

FREE

**COLIN'S THE MAN
IN CHARGE...**

Meet the man responsible
for the day to day running
of St Wilfrid's Hospice.

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**A SIMPLER APPROACH
TO IMPROVING HEALTH**

Gain Strength Therapy can
help you keep the January
motivation going.

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01/26

Issue 067
January 2026

Bournefree

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Bournefree Magazine

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SEE PAGE 13



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Peter Lindsey, Editor.

Contacts

Email: andy@bournefreemag.co.uk
 Telephone: 01323 430303

Editor

Peter Lindsey
 Email: pete@bournefreemag.co.uk

Advertising

Email: gail@bournefreemag.co.uk
 Telephone: 01323 430303

Email: harry@bournefreemag.co.uk
 Telephone: 07809 443027

Production

Custard Design, Eastbourne
 Email: artwork@bournefreemag.co.uk
 Telephone: 01323 430303

Images

Inner Cover: Marisol Benitez
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**Our next edition will be
 distributed from February 1st.
 Make sure you are a part of it.**

custard
 DESIGN MARKETING PRINT

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Looking forward to a bumper 2026

AS I write this, it's mid December and Christmas is firmly on the agenda for most of us. When you read this, it will be January and the start of 2026.

By **Peter Lindsey**

I am a great believer in reflection and learning from what has already happened and been achieved, but now is the time to firmly focus on the coming 12 months.

For Eastbourne, there will be plenty of opportunities and let's hope that we can come together and make the most of what we have.

Creative and Cultural Hub

One exciting idea for 2026 is turning *Eastbourne Town Hall* into a 'vibrant' *Creative and Cultural Hub*. A formal call went out for businesses, artists and creative organisations to register their interest in renting space within the building from early 2026.

It's a move designed not only to boost the town's cultural offer but also to

generate vital income for the authority. It's an idea that makes total sense.

The *Eastbourne Education Partnership* is a great institution which does so much good for the young people of today. It's the only one that remains in Sussex, and that is down – in a large way – to the wonderful Tim Sorensen.

I can remember working with Tim on the very first *Youth Radio* 25 years ago – it's still going and stronger than ever.

Tim retired at Christmas to be replaced by Mina O'Brien from *Ditzzy Media*, who also makes sure *Eastbourne Carnival* is a great success every year.

We must record thanks to Tim and look forward to the good work continuing with Mina. I'm sure it will.

Here at *Bournefree*, we aim to build on our many successes of 2025. The print version of the magazine continues to go from strength to strength, and we were all thrilled what we managed to achieve in 2025.

Weekly newsletter

That work will continue in 2026 as we look closer at our online offering – whether that be our website, social media posts or our new *Substack* weekly newsletter.

Go to *Substack* today and sign up – it's completely free.

There will be a weekly newsletter with something different and something new – but all about Eastbourne, Hailsham, Polegate and the various communities we live and work in.

In conclusion, I do hope that everyone survived the festive period – let's remember it can be a difficult time for so many.

Wishing everyone a safe, happy and successful 2026.

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Eastbourne unveils bold Economic Strategy

A NEW 10-year plan funded by *Eastbourne Neighbourhood Board* puts residents at the heart of economic transformation.

By **Joanne Rogers**

The *Eastbourne Neighbourhood Board*, working in partnership with *Eastbourne Borough Council*, has launched an ambitious *Economic Development Strategy* designed to transform the town's economy over the next decade. Funded through the *Neighbourhood Board's* £20 million *Plan for Neighbourhoods* investment, the strategy represents a generational commitment to creating lasting prosperity that benefits every resident.

The strategy follows extensive research including a comprehensive data analysis of Eastbourne's economy, business base, demographics, employment market, and the impact of AI. This evidence was enriched by direct engagement with 70 local businesses, whose insights have shaped a progressive plan that addresses the real challenges facing our community.

"This is a commitment to both current and future generations to create a connected town that meets their needs," said Richard Garland, Chair of the *Eastbourne Neighbourhood Board*. "We are an exceptional town with exceptional citizens, communities and businesses. Now we're backing that potential with a clear plan and real investment."

Four principles guiding every decision

The new *Economic Strategy* is built on principles that are inclusive – ensuring all residents share in economic benefits; sustainable – building long-term resilience; connected – linking people, opportunities, and wider strategies; and transparent – with open decision-making and public reporting on how priorities are delivered and what impact is achieved.

Health, wellbeing, and community wealth

Addressing health and wellbeing challenges is a distinct priority within the strategy. A healthier town is not just a social goal – it is the

foundation for a stronger, more productive local economy.

Another central pillar is community wealth-building – keeping more economic value circulating locally to support local jobs, businesses and services. From local procurement and community-owned assets to strong supply chains and investment in social enterprises, this approach creates an economy that works for everyone in Eastbourne, including the many voluntary organisations which bolster public services.

