

FREE

02/26

Issue 068  
February 2026

POLEGATE FISH BAR  
- FEBRUARY OFFER

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fish and chips.

Page 9

WALK THIS WAY –  
WALKING FOOTBALL

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and physical health.

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*See page 23*

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## Images

Cover: Sharnfold Farm  
 Hailsham Eye: Bates Farm Garden  
 Health: Coda Pharmacy  
 The Arts: Jon Tyson

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

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# A fond farewell to Joe

**I MUST start this month's column with the promising news that Eastbourne intends to put forward a bid to be named the *UK Town of Culture* following a competition launched by the Government.**

By **Peter Lindsey**

**And why not indeed? The competition will see various towns compete for a £3 million prize as part of the Prime Minister's 'ambition to restore pride in every part of Britain'.**

It would be a great coup for Eastbourne – here's EBC: "We have registered our interest for the funding and are looking for people to join a working group to help us prepare a Town of Culture bid. Very few towns can compete with our vibrant arts sector, outstanding theatres, historic landmarks and stunning landscapes that attract millions of people to Eastbourne every year."

## Joe Hill

On a similar theme, we must acknowledge the massive contribution Joe Hill has made to Eastbourne – and indeed much further afield – as director of *Towner Eastbourne*.

He has announced his resignation after eight years with the venue to take up a new role as director and chief executive of *Yorkshire Sculpture Park (YSP)* in April.

The *Towner*'s chairperson, Stephen Welton, said: "The impact of Joe's tenure has been exceptional; not only for *Towner*, but for Eastbourne and the wider county."

Very true words.

## Eastbourne Carnival 2026

It's great to hear that the date has been set for *Eastbourne Carnival 2026*. It's on May 23rd with a theme of *Lights, Camera, Action*.

This is such a valuable event for the town's economy and also for the community coming together as one. We must salute Mina and her team for making it happen. It's a lot of work.

## Out-of-area placements

The issue of our homeless is a challenging one, and I think we were all relieved to see the group leave Eastbourne Railway Station. It was an inappropriate location for them to gather for a number of reasons.

At the same time, we can only hope that they have found somewhere warm and safe to stay.

It's a difficult issue with no easy answer, and our MP Josh has been fighting as hard as ever, along with other community agencies.

Josh is quite right to raise the 'Out-of-area placements' occur when a local authority places residents in temporary accommodation in a different local authority area – a practice which has become increasingly common since the COVID-19 pandemic.

There are currently over 209 out-of-area placements in Eastbourne, with the majority placed by *Brighton and Hove City Council*. That cannot be right, or fair.

**May the Bournefree team wish everyone a happy and successful February.**

## Bournefree

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

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



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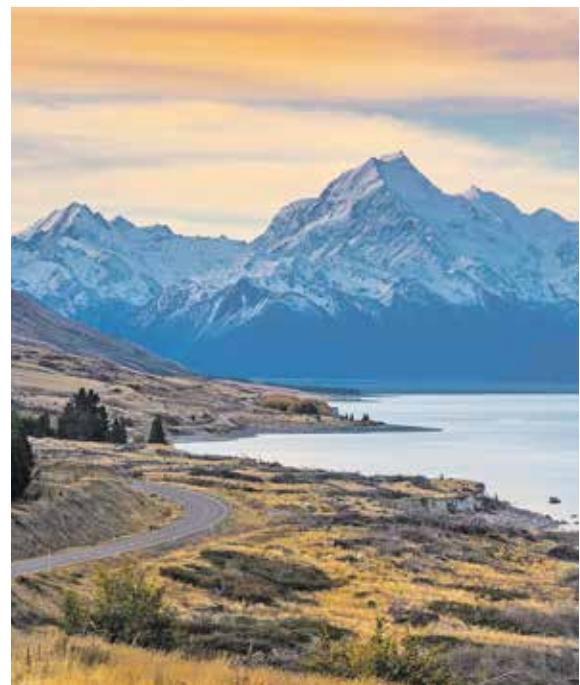
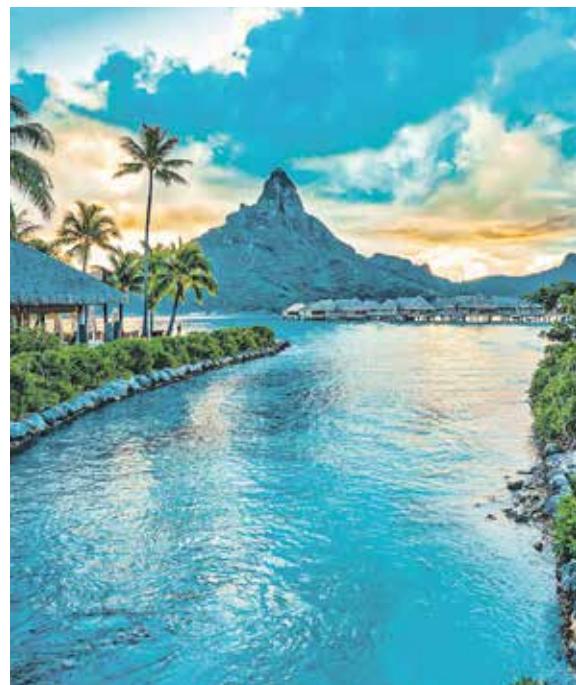


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# Discover your Travel Philosophy

**DESIGNING incredible itineraries to Australia, New Zealand and the South Pacific for 28 years this year, Gareth at Travelosophers is a true expert in these destinations.**

By **Gail McKay**

**Starting out as an apprentice for Thomas Cook from the age of 15 and working his way up to the position of Regional Manager, he then spent years working for a specialist cruise agency and overseas as a Group Escort on Luxury Cruises.**

Gareth now runs his own local, independent, bespoke travel design business and travel and tourism are in his blood; a life-long passion. All of his holidays are fully ABTA and ATOL protected and by providing exceptional, personalised service coupled with first-hand knowledge and expertise, he can help you design a one-off adventure that perfectly matches your own, unique Travel Philosophy!

## Inspiring journeys Down Under and beyond

From the breathtaking landscapes of New Zealand and the diverse coastlines of Australia to the idyllic islands of the South Pacific, travelling Down Under offers a world of unforgettable experiences — and Gareth and his trusted partners at ANZCRO are there to make it seamless!

New Zealand captivates with snow-capped mountains, turquoise lakes,

geothermal wonders and vibrant cities, while Australia delivers unforgettable contrast — iconic urban hubs, golden beaches, ancient landscapes, world-class food and wine, and wildlife found nowhere else. Across the South Pacific, destinations such as Fiji, the Cook Islands and Tahiti invite travellers to slow down, with crystal-clear waters, warm hospitality and a relaxed rhythm of life.

As a family-owned company with over 30 years' experience, ANZCRO specialises exclusively in New Zealand, Australia and the South Pacific. With access to over 40,000 products from more than 5,000 trusted suppliers, together they offer an exceptional range of holiday options — from rail journeys and scenic touring to island escapes, luxury stays and tailor-made itineraries.

Supported by dedicated on-the-ground teams, every journey is carefully managed to ensure a smooth,

stress-free travel experience. At Travelosophers and ANZCRO, expert knowledge, choice and care come together to turn inspiring destinations into unforgettable holidays!

## Paul Gauguin Cruises

*Paul Gauguin* specialises in small-ship voyages through the turquoise lagoons of French Polynesia, offering unmatched access to remote atolls aboard the *m/s Paul Gauguin*. This 330-guest vessel is designed with a shallow draft, allowing for intimate stops at Bora Bora, Moorea, and Huahine.

Year-round itineraries from Papeete include 7-night Tahiti & Society Islands (visiting Motu Mahana private islet), 10-night Society and Tuamotus plus 14-night Marquesas adventures, blending five-star hospitality with Polynesian culture via Les Gauguines hosts.

*Paul Gauguin*'s 25-year legacy and ethos of sustainability shines through eco-innovations — recently voted *Condé Nast Traveler's 2024 Best Small Cruise*.

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## Join Gareth at The Grand Hotel

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by Gareth Harding

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# February half term fun at Sharnfold Farm – Kids Go Free

**NESTLED in the heart of the Sussex countryside, Sharnfold Farm is a much-loved family destination where little ones can explore, play and make memories in the great outdoors.**

By **Louise Page**

**This February half term, the farm is inviting families to enjoy a countryside day out with a special Kids Go Free offer on pre-booked tickets.**

Available for a limited time during the half-term break, the promotion allows **one child to enter free with each paying adult** when tickets are booked in advance. Full-price tickets are available online for just **£8.45 per person**. The offer is not available on the gate, while children under two and members continue to enjoy free entry as standard.

## Farmyard Friends

During their visit, families can explore a wide range of attractions designed especially for pre-schoolers and young children. Budding animal lovers will enjoy meeting the farm's friendly **Farmyard Friends**, including goats, sheep, alpacas, donkeys, ducks and chickens, with occasional appearances from tortoises, guinea pigs and other small animals.

## So much to do

For active little explorers, there's plenty to keep them entertained. The **adventure playground** offers climbing and sliding opportunities, while the **Sound Station** encourages creativity through musical instruments made from upcycled materials.

**Vehicle Valley** is a firm favourite with younger visitors, featuring large vehicles and a self-build roadway perfect for imaginative play.

## All year round

Whatever the weather, *Sharnfold Farm* offers a reliable day out all year round, thanks to its **indoor soft play area** designed especially for children under four. From crawling and climbing to gentle role play, it provides a safe and engaging space for little legs.

When it's time to refuel, families can visit the on-site café, serving hot drinks, light bites and treats. Before heading home, the **Sharnfold Shop** is well worth a browse, offering toys, gifts, seasonal items, garden wear and farm-inspired goodies.

## Exciting new attraction

With relaxed surroundings, seasonal events and a strong focus on family-friendly experiences, *Sharnfold Farm* continues to grow and evolve. Families are encouraged to **watch this space**, as an exciting new attraction is set to launch at Easter, adding even more reasons to return and explore again.

For further details on the Kids Go Free offer and upcoming events, visit the *Sharnfold Farm* website.





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# Eastbourne Investment Plan awaits Government sign-off

**THE wait is nearly over. Eastbourne's ambitious ten-year *Regeneration and Investment Plan* has been submitted to central Government – and we're now waiting for final sign-off to unlock up to £20 million of funding for our town.**

By **Joanne Rogers**

**This isn't money for quick fixes. It's a decade-long commitment to improving our town and building an economy that works for local people – creating better jobs, supporting small businesses, keeping wealth circulating locally, and making sure every neighbourhood shares in Eastbourne's success.**

Based upon local consultation and evidence, the 'Pride in Place Plan' puts community wealth-building at its heart: supporting the wellbeing of families and people of all ages, and ensuring disadvantaged residents directly benefit from economic growth and better access to services.

We're expecting Government approval by late spring. But we're not standing still while we wait for Whitehall. Building on the Economic Strategy we published in December, we're already progressing key projects that will shape Eastbourne's future using 'capacity funding' provided by Government to help us identify our community priorities. Here's an update:

## Your ideas take shape

Last autumn, we asked what mattered most in your neighbourhood. After twelve community workshops across Eastbourne's wards and more than 300 completed questionnaires, we're now turning your feedback into real investment.

From wildflower verges, safer crossings and active trails to community gardens, youth spaces and neighbourhood clean-ups, your priorities are shaping where £90,000+ will be spent to spruce up our town. We're undertaking due diligence on proposed projects, making sure each one is deliverable and offers genuine value.

And on top of this, we're appointing an 'Action Squad' for an Eastbourne-wide clean-up in the Spring. Litter-picks, weeding, gardening, painting and signage makeovers were all high on your list, so in the months ahead, you'll see projects taking shape across Eastbourne as we work with residents, community groups and local partners to spruce up our town.

## Caring for our coast, parks and countryside

Eastbourne's parks, beaches and green spaces are about to get the long-term investment plan

they deserve too. The *Eastbourne Neighbourhood Board* is working with partners to develop a ten-year roadmap to protect, connect and transform the natural spaces that make our town special – from our beloved seafront to peaceful parks, waterways and connections to the South Downs.

Following a comprehensive audit and public engagement to be conducted this Spring, we're aiming to publish a priority projects plan by the summer. This will give us a clear framework for investment that makes Eastbourne both a wonderful place to live and an attractive destination for visitors.

Projects could include connected off-road walking/cycling routes, an accessible beach garden, community orchards, edible street initiatives, forest schools for young people, pollinator-friendly wildflower meadows, and therapeutic gardening hubs where GPs can refer patients for outdoor wellbeing programmes.

We're also looking at practical improvements too: better pathways for wheelchairs and buggies, sensory gardens for families and children, outdoor spaces for youth education, and nature-based projects that tackle social isolation while supporting



**We are  
Eastbourne**  
Eastbourne Neighbourhood Board

mental and physical health. Local community, schools and 'Friends' groups will be partners throughout.

## Updating Eastbourne's tourism future

Built by the Victorians as an elegant seaside resort, then celebrated through the 1960s and 70s as a vibrant entertainment destination, our town has genuine leisure heritage to be proud of. Now we're working to shape what comes next.

We're developing a fresh ten-year tourism strategy that puts residents at the heart of how our town welcomes visitors, creates jobs, and builds a thriving year-round economy.

