

FREE

11/25

Issue 065
November 2025

EASTBOURNE BUSINESS AWARDS

Eastbourne celebrates
local excellence in an
evening to remember.

Pages 28–33

ARTISTS OPEN HOUSES

Over 40 artists showing and
selling their work from their
homes and studios.

Page 57

Bournefree

www.bournefreelive.co.uk



Shop in Meads
this Christmas

See page 37

for all things design & print
CONTACT CUSTARD

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For breaking news 24/7, log onto our news website at
www.bournefreelive.co.uk



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 The Arts: Maker Studio

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

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Making our town a better place...

**A HIGHLIGHT of our month was the annual
Eastbourne Business Awards 2025. Bournefree was
 proud to be a sponsor and part of the judging process.**

By **Peter Lindsey**

**It was a fantastic evening at the
Winter Garden, which looks
 absolutely fantastic – and the
 food was great too.**

Credit to Christina and her team at
 the Chamber for organising the event,
 and congratulations to all the winners.

Zebedees – based in the *Stone
 Cross Business Centre* – was
 honoured with:

- **Large Business Award (50+ Employees).**
- **Overall Business of the Year 2025.**

To win the Overall award is a huge
 achievement, and congratulations to
 all the staff involved.

The *Eastbourne Neighbourhood
 Board's* plan continues with pace,
 and it has emerged there is £10,000

for each Ward available. This is
 monty for the local community so
 please become involved and put your
 ideas forward. Full details are on their
 page in this month's *Bournefree*.

And *Eastbourne Together* – run by
Eastbourne Foodbank and hoping
 to make our town a better place, is
 holding a second event in January.
 If you want to be there, email
hello@eastbournetogether.org.uk

The discussion at the first meeting was:
 1. Ideas for a better Eastbourne.
 2. What can be done better by
 working together?

So there is plenty going on in the
 background to improve Eastbourne.

It's almost Christmas, and of course
 there are plenty of local events
 giving you the opportunity to support
 local businesses.

Christmas in *Little Chelsea* is being
 staged on December 5th, while the

Eastbourne Christmas Lights Switch-On
 is the previous week, November 29th.

It is so important to buy local, especially
 with all the roadworks that some of our
 traders are having to put up.

We have *Victoria Place* as well
 as the Town Centre and while we
 should be pleased with this level
 of investment in Eastbourne, it is
 causing problems in the process.

It's also nearly panto time and
 remember there are always two great
 pantos in town – at the *Devonshire
 Park* and the *Hippodrome*.

It's worth mentioning too that The
 Rattonians will be performing their
 Christmas show in the *Hippodrome*
 from November 19-22nd. One not to
 be missed!

Here at *Bournefree* it's always busy
 and that's the way we like it. We will
 be producing a Christmas special for
 December so please do get in touch.

Online, the biggest story this month has
 been the fire at *Moir House*, in two
 days there were than 1.1 million views
 on our facebook page and website.
 So if you are not yet tuned into
Facebook's socials, please do.

Have a happy November!

Bournefree

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 more and more popular each
 month, and we want to make
 it easier for you to promote
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 01323 430303**



**harry@bournefreemag.co.uk
 07809 443027**

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If you are in Eastbourne's Old Town look out for this...

HAILSHAM artist Kerry Caffyn has finally put her brushes down after 130 hours and transformed this building's plain exterior into a verdant facade echoing some local flora and fauna.

By **Peter Lindsey**

It's the JPK/SASBAH hub in Church Street, Old Town.

SASBAH moved into the premises at Christmas, and the charity has worked closely with *Brewers* for many years.

Chief Executive Rom Sanglaji said: "It was *Brewers* who have made this possible. Melanie Adams and her team really have made a huge difference to us as a small charity. We can't thank Melaine enough.

"It looks amazing — thousands of us will drive past each day and see it. Kerry was absolutely fantastic — and the final result is just incredible.

"*Brewers* has been supporting us for more than 20 years. Their team has always been so kind and respectful, and we will never forget what they do for us."

Kerry said: "I can't thank *Brewers* enough for supplying the *Albany Smooth Masonry* paint and *Masterdec* wood finish that made this project for SASBAH charity possible.

"Also a nod to *TSD Decorating* for base coating and a huge thank you to Melanie Adams for instigating it all and planting the seeds."

**JPK/SASBAH hub
39 Church Street
Eastbourne BN21 1HP
www.sasbah.org.uk**



You Raise Me Up in December

EVENTS and gatherings with *You Raise Me Up*.

By **Simon Cosham**, YRMU

You Raise Me Up – December Gathering
Friday 5th December 2025,
7–9pm at Eastbourne Rugby Club.

We know how tough Christmas can be, whether it's your first without them or one of many.

Before the festive season really gets going, come and join us for a relaxed evening with others who understand what you are going through.

Gentle space

It's a gentle space to pause, remember and celebrate those we love and lost. Everyone connected to the charity is welcome. Families and friends old and new are welcome and do feel free to bring your family and friends along too.

There will be tea, coffee, light nibbles and mince pies waiting for you along with good company and warm conversation.

Charity Founder Fraser Brooks will be joining us on the night to give a warm welcome and share a few words.

RSVP:

lucie@youraisemeup.co.uk

Please let us know how many of you will be attending.

A big thank you to *Eastbourne Rugby Club* for kindly donating the space to support our charity.

12 Days of Christmas auction

Also on the 1st December our online auction, the *12 Days Of Christmas*, goes live at 6am until 11:59pm on the 12th December. Check it out here:

www.jumblebee.co.uk/

youraisemeup

12daysofchristmasonlineauction2

to see if there is anything you would like to bid on once it opens – please

be aware that some items may change or no longer be available once it goes live.

Christmas Jumper Day

Finally we are encouraging anyone that would like to take part in our *Christmas Jumper Day* on Friday 12th December to sign up now!

Email: info@youraisemeup.co.uk for more details.



Home from home at Tweed

ARE you looking for a home from home for a loved one or yourself?

By **Harry Farmer**

Finding the right care home environment is so much more than a checklist of facilities. It is a very personal experience that directly impacts quality of life, wellbeing and overall happiness.

The *Emilie Galloway Home of Rest*, known as 'Tweed', is a long-established, affordable care home in Silverdale Road, near *The Grand Hotel*. It occupies a beautiful, well-maintained Edwardian property with spacious rooms, and provides a comfortable and friendly setting.

The Registered Manager said, "We take special care to ensure our residents' individual needs are met, and that their preferences and personalities are considered and catered for so that everyone truly feels at home here."

"For anyone seeking a care home currently, we welcome visits by appointment to provide time to show them around, answer all their questions, and really get a feel for the Home."

Tweed Care Home
8 – 10 Silverdale Road
01323 733223
www.tweedcarehome.co.uk



Tweed warmly invite readers to their Christmas Fair on Friday 5th December 10am – 1pm

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Eastbourne Neighbourhood Board: Local voices driving real action

WORKSHOPS, Youth Plans and Growing Community Engagement.

By **Amy Henkel**

The Eastbourne Neighbourhood Board activity is ramping up this autumn with workshops, youth initiatives and wider community engagement. A series of public Ward Workshops launches this month, giving residents a direct say on local matters.

Each session is supported by at least two Board members alongside ward councillors, with venues including

Shinewater Primary School, Meads Hall, Victoria Baptist Church, and the Crown & Anchor. Posters are going up in each ward, and sessions will be promoted via social media, venues and Eventbrite.

Citizen Questionnaire gains momentum

The *Citizen Questionnaire* is now live on the *Board* website, with a homepage pop-up and QR codes on

flyers and banners. Early engagement at *Digifest* showed growing awareness, with many visitors already familiar with the Board and some having completed the survey.

Youth Board

The *Board* is also developing a *Youth Board*, with plans for two pupils from each secondary school to be invited to its inaugural meeting on 7th November.

Eastbourne Disability Inclusion Group

With the restart of the *Eastbourne Disability Inclusion Group (DIG)* the board will be attending their next meeting on 11th November at the

Town Hall. For further details people should contact Mark Simmons, the group's Chief Executive.

Together we can restore trust and pride

The *Neighbourhood Board* is active, accessible, and listening – turning resident priorities into action across the town. Together, we can restore trust and pride in Eastbourne: your voice matters.



Ward Workshops Announced

A series of Ward Workshops is happening across Eastbourne this month – your chance to shape local priorities and influence what happens in your community.

Each session is supported by Neighbourhood Board members and your local Councillors. Come along, join the conversation and help turn ideas into action.

Together, We Can Restore Trust and Pride
Your voice matters. Make it heard!

Visit weareeastbourne.org.uk for dates, venues, and to complete the Citizen Questionnaire.

Upcoming Workshops

Sovereign

1st Nov, 11–1pm
Conqueror Hall, Kingsmere

Meads

5th Nov, 6–8pm
Meads Hall, 77 Meads Road

17th Nov, 6–8pm
St Saviours Church Hall

Old Town

12th Nov, 6.30–8.30pm
Victoria Baptist Church, Eldon Road



**Funded by
UK Government**



Christmas is Coming to Eastbourne!

It's beginning to look a lot like Christmas in Eastbourne — and the team at Your Eastbourne BID are working hard to make this festive season one to remember.

From twinkling lights and community carols to festive markets and family fun, there's something for everyone to enjoy across the town centre this Christmas.

Here's what's coming up:

Saturday 29th November – Christmas Lights Switch-On Bankers Corner, from 12noon

Join us at Bankers Corner for an afternoon packed with live music, street entertainment, and festive stalls — all leading up to the spectacular Christmas Lights Switch-On Parade at 6pm.

The parade will leave the Enterprise Centre at 6pm and make its way to Bankers Corner, where Santa, the Christmas Light Competition winner, the BID team, and Lightning Fibre will help light up Eastbourne at 6.30pm.

Friday 5th December – Little Chelsea Fun & Festive Fireworks 3.30pm – 8.30pm

Little Chelsea comes alive for one of Eastbourne's most loved Christmas traditions! Enjoy late-night shopping, street performers, music, and festive cheer — all culminating in a spectacular fireworks display at 8pm.

There'll be plenty of opportunities to get involved, with competitions, family activities, and the perfect chance to discover the charm of Eastbourne's independents.

Saturday 13th December – Eastbourne's First Christmas Farmers Market Towner Gallery

Celebrate local this season at Eastbourne's first-ever Christmas Farmers Market! Following the success of our regular markets — now the largest in East Sussex — we're going festive with a special edition filled with local produce, artisan gifts, and Christmas treats, and with the Towner Gallery showing a festive family favourite film at the cinema!

(If the weather turns windy, don't worry — we'll move indoors so the fun can continue!)

Saturday 20th December – Community Christmas Carols Bankers Corner, 12pm – 6pm

Join us for a heartwarming afternoon of festive music and community spirit at Bankers Corner.

From 12pm to 3pm, enjoy performances from the Salvation Army, local singers, and musicians — before Printers Playhouse takes over with a community choir for a big festive singalong from 3pm onwards.

Plus! The Peter Pan Festive Trail

This year, young adventurers (and the young at heart!) can join Peter Pan, Tinkerbell, and Wendy on a magical quest around town to help find the ten missing pages of Peter's book. Pick up a trail map and follow the clues for a sprinkle of festive fun and maybe even a prize at the end!

So wrap up warm, bring the family, and make your Christmas in Eastbourne truly unforgettable.

Maybugs

The street outside is having a bit of a glow-up, but our Eastbourne shop is still open — and as vibrant as ever! Don't be put off by the work outside — come in and discover all our beautiful products and fabulous staff, always ready to welcome you with a smile.

Whether you're picking up some autumn-chic homeware or getting a head start on your Christmas shopping, we've got you covered. With plenty of top brands, hundreds of price drops, and amazing bargains, there's no better time to pop in and see what's new!



A Slice of Greece in the Heart of Eastbourne

Step inside gr/eat greek cuisine and you could almost forget you're in Eastbourne. Sun-kissed flavours, sharing plates that spark conversation, and that unmistakable Greek zest for life...it's all here, no boarding pass required.



Lunchtimes bring a meze-style menu for just £14.50, the perfect way to graze your way through the afternoon. When evening rolls in, settle into our 2-course dinner menu at £23.50, designed for lingering, laughing, and savouring every bite.

And if you love your dining with a dash of drama, Smashing Plates Thursdays arrive this November. Yes, we're talking real plate smashing — because some traditions are too good not to share.

Whether it's a weekday lunch, a leisurely dinner, or a Thursday night with a little chaos on the side, gr/eat is here to bring you Greece, right here in Eastbourne.

Follow Your Eastbourne BID on social media for all the latest festive updates

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.



Live ON AIR!

EASTBOURNE Youth Radio (EYR) returns for a very special 25th anniversary year from 18th–21st November 2025 on 87.7FM and online at www.eyr.org.uk

By **Tim Sorensen**

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

A number of past EYR alumni will also be back in the studios recounting their career journeys and achievements in the fields of radio broadcasting, TV, journalism and film – including one BAFTA!

This year's broadcast coincides once again with several notable events. Namely, *Anti-Bullying Week*, *Global Entrepreneurship Week*, *UK Parliament Week* and finally *BBC Children in Need*. Individual programmes will cover all of these during the packed 4-day schedule.

Championing the voices of young people

EYR is only made possible by the considerable support and involvement of the many businesses and organisations that are detailed in the listing page opposite.

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".