Transforming opportunities for local people

The strategy aims to make jobs accessible for local people of working age, support the growth of SMEs, connect local supply chains, provide training for young people seeking their first jobs and older workers, and help people transition from benefits into meaningful work. As well as modernising Eastbourne's tourism offer, it will seek to diversify the economy to create higher-value jobs in sectors including health and care innovation, creative and digital industries, and advanced engineering, while revitalising the town centre and investing in sustainable infrastructure. The strategy also ensures disadvantaged residents and those

with disabilities benefit from local economic activity.

Partnership and accountability

The *Eastbourne Neighbourhood Board*, working with *Eastbourne Borough Council*, *East Sussex County Council*, and other local partners, will establish a collaborative framework to oversee delivery. Progress will be monitored through clear performance indicators and reported publicly, ensuring residents, partners, and businesses can see how priorities are being delivered and what impact is being achieved.

"This economic strategy is our roadmap for making Eastbourne a town where community voice drives bold decisions, where opportunities reach the people who need them most, and where every neighbourhood feels inclusive, vibrant, and full of possibility," added Richard. "By building community wealth, we will create a more robust economy where everyone can participate and thrive, regardless of ability or circumstance."

The *Economic Strategy* can be viewed at:

www.weareeastbourne.co.uk

Residents, businesses, and community organisations interested in getting involved can visit the website or contact the *Eastbourne Neighbourhood Board* with feedback at hello@weareeastbourne.org.uk

Let's make a movie for Eastbourne Carnival 2026

EASTBOURNE Carnival is delighted to announce that registration for the 2026 event will be open in February 2026.

By **Mina O'Brien**

We can now reveal the much-anticipated artwork for the theme for 2026 – which is 'Lights, Camera, Action'.

This theme gives our entrants the chance to get inspiration from Theatre,

Movies, and Television – and create great costumes, props and floats.

The Carnival artwork for 'Lights, Camera, Action' has been designed by *WriteHand Designs*.

Carnival workshops, sponsored by *Lightning Fibre*, will begin in February 2026, with a 'Meet the Makers' Day planned for 24th January in *Gather*



at the *Beacon*. You can meet our workshop practitioners and sign up to the workshops – which are FREE for carnival entrants.

Eastbourne Carnival will be held on the seafront on Saturday 23rd May 2026.

Please visit our website for all the information you need to know to get involved!

www.eastbourncarnival.com

You can also follow us on Facebook, Instagram, LinkedIn & Tiktok for our Carnival updates.

Any queries about registration, sponsorship or volunteering, please email:

info@eastbourncarnival.com

Eastbourne Carnival will be held on the seafront on Saturday 23rd May 2026.

☆ **euronics**

Damaged aerial or dish?

Following the windy winter weather, dishes & aerials often require repairs. We are members of CAI (confederation of aerial industries) which means we use fully qualified and regularly tested engineers.

Good weather in the summer(hopefully!) causes high atmospheric pressure which can seriously affect Terrestrial TV signals, so now is a good time to consider installing a Freesat dish for uninterrupted viewing.

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A homely Christmas at Tweed

FRIENDSHIP, warmth and comfort at Christmas and year-round.

By **Harry Farmer**

The Christmas decorations went up at Tweed and the residents and staff embraced the joy of the season.

Activities started at the beginning of December with a Christmas Fair attended by residents, family and friends who enjoyed delicious cake

and festive treats, different stalls and a tombola and raffle.

Since then the residents enjoyed flower arranging and a visit from the *Salvation Army Band* who played for us and provided music for singing. We also enjoyed carol singing, dancers came and performed for us,



“

A wonderful home from home with a lovely welcoming atmosphere.

and we held a Church service in the Home for those who wished to attend.

Throughout Christmas and year-round, the residents enjoyed friendship, warmth and comfort, along with good food cooked by our chef.

If you or a loved one are looking for a home from home, we welcome visits by appointment. This provides time to show you around, answer your questions and to really get a feel for the Home.

Tweed is run by the *Emilie Galloway Home of Rest* charity and is a not-for-profit organisation. It occupies a beautiful well-maintained Edwardian property in Silverdale Road near the *Grand Hotel*, with spacious rooms and is comfortable and friendly.

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

Our Kim is a real star

KIM is one in a million... she really is.

By **Peter Lindsey**

Kim Hatcher-Davies is well known as the Community Champion for Morrisons Eastbourne – and recently she had enjoyed two wonderful accolades.

First, she won the *Community Champion Award* at *The Charity Champion Awards 2025*, staged by *St Wilfrid's Hospice*.

Kim and her team has raised more

than £10,000 for *St Wilfrid's*, primarily with the annual *Tractor Rally*.

She said: “The hospice is a very special place for me, it looked after my mum and my dad, and I will never forget that.

“They ask I do – that is what I strive to achieve with *St Wilfrid's*.”

But then it got even better – she met



Kim Hatcher-Davies (fourth from left), got the chance to speak with HM The King and HM The Queen as part of German State visit to Windsor Castle to celebrate the power of volunteering. Picture: Royal Voluntary Service.