Our vision is clear: Eastbourne as East Sussex's premier location for leisure, culture and entertainment – a welcoming coastal destination where people experience great events, culture and active lifestyles in a high-quality natural environment.

This strategy will be about balance – welcoming visitors in ways that are environmentally sustainable and enhance rather than disrupt residents' quality of life. Tourism should work for us, not against us.

We'll combine our strengths in unique ways – pairing heritage with modern wellness and active leisure, to make the most of our natural environment and by working with event organisations to build on our festivals calendar and extend experiences into wider town centre programming. We'll also be looking at how to develop a thriving evening and night-time economy in support of our hospitality and cultural businesses year-round.

Working closely with tourism, cultural and events partners, we hope to complete these plans by early summer and ensure our tourism approaches are fit for the future.

Keep up to date with all our projects or have your say at:  
[www.weareeastbourne.org.uk](http://www.weareeastbourne.org.uk)

# Over 100 Families Enjoy Magical Peter Pan Festive Trail

More than 100 families wrapped up warm and stepped into a world of adventure during the Peter Pan Festive Trail, launched by Your Eastbourne BID to celebrate the return of the much-loved pantomime. Families were invited to explore Eastbourne together, following clues and answering 10 fun questions to help Peter Pan recover his lost pages, hidden around town by the mischievous Captain Hook. The trail encouraged families to spend quality time together while discovering the town centre in a playful and festive way.

Stephen Holt, CEO of Your Eastbourne BID, said: "It was wonderful to see so many families taking part and enjoying the trail together. The smiles, excitement and sense of adventure really captured the spirit of the season. We are incredibly grateful to Lightning Fibre for their fantastic support. By sponsoring our first-ever Panto Light Competition and helping us draw the winner of the Festive Trail - who received tickets to this year's pantomime at Devonshire Park - they played a huge part in making this a truly special experience for local families."



## East Sussex's Largest Farmers Market Returns to Eastbourne

Following the outstanding success of last year, Eastbourne's Farmers Market is set to return to Towner Plaza, outside the Towner Art Gallery, on the first Saturday of every month, starting Saturday 7 February. The market is a collaborative project between Your Eastbourne BID, Eastbourne ECO Action Group, Towner Gallery and Edeal Enterprise Agency, and has quickly become a standout attraction in the town.

Launched last year, the market grew steadily over six months to become the largest farmers market in East Sussex, welcoming more than 30 stalls offering high-quality local produce, artisan goods and sustainable products. It has become a vibrant monthly destination for residents and visitors alike.

Luke Johnson, Operations Manager at Your Eastbourne BID, said: "The farmers market has been a huge success, and we look forward to welcoming everyone back again this year." Visitors can once again enjoy a lively atmosphere while supporting local producers and independent businesses.

### Loving Local: Business Highlights

## The Beach Hut Gift Shop

This year, The Beach Hut Gift Shop is proud to celebrate 10 years in business in the heart of Eastbourne. Established in 2016, the shop has a rich history, formerly known as Hutchinsons and believed to be the oldest gift shop in Eastbourne, originally owned by Jack Hutchinson.



When Julie purchased the business, she completely refurbished the shop, transforming it into a modern, clean and welcoming space. Renamed The Beach Hut Gift Shop, the new identity reflects its nautical interior design and seaside charm.

Like many independent businesses, the journey hasn't been without challenges. COVID, the refurbishment of Victoria Mansions, and the pedestrianisation of Victoria Place brought tough times, but the business has continued to go from strength to strength, now with over 1,000 social media followers.

Julie is always sourcing fresh, original products, from bespoke souvenirs and contemporary gifts to delicious confectionery. A warm welcome awaits visitors and locals alike. A heartfelt thank you to everyone who has supported us over the past 10 years.

### Loving Local: Business Highlights

## Cali Fusion

Welcome to Cali Fusion, a completely independent, one-of-a-kind dining experience inspired by the bold, diverse culinary styles of modern-day California. Located at 53 South Street, we're not just another place to eat; we're a place to be. At Cali Fusion, hospitality means more than cooking great food and handing over a bill. It's about moments you remember and stories you want to share.



Expect cool, laid-back décor, a hidden bar downstairs, a chef who sings while he cooks, and servers who remember how you like your Margarita — chilli salt included. It's all the little details that turn a meal into an experience, and that's what defines Cali Fusion. Oh, and the food is awesome too.

We do offer takeaway and online ordering on around 50% of our menu. Some dishes simply aren't meant to be boxed up and sent across town on a scooter, so we serve them exclusively in the restaurant — because here, "a sale is a sale" doesn't apply. If you haven't joined us yet... what are you waiting for?

## 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.





# Get Carnival ready

## WITH our *Lightning Fibre Carnival Workshops!*

By **Mina O'Brien**

**Plans are shaping up to deliver a broad range of Carnival workshops to support anyone wishing to participate in this years' Carnival Parade.**

Eastbourne Carnival will take place on Saturday 23rd May on Eastbourne Seafront.

Entrants, and volunteers – will be invited to register from 16th February

online. Anyone interested in Sponsoring this years' Carnival can register their interest online.

Our 'Meet the Makers' Event will take place in **Gather, The Beacon** on **Saturday 21st February 10am–1pm** – where people interested in participating in the Carnival can meet the artists, and members of the Carnival Committee.

The Carnival Workshop programme will cover:

- Costume Making.
- Headdresses.

- Prop Building – so you can adorn your floats!
- Sewing.
- Dance & performance.

Harnessing the talents of local artists, these **FREE** workshops will be held in various locations including **Gather, The Beacon, SASBAH (JPK Project) Church Street, Marine Sea Cadets, Devonshire Collective, Hampden Park Shed and Willingdon Trees Community Centre, Bodi Blossom Studios** – with more venues to be confirmed.

Groups that cannot access the workshops are invited to submit a request for an *Outreach* workshop

(where the artist will visit your group or school). These are subject to availability and will be at no cost to the group.

Mina O'Brien, Chair, said "We are grateful again to have the support of *Lightning Fibre*, and our community of local artists – to be able to provide our entrants with creative support to ensure their Carnival entry is spectacular for the Parade. With this years' Theme being 'Lights, Camera, Action' we are hoping to make a real movie for 2026!"

To find out more information about this years' Carnival – please visit: [www.eastbournecarnival.com](http://www.eastbournecarnival.com)

To sponsor the Carnival please visit: [www.eastbournecarnival.com/sponsorship-opportunities](http://www.eastbournecarnival.com/sponsorship-opportunities)

# The Beachy Head Ambassadors

**THE Beachy Head Ambassador project is being commissioned by East Sussex Public Health and hosted by Community Action East Sussex, to positively promote Beachy Head.**

By **Anna Hoad**

**With the help of the Beachy Head Ambassador Volunteers, we offer visitor information, host free activities and showcase all the best aspects of Beachy Head.**

### What we do:

- We offer information to visitors on the history, wildlife and walking routes around Beachy Head.
- We host free activities for locals to improve their health and wellbeing,

by getting out and enjoying this natural space. Activities have included: group walks, yoga, history talks, silent discos, boot camp fitness sessions, musical performances and much more!

- We encourage safe and responsible use of the area.
- We share all the positive aspects of Beachy Head via social media.

Make the most of Beachy Head with us, which we are so lucky to have on our doorstep! To find out more, visit... [www.communityactioneastsussex.org.uk/bha](http://www.communityactioneastsussex.org.uk/bha)



**f Beachy Head Ambassadors  
o @beachyheadambassadors**

Sign up to free activities:  
[www.meetup.com/beachyheadambassadors](http://www.meetup.com/beachyheadambassadors)

**COMMUNITY ACTION**  
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# Polegate Fish Bar – February offer – Buy one get one free on fish and chips

**THIS offer is for Polegate Fish Bar – 31 High Street, Polegate BN26 5AB – and applies to all Bournefree readers for any day in February.**

By **Peter Lindsey**

**Simply go in store with this page.**

You must show this when you go into the shop. This page allows one free fish and chips when you order another.

Only one free fish and chips per order.

Valid on cod specials, medium cod, haddock, huss and plaice.

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**Swift Order**



## The BIG Futures Show 2026

**THE BIG Futures Show returns to Eastbourne Sports Park on Tuesday 28th April 2026 from 9:30am – 3:00pm.**

By **Mina O'Brien**

**The show, which celebrates 10 years this year, is the largest employability, skills and job-seekers event in the area and is aimed at students (aged 14+) from across East Sussex as well as parents, carers and anyone looking for work or training.**

Organised by Eastbourne Education Business Partnership CIO in association with Eastbourne Borough Council, the show helps to support local community and economic development agendas and brings a wide range of expert advice and guidance all under one roof.

80+ organisations will be providing interactive exhibits aimed at inspiring tomorrow's workforce. Employers will



be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the work place.

This year our Partners sponsors are: Bexhill 6th Form College, the National Federation of Roofing Contractors, East Sussex College, Eastbourne Borough Council, Edwards, Recruitment South East and Wave Live Life.

Colleges, Universities and training providers will be on hand to promote their offer and where it fits with employer's requirements and what they are seeking from students.



A dedicated job-seekers area with expert help from Recruitment South East will be available for those seeking a more immediate employment opportunity.

Exhibitor bookings are now open with further information, stand rates and on-line booking at: [www.bigfuturesshow.org.uk](http://www.bigfuturesshow.org.uk)



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# You Raise Me Up

## upcoming events

**YOU Raise Me Up support families that have suffered the loss of a young adult aged between 16 – 25.**

By **Simon Cosham**

**Remember we are here for you so if you need our support please get in touch via our self-referral form on our website [www.youraisemeup.co.uk](http://www.youraisemeup.co.uk)**

We have several events already pencilled in and more details and ticket links (if applicable) can all be found on our website.

### Sound of the Crowd

This month there will be several quizzes in support of YRMU and

next month we have a live music event with local 80s band Sound of the Crowd, upstairs at The Crown & Anchor on Friday 27th March.

Tickets can be purchased on See Tickets. Visit [www.seetickets.com](http://www.seetickets.com) and search for 'YRMU'.

### Musical Bingo Night

We also will be doing a Musical Bingo Night upstairs at The Lamb Inn on Friday 17th April. Tickets will be on sale soon on our website.



### YRMU and Bournefree

We are excited to announce that together we are putting on a weekend of live music called PierFest which will be taking place on Eastbourne Pier. On Friday 4th and Saturday 5th September.



Tickets are now on sale and all proceeds will go to the charity. We hope to see you there!

As always thank you for your support! [www.youraisemeup.co.uk](http://www.youraisemeup.co.uk)



# FoOD – glorious FoOD!

**FORMED in 2025, Friends of Outer Devonshire (FoOD) is a new community group bringing together passionate local residents who share a commitment to caring for the Devonshire Ward, east of Eastbourne Pier.**

By **Gail McKay**

**United by concerns about increasing fly-tipping and a general run-down feel, the group aims to protect and enhance this vibrant area for those who live, work and visit there.**

### Range of activities

Now part of the wider "Friends Of" network, alongside Friends of Eastbourne Seafront, FoOD focuses on key areas including Elms Avenue, Bourne Street, Ceylon Place, Pevensey Road, Seaside and

Marine Parade. Its activities range from litter picking and reporting fly-tipping via the Love Clean Streets app to beautification projects such as painting and community gardening.

### Co-ordinated reporting

Safety has become a growing priority, with members working to raise awareness of anti-social behaviour through monitoring and reporting, in collaboration with the Sussex Police Commission. A lively WhatsApp group supports communication, idea-sharing

and coordinated reporting to the police, council and other authorities.

### All welcome to join

FoOD officially launched in November 2025 with a garden clear-up by the Crown and Anchor Pub, supported by Love Eastbourne, King's Church and local councillor Christina Ewbank.

Looking ahead to 2026, the group hopes to expand its membership and local partnerships. All ages and abilities are welcome. The group meets monthly for coffee and planning.

For details, contact Nadine at [friendsoutdevonshire@gmail.com](mailto:friendsoutdevonshire@gmail.com)



# Carnival Creative Workshops

**LIGHTNING Fibre launches Creative Workshops Sponsorship for Eastbourne Carnival 2026.**

By **Peter Lindsey**

**Following the spectacular Eastbourne Carnival 2025, Lightning Fibre is proud to once again sponsor the Eastbourne Carnival Creative Workshops which run from February to May.**

## Lights, Camera, Action

This year's theme is 'Lights, Camera, Action' — giving entrants the chance to get inspiration from

Theatre, Movies, and Television. Last year saw over 55 parade entries, with approximately 1,600 participants taking part in the vibrant, nearly mile-long parade along Eastbourne's seafront.

Featuring floats, live music, dance groups and international costumes, the event attracted an estimated 15,000 spectators.



Emma Pearce and Mina O'Brien.

Emma Pearce, Head of Marketing at *Lightning Fibre*, met Mina O'Brien, Chair of *Eastbourne Carnival*, to celebrate this year's collaboration.

As *Creative Workshop Sponsor* in 2026, *Lightning Fibre* is supporting 15 free creative workshops for the local community across Eastbourne.