Providing support

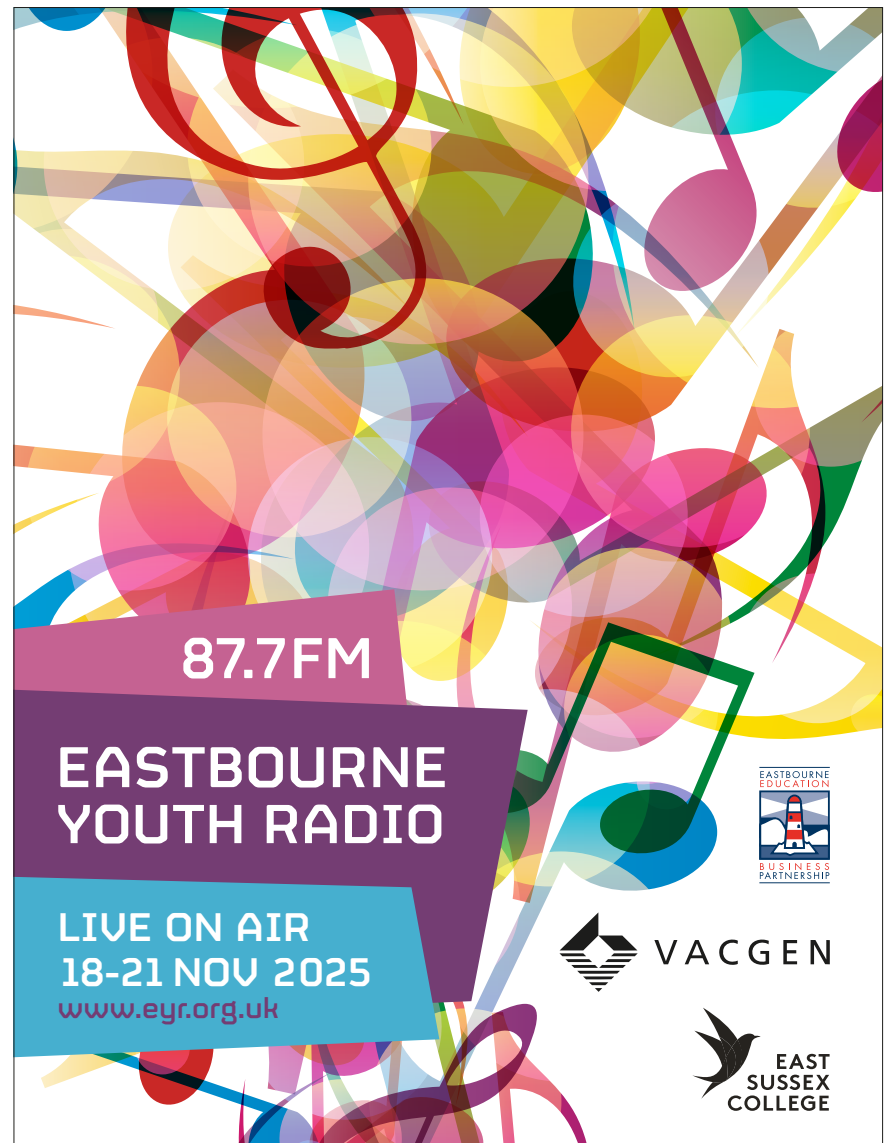
EYR are grateful to receive financial support again from the *Eastbourne & Lewes District Community Safety Partnership* in recognition of our *Anti-Bullying Week* work. This will include discussing issues around knife crimes with *Sussex Police*. *Holding Space* and *MyLifeMe* (a new App) will be providing important information and support around mental health and wellbeing.

Looking ahead to the packed schedule, *Edwards* and *VACGEN* will both be featuring engineering and apprenticeships and *Southern Water* are back to raise awareness of 'Unflushables'! *Trafalgar Theatres* will be talking about the performing arts and their up-coming shows and *Lansdowne Hotel* will be promoting hospitality. *Eastbourne Shopping Centre* and *Up Garden & Country Store* will no doubt be in festive mood. *Switchplane* will be reflecting on another successful *Digi-Fest* and the team from *Radio DGH* will be on the shout out for more volunteers. Plus of course, loads more on **87.7FM** and on-line at www.eyr.org.uk

Developing skills

EYR is all about enabling young people to research, produce, present and perform their own material in association with community partners for a family audience. From this they will learn and develop a whole range of skills that they will find helpful in future life.

We hope that you enjoy listening to their work over the four days.



Programme Schedule

www.eyr.org.uk



Tuesday 18th November

Programmes kindly sponsored by:

10:00-11:00	EYR Launch Mix	VACGEN
11:00-12:00	East Sussex College	Rotary Club of Eastbourne
12:00-13:00	The Haven School	East Sussex Fire & Rescue Service
13:00-14:00	Skippers Hill Manor Prep	Soren Learning Solutions
14:00-15:00	East Sussex College	Insight6
15:00-16:00	East Sussex College	Switchplane
16:00-17:00	East Sussex College	Eastbourne Lottery
17:00-18:00	East Sussex College	The People Matter Trust
18:00-19:00	East Sussex College	Trafalgar Theatres
19:00-20:00	East Sussex College	East Sussex College Group
20:00-22:00	East Sussex College	East Sussex College Group
22:00-24:00	East Sussex College	East Sussex College Group
**** Weather Reports Today <i>thebestof Eastbourne</i>		

Thursday 20th November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	Eastbourne EBP
04:00-07:00	East Sussex College	Bournefree
07:00-08:00	East Sussex College	Brufords
08:00-09:00	East Sussex College	Cooden – R&D Tax Specialists
09:00-10:00	Our CEO's Hour	Edwards Ltd
10:00-11:00	Stone Cross	UpCountry Garden & Country Store
11:00-12:00	Bede's Senior School	Lightning Fibre
12:00-13:00	Meet the Media	East Sussex College Group
13:00-14:00	The Turing School	Media Attention
14:00-15:00	Willingdon Community School	Mears Group
15:00-16:00	East Sussex College	Emma Disney, Creator@MyLifeMe!
16:00-17:00	East Sussex College	East Sussex College Group
17:00-18:00	East Sussex College	Recruitment South East
18:00-19:00	East Sussex College	Southern Water
19:00-20:00	East Sussex College	East Sussex College Group
20:00-22:00	East Sussex College	Domino's Pizza
22:00-24:00	East Sussex College	East Sussex College Group
**** Weather Reports Today <i>Hawes Construction Group</i>		

Wednesday 19th November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	Eastbourne EBP
04:00-07:00	East Sussex College	Coda Pharmacy
07:00-08:00	East Sussex College	Thorndale Furnishers
08:00-09:00	East Sussex College	Lansdowne Hotel
09:00-10:00	East Sussex College	RotaryAM
10:00-11:00	Heron Park Primary Academy	Eastbourne Carnival
11:00-12:00	Bede's Prep	Enterprise Shopping Centre
12:00-13:00	Polegate	Mayor of Polegate, Cllr Dan Dunbar
13:00-14:00	Little Gate College	Brewers Decorator Centres
14:00-15:00	East Sussex College	East Sussex College Group
15:00-16:00	East Sussex College	Eastbourne Foodbank
16:00-17:00	East Sussex College	Holding Space
17:00-18:00	East Sussex College	Eastbourne & Lewes District CSP
18:00-19:00	Answer Back!	Eastbourne <i>unLtd</i> Chamber of Commerce and EDEAL
19:00-20:00	Radio DGH	Radio DGH
20:00-22:00	East Sussex College	East Sussex College Group
22:00-24:00	East Sussex College	Firebrand
**** Weather Reports Today <i>Eastbourne & Lewes District CSP</i>		

Friday 21st November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	Eastbourne EBP
04:00-07:00	East Sussex College	<i>thebestof</i> Eastbourne
07:00-08:00	East Sussex College	Southern IT Networks
08:00-09:00	Cavendish	PRG Marketing & Comms
09:00-10:00	Cavendish Primary	Eastbourne Borough Council (Green Hub)
10:00-11:00	Hazel Court School	The Observatory Science Centre
11:00-12:00	East Sussex College	St Wilfrid's Hospice
12:00-13:00	Cavendish	SeahavenFM
13:00-14:00	East Sussex College	Eastbourne Borough Council
14:00-15:00	EYR Close Mix	The BIG Futures Show
**** Weather Reports Today <i>AFH Payroll Solutions</i>		

Thank you to **Ditzy Media** for providing social media support and **Children with Cancer Fund (Polegate)** for anniversary tea. ☺



Lightning Fibre helping our community

LIGHTNING Fibre is a sponsor of *Eastbourne Youth Radio (EYR)* for their annual 2025 broadcast week, taking place from 18th to 21st November.

By **Peter Lindsey**

Here’s Emma Pearce, Head of Marketing: “This is our first time sponsoring *Eastbourne Youth Radio*, and we couldn’t be more excited to get involved.

“As a locally based full fibre broadband provider, supporting a youth-led media event fits with what we do: improving local connectivity, backing young talent, and helping strengthen community opportunities across East Sussex.

“We’re partnering with *St Bede’s School* and their Director of Music Robert Scamardella during the broadcast week. Our slot takes place on Wednesday, 20th November, from 11:00am to 12:00pm, when I will be chatting to students from *St Bede’s School*.

“The hour will also feature live performances from some of *Bede’s* talented young musicians, showcasing crowd favourites, timeless tunes, and even a brand-new original piece written by one of their students.

“We’re proud to support *Eastbourne Youth Radio* as it enters its 25th



broadcast year. This is a great project for young people to be involved with. It will be interesting to learn about their perspectives on mental health and listen to their radio shows. We’re grateful to *EEBP* and everyone involved for inviting us join the programme for 2025.”

Silver Band Remembrance Concert
Lightning Fibre has provided sponsorship to support the

administrative costs of putting on the *Silver Band Remembrance Concert* on Sunday 2nd November, at *Our Lady of Ransom Church* on Grange Road from 2:30pm to 4:00pm.

Emma Pearce said: “We’re thrilled to be supporting the *Remembrance Concert* this year. It’s such a meaningful and uplifting local event that celebrates community. We’re proud to play a small part in keeping this tradition alive.”

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Students of the Game

IT’S always lovely seeing familiar faces pop back into the shop at this time of year.

By **Joe Walton**

Eastbourne’s early birds already on the hunt for Christmas gifts, and we’re proud to help you find something special for your loved ones.

Sporting spirit

At *Students of the Game*, our aim is to make festive shopping fun, easy, and full of sporting spirit. Whether

you’re looking for something extra special for a die-hard football fan, or you’re in need of a Secret Santa gift that’s meaningful but within budget, we have a whole host of gift options.

We’ve added some fantastic lines over 2025 to keep the shop fresh for returning customers.



Pitch to Pouch

Our new coasters and beer mats have been a hit but we’re especially excited about our collaboration with *Pitch to Pouch*.

By rescuing football kits destined for landfill and turning them into one-of-a-kind crossbody bags and coin purses, the incredibly talented *Pitch to Pouch* make beautiful gifts, each with its only story.

November is also the perfect time to treat yourself to a rare football shirt or piece of memorabilia, with our biggest *Black Friday* deals yet just around the corner.

Expect offers on football shirts, retro gear, and signed memorabilia in the pipeline; so make sure to stay tuned to our social media channels and our newly launched email list for first dibs.

Thoughtful gifts

Whether you’re mooching around *Little Chelsea* or making a beeline straight to our door, let’s make this Christmas about thoughtful gifts, sporting style and supporting local businesses.

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

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Life after ADHD diagnosis:

TURNING understanding into action.

By **Nic Gray**

After almost a year of waiting through the Right to Choose pathway, I finally had my ADHD assessment and was diagnosed with combined ADHD.

Even though I've supported many clients with ADHD as a coach, sitting in that "chair" myself was something else entirely. The nerves, the self-doubt, the flood of old memories. When the assessor said the words "You meet the criteria for ADHD", I felt relief, grief, and validation all at once.

Grief for 41 years of trying to fit into a world that wasn't designed for me. Relief that there was finally a name, and an explanation, for the constant push and pull of being both driven and drained.

Since that day, I've realised that diagnosis isn't an end point; it's a beginning. It's the moment you can stop asking "What's wrong with me?" and start asking "What do I need?"

Through my work as an ADHD Coach, I now help others do exactly that. Understanding their unique ADHD profiles, building practical systems that work with their brains, and creating lives and businesses that feel more manageable, meaningful, and sustainable.

Being diagnosed has deepened my empathy and strengthened my purpose. It's also led me to become an ADHD UK Ambassador, raising awareness and promoting understanding within workplaces and communities.



If sharing my story helps even one person feel seen, seek support, or start living with more self-compassion, then every moment of waiting was worth it.

ADHD doesn't mean broken. It means different, and with understanding, that difference can become your greatest strength.

Nic Gray, ADHD Coach & ADHD UK Ambassador
<https://adhd.uk.co.uk>
<https://nicgray.co.uk>



Eastbourne's tastiest new arrival: The Grub Club opens its doors

EASTBOURNE'S culinary scene just got a whole lot greener. *The Grub Club*, the town's newest vegan hotspot, has officially launched at the *Enterprise Shopping Centre* – and it's serving up serious flavour.

By **Emily Sander**

Brought to life by the passion and drive of Chloe, who at just 23 is building a culinary empire in Eastbourne, *The Grub Club* is her latest venture alongside the team behind the much-loved plant-based restaurant, *The Good Grub*. More than a shop and eatery, it's a celebration of nourishing food and community spirit in the heart of town.

On the menu – whether you're dining in or grabbing something to

go – is a rainbow of flavour-packed goodness. Mornings begin with a vibrant spread: think crunchy granola with coconut yoghurt, peach slices and fresh blackberries, finished with sesame butter tahini, chia seeds and cacao nibs.

As lunchtime rolls around, savour hearty poke bowls filled with brown rice, roasted harissa cauliflower, garlic broccoli, grated carrot, teriyaki tofu, and a zingy chilli sesame dressing. Or opt for toasties

brimming with basil & walnut pesto, sundried tomato, smoked tofu, and gooey vegan cheese.