King Charles III as part of German State visit to Windsor Castle to celebrate the power of volunteering.

She was invited by *Royal Voluntary Service (RVS)* to Windsor Castle to ‘showcase the importance of employee volunteering.’

Kim spoke to Their Majesties The King and Queen, and the President and First Lady of Germany, about supporting a number of RVS events through her role as Community Champion.

What an honour!



Kim meeting HM The King.

2025 Year in Review

Thank You for Supporting Eastbourne's High Street



Credit: Stephen Deacon Photography

It's been a year of real change and community spirit in Eastbourne – and as the New Year is upon us, we wanted to reflect on the work that the BID has done over the last year - and say a huge thank you to everyone who continued to shop local, support independent traders, and enjoy everything our town centre has to offer.

Here's a look back at some of the highlights together we helped make possible.

A Brighter, Cleaner Town Centre

We've funded improvements to our street scene, to make them more colourful and welcoming including:

- More than 50 new planters were installed and adopted by local businesses.
- We secured £28,000 of funding to steam clean the pavements and remove chewing gum thanks to a partnership with Eastbourne Borough Council and funding from the Chewing Gum Task Force, organised by Keep Britain Tidy.
- New evening lighting helped keep our town centre looking bright late into the night.

A Safer, More Secure High Street

Keeping the town centre safe remains a top priority.

- Our BID Ambassadors responded to over 1,650 incidents and helped recover £15,000+ in stolen goods
- New CCTV cameras were installed in key areas.
- We even reunited a shopper with their purse!
- We worked closely with Sussex Police, including securing enhanced patrols during the festive season.

Events That Brought the Town to Life

From summer sunshine to Christmas sparkle, 2025 was full of moments that brought the community together.

- We launched the first-ever Airbourne Fanzone, giving visitors a great new way to enjoy the airshow from the heart of town.
- Our partnership with the Tennis International delivered pop-up courts and a big screen at Bankers Corner.
- The new Farmers Market we launched with the Towner and Eastbourne Food Partnership outside the Towner has become the busiest in East Sussex.
- Our Christmas lights shone brighter than ever thanks to a £50,000 investment in festive displays as well as our Festive Lights switch on. A huge congratulations to Aylin who won our first ever 'design a Christmas light' competition.



Standing Up for Local Businesses

Behind the scenes, we've been working hard to make sure traders' voices are heard.

- We worked closely with businesses in Victoria Place to lobby to fight for a summer suspension of works, and funded the pop up park.
- We've lobbied East Sussex County Council to provide additional support to businesses impacted around Bolton Road, Langney Road and Terminus Road during the latest works
- We've continued to campaign for Free Parking after 3pm, better delivery access, and safer walking and cycling routes.

Thank You, Eastbourne

None of this would be possible without the businesses, volunteers, partners – and most importantly, you, the local residents who choose to support Eastbourne's high street.

Your loyalty keeps our town thriving. Your enthusiasm brings our events to life. And your feedback helps shape the improvements we deliver each year.

Here's to another year of celebrating and supporting our high street.

Keep one New Years Resolution:

**Shop Local. Love Local.
Enjoy Eastbourne.**

Find out more at youeastbournebid.com

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.



Charity funds new solar panels from lottery grant

AN Eastbourne charity is celebrating after receiving £11,935 from the *National Lottery Fund*.

By **Peter Lindsey**

The grant from *Awards4All* – has funded solar panels for the *Community Training Centre* at *The JPK Sussex Project HQ* at Church Street, Old Town.

The Centre provides training and work experience to adults with learning disabilities across East Sussex.

Jill Parker MBE, Chair of Trustees, said: "We are thrilled that our application has been successful, and the solar panels will assist with the sustainability of our project for many years to come."



"Without the Lottery support, this would not have been possible, so we are very grateful to everyone who plays the lottery every week."

The *JPK* provides a *Supported Living Centre* with seven flats at the rear of the site – Gow Lodge – for people with learning disabilities.

At the front is the training centre, now run by *SASBAH* – the *Sussex Association of Spina Bifida* and

Hydrocephalus – in partnership with *JPK*.

Jill said: "We have a fully functional premises, and I am delighted. Everything is running smoothly, and I couldn't be more pleased."

"The solar panels are a great addition for *JPK*."

Ensuring no one is left behind

THE hidden crisis facing older people in east Sussex.

By **Emily Pettit**

Imagine your mum, grandmother, or a neighbour you care about needing essential support – but the only way to access it is through an online form they can't navigate. No smartphone. Text too small. Instructions that make no sense.

For many older people in East Sussex, this is their reality.

A growing need

With applications for benefits like Attendance Allowance and Blue Badges now exclusively online, increasing numbers of older

people are finding themselves struggling to apply.

Age UK East Sussex's Information & Advice team has seen a sharp rise in older people needing help to complete these forms. There is now a three-month waiting list, leaving many frightened about not having access to financial support, or their independence.