The *Creative Workshop* dates will be announced soon. In the meantime, entrants are welcome to come along to a 'Meet the Makers' Day on 21st February, from 10am — 1pm in

*Gather at the Beacon*. You can meet the workshop practitioners, Carnival committee members, and sign up to the FREE workshops.

## Lightning donations

The whole team at *Lightning Fibre* donated more than 60 tablets and phones to the Children with cancer Fund at Christmas.

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David Neal Dental Patient

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# When ADHD support exists but still feels out of reach

**ONE of the most confusing things about navigating ADHD support is being told, repeatedly, that help does exist, while struggling to actually access it.**

By **Nic Gray**

**Recently, I received confirmation at a national level that demand for ADHD assessments has risen sharply, and that long waits and delays are now widely recognised.**

There is acknowledgement that services need reform, that early intervention matters, and that better support pathways are needed.

And yet, for many people with ADHD, the lived experience is still one of waiting, uncertainty, and inconsistency.

In theory, care boards are responsible for ensuring local ADHD provision, following national guidance. In practice, there are no maximum waiting times for assessment or treatment. Shared care arrangements, which allow GPs to prescribe ADHD medication once someone is stable, rely on individual GP agreement. Diagnoses obtained privately or through alternative

routes may not always be accepted without reassessment.

None of this is about blame. Clinicians are working within systems that prioritise safety and accountability. But for someone with ADHD, these layers of complexity can be overwhelming. Executive function challenges don't disappear while you're waiting. Work, relationships, confidence and mental health are often affected long before any formal support arrives.

This is why ADHD support cannot begin and end with diagnosis alone. Understanding how ADHD shows up



in daily life, and having support that works with your brain, matters just as much as clinical pathways.

**If this feels familiar, you're not failing. You're navigating a system that hasn't caught up yet.**

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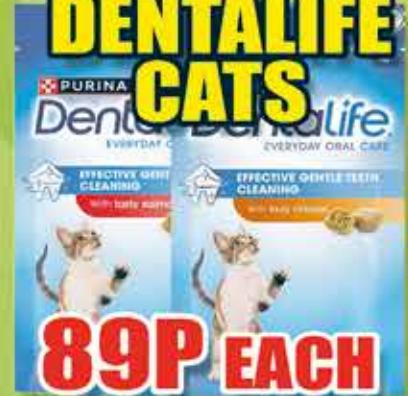
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# Londis, more than a convenience store

**IN seaside towns, local shops are more than just places to pick up essentials, they are part of the fabric of everyday life.**

By **Siraj Mashhood**

**For residents and visitors alike, the local Londis store in Seaside has become a trusted hub, combining convenience with genuine community spirit.**

Situated just a short walk from the seafront, Londis plays an important role in supporting the day-to-day needs of the area. From early-morning

newspapers and fresh coffee for dog walkers to last-minute barbecue supplies for beach-goers, the store is a constant presence for people of all ages.

What truly sets Londis apart, however, is its commitment to serving the local community. The team prides itself on friendly, familiar service, often greeting customers by name and taking the time to help elderly or vulnerable residents. For many, especially those living alone, a visit to Londis is also a valued social interaction.



Community involvement extends beyond the shop floor. Londis regularly supports local events, school initiatives, and charity fundraisers, whether through donations, raffle prizes, or simply helping to spread the word.

## Everything you need, all under one roof

Our exceptional range includes Costa Coffee, freshly made, every day, Bake & Bite, delicious bakery snacks and treats, the only Beer Cave in Eastbourne, Asian groceries & essentials carefully selected to serve

our diverse community and of course fresh fruits & vegetables.

## Services that make life easier

We also have PayPoint and Payzone for bill payments and mobile top-ups, National Lottery, Yodel, InPost, Royal Mail and DHL parcel drop-off and collection services.

And coming soon Coming Soon: Just Eat, Deliveroo and Uber Eats!

For many, Londis isn't just where you shop – it's where the community connects.

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# 600 festive trees raise £14,000 for St Wilfrid's

**CHRISTMAS** may seem a distant memory now we are into February...

By **Peter Lindsey**

**But there's been some great post-festive news from St Wilfrid's Hospice.**

Hospice staff want to say a huge thank you to everyone who recycled their Christmas tree with St Wilfrid's Hospice by booking a collection and making a donation.

The team collected more than 600 Christmas trees, raising over £14,000 to help fund the vital hospice care.



Sponsors were East Sussex College and Enterprise Mobility.

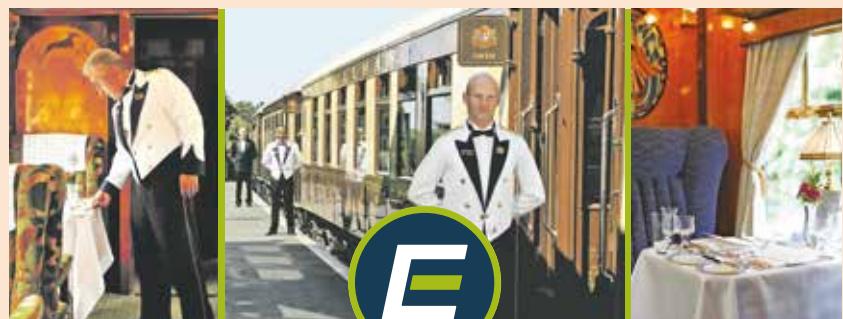
Helpers came from a number of different companies who all generously gave their time to make the collections happen.

Penrose Contracting Ltd made use of all the Christmas trees. They turned the trees into biomass energy, with the woodchip used to help heat greenhouses to grow fruit and generate green energy from a sustainable electricity source.

Here's Colin from St Wilfrid's: "We truly couldn't have done it without all of these incredible people. By recycling your tree with us, you've helped provide care and support to people living with life limiting illnesses, ensuring local people can live well at the end of their lives."

This was the second year of the scheme, and we are delighted by the continued and new support we received.

Our elves are already planning next year's collections. We hope you'll support us again!"



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# "If it's raining, why is the reservoir empty?"

## WATER Myths, Busted.

By **Sarah O'Flaherty**

**After weeks of wet weather, local flood alerts, a burst water pipe, and even a stranded puffin, many people are wondering: How can we have too much water and not enough at the same time?**

Here are a few common myths – busted:

### "It's been raining loads – why is there no water?"

Heavy rain doesn't always fill reservoirs. Much of it runs off hard surfaces before eventually saturating the ground or entering the drainage network – sometimes causing flooding or ponding on the way. Drinking water comes from both above and below ground sources and needs treatment – so when a pipe bursts or supplies are low, rain alone can't fix it.

### "Flooding means rivers overflowing"

Not always. Flooding can come from other sources such as when groundwater levels rise or when rain causes surface water to collect.

Surface water flooding happens when drains or the ground can't absorb rainfall fast enough. It can happen anywhere—even far from a river. This is the biggest flood risk in our area.

### "A blocked stream doesn't do much harm"

In Beachlands, a fallen tree blocked a stream, causing stagnant, smelly water full of waste. Once cleared, the river flowed cleanly again—proving small changes matter.

### "What can you do?"

Report blockages, stay flood-aware, and get involved locally. Small actions add up.

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# Sensory SASBAH

**A SUSSEX charity supporting people with learning disabilities has received £6000 from *The Morrisons Foundation* to fund a new sensory room.**

By **Peter Lindsey**

**The Foundation aids charities which make a positive difference in local communities, and now it is helping SASBAH and the JPK Project, based in Church Street, Old Town, Eastbourne.**

SASBAH is the Sussex Association for Spina Bifida and Hydrocephalus, supporting more than 1000 families and individuals across the county.

Twelve months ago it moved into new premises at the JPK Project Training

Centre — and the sensory room will be created upstairs in the building.

## A massive thank

Rom Sanglaji, SASBAH CEO, said: "First, everyone involved with the charity wants to say a massive thank you to Morrisons."

"We have a very special relationship with Kim, the local Morrisons Community Champion, who has supported us for a number of years.

"This new sensory room, provided with this funding, will create vital support for the people who come to SASBAH and the JPK Project.



"Individuals feeling anxious or needing time on their own to calm down or just relax can go up to the room and just chill."

"These rooms offer a safe environment where users can engage with various sensory stimuli to help them self-regulate, manage stress and improve focus."

There are a number of benefits from a sensory room:

- Stress reduction
- Enhanced focus
- Sensory skill development
- Emotional regulation.

Rom said: "The room will include a number of special features, including

lights, water features and other tactile equipment, and it will be a fantastic addition to what we offer here."

Kim Hatcher-Davies, Community Champion for Morrisons Eastbourne, loves working with the SASBAH family.

She said: "I am full of admiration for the work that Rom and his team carries out for the amazing SASBAH members."

"The Morrisons Foundation makes a real difference to communities across the country, and I am thrilled that it is supporting SASBAH."

[www.morrisonsfoundation.com](http://www.morrisonsfoundation.com)

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# Friends of Eastbourne Hospitals Charity Luncheon Club

**VALUABLE** money is being raised for the *DGH* at the *Friends of Eastbourne Hospital's Charity Luncheon Club*.

By **Peter Lindsey**

This is run in association with *The Hydro Hotel*, and there are two dates – one for February, one for March.

## February 5th

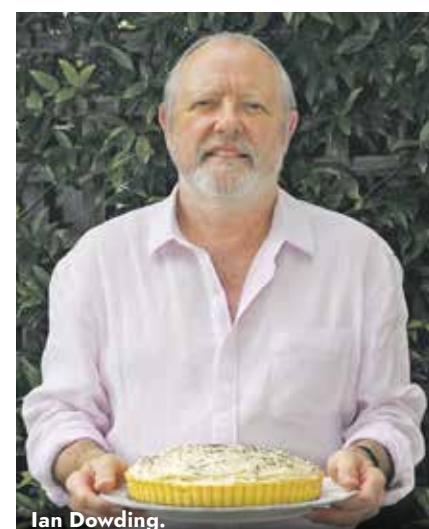
Dowager Lady Crabtree is a comedy character created in April 1978.

Intended only as a single cabaret performance Lady Crabtree proved to be so popular with audiences in the UK that she has now been performing on stage, radio and television for over 40 years.

## March 5th

The Friends are concentrating in these early days of the *Luncheon Club* in introducing local celebrities to their visitors.

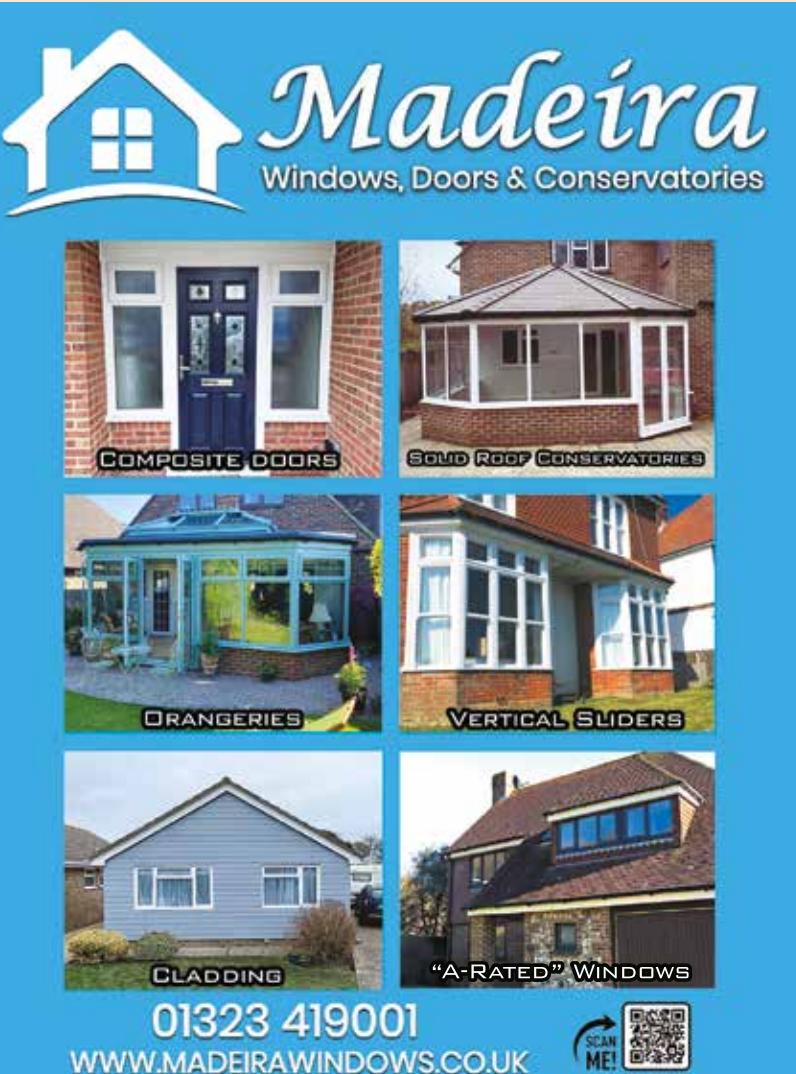
Who can be more famous to those of us who remember the *Hungry Monk*



than Ian who create the dessert we all know, the Banoffee Pie?

Ian will talk about how he created the dish that became world famous.

