miss Daisy Eastbourne
Eastbourne Property Shop • Fieldskill • James Thompson Architecture
Recruitment South East Ltd • The Accountant's Best Friend Ltd

Award Sponsored By: **HR DEPT**



Health and Wellbeing Award

4front Physiotherapy • Children With Cancer Fund (polegate) • Elite Muscle Welfare
Kerry Knight ~ Holistic Well-being • Latch On Breastfeeding Support
Lushington Chiropractic • Mark Killick - Functional Nutrition • Mulberry & Cocoa
Rebel Rebel Fitness And Treatments • RMJ Wellbeing • Send A Smile Gifting Limited
Sportswise • Warrior's Breath

Award Sponsored By: **FIRST CHOICE DENTAL CLINIC**



Outstanding Sustainable / Green Business Award

Mulberry & Cocoa • Newman Business Solutions

Award Sponsored By: **IDENTITY**



Outstanding Tourism / Accommodation Award

Beach Front Guest House • Langham Hotel • Ravilious Hotel
The Chatsworth Hotel • The View Hotel

Award Sponsored By: **LIGHTNING FIBRE**



Outstanding Food & Drink Award

Eastbourne Cocktail Club • Elli's Edibles Home Bakery • The Rosy Lee • Vibes Lounge

Award Sponsored By: **POMODORO E MOZZARELLA**



Customer Service Excellence Award

Blackmore Business Solutions / David Blackmore • Cloud Voice Security Ltd
Driving Miss Daisy Eastbourne • Elite Muscle Welfare • Experience It Now Trave
Fame Academy • Howden Insurance Eastbourne • James Thompson Architecture
Pro Pro Photography • Riverbank Removals • Southern Head Butchers (Luke Morgan)
Sussex Audiology Centre • Sussex Autos • Taboo (Eastbourne) Limited • The Rosy Lee

Award Sponsored By: **HANDELSBANKEN**



Creative Excellence Award

Devonshire Collective • Fame Academy • Little Lemon Marketing
Printers Playhouse • Rhapsody Artist Development • RMJ Wellbeing • Rwbauty
Send A Smile Gifting Limited • The Tattoo Lounge

Award Sponsored By: **PRG MARKETING COMMUNICATIONS**



Digital Excellence Award

Axisops Limited • Fountain Digital • Zoonou

Award Sponsored By: **SOUTHERN IT**



Employer of the Year Award

Bee-Leaf Project • Ditzzy Media • Crafters Recruitment Consultants Ltd
Little Lemon Marketing • Sussex Autos • The View Hotel • Zebedees

Award Sponsored By: **LWC DRINKS**



Lifetime Achievement Award

This category will be announced at the awards ceremony

Award Sponsored By: **THE BEACON**



Overall Business of the Year 2025

This category will be chosen from the overall winners
& announced at the awards ceremony

Award Sponsored By: **BRUFORDS (HEADLINE SPONSOR)**





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Celebration time at Radio DGH

RADIO DGH remains the third most listened to hospital radio station in the UK. This is out of 96.

By **Peter Lindsey**

Its online reach continues to grow too with over 1,000 listeners listening for one hour or more each month.

And now it's all set for a busy 2026.

Next year it's:
50 years of Radio DGH at the District General Hospital.

and **75 years of hospital radio in Eastbourne.**

Shaun from *Radio DGH* said: "Behind the scenes we are busy planning some special events to mark the occasions.

"However this is an appeal for any former members who have any old pictures, recordings and memories



of *Radio DGH* which we could use on our social media pages, on our website and also on air throughout the anniversary year.

"If you have anything which we could use then please either leave a comment below, send us a message via *Facebook* or *Instagram* or email programmecontroller@radiodgh.com"

www.radiodgheastbourne.com
• *Simple Radio*, *Tune In*, *Radio Box* and *Radio Garden* apps.

- Smart speaker – "Play Radio DGH".
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- Channel 1 on *Hospedia* (inside the DGH).

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EASTBOURNE COMMUNITY FOOD NETWORK

Are you involved in community food support in Eastbourne?

Collect and redistribute surplus food?
Run a community café or coffee morning?
Provide meals for others in your community?

If so, please join us on **Tuesday 14th October, 9:30AM – 12PM**
at Kings Restaurant, East Sussex College, Kings Drive, Eastbourne BN21 2XE
for the **Eastbourne Community Food Network** meeting.

Eastbourne Food Partnership wants to get everyone working in community food support together to discover all the great work taking place across Eastbourne, discuss how we can support you, and for us all to work more closely together.

To sign up, please scan the QR code.
Alternatively, search: <https://tinyurl.com/46yzeyay>

For any questions or queries please contact: efpadmin@eastbournefoodpartnership.org.uk

A circular logo with a green border. Inside, there is a stylized green leaf or plant shape. The text 'EASTBOURNE FOOD PARTNERSHIP' is written around the inner circle.A standard black and white QR code located in the bottom right corner of the flyer.

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Custard and Bournefree... Creative partners

DID you know that *Custard* and *Bournefree* have been working together as creative partners since *Bournefree*'s very first issue, back in March 2020?

By **Harriot Smallholder**

Working as a creative partner for a monthly publication means that a design and printing company does more than just print pages. They act as an extension of the publication's creative team, helping to shape the look, feel, and overall success of each issue. This partnership can take many forms, from initial design consultation to final production and delivery.

Design and creative strategy

A key part of this partnership involves the initial design and creative strategy. *Custard* continuously helps the publication develop a consistent and compelling visual identity. The goal is to ensure the publication continues to be recognisable.

Custard also provides creative input on the overall layout, suggesting new ways to present articles, photographs, and advertisements to keep the publication fresh and engaging for readers. For special issues or features, they might even develop unique designs that stand out while still fitting within the established brand.

Andy Thomas, owner and director, said "The company acts as an outsourced production team for *Bournefree*. This allows the magazine's editorial team to focus on creating content and selling advertising, knowing that the design, printing, and delivery are in the hands of a trusted and capable partner. This is a perfect illustration of how a print company

can become an indispensable part of a publication's operation."

Custard is for everyone

Custard's versatility and adaptability are its strengths. They can offer printing services to a wide range of clients, from individuals to large corporations.

Here's a breakdown of how *Custard* can meet the diverse printing needs of various clients:

- **Business essentials:** Business cards, letterheads, and flyers.
- **Marketing materials:** Postcards, door hangers, and small posters for local promotion.
- **Personalised items:** Custom invitations for a wedding or party, or personalised stationery.
- **Corporate collateral:** Annual reports, training manuals, and company brochures.
- **Event and exhibition materials:** Pop-up banners, large-format posters, and custom signage for trade shows or conferences.
- **Branded merchandise:** Branded apparel, mugs, pens, and other promotional giveaways for internal use or marketing campaigns.



- **Packaging solutions:** Custom boxes, labels, and packaging for products.

Beyond standard print jobs, *Custard* also offers specialist printing. This might include:

- **Speciality finishes:** Using spot UV, foil stamping, or embossing to add a premium feel to a product.
- **Binding and finishing:** Offering a range of options like saddle-stitching, perfect binding, or wire binding to create the perfect finished product.
- **Integrated campaigns:** Creating a campaign that includes both print and digital components, such as a QR code on a flyer that leads to a custom-designed website.