Elaine's story

Elaine, 82, spent weeks trying to apply for her Blue Badge online. Without it, she stopped driving. With help from Kelly in our I&A team, her



application was submitted and within weeks, she had her Blue Badge and her mobility back.

How the community can help

"No one should be left without support because they don't have a laptop or a smartphone," says *Age UK East Sussex* CEO Steve Hare.

"With the backing of our community, we can reach people sooner and reduce waiting times."

Age UK East Sussex has launched its *Ensuring No One Is Left Behind* appeal, aiming to raise £25,000 to recruit and train more advisors to

provide support for older people who urgently need it.

Learn more or donate at:

www.ageukeastsussex.org.uk



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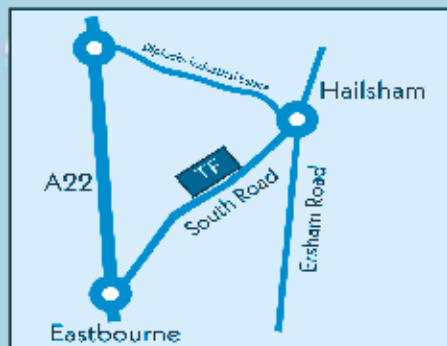


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What a great way to start the New Year

BEING part of *Bournefree's* celebration of local success!

By **Joe Walton**

As an independent business, we're only too aware of the challenges of succeeding, especially on the high street. That's why, as we move into our third year at 3 South Street, we do so with a real sense of pride.

But no success happens in isolation.

Any achievements we've enjoyed—and those we hope are still to come—are thanks in no small part to the vibrant community around us. Many customers have discovered our unique range of vintage sportswear and gifts because they were drawn to *Little Chelsea* by the other fantastic independent businesses that make this part of Eastbourne so special.

The idea of a rising tide lifting all boats has certainly proven true for us, with customers from other great shops like *All Things Analogue*, *The Darts Den*, and *Arcade* often visiting as part of their trip.

We also owe a great deal of our success to local people who have entrusted us with excellent football shirts, programmes and more,

allowing us to pass them on to delighted customers.

The support of the local community—most notably our fantastic returning customers—has helped us navigate the challenges of high street retail and create a footballing haven we're proud to share with people from Eastbourne and beyond.

Finally, it's been a joy to partner with talented local businesses like *Pitch to Pouch* and *Club Belts*, bringing their fantastic products to the attention and home of our customers.

We continue to work and think hard about the ways that *Students of the Game* can grow and become an even more welcoming space selling even better products and making even more people's days.

Make sure to pop in and see our ever-changing collection the next time you're around!

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Dorit and Chris raise funds into 'cruel' disease

A HUSBAND whose wife died from Motor Neurone Disease has thanked Eastbourne Holocaust survivor Dorit Oliver-Wolff for helping him raise money into vital research.

By **Peter Lindsey**

Linda Westcott was diagnosed with MND in April 2019, and by February the following year she had passed away.

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

Fundraising evening

He staged a fundraising evening at *The Oval*, home to *Eastbourne United FC*, and Dorit was – as ever – the inspirational speaker.

Chris is delighted that £2,922 was raised for the *MNDA – The Motor Neurone Disease Association*.

He said: "I am thrilled with the amount raised, and of course that is because Dorit was so wonderful and so kind."

Inspirational speaker

"She is such an inspirational speaker and tells her life story in such a tremendous way. It's always very moving to hear Dorit."

"All the money will go towards research into finding the 'golden nugget' that will ultimately prevent families going through such a traumatic illness."

"It really is so important for MND to be recognised early on, as medication in many cases can help



Chris and Dorit.

slow down the illness. In the end, we had to go private to find the cause of her illness."

www.mndassociation.org

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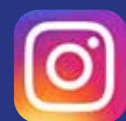


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This tour is offered in partnership with Veenus Group Travel.

To check availability or book please call Tracey on **01323 808080**



Laura's 24-hour Danceathon

WAYFINDERWOMAN is a registered charity based in Eastbourne which supports women to find their way and grow in confidence.

By **Peter Lindsey**

Now is your chance to support Laura's 24-Hour Danceathon.

Laura Murphy is organising the event in May to celebrate her 70th year and raise much-needed funds for the charity she founded to support vulnerable.

Yes, she is dancing for 24 hours.

Laura hopes to secure the immediate future of the charity, its female only drop-in centre, and its ability to support local women.

She said: "Every woman who walks through our Hub is looking for confidence, support and a safe space to rebuild. We offer free workshops, coaching and guidance, but we can only do this with your help.

That's why our Danceathon in May is so important. When you donate,



you're not just supporting me, you're helping change someone's life.

Your support helps a woman find her confidence again, helps someone feel less alone, and helps create real, lasting change."

WayfinderWoman supports women in Eastbourne and the surrounding areas to find a way forward in

challenging times. Through regaining confidence, learning new skills and building community through groups and workshops, WayfinderWoman seeks to promote positive change driven by the individual themselves and supported by local women.