For information, please contact Sandy Boyce-Sharpe, President of the Friends of the Eastbourne Hospital OR email: [events@hydrohotel.com](mailto:events@hydrohotel.com)



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# Bournefree news

**THIS year will see the exciting expansion of what the *Bournefree* team offer with a new weekly '*Bournefree Newsletter*'.**

By **Peter Lindsey**

## New in-depth stories

**It will be full of different and exciting stories, interviews, in-depth features, current events and much, much more.**

You will be able to find it on the *Bournefree Newsletter* Substack page.

To register for free visit: <https://substack.com/@bournefreemag?>

Once you are registered, the *Newsletter* will pop into your inbox every Friday morning at 8am bringing you local news directly to you.

## Expanding our service

Andy Thomas, *Bournefree*'s owner, said: "We are always looking at new and exciting ways to expand what we offer at our publishing centre and launching a community network service via Substack, we feel, is the way to go."

"Substack is a fantastic publishing app which is now the choice of writers, publishers and creators who want to build and inform their audiences.

## Unique editorial voice

"With the printing of 12,000 copies every month, an amazingly popular website, '*Bournefree Live*', huge social media presence, including Facebook and LinkedIn, '*The*

'*Bournefree Newsletter*' will serve as a unique editorial voice, adding new depth to the *Bournefree* brand.

If you would like to receive the '*Bournefree Newsletter*' every week, then please register now and the *Newsletter* will pop into your inbox every Friday morning at 8am bringing local news directly to you.



# A new chapter of flavour at Tehran

**AFTER the success of our unforgettable Persian Night, Yalda Night, and New Year's Eve celebrations, we thank our wonderful team and loyal guests for making every moment special.**

By **Tehran Restaurant Team**

**Now, Chef Ahmad introduces exciting new creations, alongside the much-loved flavours of our menu. To keep things fresh, a new off-menu dish will be available every day, giving you something new to discover with every visit.**



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# Charity seeks shop volunteers

**THE Demelza shop in Victoria Place, Eastbourne needs you!**

By **Peter Lindsey**

**Demelza is a charity with 30 shops across Kent, South East London and East Sussex.**

## Extraordinary care

It provides extraordinary care to children and young people with serious or life-limiting conditions, providing expert clinical care and helping to create extraordinary moments along the way.

Now volunteers are needed for its Eastbourne shop.

A spokesperson said: "Our volunteers are vital to Demelza, and we're looking for people who'd like to be part of something amazing.

"No experience is necessary; we can offer full training and flexibility around your commitments.



"Last year, our Demelza charity shops raised more than £4million to help fund our cause. This amount would have been absolutely impossible to achieve without the generosity of our dedicated volunteers.

"Our shops are a treasure trove filled with quality goods and hidden gems just waiting to be found. With every item sold, we can continue to provide

support for the many children and families within our care.

"Pop into our local Demelza charity shop to find out more, or head to our website to apply."

The shop is at 220 Terminus Road. <https://shop.demelza.org.uk/pages/demelza-eastbourne-charity-shop>



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# A year of hope at Eastbourne Foodbank

**HOPE – that's the key message from the Eastbourne Foodbank team in 2026.**

By **Peter Lindsey**

**Chief Executive Jess Holliday says 2025 was 'an incredible learning curve' personally in her first full year in the role.**

She said it was a very successful year for the team, and is hopeful even more can be done in 2026 to help those who need it.

Here's Jess: "Ours is a story of hope – it's people caring about other people, and that is so important. Our approach is very much a community one, and it's an ethos that the whole team at the Foodbank follows."

The team consists of 15 paid staff and 135 volunteers. A successful Christmas Appeal raised around a staggering £30,000, including £10,000 from the *December Big Give*, a national project supporting charities where each public donation is doubled.

And *Eastbourne Foodbank* will be working with *Eastbourne Borough Council* on a £200,000 scheme aimed at mitigating the pain debt causes people. That's not £200,000 for the Foodbank, it's the amount the

council has committed to working in partnership with Foodbank to help people before crisis point and end up needing the Foodbank.

Jess said: "We are hopeful at all times and we have a strong belief in everyone working together. Our face to face approach works and it's not just about food. We work with a whole host of other services in our Foodbank satellite centres, including *Tech Resort* for digital, domestic abuse services, *Energise*, *Public Health England* and drug & alcohol service *CGL*.

"I am delighted to say that the number of people needing to use the Foodbank has dropped slightly in the past 12 months. That has pleased us, we have always said that it would be great in the future if there was no demand for a Foodbank.

"But the demand is still there. We know that for many there is still a stigma about going to a Foodbank, but I urge anyone who needs us to make contact. We want to help everyone who needs it."



Chief Executive Jess Holliday.

The Foodbank's HQ is in Brampton Road. It has a Town Centre advice and debt support presence at 42 Grove Road, plus five satellite centres:

**MONDAY – St Richards Church, Langney and Langney Community Centre.**  
**TUESDAY – St Elizabeths Church, Victoria Drive, Old Town.**  
**TUESDAY – All Souls Church, Wellesley Road.**  
**WEDNESDAY – The Gateway Centre, 66-70 Lottbridge Drive.**  
**FRIDAY – St Saviours Church, South Street.**

These are all morning only and provide a calm and quiet space.

There is also a *Baby Basics* scheme, and the Foodbank also runs *Eastbourne Together* – a new community project aiming to bring people together to work together for the good of the town and its people.

You can contact Jess and her team:

[admin@eastbourne.foodbank.org.uk](mailto:admin@eastbourne.foodbank.org.uk)  
**01323 409925**

**Cuckmere buses**



Cuckmere Buses is the oldest community bus operation in England. Established in 1976.

## Volunteers Required

We are looking to expand our team of volunteers. There are many ways to get involved from driving one of our modern 16 seater buses (D1 Required), administration or support roles. We offer full training and support to all our volunteers.

We are a busy charity operating several 16-seater mini-buses from our base at Berwick.

We provide weekly timetabled public services in the Cuckmere Valley area, plus town services in Hailsham and Seaford. And we also provide Private Hire.

To find out more about us, visit our website: [www.cuckmerebuses.org.uk](http://www.cuckmerebuses.org.uk)

If you're ready to join our team of volunteers, we would love to hear from you!

Give us a call on **01323 870920** or email us at [volunteer@cuckmerebuses.org.uk](mailto:volunteer@cuckmerebuses.org.uk)

## Business Mastermind Group

### Empower Your Leadership and Drive Success

**Are you a business owner looking for fresh insights, innovative solutions, and the chance to grow alongside like-minded entrepreneurs?**

Join our Business Mastermind Group in Eastbourne, where you'll have the opportunity to tackle your toughest business challenges in a supportive, solution-oriented environment.

Facilitated by Hannah Gardner, a

qualified executive coach with a master's in business administration, this group is designed to help you unlock new strategies, enhance your leadership skills, and increase your confidence. Each month, you'll engage in a collaborative discussion with fellow business owners, share your challenges, and receive tailored advice and solutions from both peers and Hannah herself.

Plus, you'll learn a new leadership or management tool to implement in

your business, with clear, actionable guidance to make sure you can use it effectively.

If you're ready to invest in yourself and your business, this group is for you!

There is a new group starting in February so now is a great time to join us.

**hannah@hannahlouisecoaching.com  
Call: 07766 910881  
hannahlouisecoaching.com**



## Ellie's Cookery Club & Kitchen: Building Life Skills, Wellbeing and Community through food



**Being able to cook a nutritious, affordable meal that nourishes the body, fuels the mind and offers comfort is a vital life skill, one that I believe everyone should have the opportunity to learn and experience.**

Ellie's Cookery Club & Kitchen is my cookery school and homemade food business, created to bring cooking skills and a sense of togetherness through food into the Eastbourne community. At the heart of the business is a belief in the power of home cooking, not only as a practical skill, but as a way to support wellbeing and connection.

Last year, I was incredibly fortunate to be named one of the cash prize winners of the LEAP programme, a business support initiative delivered by the Edeal Enterprise Agency and funded by the UK Government through Eastbourne Borough Council. The programme provided invaluable support, including workshops on finance and business

legalities, one-to-one mentoring, and a final Dragons' Den-style competition. Winning the award helped give my business a strong and confident start.

Ellie's Cookery Club & Kitchen is rooted in the importance of food, the life skill of cooking with what you have, and the power of food to bring people together. I offer private one-to-one lessons, group classes for all ages and abilities, host market stalls, and I am developing plans for food-based community events in the future.

Before starting my business, I worked as a food and nutrition teacher at a local secondary school. Through conversations with people in the wider community, I began to



realise that the need for cooking skills extends far beyond the classroom. Many people are looking for support with budgeting, choosing ingredients and understanding the positive impact home cooking can have on wellbeing.

My ethos has always been, and will continue to be, about supporting others to develop essential life skills and bringing people together around the dinner table, in whatever way that may be.

**For more info Email: [thecoastalcookeryschool@gmail.com](mailto:thecoastalcookeryschool@gmail.com) or check me out on Instagram: @elliescookeryclub**

## 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!**

## Empowering Women with Clarity: A Look Inside ChickBox's GLP-1 & Fat Loss Workshop



**In late November, more than 30 women attended a workshop at ChickBox, an award-winning small group training gym in Eastbourne, aimed at helping women better understand fat loss, hormones and weight-loss medication in today's modern world.**

The event, The Truth About GLP-1 & Natural Weight Management for Women, was delivered by ChickBox's Accredited Nutrition Coach Rachel Bateman and Mark Killick, Functional Nutritionist and Certified Lifestyle Medicine Practitioner with over 25 years' experience.

Rachel Bateman spoke about why weight loss can feel particularly difficult for women, introducing the concept of a 'weight set point' and explaining how modern life often works against our biology. She highlighted how constant access to highly processed, highly palatable and affordable food, combined with busy lifestyles and societal pressures, can override the body's natural appetite-regulating systems. These challenges are often amplified during perimenopause and menopause,

when hormonal changes further affect metabolism and fat storage.

Mark Killick drew upon his years of experience to provide a clear and accessible explanation of metabolism, key hormones and the role of the gut microbiome in weight management. He explained what GLP-1 agonist medications (weight loss jabs) are, how they work in the body, and the potential benefits and risks associated with their use. Importantly, Mark also shared ways women can naturally support GLP-1 and metabolic health through nutrition and lifestyle changes.

Alongside fitness and lifestyle coaching, ChickBox is passionate about nurturing connection and community, recognising that women are far more likely to succeed when they feel supported, understood and are not alone. By strength training in small groups within a welcoming, non-intimidating environment, ChickBox creates a space where women can connect and build confidence, accountability, alongside building physical strength and fitness.

Women of all ages and life stages wanting to prioritise their health and fitness in 2026, can join ChickBox's 6-Week Foundation Programme, which is aimed at women in Eastbourne who are ready to stop starting over and create change that lasts.

**For more information, visit <https://thechickbox.co.uk/6-week-foundation-programme>**

**For more information on Mark Killick's Functional Nutrition Services, contact: [mark@mknutrition.co.uk](mailto:mark@mknutrition.co.uk)**

### New Members

Clean Corner • Luxscapes Group • Lynne Matthews - Health & Lifestyle Consultant • Tribourne Multisport Events • Amanda Ripley Design • A Caring Heart

**Got a product you are ready to share with the world? Why not launch it at the vibrant Eastbourne Borough Market?**

**Every week, Eastbourne Borough Market comes alive with enthusiastic traders and curious customers looking for something unique. If you have been dreaming about showcasing your product, building your brand, or testing out a new business idea, this is your perfect opportunity.**

Thanks to funding from the UK Shared Prosperity Fund, Eastbourne Borough Council has partnered with Edeal Enterprise Agency to bring you the Market Experience Programme, designed to help new and emerging entrepreneurs' step confidently into the world of market trading.

### What's in it for you?

A completely free, fully supported opportunity to launch your products at Eastbourne's bustling street markets in Terminus Road. You will receive expert guidance, practical resources, and hands-on support every step of the way.

*The programme includes:*

- Online training from the National Market Traders Federation who are leaders in market excellence.
- 1-to-1 business support with an Edeal advisor, covering merchandising, customer service, social media marketing, accounting, and more.
- Practical coaching from the market manager on stall setup, display ideas, and how to make the most of your market days.
- Fully funded logistics, including all market equipment, insurance, and pitch fees. Simply bring your product—we will handle the rest!

**If you are excited to take the next step in your business journey, email your details to [luke@youreastbournebid.co.uk](mailto:luke@youreastbournebid.co.uk) and Luke will be in touch to guide you through the application process.**



# You can be anything you want to be

**THAT'S the quiet message behind a new coffee shop opened by Jennifer Jolley at 22 Mountfield Road, Hampden Park.**

By Peter Lindsey

**Previously a beauty salon, the space has been thoughtfully transformed into an independent coffee shop with a welcoming and inclusive feel.**

Jennifer says the aim is to create a place where people feel comfortable and at ease. The frosted windows

offer privacy, allowing visitors to enjoy the space in their own way.

Having faced challenges in her own life, Jennifer wanted to create something positive and supportive — a place that feels open to everyone.

The coffee shop supports local businesses wherever possible. Coffee is supplied by Seven Sisters Coffee Co, a Sussex-based roastery known for its quality blends, while

the tea offering has been specially selected from Shi Bui Tea.

The menu includes fresh daily paninis, cakes and sausage rolls, with vegan and gluten-free options.