Fresh salad bowls also make an appearance, starring bold creations like chickpea "tuna" – a tangy blend of chickpeas, vegan mayo, lemon, dill, paprika, gherkin, sweetcorn, and red onion. Whether you've got a sweet craving or need a midday pick-me-up, their smoothie bowls deliver a burst of joy – layered with fresh fruit, crunchy toppings, and a sprinkle of superfood magic.

For something to sip and savour, the drinks menu features fragrant Matcha blends (think Lavender or Pistachio) and a selection of kombucha flavours to keep things fresh. Creamy smoothies are also on offer, with delicious combos like strawberry-banana swirled with coconut yoghurt, or espresso-date blended with peanut butter for a rich, energising treat. For pure indulgence? The Oreo milkshake is sure to be a big hit.

Whether you're a long-time vegan or just curious to explore plant-powered food, *The Grub Club* promises a warm welcome and a menu that's anything but ordinary.

Inside *The Grub Club*, you'll also find a 100% vegan shop packed with cupboard must-haves, pooch-approved snacks, confectionery, and a fridge full of cheesy goodness!



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www.thegoodgrub.co.uk

Tehran – Five months of flavour and friendship

TEHRAN, Eastbourne's first Persian restaurant, celebrates five months of flavour, friendship, and the wonderful support of our guests.

By **Amin Zandie**

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A swimming success

EASTBOURNE swimmer now ranked number one after European success.

By **Peter Lindsey**

Eastbourne Swimming Club is thrilled to announce that one of its top swimmers, Patryk, returned from the prestigious European Youth Olympic Festival (EYOF) with three medals.

He has subsequently achieved the Number 1 UK ranking in the 100m Backstroke for his age group.

Team Great Britain

Patryk was selected to represent *Team Great Britain* at the EYOF, which took place in Skopje, North Macedonia.

He delivered a standout performance across his chosen events: the 100m Backstroke, 100m Butterfly, 200m Freestyle, and various team relays.

His top achievements included:

- **Silver Medal:** Patryk swam a phenomenal heat time of 57.06 seconds in the 100m Backstroke, securing a place in the final where he finished second.
- **Bronze Medal:** Patryk anchored the Mixed 4 x 100m Freestyle Relay, swimming a personal time of 52.35

seconds and helping the team clinch the bronze medal.

- **Silver Medal:** Patryk earned his second silver medal in the 4 x 100m Freestyle Relay.
- **Bronze Medal:** Patryk achieved bronze as part of the Boys Medley Relay team.

Since returning from international competition, Patryk has continued his training at *Eastbourne Swimming Club* and achieved further personal best times, resulting in him being ranked Number 1 in the UK for the 100m Backstroke and 100m Butterfly in his age category.

Patryk trains and competes exclusively for *Eastbourne Swimming Club*.



For further details on competitive swimming with *Eastbourne Swimming Club* and to arrange a trial with the club, please email:

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'Ocean' screening at Towner

BLUE Heart and the Pevensey to Eastbourne Coastal Management Scheme, present an exclusive screening of *OCEAN*, the acclaimed David Attenborough documentary, followed by a live talk and Q&A with director Keith Scholey.

By **Sarah O'Flaherty**

This special event offers audiences the chance to dive beneath the waves and experience the extraordinary life of our oceans through breathtaking footage and Attenborough's distinctive storytelling.

Director's Q&A

Following the screening, Keith Scholey will discuss both the making of the film and the urgent environmental issues it explores — from the fragility of marine ecosystems to the global changes threatening ocean health.

Award-winning

Keith Scholey is one of the world's leading natural history filmmakers



Co-Director Keith Scholey and David Attenborough on location while filming 'Ocean' with David Attenborough.
Image – Keith Scholey ©Silverback Films and Open Planet Studio.

and co-founder of *Silverback Films*, the production company behind *Our Planet*, *Wild Isles*, *David Attenborough: A Life on Our Planet*, *The Mating Game*, and numerous award-winning *BBC*, *Netflix*, and *Disney+* series. *Silverback Films'* work has received *BAFTA*, *EMMY*, and *Wildscreen Panda* awards, and continues to redefine how audiences see and understand the natural world.

Focus on flooding

This event is hosted by *Blue Heart*, which supports communities in East Sussex to build resilience to inland flooding (from rivers, groundwater and especially surface

water flooding), alongside the *Pevensey to Eastbourne Coastal Management Scheme* which focuses on flooding from the sea. Together, these initiatives help local people, businesses, and policymakers adapt to the challenges of a changing climate and water environment.

Event Details:

What: **OCEAN Screening + Director's Talk & Q&A with Keith Scholey**

When: **26th November, 6pm, doors at 5:30pm**

Where: **Towner Art Gallery, Eastbourne**

Tickets: **blueheart.org.uk/ocean**

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Citizens Advice Eastbourne launches new website

TO better support the local community.

By **Tom Buttle**

Citizens Advice Eastbourne has launched a brand-new website, www.eastbournecab.co.uk, offering a clearer, more engaging way for local people to find the help and guidance they need.

Modern look

The new site, which went live last week, features a modern look and feel while remaining true to the trusted Citizens Advice brand. The redesign focuses on clearer signposting,



eye-catching visuals, and a stronger emphasis on the videos that showcase the incredible work the charity does for the people of Eastbourne.

Built in collaboration with local web developers *Barkweb*, using their *Jolojo* content management system, and *Tom & Friends*, who assisted on design, the site allows the *Citizens Advice* team to easily update and manage content in-house.

Awareness

"This new website is part of our wider effort to raise awareness of *Citizens Advice Eastbourne*," said Chief Officer Alan Bruzon. "We want more people to know that we're here to help, whether they're struggling with

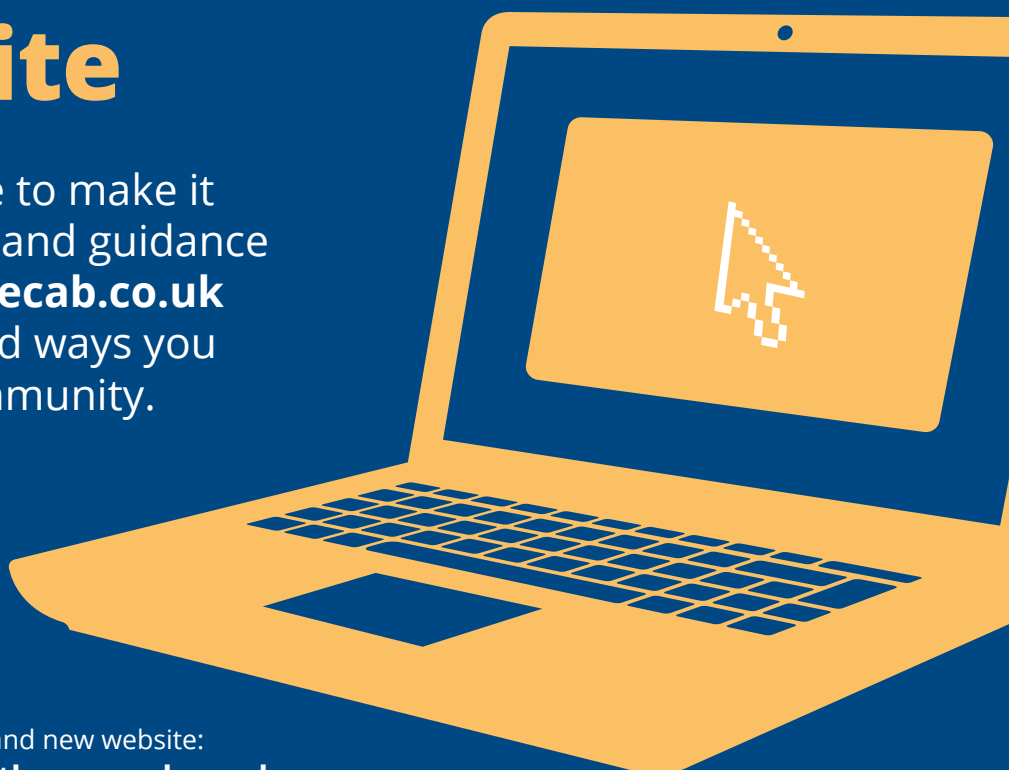
debt, housing, employment, or other issues, and that community fundraising and support helps keep our service running as we are a charity, something many people don't realise."

The website also features dedicated sections explaining how local businesses can support the organisation, as well as information for individuals wishing to leave a legacy in their will, something that in the past has made a huge difference in enabling the charity to help as many people as possible in Eastbourne.

Visit www.eastbournecab.co.uk to explore the new site and learn more about how *Citizens Advice Eastbourne* supports the local community.

A fresh new look for our website

We've launched our new website to make it easier than ever to find the help and guidance you need. Visit www.eastbournecab.co.uk to explore our advice, videos, and ways you can support our work in the community.



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Glitter Ball raises £13,420 for St Wilfrid's Hospice

A DAZZLING evening of dining, dancing, and generosity has helped raise an incredible £13,420 for *St Wilfrid's Hospice* in Eastbourne.

By **Tom Lynn**

The Glitter Ball, held at Eastbourne's Winter Garden, brought together over 200 guests for a night of glamour in support of the much-loved local hospice.

Guests enjoyed a three-course meal, live entertainment, charity auctions, raffles, and a lively dance floor — all in aid of raising vital funds for hospice care in the community.

The event was organised and hosted by local supporters, with sponsorship from *Barwells Solicitors*, *Royal Hippodrome Theatre*, *Fluent Group*, *Roselands Resourcing* and *Madeira Windows & Conservatories*, along with generous contributions from *John Whippy Insurance*, *Media Attention*, and *Consort Ltd*.

A cheque for the total amount raised was presented to *St Wilfrid's Hospice* following the event, marking a proud moment for everyone involved.

"We were overwhelmed by the generosity of everyone who attended, sponsored, or donated prizes," said organiser Tom Lynn. "*St Wilfrid's Hospice* touches so many lives locally, and it was a privilege to celebrate and support their incredible work with such a successful evening."



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Safety works commence

AT Bermuda Place, Sovereign Harbour.

By **Harry Farmer**

Critical fire safety works have now commenced on a prominent block of flats overlooking the Sovereign Outer Harbour.

The works, to replace timber decked balconies and terraces, were identified by managing agents *Wildheart Residential Management Limited* when undertaking a *Fire Risk Appraisal of the External Walls* (referred to as a *FRAEW*).

Delighted leaseholders

Leaseholders were delighted that *Wildheart* identified that the works would be liable for support by *Homes England*, and as a result the total cost of works will be fully funded by their *Cladding Safety Scheme*.

Appointed contractor *Seaview Building Company Ltd* started works on site on 15th September with a project set to run for 14 weeks.



Paul Price of *Focus Consulting Chartered Surveyors* said “It’s a pleasure to again form part of a team competing fire safety remediation works for the benefit of the Leaseholders, ensuring the continued safety of the building and value for money in the project delivery”

Simon Halls, Managing Director of *Wildheart* added, “Ensuring the safety of residents in the buildings we

manage will always be our first priority. The *FRAEW* at *Bermuda Place* identified some specific and unique fire safety issues that needed to be addressed promptly. We are again grateful to the financial support from the *Cladding Safety Scheme* and the wider professional team working on this project. We are looking forward to completing another fire safety remediation project on time and with a minimum of disruption for residents.”

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“The recent masterclass was really informative – thank you!”
“Clear guidance on cladding and BSR processes.”
★★★★★

Eastbourne bowlers win Billingham Shield

THE Billingham Shield was presented to Sussex County Bowling Association (now just known as Sussex County Bowls) by Dennis Billingham, who was a member of Polegrove Bowls Club in Bexhill and President of the county in 1979.

By **Peter Lindsey**

Matches are played between the four areas (North, South, East & West) with each area playing each of the other areas home and away during July, August and September.

This year was a tight contest between area 1 (East) and area 2 (South) with Area 1 just shading it by one point.

Players from Eastbourne, Gildredge Park and Hampden Park played

with players from Bexhill, Seaford, Herstmonceux, Hailsham, Bexhill, Sidley, Wadhurst and Hastings played against local teams.

Some 61 players from all clubs in the area pay a small fee to become Vice

Patrons (VP's), entitling them to play in the friendly matches against clubs in the area. The purpose of the matches is primarily to raise money for charity. It also gives players the opportunity to play with and against players they would not normally come across.

Last year we raised money for SASBA and this year our chosen charity was St Wilfrid's for which we raised £591.



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Eastbourne Together

THE *Eastbourne Together* launch took place in September – and now the first plans and ideas are emerging.

By **Peter Lindsey**

It is led by *Eastbourne Foodbank*, and is aimed at fostering community collaboration and shared vision.

More than 100 people were at the launch, engaging in discussions about improving the town and addressing community challenges.

These are some of the first actions:

Theme 1

More communication and information sharing. Taking the form of a live directory, a digital information hub, or information-sharing resource.

Action: We have started to make enquiries to source the set-up and funding for a live directory, possibly in the form of an app.

Theme 2

Shared spaces/co-locating/a ‘one-stop shop’ for support.

Action: A visit has been organised to the *Oasis St Martin’s Village*



project in *Tulse Hill* to learn about this successful model.

Theme 3

More opportunity to meet together, network and find out what is going on in our communities.

Action: There will be a second *Eastbourne Together* meeting on January 22nd at 5pm. Venue to be confirmed. This will be an opportunity for feedback about progress on the live directory and the shared space ideas, and a networking opportunity with a focus on building our own

face-to-face connections with each other across sectors.

Thank you for your commitment and willingness to work together. Please continue to share ideas and thoughts as we build capacity to work more closely together towards a great future for Eastbourne.

To find out more, email **hello@eastbournetogether.org.uk**

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Charlotte’s 10 years at Chailey Heritage Foundation!