To support Laura, please go to: <https://www.justgiving.com/campaign/danceathon2026>

Help for people living with HIV

LUNCH Positive provides support for people living with HIV in Eastbourne.

By **Peter Lindsey**

The group's key message is – we offer Community, food, friendship and peer support, and it has a meeting on the last Saturday of every month from noon to 3pm.

A spokesperson said: "It is a safe and supportive peer gathering. There is lunch, time to talk, and it's always inclusive.

We provide welcoming supportive peer-led HIV community spaces with a wide range of 'wrap around' support and wellbeing projects.

We offer healthy and enjoyable community lunches, drop-ins and support groups, and plenty of opportunities to socialise with other people living with HIV.

We create safer peer-led spaces where everyone feels comfortable and included – a great way to make new friends and to share peer support!"

Go to: <https://lunchpositive.org>
Call: **07312 862768**
or email: jim.stanford@lunchpositive.org

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Linda,
David Neal Dental Patient

**Book your consultation with the David Neal Dental
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Lightning kits

LIGHTNING Fibre is delighted to have sponsored brand-new kits for the under-11 team at Polegate Grasshoppers.

By **Peter Lindsey**

The all-girls team had been in need of a new kit since the start of the season, for training evenings and match days, and now they're looking like the most competitive team in town!

James, the manager, said: "The team has needed new kits for some time but we didn't have the full funds required. "The team has been managing with old spare items that were not the right

size. Some of the tops came over the knees of our youngest players! "We are so grateful that *Lightning Fibre* could provide the extra support we needed to get new kit." *Lightning Fibre's* Marketing Manager Emma Pearce said: "During training we could see what a great spirit the girls' team has. We wish them every success for the rest of the season – they really do look the part now."



Polegate Grasshoppers club welcomes young people of all abilities to get involved in football.

From under-6s through to under-16s, the club provides a friendly environment where every player can enjoy the game, make friends and develop their skills. For those interested in joining, the club trains on Monday evenings from 6pm to 7:30pm, with winter sessions taking place at *Beresford Astro* in Eastbourne. Matches and brighter evening training sessions are held at

Westlords, Queen Elizabeth Field in Willingdon, with away days often taking the teams to Stone Cross, Pevensey and further afield. **Get connected with Lightning Fibre** If your home or business needs faster or more reliable broadband, we might be able to help – check your postcode at www.lightningfibre.co.uk. You can also call our friendly local team on **01323 380260** (8am–8pm daily). Businesses can email Joe Brownell at business@lightningfibre.co.uk to explore connectivity options.



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BLUE Heart launches Phase 2 of SuDS for Schools in East Sussex.

By **Sarah O'Flaherty**

Blue Heart is launching Phase 2 of its SuDS for Schools programme, supporting more schools in Eastbourne and Hastings to manage surface water and create climate-resilient green spaces.

The programme is fully funded, with **£890,000** secured from the **Department for Education**

(£445,000), Environment Agency (£362,500) and Southern Water (£82,500). It covers all costs for engagement, co-design, and installation of sustainable drainage systems (SuDS) on school grounds.

Twelve schools are already confirmed, with a limited number of spaces still available. While schools must meet *Department for Education* criteria, *Blue Heart* is encouraging expressions of interest to help shape both this and any possible future phases.



From **January 2026**, schools will work with delivery partners **Our Rainwater** and **Meristem** to:

- Learn about *SuDS* and climate resilience.
- Co-design site-specific *SuDS* features.
- Benefit from fully funded installation.

"We're thrilled to continue helping schools adapt to climate challenges while creating engaging outdoor spaces," said Tegan Illingworth, Project Manager.

Schools interested in joining can email **SuDS4Schools@eastsussex.gov.uk**

The goal of *Blue Heart* is to try out innovative ways to predict and mitigate the impact of flooding in Eastbourne and southern Wealden.

This will benefit local people, businesses and the environment.

What we learn will also help inform projects around the UK and beyond.

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Shedders having a great time...

THE Hampden Park Shed is a truly magical place – and if you're over 50 it could be the place for you.

By **Peter Lindsey**

Funded by the National Lottery, it is a charity run crafting space open Monday–Thursday from 10am until 4pm.

It's at 9 Brassey Parade and is part of Age Concern Eastbourne – but it's very special and largely so because of the bubbly Co-ordinator Linda Creasy.

Linda said: "Ten years ago there was one *Shed* in Eastbourne and it was men only. Then, a *Lottery* bid was secured and we now have three *Sheds* and are open to everyone over the age of 50. This space wasn't suitable for woodwork – and the rest is history.

"It has been a crafting space since 2019, and our *Shedders* decide what they want to do/make there is no set agenda.

"We knit, sew, crochet make jewelry and have a Kiln for pottery as well. There are 41 of us and each pays £10 per month to become a member.



Linda Plumley.

"There are normally around ten people here a day, and it's such a lovely, friendly and inclusive atmosphere."