Looking ahead, Jennifer plans to add outdoor seating with flowers at the front during warmer months and hopes to open into the evening.

"I want it to be a relaxed, happy place with a really good atmosphere," she said.

**01323 503071**  
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# Sunshine Coast Breastfeeding Support: empowering families

## IT'S an amazing group.

By **Peter Lindsey**

### **Sunshine Coast Breastfeeding Support** supports mothers in their breastfeeding journeys.

The group has a strong belief that every family deserves access to the right support and the right to make informed choices about feeding their baby.

Born from a small group of volunteers who met weekly to share experiences and ideas, it's grown into a flourishing Eastbourne-based charity providing free, compassionate, and professional breastfeeding support to families at every stage of their journey.

Here's Viv: "We know that breastfeeding can be magical, heart-warming, and deeply bonding, but it can also feel lonely, overwhelming, and sometimes confusing.

"That's why we exist: to make sure no parent has to navigate those moments alone, and we can see the demand is high: we usually support 70-100 parents in the cafes and 16-22 mothers in a clinic every month.

"Our free, charity-funded breastfeeding clinics offer 45-minute one-to-one sessions with trained professionals.

"These sessions provide personalised guidance and reassurance, helping parents overcome challenges, build confidence, and reach their individual feeding goals.

"Alongside our clinics, we run welcoming community cafés, where parents can connect, share, and find understanding in a relaxed, friendly setting.

"We also organise seasonal community events, such as our much-loved *World Breastfeeding Week* celebrations, which last year featured an empowering beach photoshoot and a joyful ride on Eastbourne's iconic Dotto Train, or a family-friendly Halloween party with 80+ participants.

In addition to our Halloween event, we proudly hosted our first *Christmas Awards Celebration*, where we honoured local success stories and promoted breastfeeding within our community.

As our future plans, we are hosting a free public event on 22nd February in celebration of *National Breastfeeding in Public Day*, aimed at raising awareness and supporting this important public right. More info can be found on our socials.

We put our hearts into every cafe, clinic and event, as these gatherings not only celebrate the beauty and diversity of local breastfeeding journeys but also

raise awareness of the importance of support networks for families.

"We're proud to see local breastfeeding rates beginning to rise: a sign that community-driven support truly makes a difference. Still, many families continue to struggle to find consistent help, which is why we're committed to expanding our services, hosting more events, and continuing to make expert guidance accessible to all."

The charity's small but passionate team includes qualified lactation professionals and a group of trained peer supporters with experience in breastfeeding, mental health, and babywearing.

Together, they aim to provide trustworthy, inclusive, and pressure-free support for every parent – whether they're breastfeeding, expressing, or mixed feeding.

Funded entirely by grants and community donations, all services are free to access.

Every contribution helps to reach more families, host more community events, and continue building a supportive network where every parent feels seen, heard, and empowered.

To learn more, book a clinic session, or support our work, visit our website.

Follow our latest updates and events:  
**@sunshinecoastbreastfeeding**  
**sunshinecoastbreastfeeding**



[www.sunshinecoastbreastfeedingsupport.org.uk](http://www.sunshinecoastbreastfeedingsupport.org.uk)



# Coming in June 2026

## The Eastbourne Community Awards 2026

### EASTBOURNE COMMUNITY AWARDS 2026

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The Glass House on Eastbourne Seafront.  
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*More details to follow shortly*

**Don't miss out!**

# New Wellbeing and Health Hub

**PHASE 1 of the vision for *Motcombe Community Pool* is planned to open in Spring – a big step forward for this much-loved community space.**

By **Peter Lindsey**

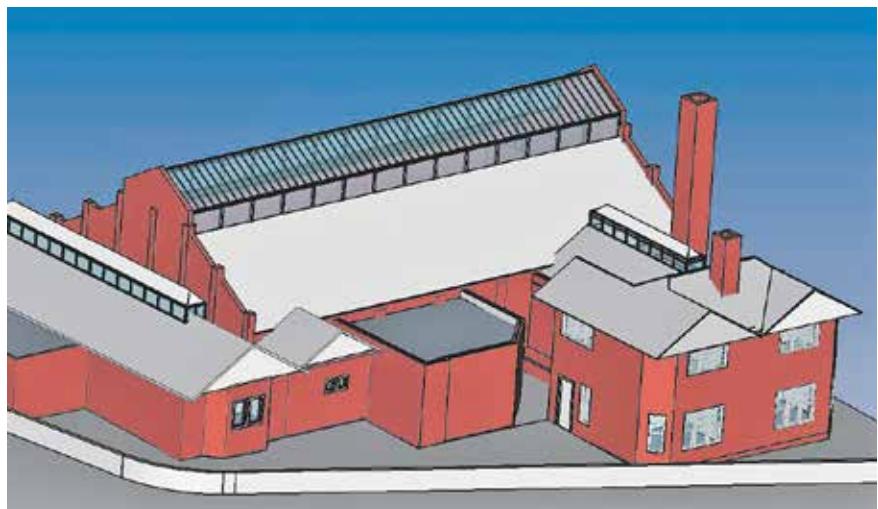
**It will see the former Caretaker's house transformed into a Wellbeing and Health Hub, featuring consulting and workshop spaces and a modern, well-equipped fitness studio.**

This hub will support both physical and mental wellbeing while helping to

generate vital income to support the pool's long-term future.

Helen Nichols, Chair of *Motcombe Community Pool CIC*, said: "The theme will be fitness of both body and mind.

"There will be a gym, yoga studio and other community facilities and spaces



which people will be able to hire out.

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

Are you a fitness instructor, yoga teacher or wellbeing practitioner? Email: [motcombe.cic@gmail.com](mailto:motcombe.cic@gmail.com)

A petition is ongoing to support the pool – the goal is 1,000 signatures and there are already more than 250

Please support by signing here: [www.motcombepool.org](http://www.motcombepool.org)

*Motcombe Community Pool CIC* is run by a small team of dedicated volunteers working hard to secure funding, develop a sustainable plan and explore renewable energy solutions for the site.



## Our Story

gr/eat began in 2016 with a simple idea: to share honest Greek food, genuine hospitality, and a place where people feel at home. What started as a small family dream has grown into ten wonderful years of shared tables, conversations, celebrations, and friendships.

Inspired by our Greek roots and shaped by our Eastbourne community, gr/eat has always been about more than food – it's about connection, generosity, and welcoming everyone like family.

We're incredibly grateful to everyone who has been part of our journey.

We'll be celebrating our 10th anniversary all month long with a few special thank you treats

### All February

- Carafe of wine – £10 (usually £13.50)

### Birthday Week | 9–14 February

To mark our birthday week, we're adding a little extra:

- Lunch Deal – £10 (usually £14.50)
- Complimentary dish on the house

call to book  
01323 734877

visit us  
215-217 Terminus Road

book online  
[www.gr-eat.co.uk](http://www.gr-eat.co.uk)

# “Make 2026 the year of New Beginnings.....”



**Upper Kings Drive**  
*Guide Price £599,950*  
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Spacious 3 Bed  
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Willingdon Village  
Two Reception Rooms  
Feature Balcony  
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**Rotherfield Avenue**  
*Guide Price £525,000*

4 Bedroom Executive  
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**Staveley Road**  
*Guide Price £450,000*

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**Beaulieu Drive**  
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# Hailsham Eye



Inspiring Garden Tutorials at *Bates Green Garden* – See page 35.

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**ALL OUR WORK IS GUARANTEED**



By **Peter Lindsey**

**Each has been thoughtfully timed to celebrate the unique beauty and challenges of spring, summer, and autumn.**

Guided by Head Gardener Emma Reece, these seasonal walks will immerse participants in the art of border planning and maintenance, garden design, and essential tasks for each time of year.

Emma will share practical tips for creating a naturalistic garden, gardening with wildlife in mind, and adapting your gardening practices to climate change, all while highlighting the most captivating features of the season.

Each tutorial offers a warm welcome with a hot drink and a slice of homemade cake, providing a relaxed

## Garden advice from Emma

**THERE are three inspiring Garden Tutorials at *Bates Green Garden* in Arlington this year – home to the annual *Bluebell Walk*.**

atmosphere for questions, sharing ideas, and connecting with fellow garden enthusiasts.

Whether you are looking for new ideas to take home or want to deepen your understanding of sustainable gardening, these workshops offer practical insight and inspiration for every gardener.

Please book in advance for this event.

£35 per session or only £90 for all three.

**11th Mar 2026**

Wednesday 10:00am – 12:00noon

**10th June 2026**

Wednesday 10:00am – 12:00noon

**7th Oct 2026**

Wednesday 10:00am – 12:00noon

Call:

**01323 485151**

or email:

**info@batesgreengarden.co.uk**

# Your time. Your pace. Your 5K.

**HAILSHAM Harriers has launched its 2026 Couch to 5K programme.**

By **Peter Lindsey**

**Been thinking about running but not quite found the motivation to get started? Or are you considering taking on the Hailsham Community 5K on Sunday 17th May?**

This could be your moment.

The *England Athletics* qualified run leaders provide a friendly, structured

and supportive nine-week journey to help you progress from your first steps to running 5K.

You can graduate with an optional celebration run at *Seaford Beach Parkrun* — with cake at the finish!

### So many benefits

Past participants have shared that the programme helped boost confidence,

reduce stress and improve sleep and overall wellbeing.

It's also a great way to meet new people and start running at an achievable, steady pace — without pressure or judgement.

Run leaders Julie, Darren, Michelle and Mark bring years of experience and encouragement to every session, guiding you through each stage.

What's involved:

- It's the proven *NHS Couch to 5K* programme.
- Three runs a week: one Thursday group session + two flexible 'homework' runs.



- Sessions start with run/walk intervals, building up gradually.
- Graduation run: *Seaford Beach Parkrun* at 9am on May 2nd.

Start Date:

**Thursday 26th February at 7pm.**

Meeting Point:

**Hailsham Cricket Pavilion, Western Road.**

Email: **hailshamc25k@gmail.com**

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CARE HOMES

# Fire and Lego Walk

**HAILSHAM Lions – in association with UK Firewalk – are hosting an exciting *Fire and Lego Walk* on March 28th in the town's Cattle Market.**

By **Sharon Davis**

**The Lions are a well established and much loved charity, while UK Firewalk is a trusted leader in this extraordinary adventure, having 20 years experience and more than 1,000 successful events.**

Entries are now invited to raise money for a charity or group of choice – or just for the fun of it!

Registration is £50, with a deposit of £25 to be made at the time of registration. The balance must be paid by February 28th.

Included in the registration fee is a free pitch for participating charities, and a free t-shirt for all participants. Training will also be given before the walk.



Several members of the *Hailsham Club*, including the president, have already registered to take part in the evening's event.

*Hailsham FM* will provide the music, the market cafe will be serving hot food, and a variety of stalls will welcome visitors.

Registration forms, and sponsorship forms (if required) can be obtained by contacting Geraldine Gurr on **0345 833 9828** or email [geraldine.gurr@btinternet.com](mailto:geraldine.gurr@btinternet.com)

For further information, also use these contacts.

Dust off those winter blues, and raise money while having fun.



**In aid of St Wilfred's Hospice Care at Home**

**Highwoods Golf Club**  
Ellerslie Lane, Bexhill TN394LJ

All welcome. Just turn up. Tea & Coffee available



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# Hailsham businesses making a difference

By **Ryley Warwick**

## Charity Golf Day – Friday 15th May 2026

**Join us at Wellshurst Golf & Country Club for the Hailsham Chamber Charity Golf Day a brilliant opportunity to connect with local businesses while supporting our charity members.**

We are currently looking for hole sponsors, offering a great chance to:

- Collaborate with Hailsham Chamber & its charity members.
- Your brand visibility on the day.
- Support an important local cause.

From **£150**

Interested in sponsoring a hole?

Email: [Marketing@hailshamchamber.co.uk](mailto:Marketing@hailshamchamber.co.uk)

Team entry is available via our website (teams of 4 players) – £200. This includes a bacon bap and coffee on arrival, followed by a BBQ.

We look forward to welcoming you.

## New episode of Let's Talk Business is live

Host Sam Beale from Hailsham Chamber sits down with Richard Martin from New Era Mortgages to

talk all things property, mortgages, and market trends.

If you're a business owner, investor, or thinking about buying property, this one's for you.

Watch now: <https://youtu.be/wMtAfOnYTG8>

## Charity Pot

What a fantastic way to start the year at the Hailsham Chamber of Commerce

We were proud to be able to share the Chamber's charity pot that was collected throughout last year, awarding £600 each to St Wilfrid's Hospice and Children's Respite Trust, as well as making a huge food donation to Hailsham Foodbank.



It was brilliant to hear first-hand about the incredible work these charities do in our community. Keep your eyes peeled for more soon about the Chamber's charity plans for the year ahead, which will be shared by our Charity Liaison Officer Roy Smith from RTJ of Sussex.