EASTBOURNE mum Mariel and friend Susie embarked on a hiking challenge across the Northern Lake District.

By **Peter Lindsey**

It was to raise funds for *Chailey Heritage Foundation*, which has now supported Charlotte for 10 years.

Mariel said: “We are aiming to raise money to mark her ten incredible years at *Chailey Heritage* and to give back a big thank you to the school that has provided so much support to her and her peers.”

They hiked 45k and climbed 4,450ft over three days and it rained throughout two of them! They raised an amazing £1,780.

Chailey said: “Thank you very much to Mariel and Suze, and what a wonderful ten years it has been with Charlotte!”

Charlotte, 14, lives with Glutaric Aciduria Type 1, a rare metabolic condition.



She has quadriplegic cerebral palsy after suffering a stroke at just seven months old.

Mariel hopes that her story will inspire others to get involved in fundraising for the charity.

She said: “If you’re thinking about fundraising for *Chailey Heritage Foundation*, don’t hesitate. They



make it so easy and are grateful for every penny.

“Fundraising helps them continue the incredible work they do; work that I know first-hand changes lives.”



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Gildredge House School receive winners award.

Enterprising pupils compete in ‘Lights, Camera, Action’ Carnival Challenge

THE winners were *Gildredge House School* with *Stone Cross School* as runners-up.

By **Peter Lindsey**

Nine teams of Year 4 pupils from Eastbourne primary schools participated in the annual Junior Enterprise Challenge organised by Eastbourne Education Business Partnership.

Prior to the challenge, the schools were asked to research ‘celebrations of the world’ and set-up their own ‘company’ team with individual job roles and a logo.

On the day, the challenge required the teams to produce branding and publicity materials to promote the *Eastbourne Carnival* with the theme ‘Lights, Camera, Action’, on Saturday 23rd May 2026. They also had to design, cost and make a sample souvenir to help raise funds for a charity and produce a radio advert. There was a lot to do!

Representatives from *Metro Bank*, *Eastbourne Carnival*, *Cotton Candy* and *Eastbourne EBP* were on hand to assist the teams with business advice and to help with judging. The Mayor, Cllr Margaret Bannister, kindly attended to help with judging and to present the prizes.

The teams were judged on their branding, promotional materials, the carnival souvenir and final presentation plus how well they all worked as a team.

The event recognises the importance of tourism and enterprise to the local economy and puts some real business lessons into context for the pupils.

As well as making learning fun, it encourages teamwork and helps them to develop their practical skills.

“We are delighted to be running our Junior Enterprise Challenge for primary schools again and are very grateful to the business partners who support this annual event”, said Keith Ridley, Acting Chair for *Eastbourne EBP*.

The worthy winners from *Gildredge House* received the *Eastbourne unLtd Chamber of Commerce* Trophy and book tokens kindly sponsored by *Thorndale Furnishers* in Hailsham. Runners Up, *Stone Cross School* received book tokens provided by *Metro Bank*. Everyone received *Metro Bank* pens and a certificate recognising their achievement.

Participating primary schools were *Stone Cross*, *Shinewater*, *Bede’s Prep*, *Willingdon*, *The Haven*, *Parkland*, *Cavendish*, *Gildredge House* and *St John’s Meads*.

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Eastbourne Business Awards: A Celebration of Local Excellence

By Christina Ewbank

The Eastbourne Business Awards - held in October at the Winter Garden - brought together local talent, community spirit, and good humour in an evening to remember.

Actor and comedian Helen Lederer hosted with sharp wit and pace, guiding guests through awards, sponsor interviews, and entertainment — all in under an hour.

Music and laughter filled the room. A singing policeman, a singing waiter, and the band Large kept the energy high, while AccordAV's lights, sound, and smoke set a lively tone.

Brufords sponsored the event and donated a BOSS watch for the Sussex Top 'n' Tails quiz, helping raise over £5,000 for St Wilfrid's Hospice, East Sussex Hearing, and Eastbourne Citizens Advice. Ridgeview sparkling wine flowed on arrival, courtesy of Handelsbanken, who also sponsored the Customer Service Award - which is fitting given that they have been recognised as providing the best banking service for eight years running!

Insight6 handled mystery shops, and judges spent days reviewing nominations, websites, and feedback before choosing the winners.



Not just for Chamber Members

We can't be accused of being cliquey! The awards are open to all businesses, not just Chamber members. Of the 33 winners listed on the event website, **over a third were non-members** — including the Overall Business of the Year, Zebedees.

Zebedees impressed judges with their commitment to children's nutrition and sustainability. Serving over 12,000 fresh school lunches daily across the South East, they develop sugar-free yoghurts, vegan sauces, and protein-rich snacks.

Their meals arrive in reusable tins, powered by solar energy and delivered by an electric fleet. They also run webinars and cookery classes for families, promoting healthy eating from an early age. Staff praised their strong work-life balance and caring leadership.

Fountain Digital claimed the Digital Excellence Award for the second consecutive year, receiving more third-party nominations than any business in recent memory.

Ditzzy Media earned Employer of the Year for creating a supportive and

inclusive workplace. Staff described founder Mina as compassionate and empowering, fostering a culture where individuality and growth thrive. Her dedication to mentoring and community engagement left a lasting mark on both her team and the wider business network. Among the commendations that earned Ditzzy the award were these testimonials:

"She champions professional growth at every level. She regularly takes on work experience students and volunteers, and her passion for training and mentoring is

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!

unmatched. She helps people develop both professionally and personally and genuinely wants everyone to succeed.

“Our small team adores her. Former employees stay in touch and still feel included, which says everything about the culture she’s built. Her reputation in Eastbourne speaks for itself — she’s known for doing good work and doing it with heart.”

The night showcased what makes Eastbourne’s business community strong — collaboration, care, and a shared commitment to doing things well. A full run-down of this year’s winners and highly commended entrants can be found in this issue.



I’d like to congratulate all our winners and thank all our sponsors; without them we could not stage these awards with such a fabulous

party! So thank you to CDS Electrical, Brewers Decorator Centres, Advanta Accountants, Gardners, East Sussex College, The

HR Dept and Owen Contractors, Loch Associates, First Choice Dental Clinic, Identity, Lightning Fibre, Pomodoro a Mozzarella, PRG Marketing, Southern IT Networks, KWC, The Beacon, Handelsbanken, Custard and of course Brufords.

If you haven’t applied for an award yet, make sure you apply next year! If you want help with your application, email us at info@eastbournechamber.co.uk

In the meantime, visit the Chamber website at www.eastbourneunltd.co.uk to find out how we can help move your business to the next level.

Mia Neupauer: Why Employee Wellbeing Programmes Must Include Soft Skills

Employee wellbeing programmes are everywhere – yoga classes, mindfulness sessions, cycle-to-work schemes – yet many organisations are overlooking one of the most important ingredients: soft (or human) skills. According to Mia Neupauer, wellbeing isn’t just about perks; it’s about equipping people to handle the challenges of everyday working life, especially those involving other people.

Simple yet essential abilities like active listening, clear communication, conflict resolution, assertiveness and setting healthy boundaries make all the difference. Without them, even the best wellness initiatives can struggle. A massage day won’t fix the resentment built by feeling ignored.

Mindfulness won’t make up for a team culture where employees never feel heard.

What’s less visible — but no less serious — is the “silent suffering”: those who always say “yes”, suppress concerns, avoid conflict — only for stress and burnout to follow. This doesn’t just harm individuals. It erodes morale, damages retention, and undercuts productivity. The financial and emotional toll of unresolved interpersonal issues adds up.

For HR teams, managers and decision-makers the call to action is clear: ask how your current well-being strategy supports communication, listening, boundary-setting and conflict handling. If those are gaps in your



organisation, that’s where change needs to begin.

That’s where soft skills training comes in. If your teams are ready to move beyond wellness perks to build real resilience, stronger relationships, and healthier interactions at work, then let me help. Get in touch to

book a communication audit or conflict resolution training tailored to your staff. Let’s make well-being something people live, not just attend.

Visit neupauer.org or email hello@neupauer.org to find out more.

New Members for September

Eastbourne Pride • Taylor Engley • CEL Care Services • Eastbourne Coaches • Pharaoh Darts • The Chronicles of Hope CIC • Headstart HR • Eastbourne Music Fest • PJ Waste • FYDUS IT Solutions • Diamond Raw Food • Eastbourne Cash Hunt • The Property Inventory Company • Watch Oak Private Wealth • Allegro Dance & Exercise, Eastbourne • Hedley Visick

Eastbourne Business Awards 2025 WINNERS



Helen Lederer hosting
the Eastbourne Business Awards



Chamber President
Russell Colbran

OUTSTANDING NEW BUSINESS / START-UP AWARD

Sponsored by CDS Electrical

WINNER:

Send A Smile Gifting Limited

HIGHLY COMMENDED:

JTP Accountancy and Tax Services

SMALL BUSINESS AWARD (1-9 EMPLOYEES)

Sponsored by Brewers

WINNER:

Taboo (Eastbourne) Limited

JOINTLY HIGHLY COMMENDED:

Riverbank Removals

The Rosy Lee

SME BUSINESS AWARD (10-49 EMPLOYEES)

Sponsored by Advanta Chartered Accountants

WINNER:

Sussex Autos

HIGHLY COMMENDED:

Newman Business Solutions

LARGE BUSINESS AWARD (50+ EMPLOYEES)

Sponsored By Gardners Books

WINNER:

Zebedees Ltd

HIGHLY COMMENDED:

Barwells Solicitors

HEALTH AND WELLBEING AWARD

Sponsored by First Choice Dental Clinic

WINNER:

Sportswise

HIGHLY COMMENDED:

Children With Cancer Fund (Polegate)

OUTSTANDING SUSTAINABLE / GREEN BUSINESS AWARD

Sponsored by Identity

WINNER:

Mulberry & Cocoa

OUTSTANDING TOURISM / ACCOMMODATION AWARD

Sponsored by Lightning Fibre

WINNER:

Beach Front Guest House

HIGHLY COMMENDED:

Ravilious Hotel

OUTSTANDING FOOD & DRINK AWARD

Sponsored by Pomodorro E Mozzarella

WINNER:

Elli's Edibles Home Bakery

HIGHLY COMMENDED:

The Rosy Lee

CUSTOMER SERVICE EXCELLENCE AWARD

Sponsored by Handelsbanken

WINNER:

Sussex Audiology Centre

HIGHLY COMMENDED:

James Thompson Architecture

OUTSTANDING FAMILY BUSINESS AWARD

Sponsored by Hydro Hotel

WINNER:

Hawes Construction Group

HIGHLY COMMENDED:

Experience It Now Travel

OUTSTANDING YOUNG ACHIEVER / APPRENTICE AWARD

Sponsored by East Sussex College

WINNER:

Laura Parish of Ditzzy Media

HIGHLY COMMENDED:

Mollie Hinkley of Rebel Rebel Fitness

OUTSTANDING PROFESSIONAL SERVICE AWARD

Sponsored by HR Dept & Owen Contractors Ltd

WINNER:

Recruitment South East Ltd

HIGHLY COMMENDED:

The Accountant's Best Friend Ltd

COMMUNITY BUSINESS AWARD

Sponsored by Loch Associates Group

WINNER:

Raystede Centre For Animal Welfare

HIGHLY COMMENDED:

Howden Insurance Eastbourne

CREATIVE EXCELLENCE AWARD

Sponsored by PRG Marketing Communications

WINNER:

Devonshire Collective

HIGHLY COMMENDED:

Printers Playhouse

DIGITAL EXCELLENCE AWARD

Sponsored by Southern IT

WINNER:

Fountain Digital

EMPLOYER OF THE YEAR AWARD

Sponsored by LWC

WINNER:

Ditzzy Media

HIGHLY COMMENDED:

Grafters Recruitment Consultants Ltd

LIFETIME ACHIEVEMENT AWARD

Sponsored by The Beacon Centre

WINNER:

Luca Albertoli of Pomodorro E Mozzarella

OVERALL BUSINESS OF THE YEAR 2025

Sponsored by Brufords

WINNER:

Zebedees Ltd

Ditzy Media scoops two awards

AT Eastbourne Business Awards.

By Harry Farmer

Local social media Agency – **Ditzy Media** – is celebrating double success after being named **Employer of the Year** and **Young Achiever of the Year** at the **2025 Eastbourne Business Awards**.

Laura, Digital Marketing Assistant has been in the team since February 2024 and won *Outstanding Young Achiever of the Year* – which recognises Laura’s hard work, and

creative contribution to both the team and to her clients, which include *Eastbourne Borough Market*.

Laura said “I was honestly so surprised to have won *Outstanding Young Achiever!* Amongst a fantastic group of finalists, one of them being my incredible colleague Scarlett, I did not expect it at all!

I would like to express my gratitude to the judging panel for choosing

me, to Mina & Luke for their support, and to everyone who has supported me along the way.”

Ditzy Media also won *Employer of the Year*, which acknowledged the mentoring and support that is at the heart of their business. As well as fostering an inclusive workplace culture, *Ditzy Media* often provides work placement opportunities for school and college students – and gets involved in initiatives with local schools to promote digital marketing and media as a career option.

Mina said “I am delighted to have been nominated by my team. These awards mean a lot to us – they’re a reflection of the hard work and creativity that every member of our team brings to *Ditzy Media*. We’re passionate about what we do, and it’s wonderful to see that recognised within such a strong and supportive business community.”



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All proceeds go towards providing rescue, rehoming and sanctuary for animals in need.

www.raystede.org/shop

Registered charity no 237696



Raystede - proud winners of the Community Business Award!







THE popular *Rosy Lee Café* on Seaside is celebrating after two successes in the *Eastbourne Business Awards 2025*.