This capability makes *Custard* an even more valuable 'creative partner', as they can support all aspects of a marketing or branding campaign, not just the monthly publication itself. It simplifies the process for clients like *Bournefree*, who only have to manage one relationship for all their design, print and promotional needs.

If you would like to chat further about *Custard* becoming a 'creative partner' for you or your business, please call and speak to Gail or Mandy on **01323 430303**



custard
DESIGN MARKETING PRINT

Our research helps create change!

EVERY year, *Citizens Advice Eastbourne* helps thousands of local people find a way forward with problems ranging from debt and housing to employment and benefits.

By **Tom Buttle**

But our work goes far beyond individual advice. By listening to the stories our clients share and analysing the issues they face, we spot patterns and push for change, both locally and nationally.

Our research and campaigning work is at the heart of what we do. Rising energy bills, *Universal Credit* rules, housing shortages, these are real problems affecting real lives. Our data and client stories give us the

evidence we need to challenge unfair practices, influence decision-makers, and make sure the voices of our community are heard.

Become a research & campaigns volunteer

Whether it's investigating new issues, gathering stories, creating awareness campaigns, or working with local MPs and councillors, our volunteers are at the forefront of driving change in our town.

Volunteering for *Citizens Advice Eastbourne* is an opportunity to build on existing skills, learn new ones and carry out important research, all while making a real difference to people's lives in our town.

If you'd like to use your skills and passion to create positive change, why not join us?

Visit www.eastbournecab.co.uk to find out more.



Turn local voices into national change!

By volunteering with **Citizens Advice Eastbourne**, you'll help uncover the issues, challenge decision-makers, and shape a fairer town for everyone.

Watch our Research video



YouTube
<http://bit.ly/3HzUWRW>



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advice**

Eastbourne

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A Fresh Taste of Culinary Excellence!

Indulge in a first-class dining experience at Kings Restaurant, located in the Kings Building of East Sussex College in Eastbourne, where students train under industry experts to deliver quality, creativity, and value.

Open to the public on Wednesdays, Thursdays, and Fridays during term time, the restaurant offers a unique experience each day. Wednesdays feature casual dining by first-year students, Thursdays offer a Table d'hôte menu from Level 2 students, and Fridays showcase refined dining by Level 3 students. The Kings Coffee Shop, open Wednesday to Friday from 8:30 AM to 12:30 PM, serves barista-style drinks made with locally roasted Tigermoth beans.

2 or 3-course meals at affordable prices.

Includes complimentary tea & filter coffee!

Why dine at Kings Restaurant?



Kings offers a unique combination of student learning and a professional restaurant setting.

Our restaurant managers, Oliver Zecchin and Kate Harris, oversee the food and beverage provision and front-of-house service, ensuring every guest enjoys a warm, professional welcome. In the kitchen, students are guided by our highly skilled chefs – Andy Barker, Patrick Nzeli, and Jenny Knowles – who share their expertise and passion to develop the next generation of culinary talent.

The result is a restaurant that delivers seasonal, locally sourced, beautifully prepared food with service that reflects the very best in hospitality. Whether you're joining us for lunch or a special event, you'll find an experience that's hard to match for both quality and value.

Special Events

Kings Restaurant also hosts a range of seasonal and themed events, including our ever-popular Christmas celebrations.

We're proud to collaborate with leading industry professionals, such as Hrvoje Loncarvic (Executive Head Chef, The Grand Hotel Eastbourne), Charlie Simmons (Senior Sous Chef, Wiston Wine Estate), and Jake Cranch (Restaurant Manager, Rathfinny Wine Estate), who bring their expertise and inspiration to our students and events.

Attention to detail

A focus on quality and fine attention to detail in the preparation and presentation of fine dishes makes Kings stand out from the crowd. As a training restaurant, diners also benefit from wallet-friendly prices. You will find it hard to find equal value and quality elsewhere.



Book your table

Reservations: kings@escg.ac.uk

Voicemail: 030 300 38315

Bookings and event details:
www.escg.ac.uk/shops-services/kings-restaurant



Keep up to date with the latest news and follow us on social media!

@ESCGKingsRestaurant @WeAreESCG

Kings Restaurant
Kings Building
East Sussex College
Cross Levels Way
Eastbourne BN21 2UF



Sussex's favourite pub

AWARD winning country pub perfect for all seasons, *The Old Oak Inn* has been voted Sussex's favourite pub two years running.

By **Aaron Montgomery**

Located in the lovely village of Arlington, nestled on the edge of *Abbots Wood* with magnificent views over the *South Downs* and *Cuckmere Valley* from the glorious beer garden.

A warm welcome

We offer Sussex ales, an extensive wine list, excellent homemade food

(try the award-winning sausage rolls) from our *Michelin* trained chef and above all, a very warm welcome.

We have history, cosy log fires, board games, music evenings in the garden, concerts, relaxing Sunday jazz, garden games like Jenga and corn hole, a boules court (boules behind the bar). We also have a Toad In the Hole Table for a classic Sussex game, a children's play area, Friday burger nights, treats for all four legged friends, a monthly pub



quiz, Christmas trees for sale... and did we mention the warm welcome?

Why not combine a visit with a walk around the medieval woods opposite, the haunted *Michelham Priory* or the expansive *Arlington Reservoir*? There is always something going on at the *Old Oak* whatever time of year.

Come along and see what all the fuss is about.

We look forward to welcoming you.

The Old Oak Inn
Caneheath, Arlington BN26 6SJ
01323 482072
www.oldoakinnarlington.co.uk



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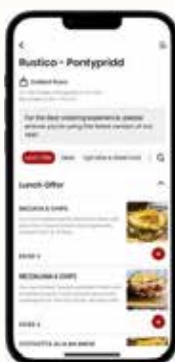
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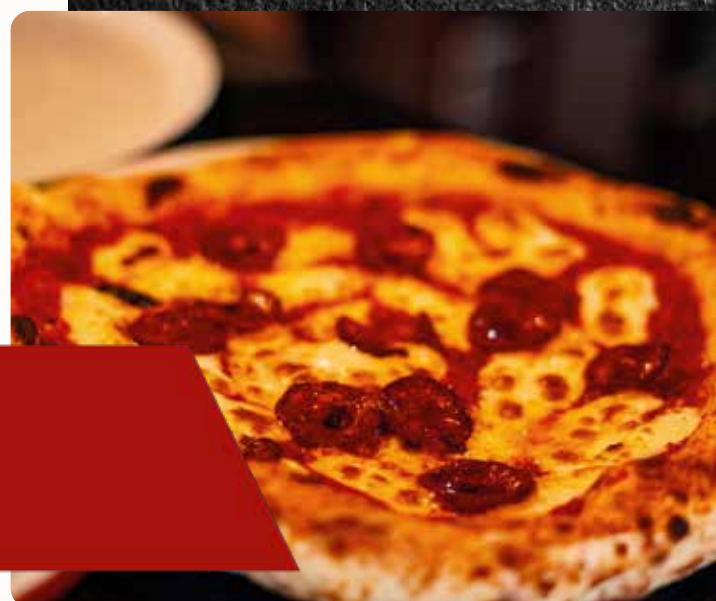
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What a year for Journeys wine bar

JOURNEYS Wine Bar is an independent restaurant owned by two ladies and wives Amy and Marina, proudly representing the LGBTQA+ community in Eastbourne.