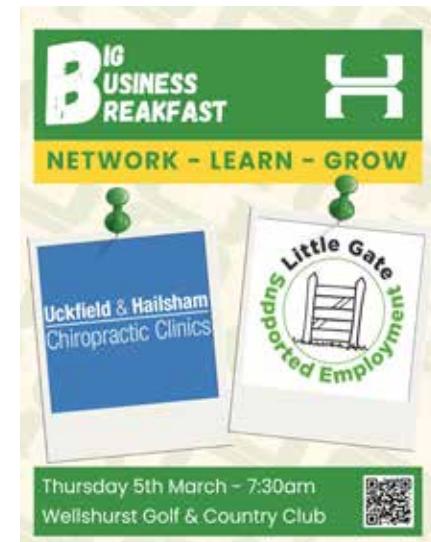
## Charity of the Month: Hailsham Active

Each month, Hailsham Chamber of Commerce shines a spotlight on an incredible local charity making a real difference in our community.

Hailsham Active is a community interest company dedicated to improving sport, health, and community life across Hailsham and the surrounding area. They work tirelessly to support local sports clubs and organisations, develop facilities, and create opportunities for people of all ages to get active and lead healthier lives.

Hailsham Active helps bring local sporting ideas to life by securing funding and support for community groups. They even help clubs submit grant applications free of charge to access vital funding for equipment, coaching, and inclusive activity sessions.

Hailsham Active is helping make Hailsham a healthier, happier, and more connected place to live.



## Get Involved:

If you're part of a local club or community group looking for support, Hailsham Active would love to hear from you. [www.hailshamactive.com](http://www.hailshamactive.com)

## Hailsham Chamber Big Business Breakfast

Join us for our next Big Business Breakfast on Thursday 5th March 2026, starting at 7:30am, hosted at the beautiful Wellshurst Golf & Country Club.

This popular networking event brings together local businesses for a morning of connections, insights, and great conversation — all over breakfast.

Guest presenters:

**Little Gate Farm Supported Employment** — sharing their inspiring work supporting adults with learning disabilities and autism into paid employment.

**Hailsham Chiropractic** — offering expert insight into workplace wellbeing and health.

# Health & Wellbeing



## CODA PHARMACY

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TO A HEALTHIER YOU**



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To register call **Coda Pharmacy** on **01323 924038** • [codapharmacy.co.uk](http://codapharmacy.co.uk)

# With Coda Pharmacy

A **HEALTHIER** version of you starts here.

By **Molly Graff**

**Anchored by their Eastbourne community, Coda Pharmacy is proud to announce the launch of a new range of accessible healthcare services tailored to local needs.**

From expert support with weight loss to discreet treatment for sensitive conditions such as sexual health and hair loss, *Coda Pharmacy* is making it easier than ever to get the care you deserve.

If you or a loved one think you might be struggling from a condition that fits under these categories, you can now reach out to a member of the *Coda Pharmacy* team who will guide you to becoming the best version of yourself. For more information, visit [codapharmacy.co.uk](http://codapharmacy.co.uk) or call on **01323 924038**.

The *Coda* team is proud to actively support local charity initiatives. In



January, the team joined *St Wilfrid's Hospice* to support their annual Christmas tree recycling event. Together, they helped collect over 600 trees and raise an incredible £14,000. In further support of *St Wilfrid's* they are proud to have attended the charity's first health care networking event!

*Coda* proudly supported the *Beachy Head Chaplaincy Team* as their January Charity of the Month, shining a light on the vital work they carry

out every day to help keep our community safe at *Beachy Head*. This February, *Coda* is delighted to support *Eastbourne Street Pastors* as their Charity of the Month.

Follow along on *Facebook* and *Instagram* [@codapharmacy](https://www.instagram.com/codapharmacy) to stay up to date and see how *Coda* continues to support our local community.



# Walk this way

**WALKING Football can make a real contribution to both mental and physical health for older people, including women.**

By **Gail McKay**

**More and more women these days are finding that taking up Walking Football is a great way to keep fit and meet new people without spending hours in the gym.**

As well as the social benefits it can help by reducing the risk of cardiovascular disease and stroke as well as improving blood pressure, postural balance, lower cholesterol, improved blood sugar levels and bone density, losing a bit of weight and cutting the odds of developing type 2 diabetes.

Walking Football is fun and gives women a chance to take part in organised team sport, many for the first time.

It has also been proved that people who get enjoyment from activities are more likely to continue this form of exercise rather than finding it a routine chore.

*Eastbourne United Walking Football Club* is currently looking for new members to form a fun and competitive squad.



Beginners over 40 are very welcome. If you've never played before the club is going to run a series of skills training sessions.

Practice sessions are held on Monday and Thursday mornings from 10:00 – 12:00 (with free coffee or tea on Thursdays) at the *Oval*, *Channel View Road* with first class facilities and brilliant all weather 3g pitch.

Only £5 per session and the first session is free!

Call Jo on **07466 564206**.

Pop along to the *Oval* during one of our practice sessions to see for yourselves.



# Sussex Footcare

Podiatry and Chiropody

**SUSSEX Footcare** is leading the way in data driven 3D-printed custom-made bespoke orthotics.

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

**The established Clinic in Old Town, Eastbourne consists of a warm welcoming reception area and two modern clinic rooms.**

The team consists of four podiatrist, one foot health practitioner and two admin staff. All trained in using the Footscan.

### Gait analysis

Gait analysis is the systematic study of human locomotion, particularly the way individuals walk or run. It involves measuring the body movements, mechanics and forces. It helps with medical diagnostics, rehabilitation, sports performance and even forensic sciences.

Our latest investment into the gait analysis is a game changer for anyone experiencing any foot pathology. We are currently treating around 20 patients a week who have pain in their feet. Gait and motion technology Pressure plate system has over 8,000 sensors built into it allowing us to analyse a range of patients from elite athlete to club sports players to diabetic patients, offloading pressure points preventing reoccurring ulcerations.

This will allow us to analyse the data from our clients standing, balancing, walking and running on the pressure plate. We can then look at the data and work out a bespoke orthotic which would work for this patient, taking gait analysis to the next level.

Most people come to us once an injury has occurred, wouldn't it be better to come to us to prevent an injury or better still to improve performance.

### Why choose Footscan?

#### Professionally approved

Footscan is the first and only gait technology 'professionally approved' by the Royal college of podiatry meaning that it meets the highest clinical standards.

### Data-driven healthcare

Footscan quantifies what the eye cannot see, allowing us to take your gait analysis and orthotic prescription to the next level with accurate, objective data.

### High speed scanning

The high scanning frequency and sensor resolution of footscan ensures accuracy in the data acquisition and repeatability.



### Wide range of analysis tools.

Enhanced 2D and 3D visualisations enable us to clearly communicate your movement data directly compare it against other scans.

### Who is Footscan beneficial for?

- Firstly, elite athletes for enhancing performance.
- Prevention of reoccurring injuries.
- Heel pain patients (Plantar fasciitis, Achilles tendinopathy, Posterior tibial tendon dysfunction).
- Any foot or leg disorders.
- Diabetic patients – to offload any areas at risk of break down.

All our patients that have diabetes will get a free screening on the footscan to prevent any hard skin issues.

We can design the Bespoke orthotics for Everyday use, football players, golf, runners, Work boots and walking boots.

We can customise the insoles to suit pretty much any use the client wants

them for and even design it with the patient watching.

We have enjoyed showcasing our newest technology and have had some amazing results so far. We will continue to work closely with sports teams as well as individuals to provide the best outcome.

### Treatments on offer include:

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

**01323 396338**  
**07830 417007**  
**[andrewalbon@yahoo.co.uk](mailto:andrewalbon@yahoo.co.uk)**  
**[www.sussexfootcare.co.uk](http://www.sussexfootcare.co.uk)**  
**[f Sussex Footcare](https://www.facebook.com/Sussex-Footcare-100081111111111)**



# No wrong answers, just the right start.

The Healthy Choices Quiz is free, quick, and designed to help you take small steps towards lasting changes.

It can help you eat well, move more, sleep better, and feel more in control of your health.

Search  
Healthy  
Choices Quiz



If you've taken the quiz and now want help to make healthy changes, scan below for FREE support in East Sussex



# A bit of a Christmas Do

**THE Polegate Ramblers** don't just walk, we have social events too, and December naturally brought us to our Christmas Do.

By **Lindsey Gwynne**, Polegate Ramblers

**A venue was selected for a Christmas Lunch from where we could have a pre-meal walk to work up an appetite.**

Unfortunately the weather-fairy had taken her Christmas break, and our all-weather wardrobes were put to the test.

Nevertheless once we were out in the elements, appropriately

clad, we enjoyed a misty, drizzly walk, through the dormant fields and naked hedgerows of the South Downs and were warmed by a climb up a chalky lane.

We paused for a team photo at the feet of our old friend the *Long Man of Wilmington* before continuing to the welcoming warmth of an old pub for coffee and mince pies.



Some of our number who didn't fancy the wet walk, met us there in their Christmas jumpers, and there was much Christmas cheer as the hardy bunch steamed in the warmth.

However, lunch beckoned and we soon continued via a shortened route while our dry, smartly dressed cousins waved from their cars. Back at our lunch venue we dumped

our wet gear in cars and took our seats for the excellent festive fare and jolly conversation. After the coffee & mince pies we were treated to a quiz with a difference – the answers depended on logic, not on knowledge! An interesting challenge when full of turkey and pudding.

Find out about the *Polegate Ramblers* at [www.polegateramblers.org.uk](http://www.polegateramblers.org.uk)

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# Same old. Same old.



Change can be scary,  
so it's nice to keep  
some things the same.

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with each other for  
four months or four  
decades, we'll help  
you move in together.



Every moment.



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Residential, nursing and dementia care.

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[hallmarkcarehomes.co.uk](http://hallmarkcarehomes.co.uk) | 01323 306 286 | Hallmark Willingdon Park Manor, Eastbourne, BN22 0AB

# Carol opens new support group

THE first *PANDAS Foundation* peer support group for Eastbourne and the surrounding area takes place on February 21st between 10:30am and noon.

By **Peter Lindsey**

**It will be based fortnightly in the community room at Tesco in Lottbridge Drive.**

PANDAS is a charity which offers hope, empathy and signposting for every parent and carer who may be suffering with perinatal mental illness from conception through to birth and beyond.

The group will be run by Carol who joined PANDAS last year as a volunteer and also works on its helpline.

As well as the helpline, the charity also provides a WhatsApp service and weekly Zoom meeting.

All the services are provided free of charge.

Carol said: "I am very excited to be opening this much needed group and look forward to welcoming mums, dads and carers.

"They will be met with a smile and a cuppa."

For more information email: [pandaseastbourne@outlook.co.uk](mailto:pandaseastbourne@outlook.co.uk)

## WHO IS PANDAS FOUNDATION FOR?

PANDAS IS HERE FOR ANY PARENT STRUGGLING WITH THEIR MENTAL HEALTH DURING PREGNANCY OR POSTPARTUM

- ♥ Expecting a baby and feeling overwhelmed?
- ♥ Struggling with postnatal depression or anxiety?
- ♥ Finding it hard to bond with your little one?
- ♥ Feeling isolated or like nobody understands?

You're not alone; PANDAS provides free, judgment-free support.

- Peer support groups
- A confidential helpline
- Online support & resources

Reach out today.



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\*Prices exclude VAT & are available to people with a long term medical condition.

[www.clearwellmobility.co.uk](http://www.clearwellmobility.co.uk)

Post to: FREEPOST CLEARWELL MOBILITY





Join our  
'Big Dementia  
Conversation'  
event

## Staying connected: A guide to dementia- friendly conversations

**Tuesday 24th March 2026  
2pm - 3.30pm**

Join us as we explore how to communicate more effectively with people living with dementia. Together, we'll learn simple, practical ways to stay connected - helping to build understanding, ease frustration, and create more meaningful moments in everyday life.

You'll also be able to pick up a free copy of our new guide, full of practical tips to help you communicate more easily and confidently with your loved ones.