By **Peter Lindsey**

Held at the *Winter Garden*, the Awards – organised by the *Chamber of Commerce* – recognise the very best in Eastbourne.

The Rosy Lee Cafe received **Highly Commended** in two categories:

- **Small Business Award**
- **Outstanding Food and Drink Award**

Owners Kevin & Dee Gillett said: “We were up against some fantastic businesses and were thrilled to reach the final two in both categories.



“It says so much for what we do at the Rosy Lee and why we are so busy each day. We can’t thank our staff and customers enough”.

“We have come a long way in the past four years and overcome many hurdles, but this success is testament to what the Rosy Lee stands for – we offer nothing but the very best!”

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David Neal Dental celebrates double finalist success at the 2025 Private Dentistry Awards

EASTBOURNE-based dental group recognised for excellence in patient care and implant dentistry.

By **Peter Lindsey**

The team at David Neal Dental Eastbourne are celebrating after being announced as finalists in two prestigious categories at the 2025 Private Dentistry Awards – Treatment of Nervous Patients and Practice of the Year (South East).

The recognition celebrates the exceptional standards of care and professionalism offered at the Eastbourne practice and across the whole David Neal Dental Group – a network of four leading private dental practices and implant centres, known for combining clinical excellence with warmth, compassion and trust.

Discover the David Neal difference

Led by brothers Dr Michael Zybutz and Dr Anthony Zybutz, the group brings together decades of

experience in advanced restorative, aesthetic and implant dentistry.

"Our mission has always been to deliver world-class dentistry with genuine care," says Dr Michael Zybutz, Specialist Periodontist and Lead Surgeon.

A proud milestone for David Neal Dental Eastbourne

Opening brand new premises at the Langney Shopping Centre just two years ago, the practice provides a comprehensive range of general and cosmetic dentistry. From routine check-ups and hygiene appointments to Invisalign, whitening, veneers and full smile makeovers.

And the team's industry-leading work in Teeth in a Day full-arch dental implants has transformed countless lives, giving patients secure, natural-looking teeth in just one day.

"We take time to listen and truly understand our patients' needs,"

adds Aesthetic Dentist, Dr Anthony Zybutz, "Whether it's a simple filling or a full restoration, we always put the individual first."

Caring for nervous patients

The Treatment of Nervous Patients nomination is especially meaningful for the care offered by the team as they help so many extremely anxious patients, gently and safely providing them with the dental care they may have avoided for years.

"Helping nervous patients feel calm and supported is at the heart of what we do," says Dr Anthony.

"Seeing them smile again, sometimes for the first time in decades, is incredibly rewarding."

It's all about our people

"Awards and nominations are a wonderful acknowledgement of our team's dedication to outstanding care and results," says Dr Michael.

"But the true reward is helping people rediscover their confidence."

www.davidnealdental.co.uk/Eastbourne

01323 356066



Polegate celebrates the festive season

WITH exciting Christmas events.

By **Peter Lindsey**

Polegate is set to sparkle this festive season with a series of much-loved Christmas events, bringing the community together in celebration, music, and festive cheer.

Mayor's Christmas Tea Party – Friday 5th December

The Party, hosted by Cllr Dan Dunbar, is at *Polegate Community Centre* from 2pm to 4pm. This special afternoon offers residents the chance to enjoy festive refreshments, friendly company, and seasonal entertainment.

Polegate Christmas Fair & High Street Fun Day – Saturday 29th November

The festivities begin with a full day of family fun across Polegate. From 10am to 1pm, *Polegate Community Centre* will host a *Christmas Fair*, featuring stalls, local crafts, delicious treats, and a very special visit from Father Christmas. From 2pm, celebrations move to the High Street, where *Ace Events* will present the *Polegate Christmas Fun Day* – a lively afternoon of live music, entertainment, a giant snow globe,

Tickets are limited and can be collected from the *Polegate Town Council* offices.

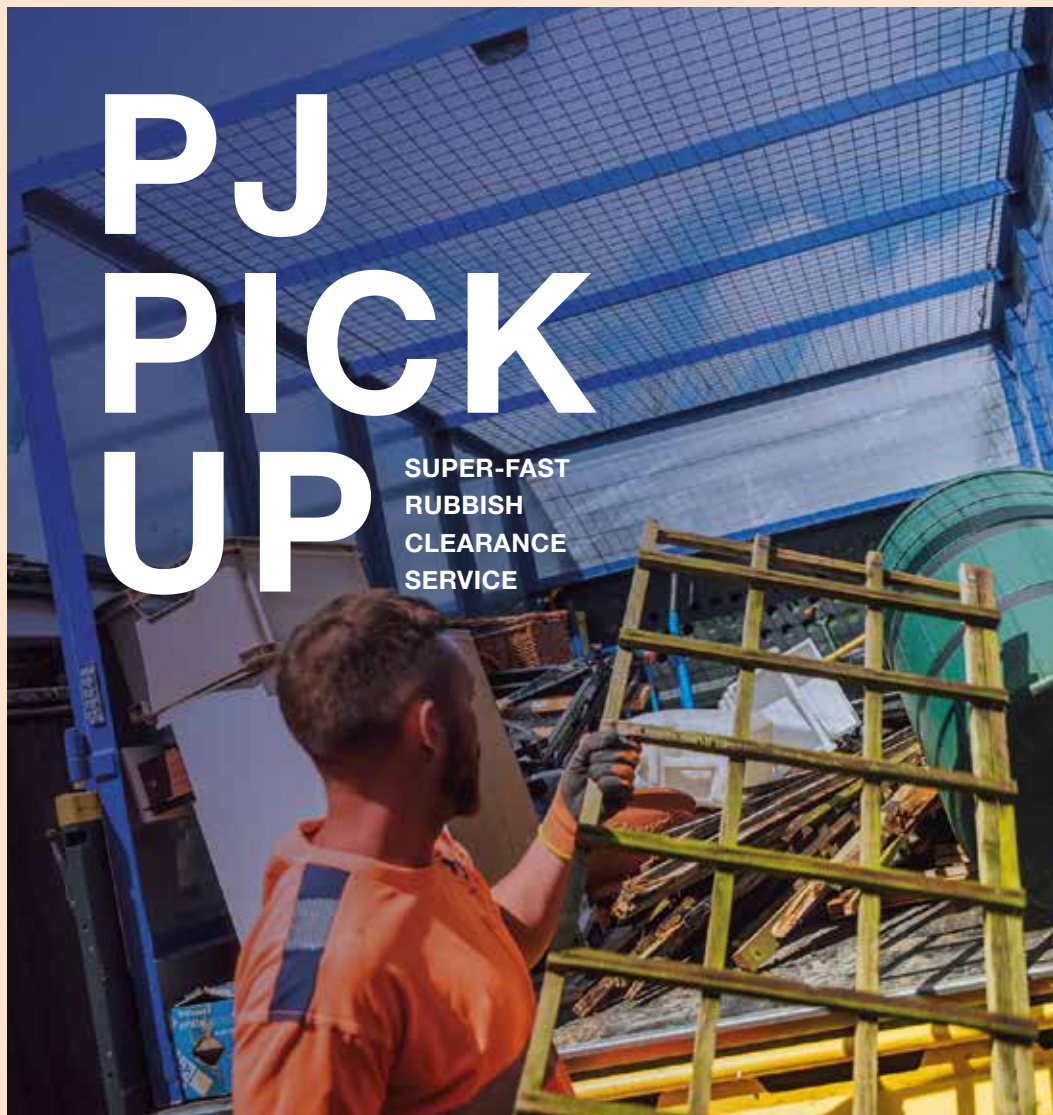
and the chance to meet Santa and Bluey. The day will culminate in a magical *Christmas Lights Switch-On* at 5pm, led by the Mayor of Polegate alongside cast members from the town's 54th annual pantomime, *Aladdin*.

Civic Community Carol Service – Monday 15th December

The festive season will conclude with a heartfelt *Civic Community Carol Service*, hosted by *Inspiring Angels* at *St George's Church* on Monday 15th December at 7pm. This uplifting evening will bring together residents, community groups, and local leaders to celebrate the true spirit of Christmas.

All are warmly welcome to attend.

Mayor Cllr Dan Dunbar said: "Christmas in Polegate is always a special time where our community comes together to share joy, kindness, and celebration. I look forward to welcoming everyone to these wonderful events as we make new memories and celebrate the festive season."



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Meads Magic

MEADS Magic, on 28th November from 2:30pm to 7:30pm is the first major event on Eastbourne’s Christmas calendar and this year it will be opened by our MP Josh Babarinde.

By **Terrie Rintoul**

Meads Street will be closed to traffic and lined with over 40 stalls selling handmade jewellery, candles, paintings, prints, cards and toys plus delicious sweet and savoury morsels to eat – all created and produced by local artists and artisans.

Unique gifts
Meads Street’s legendary *Grand Flowers & Gifts*, *Longleaf* and *The*

Black Cat will also be full of festive fayre. *Meads Magic* is the perfect place to find those unusual and unique presents and treats that really do make Christmas special.

Fabulous food
Meads Street restaurants *Ancient Grains*, *Xing Fu* and *Ren’s Kitchen* will also be serving their own fabulous street food and, of course, Faye and her team at *The Ship Inn* will give you a warm welcome.

Festive parade
The highlight of the event is the



The choir of St Andrew’s Prep. Photo by Chris Neighbour.



The RAPA dance group. Photo by Chris Neighbour.

festive parade when *The Howlerz* will lead Santa and his band of elves from *St John’s School* to the newly refurbished Meads Hall and into the *Winter Wonderland* that is Santa’s Grotto.

Carols
Choirs from *Bede’s*, *St John’s* and *St Andrew’s* will be singing carols and Christmas songs and there will be sets by our much-loved local musicians,

The Howlerz and the talented local gospel trio *The Remnant*.

There will also be dance performances by: *RAPA*, *The Longman Morris Men* and *Harmony Steps*.

A visit to Meads Magic is a wonderful way to start the festive season.



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Christmas Plans. Sorted?

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Festive Magic at the Enterprise Shopping Centre

EASTBOURNE'S destination for handmade gifts, creative workshops & unforgettable family experiences.

By **Emily Sander**

This Christmas, the Enterprise Shopping Centre is brimming with festive cheer, creative flair, and magical moments for all ages.

Sussex Craft & Design Christmas Fair

Returning on Saturday 29th, 10-5pm and Sunday 30th November, 10-4pm, this much-loved fair brings together over 25 talented makers and designers. Discover beautiful handmade gifts and stocking fillers — from textiles and toys to glasswork, contemporary jewellery, artwork and home accessories.

Creative Workshops with Coker & Clarke

New this year, Coker & Clarke will host festive Indian Block Printing workshops where you can craft your own gifts using traditional wood blocks and fabric paints.

Spaces are limited — book your spot at: cokerandclarke.co.uk

Mulled Wine & Mince Pies

Visit the fair between 11am-1pm and enjoy a complimentary mulled wine and homemade mince pie from Just Baked — one of the Enterprise Centre's favourite Christmas traditions.

Santa's Magical Elevator: A Journey to the North Pole

This year, the *Festival Events* team brings a truly enchanting experience to the Enterprise Centre. Step inside Santa's Magical Elevator and soar through the roof, above the clouds, and all the way to the North Pole — where the real Santa awaits to greet you personally.

Your journey begins at Santa's Post Office, where 'Jingles' the Elf will welcome you and guide you through this immersive adventure. Feel the thrill of flying alongside Santa's reindeer as you take in the sights of Eastbourne, outer space, and snowy northern landscapes.

Running daily from Saturday 29th November to Tuesday 24th December.

Book your tickets now!



**santasmagicalelevator.
onlineticketseller.com**

Whether you're shopping for unique gifts, crafting something special, or seeking a magical moment with the family — there's something for everyone this festive season at the Enterprise Shopping Centre!

Please note: access to the craft fair is via stairs only.

**Enterprise Shopping Centre
Station Parade
Eastbourne BN21 1BD
www.enterprise-centre.org**



HailshamEye



Thorndale Furnishers Winter Sale

Page 41

Hailsham Rotarians spreading cheer

MEMBERS of Hailsham Rotary Club said they were 'taken back' after visiting Chailey Heritage Foundation to hand over £3,260 raised at a successful Golf Day.

By **Peter Lindsey**

The charity – based in Mid Sussex – works alongside children, young people and families living with complex disabilities.

Rotarian Rosemary Mullen said: "It was an absolute delight for a small group of our members to visit Chailey Heritage Foundation.

"All of us were taken aback with the facilities on site. We were particularly impressed with the Patchwork Farm and animals, the riding stables and indoor swimming pool.

"There were so many different rooms we visited with various activities going on. It clearly is an incredible charity doing incredible things on a daily basis."

Yazmyn Ellis, Community and Events Fundraiser at Chailey Heritage



Foundation, said it was a pleasure to welcome the group and show them how the charity operates on a daily basis.

She said: "We want to say a massive thank you to Hailsham Rotary Club for its support over the past year. We are truly grateful for its very kind donation.

"We are always keen to welcome members of the local community and groups interested in learning more about Chailey Heritage Foundation.

"Please call me on **01825 724752** or email yazmyn.ellis@chf.org.uk and I would be delighted to make contact with you."