By **Peter Lindsey**

Since its opened in December 2022, Journeys Wine Bar keeps receiving accolades and recognition.

After nine month of trading, they received highly commended at the *Eastbourne Business Awards* in the New Start-up Business category, and a year later they were the winner of the *Outstanding Food and Drink Business*.

Most recently, they received a beautiful accolade from the industry which was a dream that they have chased for a long time. It was a rosette for excellence culinary for the *AA FOOD GUIDE* which makes them the only independent restaurant with one rosette in Eastbourne.

Located in the heart of Eastbourne near the train station, *Journeys Wine Bar and Restaurant* has become a popular destination for good

food and good wine in a relaxed atmosphere and sitting.

Journeys is proud to offer two creative Menus to choose from – a very modern a la carte with a twist of fine dining, and their famous Signature Tasting menu, a set four courses designed to offer you the perfect unique experience for your special occasion!

They are very proud of their wine list too as Marina, one of the owners, is a trained Sommelier from Toulouse, her home town.

She is proud to offer a classic wine list with a dedicated section to English Sparkling and she is honoured to work with amazing local vineyards.

Amy, the talented chef, has curated the most amazing autumn Menu packed with amazing, seasonal, bold and creative flavours and

dishes so expect to see loads of game, local fishes, and loads more! The menu has launched at the end of September to celebrate the new season.

They will also offer a gorgeous Festive menu available from December 3rd and their Festive season promises to be super busy so you know what to do – Call *Journeys* now or visit their website to avoid disappointment.

Cheers to more years of good food and wine with *Journeys* wine bar and restaurant – See you there!



**6 Station Parade
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www.journeyswinebar.com
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SAT 8 NOV - 808'S
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SAT 15 NOV - INNER SOUL COLLECTIVE
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FRI 28 NOV - WATSON BROTHERS
SAT 29 NOV - ABSOLUTE 80'S

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SAT 6 DEC - THE NORMANS
FRI 12 DEC - WATSON BROTHERS
SAT 13 DEC - GUY SUNSHINE
FRI 19 DEC - GUY SUNSHINE
SAT 20 DEC - ULTRASOUND
FRI 26 DEC - HELEN WJ
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WED 31 DEC - GUY SUNSHINE

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Cali Fusion

Californian Pizza & Kitchen

CALI Fusion will be opening its doors on South Street early October 2025.

By **Gavin Lambert**

Our Mission:
At *Cali Fusion Eastbourne*, we celebrate the bright, fresh and vibrant spirit of California.

Our mission is to bring Californian style to our little seafront town.

Creating an experience where food is more than just a meal – it's a joyful journey inspired by California's rich mix of cultures.

From the bold latin kitchens to the fresh harvest of the pacific coast, our menu fuses diverse culinary traditions that make California extraordinary.

Dishes include: hand crafted 'Cali Style' pizza's, Nacho's, hoisin and sesame chicken taco, Mac n cheese, homemade popcorn ice cream, and a host of awesome cocktails.

Join us
We will be a restaurant & bar that offers take away, not the whole menu will be available for take away, to get the full *Cali Fusion* experience you will have to join us on south street.

And you might find there is a secret in the basement!! Who fancies a little trip to Mexico?



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53 south street, Eastbourne





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**MONDAY - FRIDAY
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Victoria Place: Love Local – Eat Local!

By Luke Johnson, BID Operations Manager

As the seasons shift and autumn settles in, there's no better time to rediscover Victoria Place. Known for its mix of award winning food, drinks, and unique gifts, this street truly offers something for everyone – a reminder that you don't need to travel far to enjoy global flavours and local charm.

Many of you will have noticed the transformation underway. Thanks to the Government's Levelling Up Fund, Victoria Place is being reimagined as a pedestrian-friendly destination. The temporary summer reopening, complete with the lively pop-up park, gave us all a glimpse of what's to come: a safe, welcoming space where families, friends, and visitors can gather, linger, and enjoy the very best of Eastbourne's hospitality.

The building works are moving forward with completion expected in December, and now more than ever is the moment to support the hardworking businesses who keep this street alive.

From cafés perfect for a morning pick-me-up, to restaurants serving dishes that span the globe, to classic seaside staples like fish and chips, Victoria Place offers a dining and shopping experience that's both diverse and authentically local.

So next time you're wondering where to meet a friend, treat the family, or simply grab a coffee, choose Victoria Place. By supporting local businesses here – and in nearby Bolton Road and Langney Road – we are supporting local residents and helping to keep our town centre vibrant.



HailshamEye



Thorndale Furnishers Autumn Sale. Page 49.

Youngsters support hospice

TWO kind Hailsham youngsters who make their own bracelets have raised more than £750 for St Wilfrid’s Hospice.

By **Jenny Griffiths**

Ten-year-old Sophia wanted to raise money for the charity after her great aunty was looked after by a hospice in Sunderland. She came up with the idea of making bead bracelets, and, together with brother Eddie, aged six, has now made more than 300.

They sell them for £1 to £2 at fetes, markets, to friends and family, and

at the St Wilfrid’s shops in Hailsham and Terminus Road.

Sophia said: “My Great Aunty Tracy was looked after at a hospice, and we wanted to pay it forward and do something for another hospice. It takes about three minutes to make each bracelet as I’ve got an amazing gadget that spins the beads around.”

Proud mum, Jodi, said: “We were all close to Tracy, and when she was poorly Sophia asked what we could do to help. Tracy was happy in her



hospice, so we researched hospices near to us and saw what St Wilfrid’s do and felt we wanted to raise money for them.

“Sophia decided to make some bracelets, Eddie joined in, and it’s grown from there. Friends and family have been very generous, paying more for the bracelets than the asking prices. St Wilfrid’s is a wonderful place and I’m so pleased that the children are able to raise funds for such a great cause.”

In recognition of Sophia and Eddie’s efforts, Claire Phillips from the

St Wilfrid’s Retail Team invited the children to the hospice. She said: “We are all so impressed at Sophia and Eddie’s fantastic fundraising efforts. We showed them around the public areas of the hospice, shared refreshments in the café and introduced them to members of our fundraising and nursing teams, who were also keen to say thank you. Every penny raised for us makes a difference.”

St Wilfrid’s Hospice provides high-quality care and support for people across Eastbourne, Seaford, Hailsham, Uckfield, Heathfield (and all points between) with life-limiting illnesses.



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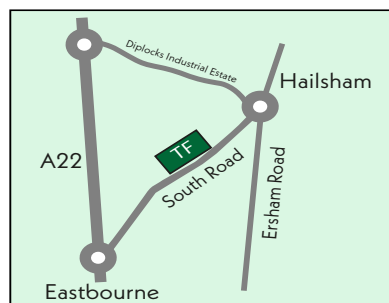
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Hailsham Chamber October News

By **Ryley Warwick**

Curry and Quiz

Spice up your evening with the Hailsham Chamber of Commerce Curry & Charity Quiz Night!