Inspected and rated



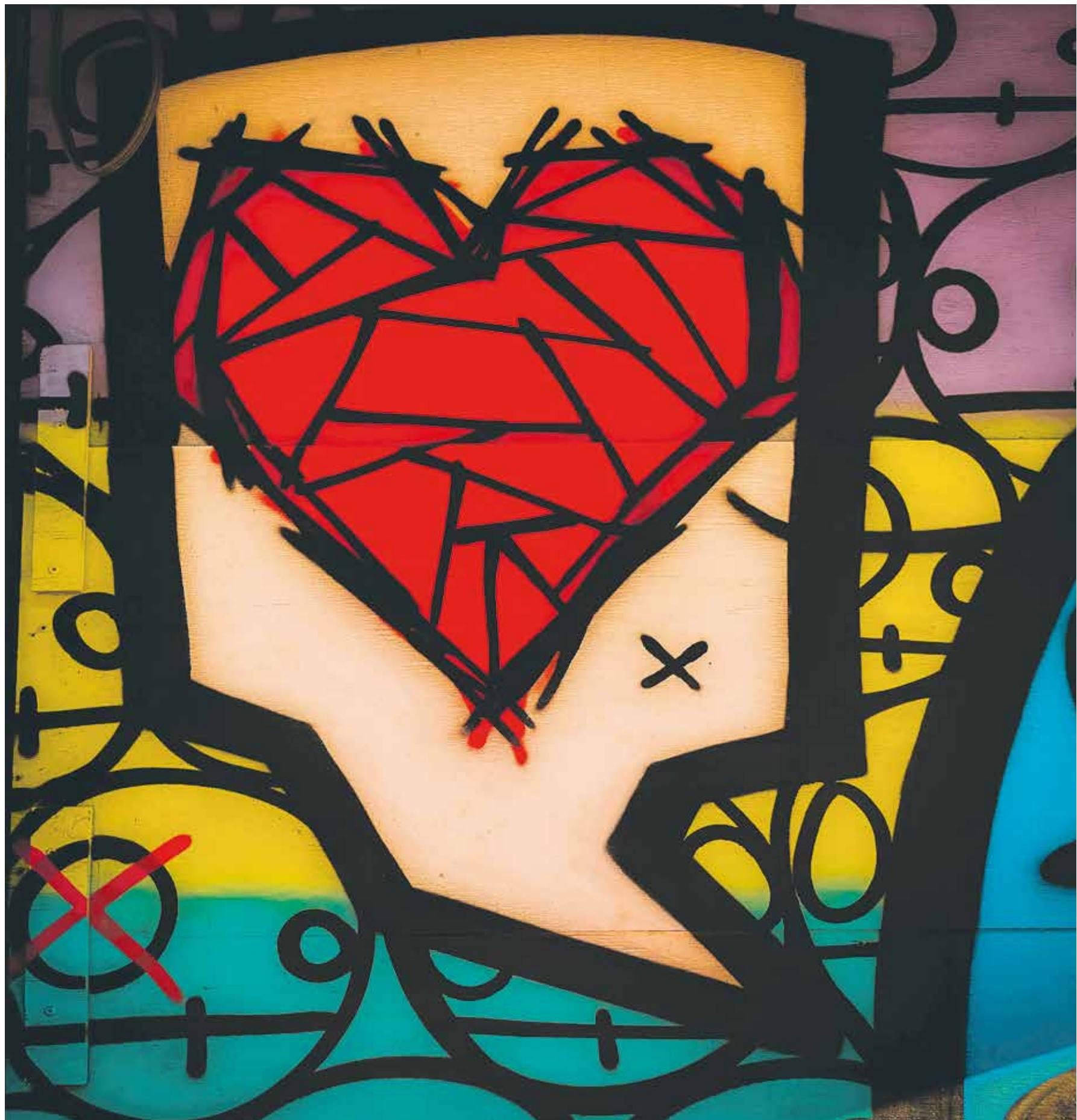
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Hailsham

To attend please call **01323 306131**  
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**care UK** The logo for care UK, featuring the brand name in a bold, dark purple sans-serif font next to a stylized heart icon composed of three overlapping colored shapes: pink, blue, and yellow.

# The Arts



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# TOWNER Eastbourne FARMERS MARKET

Join us on the first Saturday of the month for a market filled with a variety of produce and wares from local farms and makers!

*Hosted outside  
Towner Gallery & Congress Theatre*

## 2026 Dates:

7 February, 7 March, 4 April  
2 May, 6 June, 4 July, 1 August  
5 September, 3 October, 7 November

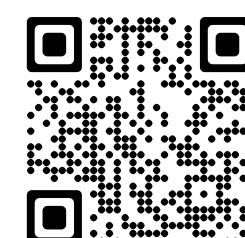
9.00am  
to  
1.00pm

*First Saturday  
of the month*

Supported by:



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DISTRICT



# Return of the Farmers Market

**EASTBOURNE'S most popular Farmers Market is back and bigger than ever for 2026.**

By **Cameron Brown**

**Held on the first Saturday of the month from February to November, the market boasts a wide selection of homegrown goods and wares from local farms and makers.**

Hosted on the square outside of Towner's award-winning building, the *Farmers Market* features over 25 independent stallholders, giving you the perfect opportunity to support

small businesses. In addition to our usual wonderful line-up of stallholders, shoppers will be able to enjoy live music from local acts as they browse.

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 Ravilius Collection*. Whether you're shopping for gifts, cards and decorations or a treat for yourself, a stop at the gallery's shop is a must, offering a range of books, design items, and artist editions.



Image: Cameron Brown.



Image: Rosie Powell.



Image: Cameron Brown.

*Eastbourne Farmers Market* is supported by Towner Eastbourne, Eastbourne BID, and Eastbourne Borough Council. Our community partner for 2026 is Eco-Action Network.

Entry to the *Farmers Market* is **FREE**.

Visit Towner's website [towner.gallery/farmers.market](http://towner.gallery/farmers.market) to see the full line-up of makers involved.

**Market opening times:  
9:30am to 1:00pm  
First Saturday of the Month  
(February to November)**

Our gardening feature writer, Geoff Stonebanks, will be providing an hour-long talk entitled:  
**"My Succulent Obsession"** to  
**East Dean & Friston Gardening Club**

The talk will cover a wide range of succulents used in Geoff's garden, Driftwood, in Seaford and he'll discuss best ways to maintain them and take questions at the end too.

Non-Members are welcome to come along for £4 each.

**Tuesday 10th February 2026  
14:00 for 14:15 hours**

**East Dean Village Hall  
Village Green Lane, East Dean BN20 0DR**



**17 – 21 February**

[eastbournetheatres.co.uk](http://eastbournetheatres.co.uk)  
Box Office 01323 412000

**DEVONSHIRE PARK THEATRE**  
EASTBOURNE THEATRES

# My Name is Tom

EASTBOURNE'S Alan Spence has just released his third book *My Name is Tom*.

By Peter Lindsey

**It was back in 2009 when the playwright read an article 'Indecent Exposure' about sexting by Vicki Sheil in the *Times Education Supplement*.**

He knew then he had to start an education project: *My Name Is Tom* with one simple objective – to get young people and adults to talk to each other.

He said: "After reading the article, I told colleagues that in my view teenage relationships had stepped over a very dark and dangerous line.

And I knew I had to write the play.

"That production was ten years ago and things have got worse, much worse for many teenagers and their families.

"In my view, the provision of sex education in schools appears to serve everyone but the people it is supposed to help, young people."

Alan calls his new book a 'minibus' ride through education, sex education and Drama in the Curriculum from the 1960s to the present day.

It draws on the expertise of the NSPCC, Sex Education Forum, Oak National Academy and UNESCO, as



well as leading theatre practitioners, including *Printers Playhouse* Director John Berry.

This book will also appeal to anyone who has been to school, been a teenager and/or a parent.

It is available from Amazon and *IngramSpark*. He can also offer a range of activities for schools, colleges, youth theatres and community organisations such as assemblies and presentations.

Email: [theatreisrelife@live.co.uk](mailto:theatreisrelife@live.co.uk)



Production photographs courtesy of Smoggy Norm Photography.



**SAVE THE DATES  
MORE DETAILS TO FOLLOW**

# What a picture this is

**YOU can now have a copy – and help *St Wilfrid's Hospice* at the same time.**

By **Peter Lindsey**

**The Mr Fox image was taken by Eastbourne stalwart Rupert Kirby. He was on the South Downs above Eastbourne.**

Rupert said: "It really was a magical moment and since going online I've had lots of messages asking about buying a copy of the image.

"I'm very happy to make it available, and all profits from my photography are currently being donated to *St Wilfrid's Hospice* in Eastbourne, which does such incredible work for our community.

"If you'd like a printable digital copy, simply make a £25 donation via my *JustGiving* page and then send me a DM with your email address.

"I'll reply with a download link to Fox on the South Downs.

"Thank you — your support truly means a lot."

Go to: <https://www.justgiving.com/page/rupert-kirby-for-st-wilfrids>

Also go to:  
[www.rupertkirbyphotography.com](http://www.rupertkirbyphotography.com)  
Email: [rcakirby@icloud.com](mailto:rcakirby@icloud.com)



## Patterson Gallery

is proud to work with the



The **Patterson Gallery** in the **Alfriston Room**

(Lower ground floor, take the second lift from Reception, opposite the Lawns Room)

at

## The Lansdowne Hotel

Starts on 7th February until the 1st March  
10am until 5pm

\*\*\*\*\*

Featuring the following artists:

**April Yasamee – Visual Artist**

**Peon Boyle – Printmaker**

**Steve Johnston – Painter, Printmaker**

\*\*\*\*\*

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## Blue Monkey artists

**AT the Patterson Gallery in February.**

**Steve Johnston, Painter Printmaker**

*The carrier carries an echo of the only idea left, Adrift not becalmed... A mile wide and an inch deep... Pay the ferryman.... With a gold earring and a Stitch through the nose.*



By **Gail McKay**

**April Yasamee, Visual Artist**, lives in St Leonards on Sea and is influenced by the Italian Arte Povera movement. April creates sculptures with a range of papers; handmade, Japanese, commercial wallpaper, Khadi and combines them with mixed media; wood, metals.

**Peon Boyle, Printmaker**, is a Hong Kong-born British artist based in the South Downs.

She takes simple sheets of paper, folds, stitches and builds them into sculptural, textile-like pieces. Her work gently unsettles the line between two- and three-dimensional making, inviting viewers to look closely at the labour held within each piece.



# A Drop Dead Films feature

IT was filmed on location at the *East Sussex School of Circus Arts and Knockhatch Adventure Park* just off the A22 Hailsham Bypass.

By **Peter Lindsey**

**Now UK indie production company Drop Dead Films is preparing to launch *Charlie Shaw's Revenge*, a psychologically driven thriller-horror.**

Sponsors for the film are Olive Pine Accountancy, Pxl Wave Graphics, SwitchPlane, Lighting Fibre, Gianni's Restaurant, Knockhatch Adventure Park and Acting Moon Events.

**Renato Pires** from Eastbourne is the joint producer so it's a real local event.

It is written and directed by **John Langridge** and produced by **Renato** and **Justin Hayward**, and the film follows a group of workers tasked with preparing a struggling adventure park for reopening.

What begins as routine maintenance and rehearsal quickly escalates into a fight for survival when they realise they are being stalked by a silent killer, with no clear means of escape.

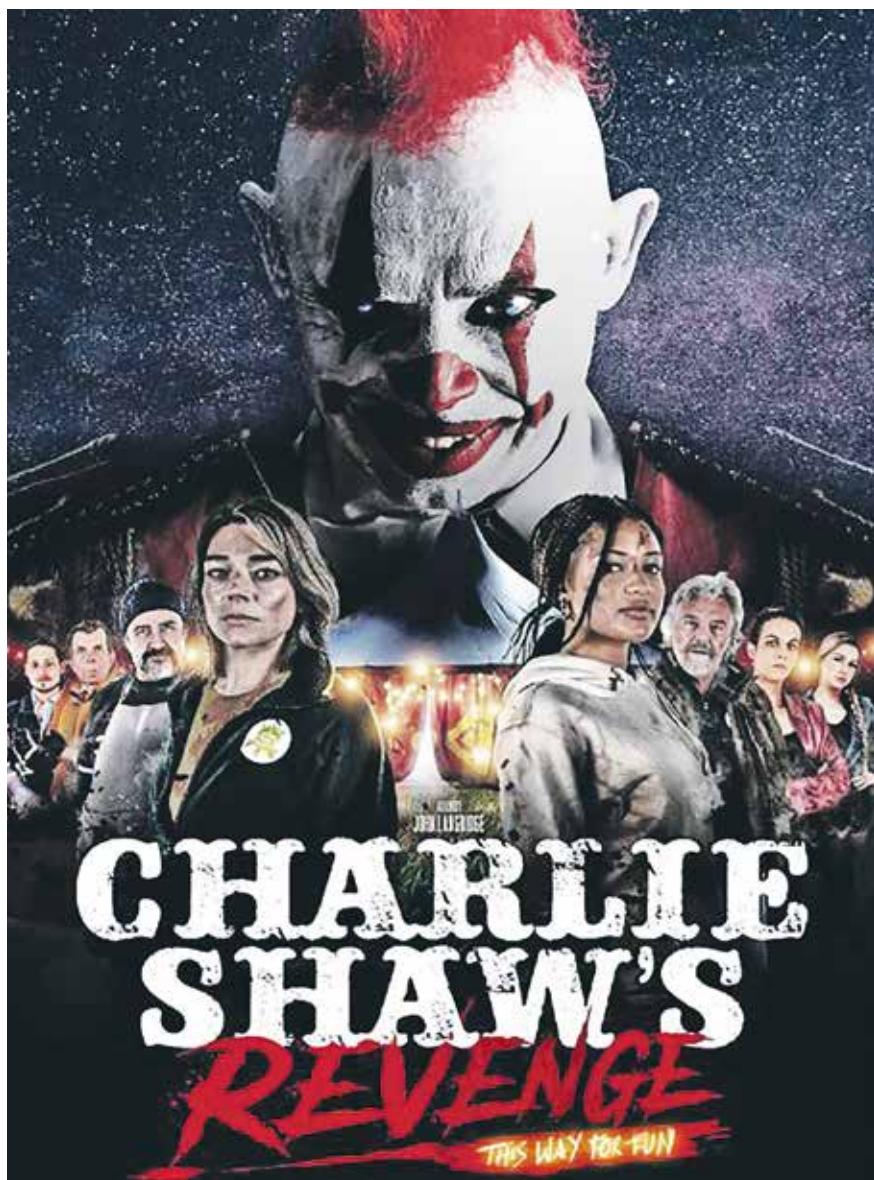
Rather than leaning into overt spectacle, *Charlie Shaw's Revenge* builds suspense through character psychology, fractured group dynamics and escalating moral pressure, drawing on classic survival horror structures while grounding the story in contemporary emotional realism.