So why do people come?

One *Shedder* told me: "It's all about having social contact. I love coming here because it lifts my mood and I enjoy the crafts. I come in here because I can be me."

Next, I meet the amazing Margaret. She's 94, she goes once a week, and it's the only time she goes out each week apart from to be with family.

She loves to knit – she has completed 150 baby hats and seven blankets. Each one takes about two hours – people donate wool to help.

She said: "I look forward to my Thursdays. I don't know where I would be without it."

The *Shed* was thrilled to donate 100 knitted premature baby hats – all knitted with love by Magnificent Margaret to the *Special Care Baby Unit*, at *The Conquest* in Hastings.

Shedders also took along six baby blankets made from knitted and crochet squares and several knitted baby cannula sleeves – all wool used was donated.

Back to Linda: "Crafting is so therapeutic, it helps calm a busy mind as you're focused on the craft. Crafting in company is so much fun; we share ideas and encourage each other.

"People here think we are a shop but we're not – please come and see us."

Call **01323 351291**

Or pop in and see Linda.



Margaret and her daughter.



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£1,000 up for grabs



AS Crown and Anchor launches new singing competition.

By **Sarah Baker**

A brand-new search for Eastbourne's next top vocalist is set to begin in the New Year, as the Crown and Anchor in Eastbourne announces its first-ever singing competition, Sing With Pride. The contest launches on Sunday 4th January 2026 and will run every Sunday evening, culminating in a grand final on 22nd March 2026.

Aspiring singers from Eastbourne and surrounding areas are invited to take part, with a major prize awaiting the winner: **£1,000 in cash and a coveted performance slot on the main stage at Eastbourne Pride in June.** The champion will perform in front of thousands of Pride supporters at one of the town's biggest annual celebrations.

The competition is **open to absolutely everyone**, regardless of age, experience, identity, or musical background. Organisers emphasise that anyone with a voice and the passion to perform is welcome to take part.

Landlady Heidi Lane said she is excited to bring fresh entertainment opportunities to both the venue and the wider community.

"We've always been passionate about live music here at the Crown and Anchor," she said. "This competition is the perfect way to discover

amazing local singers and give them a real platform to shine. We can't wait to see the talent that walks through our doors!"

Eastbourne Pride organisers also welcomed the initiative, continuing their partnership with the venue after successful collaboration in 2025.

"Eastbourne Pride is excited to continue our association with the Crown and Anchor for Sing With Pride," a spokesperson said. "Sing With Pride is an incredible platform for local artists to shine and be heard. We're obviously all for that!"

To ensure fairness, **the Crown and Anchor has confirmed it will remain completely impartial throughout the contest**, acting solely as the host venue. The judging panel will be independent, with no involvement from the pub's management or staff.

Each week will feature live heats, with contestants battling to secure a place in the final. The pub is encouraging residents and visitors to come along, enjoy the performances, and cheer on their favourite acts.

With a cash prize, a prestigious Pride stage slot and hometown bragging rights on offer, the competition is expected to attract strong interest. Anyone keen to put their vocals to the test is urged to contact the Crown and Anchor for full sign-up details.

For more information, please keep an eye on their socials.

Driving the community

IN 1976 residents of the Cuckmere Valley were in danger of becoming isolated when the then current bus operators decided to withdraw services.

By **Nick Price**

There was limited car use and few local shops. The local Women's Institute organised a public meeting at which a decision was made to form a community bus operation.

The support of the *County Council* was obtained which allowed for the lease of a single minibus driven by volunteers.

Cuckmere Community Bus Co. was formed as a charitable company.

From this small start the operation has grown to a fleet of 8 buses operating services seven days a week on over 20 routes by nearly 50 volunteer drivers.

A new bus sporting a celebratory livery will begin operating from March.



The first bus.



The current fleet.

Join us

See our following advertisement if you would like to join the oldest community bus operator in England.

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www.cuckmerebuses.org.uk



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Up for treading the boards at the Winter Garden?

THE Company is producing a large Community Play with music, called *Eastbourne Soup*, at the Winter Garden on 4th, 5th & 6th June 2026.

By **Peter Lindsey**

It will be a big event, with a community cast of 50 and Eastbourne partners including: the *Printers Playhouse*, *Eastbourne Silver Band*, *Concentus Sings Choir*, *Cuckmere String Quartet*, *Compass Arts*, *East Sussex College*, *Eastbourne Sheds*, *Sew Sussex @ No 186*, *Printers Playhouse Choir* and many others.

There was a Draft Play Reading/ Feedback Forum at *Leaf Hall*, and the final draft of the new play is nearing completion by Sussex playwright, *Suzi Hopkins*.

This is where you come in, as they are looking for around 50 community actors to take part in the production.

The Company will be holding *Taster Workshops* so you can dip your foot in and see if you want to take part.

Workshop dates are:

Workshop 1 – JPK Building, 39 Church St, Old Town on Thursday 8th January from 7–9pm.