When: Thursday 23rd October

Where: Chamber members' The Royal Indian

Time: Arrive at 6:30pm for a delicious meal, followed by the quiz at 8:00pm

Cost: £22 per ticket

Teams: Teams of 4

Bring your thinking caps, gather your team, and get ready for a fun-filled evening of great food, great company, and a little friendly competition. Don't miss out!

What your ticket includes: a Curry, Rice or Bread add a side of choice for £3.95 (on the night) Charity donation and Quiz entry.

Hailsham Chamber Big Business Breakfast – November

Thursday 6th November
7:30am onwards

This month we've got two fantastic speakers lined up:
Laura Murphy – With over 20 years' experience in training and coaching leaders, Laura will be sharing why your brain is your greatest asset and your greatest enemy... and what you can do to improve your thinking and decision-making.

Gary King – Business Development Manager of *Ashdown Radio* and co-founder of Uckfield's first radio station 22 years ago, Gary will give us an inside look at the power and purpose of Community Radio stations in Sussex.

A morning of networking, learning, and connecting with local businesses – not to be missed!

Book your spot now and join us via our website.

Charity of the Month Spotlight: St Wilfrid's Hospice, Eastbourne

This month, the *Hailsham Chamber of Commerce* is proud to shine a light on *St Wilfrid's Hospice*, Eastbourne – an organisation doing incredible work in our community. Here's what they do, why they matter, and how you can help.

Who they are & what they do

St Wilfrid's provides compassionate, specialist care to people across Eastbourne, Seaford, Hailsham, Uckfield, Heathfield, and the surrounding areas. Their mission is simple yet profound: helping people "live well at the end of life."

Why they need us

The hospice is heavily reliant on charitable giving to run their services. Hundreds of volunteers make a huge

difference: over 400 volunteers already support their shops, café, hospice buildings, community work. Their time & skills are essential.

Here are some ways that members of our community and local businesses can help:

Donate – financial gifts, regular giving, gifts in wills.

Volunteer – whether you can donate a few hours or more, every helping hand counts.

Fundraise / Corporate

Partnerships – sponsoring events, supporting campaigns or partnering with them.

Shop or Donate Goods via their shops or café.

Let's come together and show our support for *St Wilfrid's*.

Hailsham Chamber of Commerce to Host Annual Christmas Party

The *Hailsham Chamber of Commerce* will hold its annual Christmas Party on Friday 8th December 2025, from 6:30pm until late, at the *Walters Centre*, George Street, Hailsham.

Open to Chamber members and their guests, this festive evening will include a three-course meal, live music and entertainment, and the opportunity to mingle with local businesses in a warm community atmosphere.

Tickets for the event are priced at £45 per person. Early booking is advised as spaces are limited. To register and secure your place, visit hailshamchamber.co.uk/event/christmas-party.

www.hailshamchamber.co.uk

55 years of Hailsham Lions

HAILSHAM Lions Club will host a celebratory Charter Luncheon on Sunday October 26th to commemorate 55 years of dedicated service to the community.

By **Peter Lindsey**

The event will take place at the scenic Wellshurst Golf Club in Hellingly and will bring together members of the local community, past and present Lions Club members.

Since its charter in September 1970, Hailsham Lions Club has been a cornerstone of community

support, organising a wide range of fundraising projects and events.

The club's mission has always been to assist those less fortunate, both locally and regionally, with all proceeds from fundraising activities donated to charitable causes.

Over the past 55 years, the Lions have raised vital funds for numerous local initiatives, including the *East Sussex Air Ambulance*, as well as national and international appeals,



such as the *Tsunami Appeal*, *Haiti Appeal*, and the *Royal British Legion Wings Appeal*. Their ongoing efforts have made a meaningful difference to countless lives.

Hailsham Lions Club President Kathy Butler said: "We are a particularly busy club, attending many events as possible to raise the funds required to assist with requests received.

"These are varied and range from baby clothes to toiletries and tea parties, from wheel chairs and school sponsorships to cinema tickets – the list is endless. Plus, of course, we



have our book shop opposite the cattle market, which is an absolute joy for us and our customers."

"Our motto is always 'we are here to serve'. And hopefully, we will be for years to come."

Boost for local schools

WHEN a large housing development takes place, the company behind the project has to make payments to local councils.

By **Peter Lindsey**

These are known as developer contributions or S106 agreements.

As a result, Wealden District Council has authorised the following:

- **Herstmonceux CE Primary School** will receive £263,138.82 for additional spaces for Early Years, KS1 and KS2, a sensory space for pupils, a new entrance, reception and office area.

- **Hankham Primary School** will receive £39,450 to improve and extend the outdoor facilities to enable more children to access outside facilities on the school site.
- **Stone Cross School** will receive £91,737 which will enable all the children to access more facilities on the school site.
- **Hailsham Library** will receive £31,959 for refurbishment.



Other S106 funding payments were granted and will see an additional service 28 bus between Hailsham and Ringmer and a High Street pedestrian improvement and 20mph zone study in Polegate.

Councillor Ian Tysh, *Alliance for Wealden (Green Party)* and lead councillor for Planning and Environment at Wealden District Council, said, "We don't often draw

attention to these payments but it's really important that local people see that the effort that goes into negotiating planning agreements on some of the larger sites in the district ensures direct benefits to the communities impacted by these developments."

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Free hearing check-ups at The Beacon

FREE ear health checks are becoming a regular feature at *The Beacon*, thanks to a partnership with Eastbourne-based countywide charity, *East Sussex Hearing*.

By **Tim Cobb**

The charity’s staff are on hand once a month at *The Gather* to look at and give advice to people on how they can keep their hearing in tip-top condition.

The team also provides information about other support services on offer, including their popular hearing assistive equipment and hearing aid maintenance programmes.

Speaking about the initiative, Co-CEO Glynwen Chetcuti said: “We are extremely grateful to *The Beacon* team for allowing us to use *The Gather*, it’s an amazingly useful venue for us to engage with people, helping to address any concerns they may have about hearing loss.”

Mark Powell, *The Beacon* General Manager, said *The Gather* unit was ideal for charities and community groups.

He said: “*The Gather* puts our vital charities and community groups at the heart of the town and gives them great access to shoppers and visitors.

“*East Sussex Hearing* offers a fantastic service and I would encourage anyone concerned about their hearing, or just seeking more information, to pop in and see them.”

The East Sussex Hearing team will be at *The Gather* on the following dates:

- October 16th, 10am–3pm**
- November 27th, 10am–3pm**
- December 11th, 10am–3pm**

For more details, please contact *East Sussex Hearing*:
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Another first for Sussex Footcare

SUSSEX Footcare are proud to be the first Podiatry clinic in East Sussex to be using the gait and motion technology *Footscan*.

By **Andrew Albon BSc (Hons) MRCPod.**

Footscan is the industry's leading measurement technology for clinical gait and movement analysis.

It is integrated with the world's first data driven 3D-printed orthotics, specifically designed based on your dynamic gait analysis. Being able to invest in this technology has allowed us to design insoles in front of our patients and show them exactly what we want to create.

Lower limb biomechanics is the study of the mechanical principles governing the movement, structure and function of the lower extremities. It plays a vital role in daily activities such as walking, running, jumping and maintaining balance. It is therefore an important part of our day-to-day activities.