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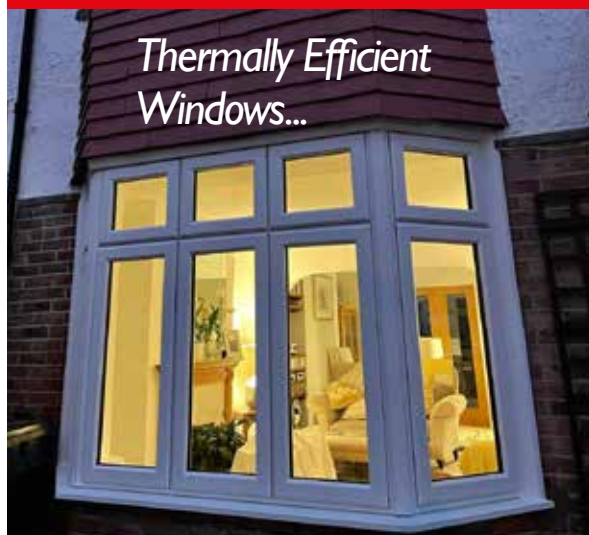
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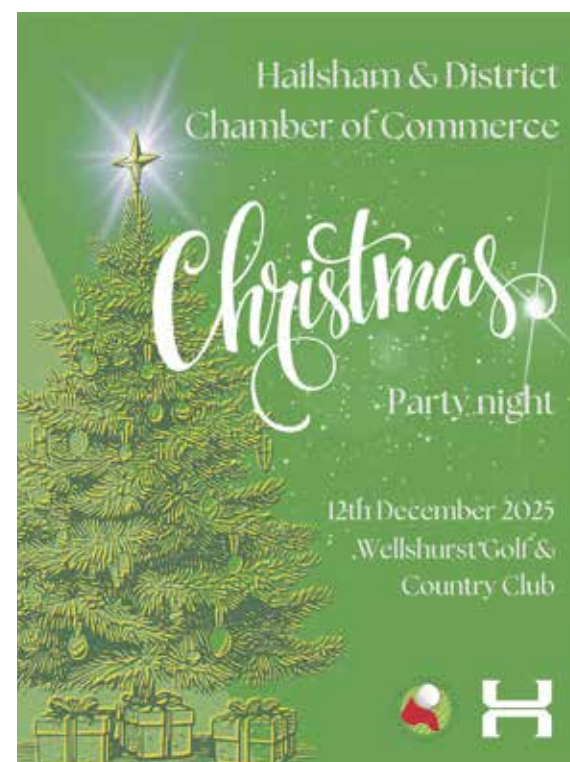
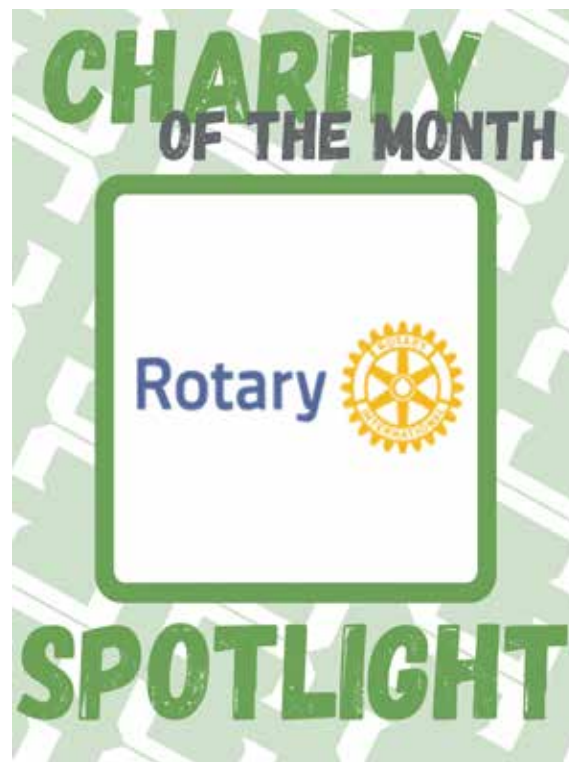


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November Hailsham Chamber events and Christmas!

By **Ryley Warwick**

It's that time of the year again — the Hailsham Chamber of Commerce Christmas Party is just around the corner!

Bring your festive cheer, your business cards, and your best smile. We'll provide food, merriment, and great company.

Date: **Friday 12th December 2025**
Location: **Wellshurst Golf & Country Club**

- Great 3 course festive menu and Drinks.
- Fun tunes from the *Chandeliers*.
- Forge new connections, catch up with familiar faces.

Let's toast to the past year and look forward to what's ahead. Join us for a night to remember!

Our Big Christmas Business Breakfast!

Join us on **Thursday 4th December at 7:30am** at **Wellshurst Golf & Country Club** for our final Big Business Breakfast of the year — and it's going to be a festive one!

This month we'll be hearing from Sharon Kay and Robyn from *Kay & Pascoe Solicitors* with a 5-minute presentation on the benefits of dispute resolution for families — and how it can help avoid the horror of litigation!

Don't forget to wear your best Christmas jumper and bring along a bit of cash for some festive games, with all proceeds going into the Chamber's charity pot.

It's the perfect mix of business, breakfast, and a bit of Christmas cheer!

Charity of the Month – November

This month, we're celebrating the incredible work of the *Rotary Club of Eastbourne*!

Rotary brings together local people and businesses to make a difference — both in Eastbourne and around the world. From supporting foodbanks and tackling homelessness to youth initiatives and international aid, *Rotary* is all about "Service Above Self."

Here in Eastbourne, the club is made up of passionate volunteers who give

their time, skills, and energy to help others — proving that small acts of kindness can make a huge impact.

If you'd like to learn more, get involved, or join one of their upcoming community events, visit rotary-ribi.org/clubs/homepage.php?ClubID=711

Let's show our support for this inspiring local network of changemakers!

Community Run

The wait is finally over... *The Hailsham Community Run* is back for its 4th year and registration is OPEN!

This brilliant local event has sold out for the past two years, with spaces limited to just 1,200 runners; so don't delay, secure your spot today!

We're proud to be supporting this event, alongside an amazing line-up of other fabulous local businesses:

Hallmark Glazed Extensions Ltd
— 10k Race
The Royal Indian
— 5k Race
Diplocks Cafe & Restaurant
— 3k Race
The Alinker UK
— 1k Race

Plus:

Lightning Fibre
Roland Dunn Sales & Lettings
Miss Walls Bakery
Stevens & Carter Sales & Lettings Agents
Colston Ltd
King's Head, Cacklebury
Inner Sole Reflexology
White Hart Public House, Horsebridge
Hailsham Town Council
Ross Newark

Hailsham News — Community Newspaper / Race Day Coverage

Event Date: **Sunday, 17th May 2026**

Register now:
www.hailshamcommunityrun.co.uk

We can't wait to see you on the start line!

HAILSHAM & DISTRICT CHAMBER OF COMMERCE

Hailsham Lions Club launches Lions Roar 2025 competition

HAILSHAM Lions are once again delighted to sponsor *Grovelands County Primary*, and *Pevensey* and *Westham Primary Schools*, for the *Lions ROAR* competition this year.

By **Peter Lindsey**

President Kathy Butler said – “As a Club it’s exciting to be able to support such an initiative, whereby children are given the opportunity to think big and create world changing ideas.

The competition is an inspirational and fun learning experience which is run in partnership with the education company *8billionideas*.

And it allows children to discover

how to use their imagination in exciting new ways.

Aimed at seven to eleven year olds, children learn how to work together in teams, develop their communication and presentation skills, whilst boosting their self-confidence and self-esteem.”

Since *ROAR*’s inception in 2016, thousands of children have taken part, and they have generated hundreds of brilliant ideas linked to multiple topics, including health, environment and sustainability.



There are around 20,000 pupils taking part in over 130 schools sponsored by *Lions Clubs* from across the British Isles.

Further information is available from www.lions-roar.com

Christmas in Hailsham

THIS year’s Christmas Lights Switch-On will take place on Friday November 28th in Hailsham.

By **Peter Lindsey**

The much-loved annual event promises to be bigger and brighter than ever, bringing festive cheer, entertainment and community spirit to the heart of the town.

From 2pm onwards, *Vicarage Field* and the High Street will be transformed into a festive marketplace filled with seasonal craft stalls, artisan gifts, handmade decorations and plenty of delicious food and drink to enjoy. Perfect for browsing with friends and family, the market offers

a wonderful opportunity to pick up unique Christmas presents while soaking up the seasonal atmosphere.

Products on sale at the market on the day include mulled wine, candy floss, baked products, waffles, flowers, cheeses, confectionery, bee products and crafts.

Adding to the festive magic, pupils from *Hailsham Academy* will perform traditional carols during the afternoon in the lead-up to the official switch-on. At 4:30pm, children will be delighted to welcome a very special guest – Santa Claus himself, who will arrive courtesy of *Hailsham Rotary Club* to meet children and hand out sweets.



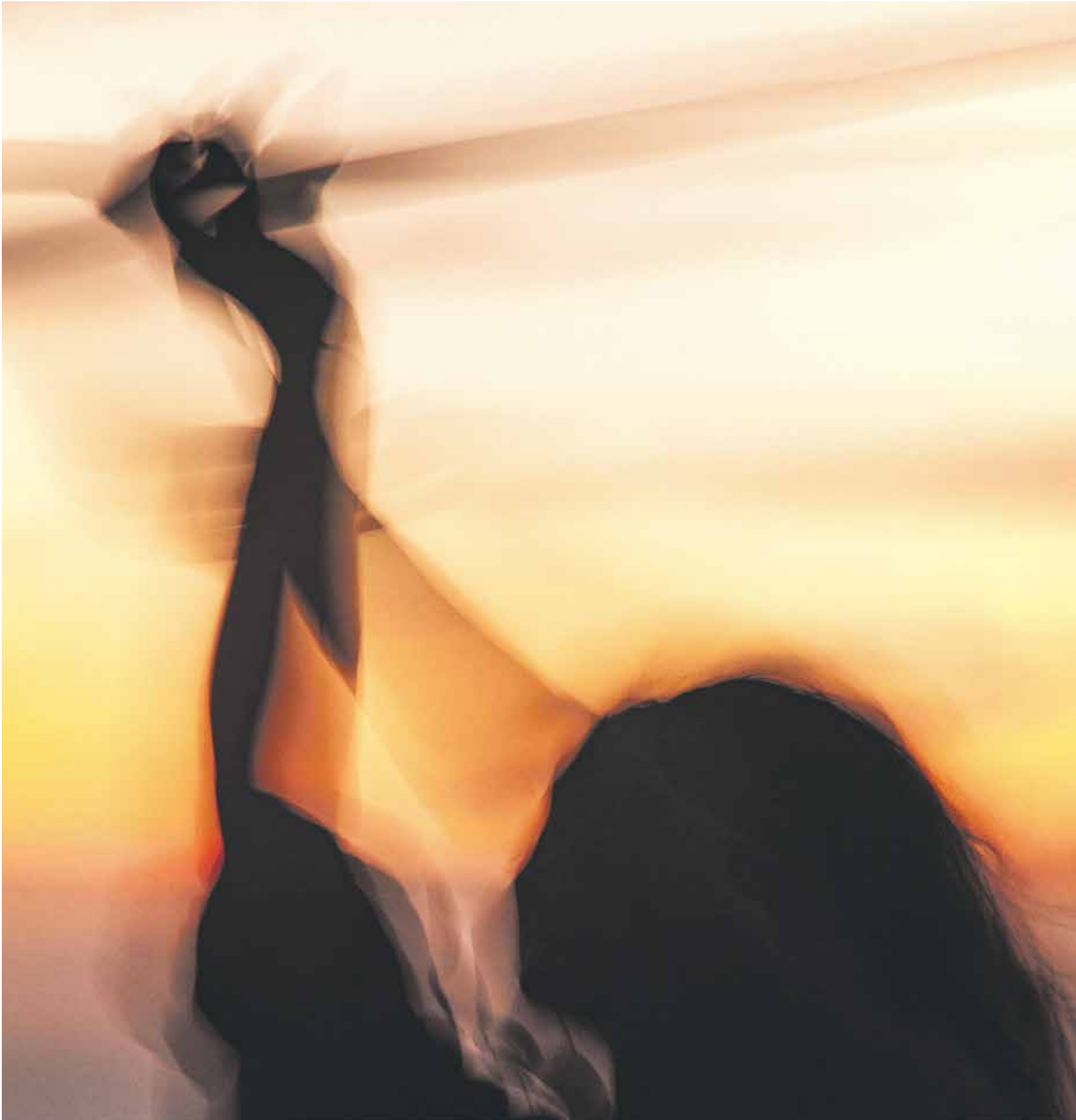
The highlight of the day, the Christmas Lights Switch-On, will take place at 6pm, officially marking the start of the festive season in Hailsham. To keep spirits high throughout the afternoon, *Hailsham FM* will broadcast live from the event playing some favourite Christmas tunes.

Once the lights are switched on, everyone is invited to *Hailsham*

Parish Church, which will be offering free hot chocolate and marshmallows – the perfect way to warm up and continue the celebrations in a festive and welcoming setting.

To ensure the event is safe and enjoyable for all, Hailsham High Street will be closed to traffic from approximately 4pm until after the celebrations have finished.

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Country dancing with a Scottish theme!

DANCE Scottish! Eastbourne has restarted its weekly classes at *St Saviour's Church Hall* in South Street, Eastbourne BN21 4UT.

By **Peter Lindsey**

Do you want to meet new people? Be part of a fun group? Feel better both physically and mentally? If so – and don't we all! – then come along and join *Eastbourne Scottish Country Dancing Club...or Dance Scottish! Eastbourne* for short.

Everyone is welcome to either of the two classes, which cover all ages and abilities, and promote Scottish country dancing in a fun and relaxed atmosphere.

The Thursday morning group (10am-12 noon) – started three years ago – has been a great success and is a wonderful opportunity for beginners to come and try out a form of dancing that they have never done before, as well as being a perfect place for improvers to come and hone their skills.

For improvers, an extra 30-minute session, from 12 noon, is given over to learning formations and dances at intermediate level.

The Wednesday group (5-7pm) has been in existence for many years, and appeals to dancers at intermediate level, although several of our dancers attend both classes.