Workshop 2 – Archery Youth Hub, Willoughby Crescent on Sunday 11th January from 3–5pm.



To sign up for a Taster Workshop go to www.thecompanyuk.com and click on *Eastbourne Soup*

Numbers at the Workshops are strictly limited so to attend one of them, you must book in advance

Information about the project:

- Rehearsals will take place on Thursdays evenings & Sunday afternoons from Feb – May, but you would most certainly not be required to attend all rehearsals.
- Involvement is totally free.
- Any questions about the project, please contact: admin@thecompanyuk.com or phone **07712 650568**



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

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

Winter Sun Rising at West Rise Marsh

RSPB Eastbourne & District group walk.

By **Simon Thomas**

West Rise Marsh, aka West Langney Lake, is a small gem just a stone's throw from the and one of the many walks our local *RSPB Eastbourne* group do around Eastbourne each year.

On a glorious winter morning 19 people joined Steve Hewitt, kindly leading the walk armed as usual with his telescope to enhance those distant views of waterfowl across the lake.

Between them the group picked out a total of 36 bird species.

We also had a nice view of a fox's head peering at us from behind a hedge.

Birds identified: mute swan, Canada goose, wigeon, shoveler, pochard, gadwall, teal, tufted duck, black-headed, herring, great and lesser black-backed gulls, snipe, grey heron, little egret, cormorant, great crested and little grebes, coot, moorhen, water rail [heard], woodpigeon, kestrel, marsh harrier, meadow pipit, starling, robin, stonechat, Cetti's warbler [heard], blue tit, carrion crow, jackdaw, magpie, raven, house sparrow, reed bunting.

Our next walks:

- **Sat 17th Jan – Ouse Estuary Nature Reserve, Newhaven.**

Winter wildlife. Meet free Tide Mills car park off the A259 between Seaford and Newhaven. Map Ref TQ 463004 What3words: ///polite.lifeboats.collides

- **Sat 21st Feb – Laughton Greenwood**, for a stroll around the wood. Meet in car park off Park Lane. Map Ref TQ515144. What3words: ///poster.ratty.education

Our next speakers:

- **Weds 7th Jan Talk: 7:00pm:** Stuart Harris and Shivani Thevar
Operation Turtle Dove. Farmers and conservationists in alliance for this iconic bird.
- **Weds 4th Feb Talk: 2:15pm and 7:00pm:** Birding in Canada – Part II by Peter Denyer



Venue: Wilfred's Church Hall,
Eastbourne Road, Pevensey, BN24 6HL.

Facebook: **Eastbourne RSPB members group**

<https://group.rspb.org.uk/eastbourne>



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At a time when costs are higher than income for St Wilfrid's Hospice, your support is more important than ever. We have a range of events, challenges and fundraising ideas for you to choose from.

Whatever you do makes a real difference to end of life care for local people.

Find out more and see what else is on offer at stwhospice.org

Shop local

From furniture to frocks and books to bric-a-brac, our 11 shops are full of pre-loved gems.

When you shop at your local St Wilfrid's store you are reducing waste, saving money, and providing . You are also ensuring expert care for local people at the end of their lives.

Find your nearest store: stwhospice.org/shops



Volunteer

If you are looking for a volunteering opportunity in 2026 then St Wilfrid's has something to suit everyone.

Whether you want to be in the hospice, in one of our shops or at our fundraising events, we provide training and support and will work with you to make sure you get the best from your volunteering.

Whatever role you choose you'll be helping enable people to live well at end of life.

stwhospice.org/volunteering



Fundraise

Could you join the hundreds of others who help to raise vital funds for St Wilfrid's each year?

With over 70% of our funds coming from our local community, your support makes all the difference.

From bake sales to film nights, and raffles to dress-down days, the possibilities are endless. We are here to help you along the way, just get in touch.

stwhospice.org/fundraise



Take on a challenge

Are you a runner, a walker, a cyclist, or a swimmer? Or maybe a thrill-seeker?

Whether you are looking for a new challenge, the chance to test your limits, or just a bit of fun, take a look at our jam-packed calendar and find the right event for you.

Join us in 2026 and help more people get the hospice care they need.

stwhospice.org/events

Colin's the man in charge...

HE'S the man responsible for the day to day running and accountability of *St Wilfrid's Hospice* – and Colin Twomey is well aware of both the privilege and responsibility that brings.

By **Peter Lindsey**

Colin has worked at the Eastbourne-based hospice for 13 years – first as Clinical Director then from 2023 as CEO.

And he loves it.

Colin said: "My job is to make sure that the charity delivers what we set out to do – but of course it's much more than that.

"We have 235 staff covering a whole variety of roles, including care, fundraising and retail – we have 11 shops and they are 'your hospice on the High Street'. We cover a wide area, going out as far as Uckfield, Seaford and Pevensey Bay."