Why Biomechanics matter!!!

- ✓ Stay balanced
- ✓ Avoid pain
- ✓ Prevent injuries
- ✓ Walk or run more efficiently

When something's OFF it may cause

- ✗ Knee pain
- ✗ Foot or ankle issues
- ✗ Hip Discomfort
- ✗ Falls or instability

Foot, knee, hip and back pain is commonly a result of poor biomechanics, often stemming from the feet. If left untreated, these problems can lead to further injury and discomfort.

At *Sussex Footcare* we specialise in advanced clinical gait and movement analysis using the latest *Footscan* technology. We are lucky enough to be the first clinic in East Sussex to be using this groundbreaking technology which is currently being used by *Team GB* to football clubs such as *Manchester City FC*.

Elite sports injury prevention

We have recently started doing pre-screening at Football clubs. This allows us to identify those players at risk of injury and we can prevent this from occurring by intervening at an early stage. We are looking to help more local clubs during their preseason training, so feel free to get in touch if you are part of a sports club.

Common complaints and differential diagnosis:

- Plantar Fasciitis
- Achilles tendinopathy
- Shin Splints
- Flexible flat foot
- Metatarsalgia
- Morton's neuroma
- Heels spurs
- Posterior tibial tendon dysfunction (PTTD)
- Inflammatory arthritis
- Leg length discrepancies



Some of the team recently attended the Gait and motion technology conference in Birmingham to further develop their knowledge and skills.



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f **Sussex Footcare**

Have we lost the art of a foraging?

I REMEMBER picking blackberries and mushrooms as a child but it doesn't seem so popular these days.

By **Theresa Hancock**

However, if you are out and about and want to do a bit of foraging it is essential that you know what you are picking.

Don't pick too much in any one place, don't pick too near the footpath or

too low down in case dogs have been around, or on busy main roads which will be polluted with car fumes.

Elderflowers are good for making a 'champagne' – it is best to pick them early in the morning, but they should be dry, and you should give the flowers a bit of a sniff and leave well alone if they smell of cat's pee as it won't make a tasty drink!



Autumn is when there can be an abundance of fungi, both in the woods and up on the Downs, but this is where you need to be especially careful as some are very tasty, and others can be lethal – if in doubt leave well alone.

There are also nuts around such as hazelnuts and sweet chestnuts (not horse chestnuts – they are good for conker fights, but not for eating). There may be apples in the hedgerows or maybe someone has put surplus apples, or other fruit and vegetables, in a box or barrow free for you to take or for a small contribution.

Late autumn and early winter is the time to pick sloes for making sloe gin, ideally after a frost but, as we don't seem to have as many frosts these days, you can always pop them in the freezer for a short while so they think they have been frosted!

Polegate Ramblers often return from their rambles laden with goodies, especially in Autumn. They walk every Thursday with walks to suit all abilities. Check out their website:

www.polegateramblers.org.uk
or email:
polegateramblers@gmail.com
for more details.

Loving later life

ON Monday 20th October, *Sussex Audiology Centre* is proud to be hosting a *Later Life Fair*.

By **Bryce Murphy**

Members of the public are invited to meet various businesses and stallholders providing advice and guidance on everything from travel offers for older adults and solo travelers, to live-in care options, as well as finance advice and podiatric care.

It is free to enter so come along and join us for tea or coffee. We'd love to see you!

What to expect

We are thrilled to be supported by many local businesses and charities providing information on:

- Audiology services
- Podiatry services

- At home/live-in care
- Residential/aged care services
- Financial advice
- Dementia services
- Carer support services
- Legal services: wills/LPA/trusts
- Funeral plans
- Meals at home
- Holidays for older travellers and solo travellers
- Patient transport services
- Mortgages and later life lending
- ...and more!

**Monday 20th October 2025
10:00am – 3:00pm
Meads Hall, 77 Meads Road
Eastbourne BN20 7QL**

Tea, coffee and cakes will be provided, as well as a raffle for the chance to win some amazing prizes – with all donations going to the *Children's Respite Trust*.





New health and wellbeing hub

THESE are very exciting times for the *Motcombe Pool* site in Old Town.

By **Peter Lindsey**

By the end of the year, the new Health and Wellbeing Hub should be finished in what is known as the Pool House building.

Then hopefully comes a new café – and then, if all goes to plan, the Pool could finally reopen.

The Pool shut at the start of Covid, but now a group of dedicated volunteers are thrilled with the progress being made.

Helen Nichols is Chair of *Motcombe Community Pool CIC*.

She said: “We have never doubted the interest shown by the local community or whether the demand remains for the pool.

“It has been a waiting game but we held a Fun Day in August to engage with local people and to ensure the momentum was still there.

“Work has already started on the *Health Hub* with *Hawes Construction Group*, based in Polegate, carrying out these works. It should be complete by Christmas.

“The theme will be fitness of both body and mind. There will be a gym,

yoga studio and other community facilities and spaces which people will be able to hire out.

“It will be a low impact sports studio – that means yoga, pilates, tai chi and other similar activities.”

That’s the first stage.

The next two won’t be easy – that’s a new cafe and then the vision of the Pool actually reopening. That’s what everyone asks.

Helen said: “It’s all about rebuilding the social value of the site and the potential for using renewable energy.

“Significant progress is being made and I know that potential funders are being inspired. We are also having tremendous support from *Eastbourne Borough Council*.

“There is tremendous potential and interest is growing.”

Helen predicts that another £3m funding will be needed for the Pool to reopen. If funding is secured, it may then take another three years for the dream to become a reality.

Free health checks

THIS October, *Coda Pharmacy* is inviting the community to a special health event, offering free health checks designed to help people take charge of their wellbeing.

By **Molly Graff**

Visitors will be able to take part in a variety of free services and activities, including life-saving CPR training with EMT Services, practical support for muscle, bone and joint health from East Sussex MSK Partnership, and mental health advice and guidance from The Old Bank Wellbeing Trust.

Accessible healthcare

The *Coda Pharmacy* team will also be available throughout the day to provide free health checks and answer any questions about medications, prescriptions, or general health concerns.

The event will be officially opened by Eastbourne’s Mayor, Councillor Margaret Bannister, marking an important celebration of local health and community spirit.

Coda Pharmacy is a local online pharmacy with a strong

commitment to making healthcare both accessible and reliable. Their mission is to ensure that people can get the advice, support, and services they need without unnecessary barriers. At a time when securing a GP appointment can often feel challenging and the pressures on the *NHS* continue to grow, *Coda Pharmacy* offers a practical and approachable solution for the community. From providing quick and easy access to prescriptions, to creating opportunities like this free community health event.

Free to everyone

The event is free and open to everyone – whether you’re looking for a quick health check, want to learn CPR, or simply have questions for a pharmacist.





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The Arts



Section of artwork 'When the Mirror Lets Go' by Amber Tambellini. See page 64.

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Eric Ravilious

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

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J.M.W. Turner

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

Impressions in Watercolour

THIS year marks 250 years since celebrated English painter and master of watercolour J.M.W. Turner was born.