"This was always a film about people before it was about horror," says Langridge. "We were interested in how fear changes behaviour – how quickly trust breaks down, how people react when they realise they're trapped, and how survival forces difficult choices. The horror comes from watching those pressures play out."

At the centre of the story is Marion, played by **Cerys Knighton** (*Charlotte: The Movie*), the newly appointed manager. As tensions rise, Marion is forced into an unexpected leadership role, navigating fear, doubt, resistance and responsibility as the situation spirals out of control.

The film's antagonist, Otto the Clown, is portrayed by **James Payton** (*Wednesday*) in a largely silent performance that relies on physicality and restraint rather than dialogue. Otto functions less as a conventional slasher figure and more as an omnipresent threat, shaping the psychological atmosphere of the film as much as its body count.

The ensemble cast includes **Bill Fellows** (*Ted Lasso*), **Mark Benton** (*Anna and the Apocalypse*), **John Locke** (*Poor Things*), alongside rising talents **Shahla Ayamah**, **Amelie Leroy**, **Billy Cashin**, **Molly Cattanach**, **Keri Martin**, and **Aaliyah-Monroe Pires**. As alliances shift and secrets surface, the film places equal weight on interpersonal conflict and external danger.



Renato, who also appears in the film, describes the project as "a pressure-cooker survival story."

"The killer is only part of the threat," says Pires. "The real tension comes from being trapped with people you don't fully trust, when every decision has consequences. That's where the drama and the fear really live."

*Charlie Shaw's Revenge* was shot on the 65-acre site that had not previously been used for a feature film. While the production took advantage of the scale and isolation of the setting, Langridge notes that the location was always in service of story and character.

"The environment amplifies what the characters are going through," he says. "It mirrors their isolation

and disorientation, but it never overshadows them. The film lives or dies on the emotional journey of the people trapped inside it."

The film blends traditional genre appeal with a contemporary indie sensibility, favouring atmosphere, sound design and performance-led tension over excessive gore. This approach positions *Charlie Shaw's Revenge* for both core horror audiences and broader thriller markets.

The film is set to have its Industry Screening in London on **Friday 13th February 2026**, ahead of a planned rollout on major streaming platforms, *Drop Dead Films* has also confirmed a book adaptation is in development for 2026, signalling long-term ambitions for the property.



# Band hits a high note

**THE Eastbourne Silver Band has been celebrating its 75th "Birthday" during 2025, and what a great success it has proved to be.**

By **Peter Lindsey**

**Being a community band, the members decided that, to mark the diamond anniversary, it would fund raise for local charities.**

In the run-up to Easter the band members made personal donations of Easter Eggs to the *Children With Cancer (Polegate)* charity and, in the run-up to Christmas, the members

also donated chocolate boxes to the charity so ensuring that all the children under its care had sweet treats.

Other fundraising events included a summer and Christmas Concert, concert collections and other various events and functions.

The final event was on Christmas morning when the band faced the bitter cold to play its annual Christmas Morning concert by the *Wish Tower*, during which a bucket collection was taken.



The final total of money collected was shared between *Children With Cancer*, *St Wilfrid's Hospice*, *Meads Hall*, *Brass Band Aid for Ukraine*, *St. John Ambulance (Eastbourne Division)*, the *RNLI* and a local forces veterans support group.

All this was only made possible though through the kindness and

generosity of all the people that came along to support the band during 2025 and gave so willingly to support the band and so, from all the members of the *Eastbourne Silver Band*, a sincere and heartfelt thank you to you all for being with us throughout the year.

[www.eastournesilverband.co.uk](http://www.eastournesilverband.co.uk)

# Wedding first dance lesson

**IF you are getting married this year and you would like a quick lesson in how to put one foot in front of the other then why not try this one hour class on Saturday 7th March at 12 noon.**

By **Peter Lindsey**

**For just £25 per couple you can learn a few basic steps to make you look wonderful and feel fabulous on your special day.**

To book your place in this fun class at *St Elisabeth's Church hall*, Victoria Drive, Eastbourne visit

[www.allegrodanceandexercise.co.uk](http://www.allegrodanceandexercise.co.uk)

Limited places available.



Final date for booking: Monday 2nd March 2026.

**DANCE MANIA**  
**WHEN WE WERE RAVE**  
**SAT FEB 28TH 2026**  
**2 PM - 10 PM**

**ALTERN 8**  
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**DAN WILLETT • DJ SKIE • COREY M**  
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Unit 5, 16A Maple Rd, Eastbourne BN23 6NY  
**EASTBOURNE**

**TICKETS £22.50 + bf** **Over 21's ONLY** **skiddle** & **Online Ticket Seller.com**

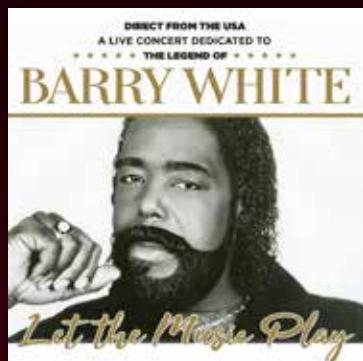
SPONSORED BY **Pilbeam's Garage** **ACCRBS Roofing Company Sussex** RAISING MONEY FOR **CHILDREN with CANCER FUND**



80s HiFi  
Friday 6 February



Anita Harris & Freddie Davies  
Sunday 8 February



Let The Music Play  
Friday 13 February



The Take That Experience  
Saturday 14 February



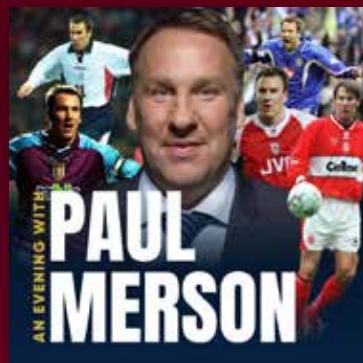
Dinosaur Adventure LIVE  
Sunday 15 February



Jim Davidson  
Friday 20 February



RHT  
Royal Hippodrome Theatre



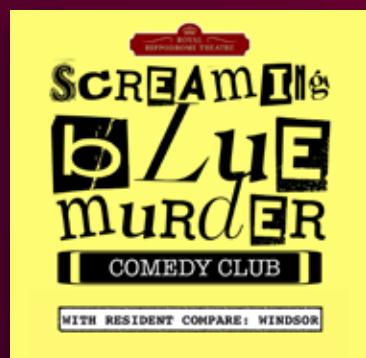
An Evening with Paul Merson  
Thursday 19 February



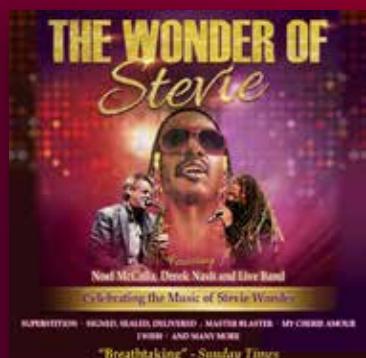
Stuart Michael  
Saturday 21 February



Exciting Science  
Sunday 22 February



Screaming Blue Murder  
Friday 27 February



The Wonder of Stevie  
Saturday 28 February

Box Office 01323 802020 | [royalhippodrome.com](http://royalhippodrome.com)  
106-114 Seaside Road, Eastbourne, BN21 3PF



# Green and pleasant

**IT'S February and, dare I say we can hope that Spring is in our sights. This month we'll expect to find some signs, with wildlife waking up as light levels and temperatures hopefully begin to increase. There's also plenty to do indoors this month to prepare for the season ahead. Outdoors, as the garden comes to life again, it's time to prune shrubs and climbers, such as Wisteria as well as evergreen hedges.**

By **Geoff Stonebanks**

**The next few weeks can almost feel like a turning point in the garden. It's still cold outside, but a wonderful indicator of the upcoming Spring are all the amazing bulbs that will slowly emerge from the ground, and more importantly, the days are finally getting longer. There will be open gardens to see with the National Garden Scheme too.**

## National Garden Scheme

There are two gardens opening through February for the scheme, not too far from Eastbourne. *Pembury House* in Ditchling Road, Clayton, BN6 9PH (pictured in header) will open its garden gate, by arrangement only, every Thursday and Friday from

12th February to 6th March from 10:30am to 3:30pm with entry £12, which includes refreshments. Please visit [www.ngs.org.uk](http://www.ngs.org.uk) for information & booking to see the timed slots at 10:30am & 2pm available. Depending on the vagaries of the season, hellebores and snowdrops are at their best in February and March. It is a country garden, tidy but not manicured. See new borders and features with winding paths giving a choice of walks through three acres of garden, which is in and enjoys views of the South Downs National Park.

Last month I mentioned 5 Whitemans Close in Cuckfield, near Haywards Heath, RH17 5DE. Its openings, for pre-booked visitors continue through

February on these selected dates, 2nd, 4th, 10th, 12th, 14th, 17th and finally 18th. On all dates it will open from 10:30am to 3:30pm with entry £9 inclusive of refreshments. Pre-booking is essential, by phoning **01444 473520** or email **shirley.carmannmartin@ngs.org.uk** for further information & booking.

If you didn't know, you can listen out for Geoff on *BBC Radio Sussex's "Sunday Gardening"* with Pat Marsh, on both Sunday 1st February and again on 1st March and then regularly, every Sunday from 29th March until the end of September, to hear about all the beautiful gardens opening for the scheme across Sussex each week, throughout the year.

## Jobs to do in the garden

This month is the perfect time to prepare yourself for the summer. Check your tools are sound and your garden machinery is in good working order and apply a little TLC to anything that needs it. While you're at it, why not tidy your shed ahead of the imminent planting & sowing season. I'm pretty sure you'll thank yourself for a clean & tidy space later! Weather permitting have a go at blitzing perennial weeds in your beds and kitchen garden. Dig them up, roots and all, to get a head start on the blighters before the weather warms up.

If you haven't already, cut back the old foliage from ornamental grasses before any new growth appears, clip them to within a few centimetres of the ground. Overwintered fuchsias can be pruned back to one or two buds on each shoot. If you have any winter pansies out there, make sure you remove the faded flowers, to stop them setting seed. More importantly, this will encourage a flush of new flowers when the weather warms up.

## Hydrangeas

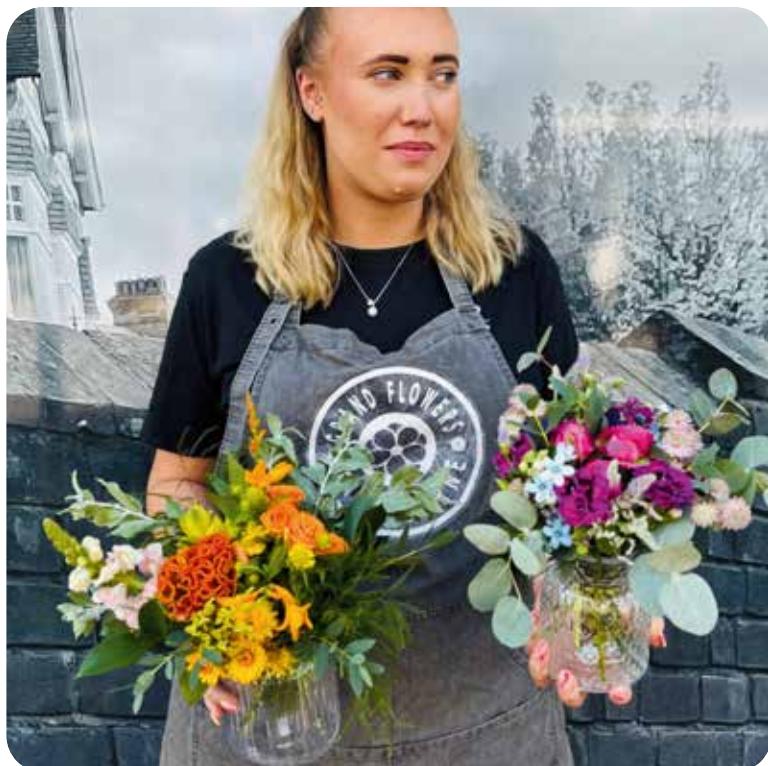
I've got quite a few hydrangeas in containers and now is quite a good time to go out and prune them. The dead flowers do give some interest over the winter and some say, they protect the new growth from frost. You should be able to see quite clearly the stems that need attention. Trim them down and this will give way to new growth in the next few weeks. You need to cut each flower stem back to a healthy pair of new buds and wait for the plants to dazzle again this Summer.

## Trimming shrubs and hedges

As the garden comes to life again, it's time to consider pruning shrubs and climbers as well as evergreen hedges. I've got many low trimmed hedges and divisions between my various garden rooms, so have to trim fairly regularly to keep them as I want them. They were extensively trimmed back in the January when I paid to have all my boundary hedges cut back but they will need trimming by hand again before too long. Remember that if you usually have birds nesting in your hedges, it is vital to do what you have to do now, before they start making their nests this year and keep leaving food and water out for them to help them through the cold spells.

Read more of Geoff's garden at: [www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk) or follow both him and the garden on social media.

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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