Do you need to wear special shoes or a kilt? Absolutely not! Soft shoes or trainers and casual clothing are the order of the day.

How much does each class cost? The first 'taster' session is free, and the cost for each subsequent one is just £5.

Keeping fit and taking exercise are important at any age, and Dance Scottish! Eastbourne will definitely make you feel better both physically and mentally – and make you smile while doing it!

Contact
DanceScottishEastbourne@gmail.com

There is free parking for dancers in the church car park – entrance in Spencer Road.

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CARE HOMES

Clearer nails, faster:

Sussex Footcare Clinic launches same-day fungal nail testing

**ARE you embarrassed to show your feet?
You're not alone.**

By **Laura Ross**

Fungal nail infections affect millions of people in the UK, causing nails to become thick, yellow, brittle and unsightly — and they rarely go away on their own.

Now, *Sussex Footcare Clinic* in Eastbourne is proud to offer a breakthrough service: a new same-day fungal nail testing kit, giving patients fast, reliable answers and a clear plan for treatment in just one appointment.

Why this matters

Until now, diagnosing a fungal nail infection has often been a guessing game. Clinicians can misdiagnose the condition by sight alone, and sending nail clippings to a laboratory can take weeks — sometimes even months — to come back, and those results can still be wrong, since standard lab tests have sensitivities as low as around 50–60% in some cases

Studies show that fungal nails are only diagnosed correctly by appearance 67% of the time. That means almost 1 in 3 people could be using the wrong treatment.

But with this new test, *Sussex Footcare Clinic* can provide results the same day — often while you wait in the clinic — with a proven accuracy of 97%, using advanced dermatophyte detection technology.

"Patients often come to us frustrated," says Laura, podiatrist.

"They've spent money on over-the-counter treatments without a confirmed diagnosis. This test gives clear answers immediately — so we can begin the right treatment straight away."

What is the test and how does it work?

- **Painless & Non-Invasive:** A small sample is taken from the affected nail or skin — no needles, no discomfort.
- **Same-Day Results:** Results are available during the appointment or later the same day.
- **Highly Accurate:** Scientifically shown to be 97% accurate, compared to visual diagnosis at 67%.
- **Detects the presence of common dermatophyte fungi,** confirming whether a fungal infection is present so the right treatment can be started.

Why getting tested is so important

Fungal nails (onychomycosis) can be stubborn and easily spread to other nails or skin if left untreated. However — and this is key — not all damaged nails are fungal.

- Up to 50% of nail problems are caused by trauma, psoriasis, eczema, lichen planus or bacterial infection, not fungus.
- Treating the wrong condition can waste time and money and delay proper recovery.
- Early diagnosis prevents the infection from worsening and helps treatment work more effectively and quickly.

Common signs you may need testing:

- ✓ Yellow, brown or white nail discolouration.
- ✓ Crumbly or thickened nails.
- ✓ Nails lifting from the nail bed.
- ✓ Foul odour or flaky skin around the nails.
- ✓ Persistent athlete's foot or itchy, peeling skin.



Fungal nail under dermatoscope.

If you recognise any of these signs — especially if the problem isn't improving — it's time to get it tested.

The benefits of testing at Sussex Footcare Clinic

Same-day results — sometimes while you wait.

97% accuracy for peace of mind.

Quick, painless and affordable.

Avoids unnecessary treatments and costs.

Allows targeted treatment from day one.

Professional advice from trained podiatrists.

Ideal if you want healthy nails for summer, holidays or big events.

Your feet deserve expert care

Whether you've struggled with fungal nails for years or just noticed early signs, help is now faster and more accurate than ever. This new test ensures you get the right diagnosis and the right treatment — the first time.

To book your appointment or for further information, contact *Sussex Footcare*, where our friendly and professional team are here to guide you towards healthier, happier feet.



Laura Ross — Podiatrist.

Treatments on offer include:

- Routine nail care.
- Nail surgery (Ingrown nails).
- Verruca's.
- 3D scanning Orthotics.
- Fungal nails.
- Musculoskeletal assessments.
- Biomechanics.
- Sports injuries.



07830 417007

andrewalbon@yahoo.co.uk

www.sussexfootcare.co.uk

f Sussex Footcare



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Hailsham**

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01323 306131 or email
lisa.phillips@careuk.com

care UK 



Live well every day at Bowes House care home

A vibrant home in the heart of Hailsham

At Bowes House care home in Hailsham, East Sussex, residents enjoy so much more than high-quality care - they're part of a welcoming community where every day brings opportunities for connection, purpose and enjoyment.

Located just a short walk from the town centre, Bowes House is perfectly placed for residents to stay connected to local life. Whether it's a stroll to nearby shops or hosting family and friends for tea in our bright, modern café, there are plenty of ways to feel part of the wider community.

Friendship, fun and meaningful moments

New friendships often blossom at our regular events and clubs, such as the **Pie and a Pint club**, where residents enjoy classic pub-style food and conversation. Our **Connections Café** runs monthly and offers a warm and inclusive space for people living with dementia and their loved ones to enjoy a chat, share experiences and connect with others. We also host a regular **Community Cinema** event, where residents and visitors come together to enjoy a favourite film on the big screen - complete with popcorn, of course!



Care that's centred around you

Every resident is supported to live life in the way that suits them best. Our dedicated lifestyle team gets to know each person's interests and routines, tailoring meaningful activities and experiences that support wellbeing and independence.

Whether you're looking for **residential, dementia, nursing or short-term respite care**, Bowes House offers a full range of

care options. That means, if your needs change over time, you can continue to receive the right care without the upheaval of moving to a new home.

With round-the-clock support, delicious home-cooked meals and a vibrant atmosphere, Bowes House is a place where residents feel valued, safe, and truly at home - every single day.

To find out more about Bowes House, call **01323 917176** or scan the QR code.



Bowes House care home
25 Battle Road, Hailsham BN27 1DU
careuk.com/bowes-house

care UK

Pop ups

TRADITIONALLY *Polegate Ramblers* meet every Thursday for a 2, 5 or 10 mile walk but in addition to our usual programme our experienced leaders occasionally organise a different walk on a different day and these “pop ups” are much appreciated.

By **Gill Mattock**, Polegate Ramblers

One recent “pop up” was a trip by train to London where we enjoyed a super walk around *Bushey Park* with sightings of deer, Egyptian Geese and a heron before taking advantage of the free entry to *Hampton Court Place Gardens*.

Some members of the group nipped off for a quick bit of retail therapy in

Kingston Market while others admired the gardens or got lost in the maze. This walk was so popular that leader, Alan, had to do it twice.

Pop Ups often involve longer distances than usual and a small group of us enjoy the challenge of occasional longer rambles. On two separate days last year six of us



Artist Keith Pettit with “Hidden Truth”.

completed the 31 mile 1066 route from Pevensey to Rye in the company of Keith Pettit, the artist responsible for the 10 sculptures en route and it was fascinating to hear him describe how each sculpture came into being.

For more information on all our walks visit our website where you can find our

full programme of walks and the contact details for the leader of each one — there really is a walk for everyone.

We are a friendly bunch so why not join us for a walk or two to see if you like us?

www.polegateramblers.org.uk

Celebrating DGH'S long-serving volunteers

AT the *Eastbourne DGH*, there are quiet heroes whose dedication spans years, sometimes decades.

By **Peter Lindsey**

The Trust has proudly celebrated their extraordinary commitment from Rye to Conquest to Bexhill and Eastbourne.

Whether greeting patients at reception, supporting families through difficult moments in the Emergency Department, lending a listening ear on the ward, helping take the pressure off staff through completing basic admin tasks or lifting patients' spirits through

conversation and music on hospital radio, long-serving volunteers bring more than just time, they bring heart.

Volunteer service recognised this year ranged from five years to 45 years. There were a total of 32 awardees cross site who have provided between them an astonishing total of 380 years' service.

The Trust's Voluntary Services team, who proudly co-ordinate and support



the volunteers, said: “These annual events afford the Trust and our team the opportunity to celebrate and recognise the value volunteers bring cross site. It is really important to recognise the community of support this team provide every day to our hospitals, the staff, and patients.

“Long service isn't just about the past — it's a foundation for the future. To every volunteer, ‘thank you!’ You are not just part of our team, you are part of this *Trust's* story.”

The Arts



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14 & 15 March 2026*

TOWNER Christmas Fair

*Opening
Hours*

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4.00pm to 7.00pm

Saturday & Sunday
8 to 9 & 15 to 16 Nov
10.00am to 4.00pm



Free entry, book here
[towner.gallery/
christmas-fair](https://towner.gallery/christmas-fair)

Showcasing the *very best makers* both local and from further afield. Options to suit *all tastes and budgets*.

Devonshire Park, College Road, Eastbourne BN21 4JJ

Seasonal magic at Towner

THIS winter, experience the magic of the season at *Towner Eastbourne's Christmas Fair*, a curated celebration of contemporary craft and local talent with a festive atmosphere.

By **Cameron Brown**

For the first time, Towner is extending the fair across two weekends in November, showcasing different makers each time and giving you ample opportunity for festive shopping.

Held within the gallery's award-winning building, the Christmas Fair features over 50 independent makers

and designers, both local and from further afield. Visitors can browse a wide selection of handcrafted goods, including ceramics, textiles, jewellery, prints, and homewares, making it an ideal time to find distinctive gifts while supporting artists and small businesses.

Alongside the stalls, guests can enjoy *Towner's Cinema* and the current exhibitions, including *Impressions in Watercolour: J.M.W. Turner and his Contemporaries*, and *The Ravilious Collection*. Whether you're shopping



for gifts, cards and decoration or a festive treat for yourself, a stop at the gallery's shop is a must, offering a range of books, design items, and artist editions.

Towner will also be hosting a Christmas edition of the successful *Eastbourne Farmers Market* on Saturday 13th December, 10:00am to 2:00pm. In addition to the usual fabulous line-up of stallholders, enjoy mulled wine, hot food and music whilst you shop for festive delicacies.

Entry to the Christmas Fair is free. Visit Towner's website at towner.gallery/christmas-fair to see the full line-up of makers involved.

Fair Opening Hours

Friday 7 November: 4:00pm to 7:00pm.

Saturday 8 & Sunday 9 November: 10:00am to 4:00pm.

Friday 14 November: 4:00pm to 7:00pm.

Saturday 15 to Sunday 16 November: 10:00am to 4:00pm.

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maker-studio.co.uk | Visit us at 52 Ocklynge Road, Eastbourne, BN21 1PR

* Single use only. Valid until November 30th 2025. May be withdrawn at any time.

Comedy nights in Eastbourne

SALT Water Comedy are back at the *Crown & Anchor* pub Friday 21st November with the incredible Christian Jegard headlining.

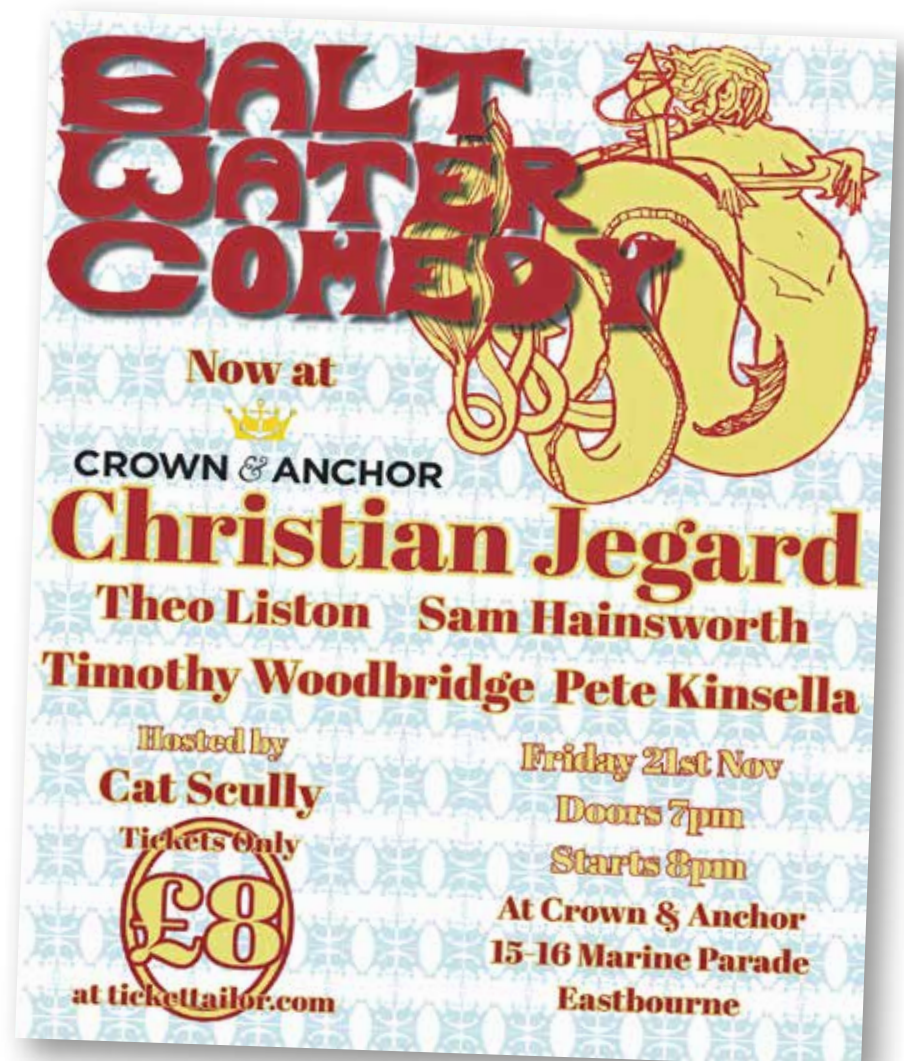
By **Gail McKay**

Christian is about to be catapulted into stardom with his hilarious act. He has won awards and collected five star reviews from all over, so see Christian before he gets too big to return!