By **Cameron Brown**

To celebrate his life and work, **Towner Eastbourne** is presenting a **Impressions in Watercolour: J.M.W. Turner and his Contemporaries**, which opens across Towner's top floor galleries later this month.

This new exhibition, originally organised by the *Holburne Museum* in Bath, will offer residents of

Eastbourne a rare opportunity to see some of Turner's finest watercolours from a private collection.

Impressions in Watercolour showcases Turner at his most experimental and gestural, through a stunning selection of his landscape works and seascapes. The exhibition also places Turner's work alongside works by some of his most notable contemporaries. These works by other 19th century artists, including Thomas Girtin and John Sell Cotman, bring to light the exciting developments

taking place in the often overlooked medium of watercolour painting during this period. In addition, the show at *Towner* will feature an additional selection of watercolours from the gallery's own Collection.

Alongside this must-see exhibition, watercolour fans will find even more to enjoy at *Towner* in the newly-opened *Ravilious Collection* gallery. This bespoke space dedicated to the much-loved British artist Eric Ravilious features some of Ravilious' key watercolours from *Towner's* extensive

collection of his works, alongside examples of his woodblocks and prints, preparatory drawings, publications and ceramics.

Impressions in Watercolour: J.M.W. Turner and his Contemporaries opens on 23rd October. Tickets cost £4.50 to £9 and are free for *Towner* Members and Under 25s. The gallery also offers a 'pay what you can' day on the first Friday of each month. *The Ravilious Collection* is open now and is free to enter (suggested donation £5). Booking is recommended.



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

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Some of the 2025 Farley Arts Trust Competition winners.

It's a Wonderfully Surreal year

FOR the winning art students in the bi-annual Farley Arts Trust Competition 2025.

By **Emma Donovan**

During this year's September ArtWave Festival, Farley Arts Trust was delighted to unveil the 15 winning artworks and photographs in the second year of its Wonderfully Surreal Photographic Art event at the Atrium Gallery in the Marine Workshops, Newhaven.

Titled *Strange but Familiar* – students from East Sussex state secondary schools drew inspiration from the artistic legacy of both Roland Penrose and Lee Miller to create superb art works that inform, provoke and reference the Surrealist movement.

Griselda Bear, Chair of Farley Arts Trust enthused:

"This year we are delighted to have received entries from more than 60 students doing A Level or GCSE visual arts at 11 schools, colleges or academies in East Sussex. We are always intrigued by the ideas, and impressed by the creativity and skills of the young people who take part in our projects."

Antony Penrose, Founding Trustee at Farley Arts Trust continued:

"Once again, our local students have presented a selection of work that would have gladdened

the hearts of many of the original Surrealists. In every case we are informed, provoked and delighted, exactly according to the intention of Surrealism and this forcefully demonstrates the movement is alive and well among our young artists."

During the Awards, the Trust were delighted to present winning student Mikey Huggett from Seaford Academy with the first Sylvia Tidy Award. Sylvia Tidy was a long-standing Trustee and Chairperson on the Farley Arts Trust who sadly passed away earlier this year. The Trust are keen to continue Sylvia's legacy of celebrating the young people whose work powerfully demonstrates awareness of important current issues of personal and community concern and Mikey was the well-deserving winner of this inaugural award.

Congratulations to all the winners for contributing to this exhibition which visitors have greatly enjoyed and praised highly. The talent this year was remarkable and the Trust looks forward to its next project – the Farley Arts Trust Awards and Exhibition that will take place in 2026.

Wonderfully Surreal 2025 winners:

Callum Beach – Uckfield College

Mikey Huggett – Seaford Academy, Newhaven who also received the first Sylvia Tidy Award

Jamil Ceesay – The Eastbourne Academy

Max Lewry – Bexhill Academy

Ava Lambert – Priory School, Lewes

Amelia Nott – Uckfield College

Lahni Berwick – The Eastbourne Academy

Athena Chadwick – Gildredge House, Eastbourne

Beth Martin – East Sussex College, Hastings

Amelia Sandys – Ratton Academy, Eastbourne

Amber Tambellini – Heathfield Community College

Willow Elliot-Hudson – East Sussex College, Hastings

Zederick Castro – St Richard's Catholic College, Bexhill

Rylan Ford – Uckfield College

Phoebe Plasted – The Turing School, Eastbourne



Zederick Castro – A Model's Takeover of the World.



Amelia Nott – A Froggy went a Courting.



Amber Tambellini – When the Mirror Lets Go.



Fiddler on the Roof

THE countdown is on as the *Olivier* award-winning *Best Musical Revival* heads to Eastbourne!

By **Harry Farmer**

This November the winner of *Best Musical Revival* at this year's *Olivier Awards* – as well as *Best Set Design* and *Best Sound Design* – *Fiddler on the Roof* is set to ignite the *Congress Theatre* stage in Eastbourne. This celebrated revival plays 4th – 8th November.

It's 1905 in the tiny village of Anatevka where Tevye, a Jewish milkman, lives his life by their proud traditions. For his five daughters, that

means a visit from the matchmaker. As each daughter challenges his beliefs, against the backdrop of a changing world, can Tevye hold on to his roots, or must he bend to the will of his children and learn to embrace the unfamiliar?

Featuring memorable songs 'If I Were a Rich Man', 'Tradition', 'Matchmaker' and 'Sunrise, Sunset', this classic musical of joy, revolution and community is an exuberant celebration of love and life.

The first UK tour of this classic musical in over 12 years – if offers a rare opportunity to see this musical



Photo by Johan Perrson.

masterpiece in an acclaimed new production, led by the powerhouse creative team of director Jordan Fein (*Oklahoma*, *Young Vic*), choreographer Julia Cheng (*Cabaret*) and designer Tom Scutt (*Tony Award* winner for *Best Scenic Design of a Musical* for *Cabaret*), produced by Trafalgar Theatre Productions, Regent's Park Open Air Theatre and Brian and Dayna Lee in association with the Barbican. direct from the West End.

Don't miss *Fiddler on the Roof*, *Congress Theatre*, 4th – 8th November 2025. Tickets from £29. Book at eastbournetheatres.co.uk or call Box Office 01323 412000



Photo by Marc Brenner.

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Ten successful, dancing years

EASTBOURNE Dance Space is a community dance studio offering classes in ballet, tap, jazz, contemporary and musical theatre to adults of all ages and levels of experience.

By **Peter Lindsey**

It is celebrating its tenth anniversary with a fabulous show at the Royal Hippodrome Theatre on Saturday 25th (7:30pm) and Sunday 26th (2:30pm) October.

The show, involving a cast of around 100 local dancers, presents a showcase of talent from their 20 weekly classes and promises beautiful dancing, costumes, music and lighting.

Eastbourne Dance Space would love you to come and support their dancers and enjoy an uplifting and entertaining performance – who knows – you may even be inspired to join a class or two! They'd love to welcome you.

Tickets are available from the *Royal Hippodrome* box office on **01323 802020** or online at www.royalhippodrome.com/event/eastbourne-dance-space-ten



To find out more about classes at *Eastbourne Dance Space* visit www.eastbournedancespace.org.uk, get in touch at eastbournedancespace@hotmail.com, call **07957 408694**, or check out their social media pages.

Eastbourne Dance Space also offers a weekly *Dance for Parkinson's* class which can be attended in person or on Zoom. Please get in touch for more details.



Autumn Art Exhibition and sale of paintings

SATURDAY 25th October – Sunday 26th October.

By **Peter Lindsey**

Now in its 20th year, the autumn art exhibition held by the Friends of Eastbourne Hospital will be taking place once again at St. Andrew's Prep in Meads over the weekend of 25th–26th October.

Last year, 68 local artists entered a 321 paintings for display and sale, and the Friends expect to see a similar number this year to celebrate the 20th anniversary of the exhibition. Works of art by pupils at *St. Andrew's Prep*

will also be displayed on the stage.

The Friends will also holding a silent auction, plus a raffle, both for works of art.

On Saturday at 2pm, well-known local artist Terry Hobbs will be giving a painting demonstration, with free admission; and on Sunday afternoon, caricaturist Ian Parratt will be sketching fun portraits of guests for a donation of £10 per picture to the *Friends*.

Open from 10am to 4pm each day, entrance is free and the *Friends* welcome all visitors.

All paintings will be available for sale, so plenty of opportunities to pick up early Christmas presents!

All money raised at the exhibition will go towards the *Eastbourne DGH* and the *Friends' Special Project* of 2025 to raise £250k to complete a £1 million donation, for the purchase of essential equipment in the new *Sussex Surgical Centre* at *Eastbourne DGH*.

www.friendsdgh.org.uk/events

**St. Andrew's Prep, Meads
Eastbourne BN20 7RP**



Help us help them help you

Friends of Eastbourne Hospital
proudly present

The 20th Annual Autumn ART EXHIBITION & SALE OF PAINTINGS

Saturday 25 October
10am - 4pm
- including informal painting demonstration by local artist Terry Hobbs at 2pm

Sunday 26 October
10am to 4pm

Venue
St. Andrew's Prep, Meads, BN20 7RP

Admission Free, donations welcome

For further details:
01323 749503
foeh-tr.friendsdgh@nhs.net
friendsdgh.org.uk/events

Are Exhibition printing kindly sponsored by:
PLAIA
42a Commercial Road,
Eastbourne, BN21 5XF
Tel: 01323 739407

Help Us Raise £250K in 2025

Sussex Surgical Centre

All fundraising will go towards the Friends' General Funds and our target £250k will complete the Friends' 2025 million pound project to fund essential equipment in the new Sussex Surgical Centre.

Local pop choirs unite

**TWO incredible choirs. 150 voices.
One unforgettable night.**

By **Abbie Marsden**

Get ready for an uplifting evening of pop songs as two of East Sussex's favourite choirs – *Eastbourne Voices* and *Hailsham Voices* – come together in concert for the very first time.

Something for everybody!

Experience your favourite pop songs as you've never heard them before, each transformed into their unique spine-tingling harmonies. With songs from Elvis to Rag n Bone Man, there is something for everybody!

Community is at the heart of *Voices choirs* – we're always proud to raise funds for local charities, and a retiring collection will be held by the wonderful *Beachy Head Chaplaincy Team*.

Come and share in the energy, passion, and beauty of ***Voices in Harmony*** – local talent at its very finest, which will leave you smiling and singing long after the final note.

One night only... don't miss it!

Visit www.eastbournetheatres.co.uk or the *Welcome Building Box Office* for tickets.

**SATURDAY
1st NOVEMBER 2025
7:30pm**

VOICES
In Harmony
A POP CHOIR COLLABORATION

Welcome Building
Compton Street, Eastbourne, BN21 4BP

Adults £12 | Under 18s £7
Tickets available from:
• www.eastbournetheatres.co.uk
• Welcome Building Box Office
• 01323 412000

Supporting Beachy Head Chaplaincy Team

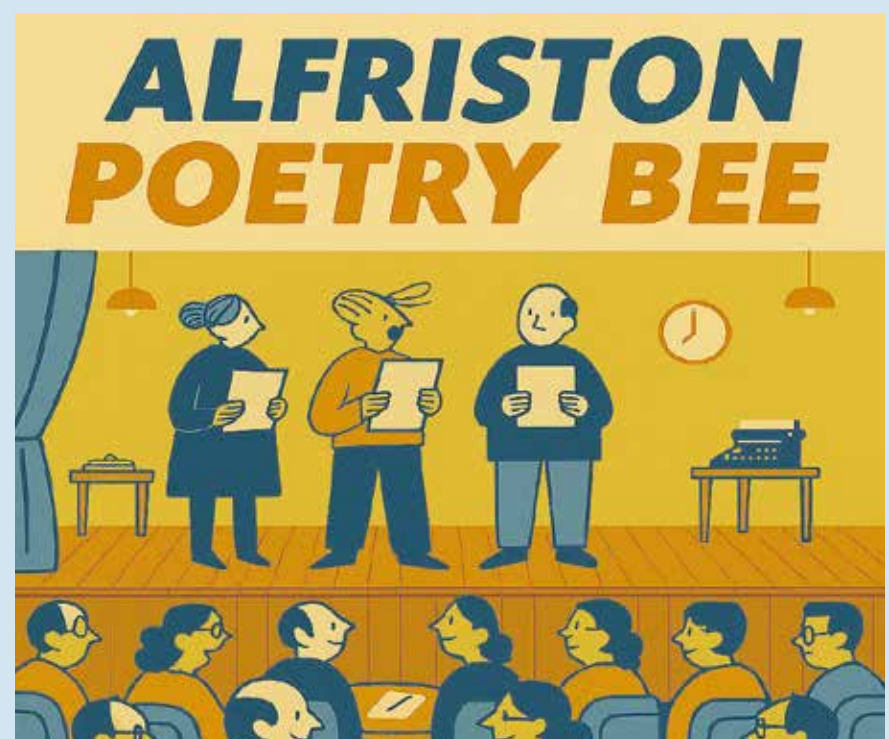
Not just for Poets!

ALFRISTON'S first *Poetry Bee* promises to be a great day's entertainment for people who enjoy poetry OR for anyone who may like to participate in a relaxed day in the village with music, poetry, literature, chat and more...

By **Gayle Hudson**

Taking place 10am to 4pm on Saturday 25th October in the Village Hall, Old Chapel Centre, The National Trust's Clergy House and The Six Bells Pub there will be lots on including:

- A competition (optional opportunity to enter your own poem) entry by 15th October. (voting by the audience)
- Discussion groups
- A workshop to build a poem together
- Local poet's readings
- Haiku competition
- Poetry trail in the Clergy House with free entry
- Music



- Refreshments plus optional lunch in the OCC for just £8
- Poetry to Heal
- Book stall
- Prizegiving
- Open Mic Evening at the *Six Bells* from 7pm for those wanting to stay on.