He will be supported by four handpicked acts, all hilarious in their own right!

Friday 21st November.
8pm–10pm.
Crown & Anchor, 15-16 Marine Parade, Eastbourne BN21 3DX

Tickets £8
on *Ticket Tailor*:
<https://buytickets.at/saltwatercomedy/1920574>



The fabulous Chaseley Trust, are holding a night of top-tier comedy featuring three phenomenal comedians who are making waves on the UK comedy circuit:

Joe Foster — Winner of the *South Coast Comedian of the Year*.

Elaine Fellows — Finalist in the prestigious *Komedia New Act Competition*.

James Danielewski — Named One to Watch at the *Brighton Fringe*.

All expertly held together by our razor-sharp resident compere Anthony Ayton, this is a night guaranteed to lift your spirits and get the room roaring.

Proceeds from the night will be shared between *The Chaseley Trust* and the East Sussex Branch of the *Motor Neurone Disease Association*, supporting vital work in rehabilitation and care.

Don't miss this chance to laugh out loud while giving back. Grab your tickets, bring your mates, and prepare for a night of comedy with heart!

Arrive from 6:30pm, head through the gardens to the *CasBar*, grab

a drink and settle in. Every ticket helps fund vital care for adults with complex neurological conditions, and supports people living with Motor Neurone Disease.

Tickets £18
www.tickettailor.com/events/thechaseleytrust

Tuesday 5th November.
6:30pm–9:30pm.
The Chaseley Trust, South Cliff Eastbourne BN20 7JH



Artists open their homes and studios

OVER 40 artists showing and selling their work from their homes and studios around Eastbourne.

By **Gail McKay**

Taking place over two weekends, most venues open between 11am–4pm but some open longer, and some shorter.

Here are a couple of ideas if you are in Old Town. Pick up a brochure or check the website for all the other participating venues. It's a great way to start your Christmas shopping, and have a lovely walk around Eastbourne.

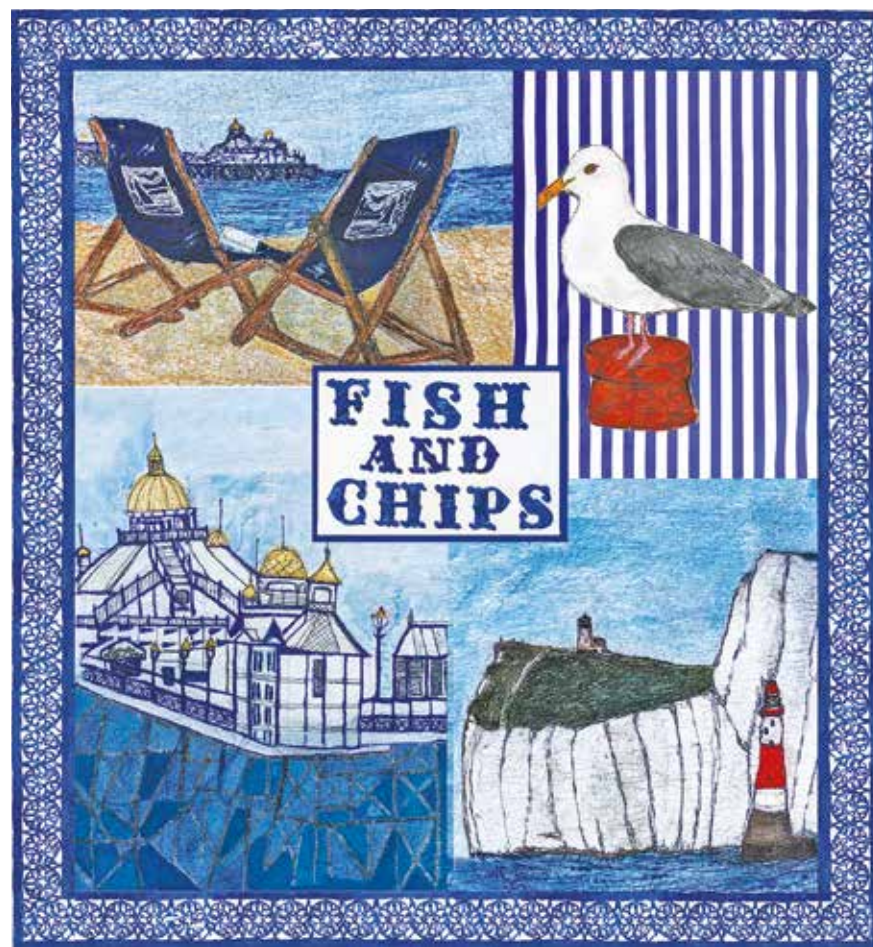
PINK

Join local teacher and textile artist, Claire Graves, at the vibrant *PINK Open House* this November and December. Along with her friends, there will be textile art, paintings, ceramics, cards and gifts.

Claire will be joined by ceramicist Anne Castano.

Limited Edition Eastbourne Tote Bag

As is tradition, Claire Graves marks the event with a limited-edition



tote bag. This one celebrates Eastbourne's beloved landmarks including the iconic Pier, Bandstand, and charming deckchairs (spot the *Bournefree*!)

Available for just £15, exclusively at *PINK* and the *Lighthouse Gallery*.

Pink Open House
123 Green Street
Eastbourne BN21 1RS

Open 11–5pm both weekends.

Lighthouse Gallery
19 Cornfield Terrace
Eastbourne BN21 4NS

Pod Arts

Pods Arts, Life Drawing EB was set up with inclusion in mind.

Amateur and professional artists, individuals who suffer with social isolation, mental health issues, neurodiversity, brain injuries and stroke recovery come to help with hand and eye coordination, further their practice, make friends, make time for their wellbeing and just indulge in their creative side.

"As a collective we are joining in the open house 2025, everyone who wants to has a chance to show their work and be part of a group that is always encouraging and understanding. The work on show ranges from still life, landscapes, portraits, pottery, you name it, it's going to be on show with such a selective bunch of artists."

29th-30th November and
6th-7th December, 11am–3pm

**The Star Inn, Rockingham Place,
Old Town Eastbourne BN21 1PD**



Open House brochures are available around the town, including in the *Welcome Building*.

www.eastbourneartists.com/open-houses.html



EODS: Disney's
The Little Mermaid
29 October - 2 November



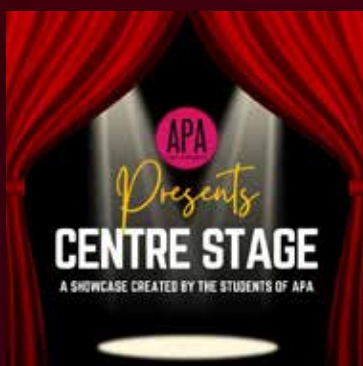
One Night of Adele
Friday 7 November



Step into Christmas
Saturday 8 November



Cavendish School:
The Band
12 - 13 November



APA: Centre Stage
Saturday 15 November



RHT

Royal Hippodrome Theatre



Bodiblossom: All That Glitters
Saturday 15 November



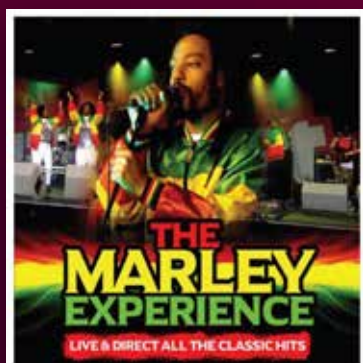
Norcross Dance Centre: Together
Sunday 16 November



The Rattonians Christmas Spectacular
19 - 22 November



The Overtones
Christmas Party
Thursday 27 November



The Marley Experience
Friday 28 November



The Adult Panto: Snow White
and The Magnificent Seven
Saturday 29 November



Christmas with the Salvation Army
Sunday 30 November

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



Green and pleasant

CAN you believe, its November already, winter is well and truly on its way. Halloween is behind us, Bonfire Night is ahead and before we know it, it will be Christmas and so much to do beforehand! The leaves are falling rapidly, wind and rain will be on the increase, our tender plants will need protecting from the upcoming frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots. Remember winter can be a tough time for birds in terms of water and food, so keep supplies well topped up.

By **Geoff Stonebanks**

This month is the last chance to liven up you garden for Spring! You can plant tulip bulbs for a fabulous spring 2026 display. Tulips are arguably amongst the most popular of bulbs we buy in the UK, they are valued for their brilliant and many flower colours and shapes. What's more, you can choose from an amazing range to suit your plot and your design ideas, from the practical to the more flamboyant. Go for it.

Mahonia X media winter sun

Pictured in the header is one of my favourite plants in the garden at the moment. Mahonia x media winter

sun adds year-round structure and interest to my garden, this large Mahonia will grow to an eventual height and spread of 4m, so it is best placed near to the back of the border as an excellent backdrop to your other plants. This bushy evergreen shrub produces slender upright stems packed with sweetly scented blooms in winter and early spring. The flowers are bright yellow and resemble tiny Daffodils up close, their powerful perfume fills the air with a jasmine-like scent attracting early pollinators such as bumblebees who seek them out in the sunshine. The foliage is wonderfully architectural, glossy deep-green spiked leaves sit

on top of the main stem in rosette formations. You can plant lower growing shrubs and flowers in front of this large Mahonia to fill out the space in front of the main trunk. It will grow well in a shady spot in well-drained fertile soil. Mine is positioned behind some upright railway sleepers.

Consider a Spring display

If you haven't yet decided to plant some bulbs for a wonderful display next spring, it's not too late to do so this month! There can be few sights as beautiful as tulips in springtime. Fortunately, you don't need to be gifted with green fingers to be able to create your own stunning display. If you follow these simple steps, you'll soon be reaping the rewards of these fabulous blooms. Tulips like sunny spots with not too much shade. Tulip bulbs do not like wet or waterlogged soil, so make sure your soil has good drainage. The general rule of thumb when planting tulips is to plant at twice the depth of the bulb. So, prepare a hole three times the depth, around 15cm, drop the bulb in pointy side up, then cover with soil. Keep a space of 12-15cm between each bulb. If growing in pots or containers you can plant them in clusters, closer together, which will result in gloriously showy container displays. Once planted, give your bulbs a good watering to allow the soil to settle. Then wait for nature to reward you next spring!

Blooming in November

Looking good in my garden at the moment is a beautiful coronilla glauca. They can really light up your garden in winter, producing an abundance of lemon-yellow pea-like blooms that really do just keep on coming. Whilst it tends to flower from December

onwards, mine has certainly dazzled through some of the summer too. So, this very easy to grow shrub is capable of flowering for 9 months or more, making it a worthy hard-working addition to any garden. It is hardy and shows off its sweet-scented blooms against unusual blue-green foliage. In my experience, it is certainly a very versatile shrub for almost any garden situation, performing particularly well in exposed locations and coastal areas. Its compact, rounded habit makes this tough little performer ideal for patio containers where you really get to appreciate the scent and pretty petite blooms. Alternatively, you can train it as a wall shrub for a spectacular upright display. I've actually got three shrubs, all are located in my beach garden, at the front of the house and take the full force of what the weather can throw at them. You can also cut the stems and brighten up the house during the winter months too.

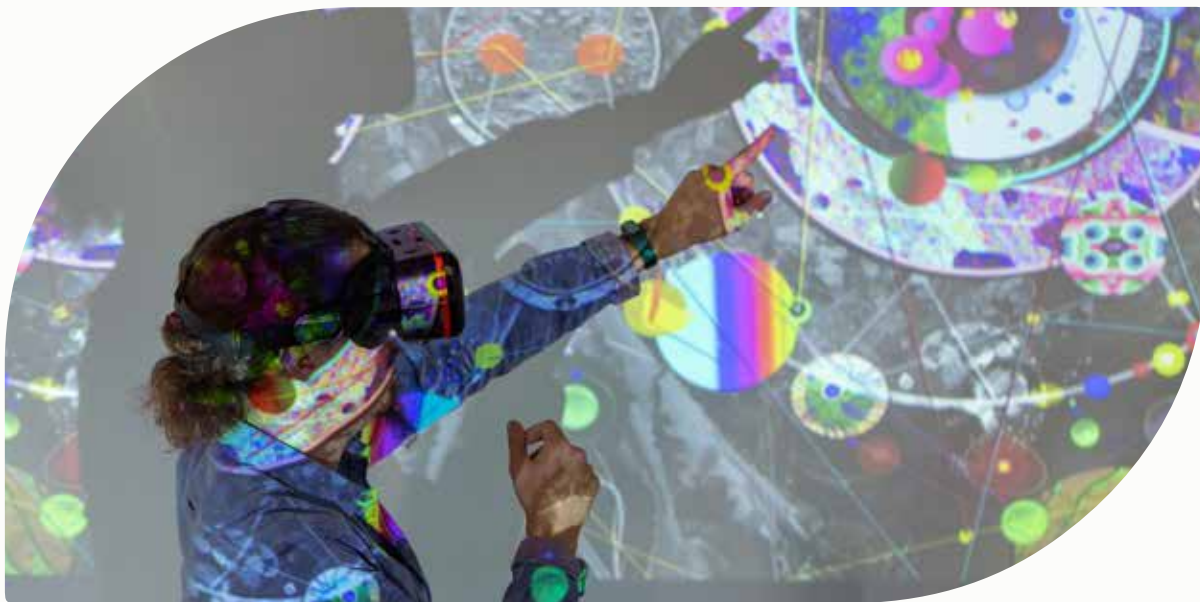
Another hardy and resilient dazzler in the garden is Pyracantha or firethorn which are delightful, thorny, evergreen shrubs grown for their attractive displays of glossy autumn berries in fiery shades of oranges, reds and yellows.

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.



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