Tickets are £20 for the day via www.ticketsource.co.uk/old-chapel-centre or email Caroline at cradcock@hotmail.co.uk

Proceeds from the day to *Eastbourne & District Samaritans*



Curtain Up
Every Wednesday until 14 October



Ultimate Classic Rock Show
Thursday 2 October



Mediumship with Martin Hopgood
Friday 3 October



Tribute to Tina Turner
Saturday 4 October



The ELO Encounter
Sunday 5 October



RHT

Royal Hippodrome Theatre



Katie Price & Kerry Katona
Monday 6 October



Antiques and a Little Bit of Nonsense
Thursday 9 October



Heaven Can Wait
Saturday 11 October



Screaming Blue Murder
Friday 17 October



Taylor Swift Tribute
Friday 24 October



Eastbourne Dance Space
25 & Sunday 26 October



Disney's The Little Mermaid
29 October - 2 November

Box Office 01323 802020 | royalhippodrome.com
106-114 Seaside Road, Eastbourne, BN21 3PF



Fundraiser for the Samaritans

ON Saturday 18th October, *Harmonize Productions* are back with their latest show, *Larisa Louise Burlesque Show*.

By **Peter Lindsey**

This will take place at the *Oval Arena*, Channel View Road, Eastbourne. Doors open at 7pm and the show starts at 7:30, to finish around 11pm.

Tickets are £10 cash or card on the door or you can purchase in advance by visiting www.wegottickets.com/event/674776.

Tickets bought online are subject to a £1 booking fee. This event will be raising funds for the *Samaritans*.

Larisa Louise is a rising star who has an exceptional stage presence and an unbelievable singing voice. If you've not seen her before you're missing out!

An evening spent listening to Larisa is quite unforgettable, with her soulful, jazzy tones. She will be joined by well known local

singers and there will also be a special guest appearance from the amazing *Cherry Dance company*.

Expect full throttle glitz and glamour, dazzling costumes, sexy, sultry cabaret style tunes and hilarious hosting thrown into the mix. There will also be a quality tombola with some attractive prizes up for grabs.

Harmonize Productions look forward to entertaining you! A great fun night is guaranteed.



Grand Hotel stages three-day festival

***THE Grand Hotel* in Eastbourne will be holding the three-day festival to celebrate its musical history from Friday, November 21st until Monday, November 24th.**

By **Peter Lindsey**

It will celebrate legendary guests and performers, featuring a curated line-up of international artists and timeless classics ranging from Elgar and Chopin to Paul Robeson and Claude Debussy.

On Friday, November 21st, the evening will honour the reigns of George VI, Elizabeth II, and Charles III featuring performances by a Yehudi Menuhin alumna on the violin, Peter Frankl on the piano, and entertainment by the *Palm Court Trio*.

Saturday, November 22nd, will see a celebration of the reigns of George V and Edward VIII,

peppered with tales of the Titanic and the hotel's renowned *Palm Court Orchestra*.

On Sunday, November 23rd, attendees can test their musical knowledge in a light-hearted morning quiz and listen to an Italian song by Tosti.

The festival is curated by Stephannie Williams and Christopher Morley, with Kevin Whately and Madelaine Newton providing narration.

Artists set to perform include Nicky Spence, Anita Watson, Maria Jagusz, Arwel Huw Morgan, Dylan Perez, Mark Bebbington, Eduardo Vassalo, Lana Trotořšek and Boris Bizjak.



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Green and pleasant

OCTOBER is definitely the time for clearing up – greenhouses, ponds, gutters and water butts may all need cleaning out. Wooden garden furniture will need covering or storing for the winter and terracotta pots may need bringing inside, so that they don't freeze and crack. If you don't already have a compost heap or bin, October is a great time to start one, with all the leaves and cuttings to be disposed of!

By **Geoff Stonebanks**

Friday 31st October is Halloween and Sunday 26th is the day the clocks go back, giving everyone an extra hour in bed! If you have children, you may have a go and creating lanterns from pumpkins purchased at the supermarket or perhaps you've grown some yourself! They look great displayed in the garden or by the front door. It is the month to think about protecting half-hardy plants with fleece or move them into a frost-free greenhouse. Make sure you sweep up any fallen leaves that harbour fungal spores and provide ideal hiding places for slugs and snails.

Asters

Part of the Island Series, Aster 'Barbados' (pictured in the header at Driftwood) is a neat, compact

Michaelmas Daisy. The mauve-purple flowers are a tonic for fading borders from late summer to autumn. This cheery perennial is free-flowering, attracting attention from pollinating insects which are drawn to the nectar-rich flowers. The upright stems and colourful blooms make this a lovely cut flower too. A useful perennial for providing late summer colour at the front of perennial borders. I've had mine in the garden for about 15 years now and they never fail to impress.

Asters are in the daisy family, and most of the varieties grown in the UK are perennial, meaning they come back every year. They generally flower in late summer and autumn, which gives them their common name Michaelmas daisy. Asters are ideal for growing in mixed borders,

with grasses and other prairie-type perennials. They are a great transition plant, bridging the seasons from summer to autumn. Their bright, daisy-like aster flowers make a colourful splash.

National Garden Scheme

October is the final month of 2025 that we can visit gardens opening for the *National Garden Scheme*. *Bates Green Garden* in Tye Hill Road, Arlington opens the garden gate on Sunday 5th from 10:30am to 3:30pm with entry £7 and children £3.50. There will be home-made soup, cakes & scones plus light lunches available in the large insulated *Bluebell Barn*. This plantswoman's tranquil garden provides interest through the seasons. See the woodland garden created around a majestic oak tree, the colour themed middle garden and the courtyard gardens with seasonal container displays. The front garden is an autumn joy with coloured stems and leaves of cornus and salix. Check out the wildlife pond and wildflower meadow. The whole plot is gardened for nature and wildlife. Autumn visitors can enjoy spotting the abundant fungi too.

Also, on Saturday 4th in Heathfield, *Kotamaki* in Tottingworth Park, Broad Oak opens from 10am to midday with entry £12 and children £6 but pre-booking is essential at www.ngs.org.uk. The owners will provide a Talk about the garden at 10:30am. Refreshments are included.

Autumnal plants

There are a couple of nice autumn plants you might want to add to your garden. The first is a cotoneaster, they give beautiful displays of red berries in autumn. Cotoneaster horizontalis is popular for the characteristic herringbone pattern of its stems, which makes it useful trained across

the ground or on a wall. The second, another really good plant is the chrysanthemum, it flowers well into autumn. They will flower right up to Christmas if you are lucky and make great flower stems to cut for vases in the house too. One of my favourites in the beach garden at the moment is the stunning verbena "polaris", it has stunning lilac flowers and is a prostrate variety that comes back like mad every year. I planted it back in 2012 when I first created the beach garden and it looks very pretty set against the shingle.

Falling leaves

Autumn is a beautiful season in the garden, with many perennials, shrubs and trees providing some stunning colour. But once the leaves have fallen, they will need clearing up, especially from lawns, where they will smother the grass, and from paths and patios, where they may become slippery. It's also a good idea to remove leaves from gravel, otherwise it will become messy. You can make the sweeping and collection process a lot easier by using a combination of different tools and methods, but I favour doing it all by hand in my garden, due to its size and layout. This year will be more challenging for me, having had my knee replacement earlier in the year, kneeling is not as easy as it used to be.

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.

*Register
online!*



OPEN EVENTS



OCTOBER 2025

14TH - Lewes campus

15TH - Eastbourne campus

16TH - Hastings campuses

NOVEMBER 2025

20TH - All campuses

3:45pm - 6:45pm



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