Financial challenges

The hospice has 20 beds but unfortunately due to financial challenges, only 12 regularly operate. It takes £11 million to run the hospice – with costs constantly going up – and the workforce represents around 75 per cent of the total. The fundraising each year is around £8 million, plus £1.5m from the government so that obviously leaves a gap, and reserves are being used every year to cover that shortfall.

Colin said: "Our focus is always the families we are caring for. We have to ensure that we can fund the right level of care because there is so much need out there that we cannot match.

Exceptional care

"The care we provide is exceptional but many people still don't get a referral to hospice care and access that exceptional care."

Colin realises that for many, they do not want to cross the doors of a hospice, but he stresses that it's not all doom and gloom. Far from it, there is much laughter within the building at Broadwater Way.

He said: "More people are choosing to die at home and that's fine – it's their choice and it must always be that way.

"We care for more than 1,500 patients a year and around two thirds have cancer. Many have other conditions, including heart and lung disease.

"The challenge is to continue to fund that level of care. We have 500 volunteers and we simply couldn't be without them.

"Yes, money is a worry, always, and we have received extra funding from the government but it's frustrating that money can't be used on our day to day costs.

Respond and react

"In the past year, our financial challenge has meant that we have had to remove 480 hours of staff time".

"To be honest, it does look like 2026-27 will remain a challenge."



Colin's message to us – the community – is a very simple one.

Amazing community

"I want to say thank you. Our community is so amazingly supportive, and we will continue to be there for you.

"If you have a concern, please do continue to go to your GP or the hospital. We will continue to keep our message out there, constantly engaging with our communities."

<https://www.stwhospice.org>

Coda Pharmacy Working with the Community



Throughout November, Coda Pharmacy has been working to support the local community, taking part in initiatives that allow them to give back and strengthen their connection with those around them.

Running solely online, Coda Pharmacy provides free delivery of NHS prescriptions to patients nationwide. In addition to this service, they host pop-up free health events, helping to bring accessible healthcare directly into local communities.

Recently, the Coda team has been actively engaging with the Eastbourne community. As part of their ongoing 'Charity of the Month' campaign, they partnered with local organisation The Old Bank Wellbeing Trust through a series of social media collaborations.

Their content highlighted the vital work The Old Bank does to offer affordable counselling to people on low incomes, with a particular focus on men's mental health in recognition of Movember.



Coda has also visited Eastbourne Food Bank, Little Gate Farm, Children with Cancer Fund, and You Raise Me Up to explore future partnerships and identify ways they can offer support. They were also delighted to sponsor the drinks reception at this year's St Wilfrids Hospice Charity Champion Awards in November.

For more info on Coda Pharmacy, please visit www.codapharmacy.co.uk

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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!

Recognising Innovation and Entrepreneurial Excellence Awards

One of the biggest highlights of the year for Edeal Enterprise Agency is the LEAP Awards Ceremony. This event marks the culmination of months of hard work and dedication from our local entrepreneurs, who take part in a series of workshops, seminars, and one-to-one sessions to develop a comprehensive business plan. The LEAP programme runs for approximately six months and, although it requires commitment and effort, it's also fun and provides a fantastic opportunity to network and collaborate with like-minded people.

Programme Manager Sandra Walker said, "We had an excellent range of business ideas this year. Five candidates progressed to our Dragons' Den event, and on the 13th Nov we announced this year's winner, who was Darina Doroshenko of Atelier Niche Ltd. Darina has created a brilliant business model that transforms niche beauty concepts into global sensations, supporting brands across the UK, Europe, the Middle East, and Africa. Her passion, creativity, and hard work have shone throughout the programme, and we are excited to see where her journey leads next. Darina receives £500 towards her start-up costs".



Darina Doroshenko of Atelier Niche Ltd

"A huge congratulations also goes to our runner-up, Ellie Pike of Ellie's Cookery Club, for her outstanding effort. Ellie has launched a Sussex-based cooking school offering lessons for all ages and abilities. Her club champions playful, practical cooking for both adults and children, with a strong focus on positive well-being through food. We are looking forward to following Ellie's progress as her business grows. Ellie receives £250 towards her start-up costs".

If you are based in Eastbourne and are thinking of starting a new business or have a business and need business advice, please email info@edeal.org.uk or visit www.edealgroup.org

Discover the Joy of Dance!

Dancing is a fun thing for lots of us to do but as adults we don't get much chance to just let ourselves go to great music. Allegro Dance & Exercise, Eastbourne offers you the chance to do this every week with exciting dance exercise classes in Eastbourne and East Dean.

Opening our doors to customers in September 2025, we offer classes mixing exercise with simple dance steps for adults of all ages and abilities. All regular classes are £8 and offer the flexibility of weekly booking. They are 45 minutes long and require no previous dance experience, just enthusiasm.



Classes on offer are Dancefit, Chair Exercise, Dancefit Seniors, Latinfit and Stretch, Move & Groove. There is something for everyone, from the slower more gentle class to the more energetic.

Look out for our Ballroom Basic courses throughout the year.

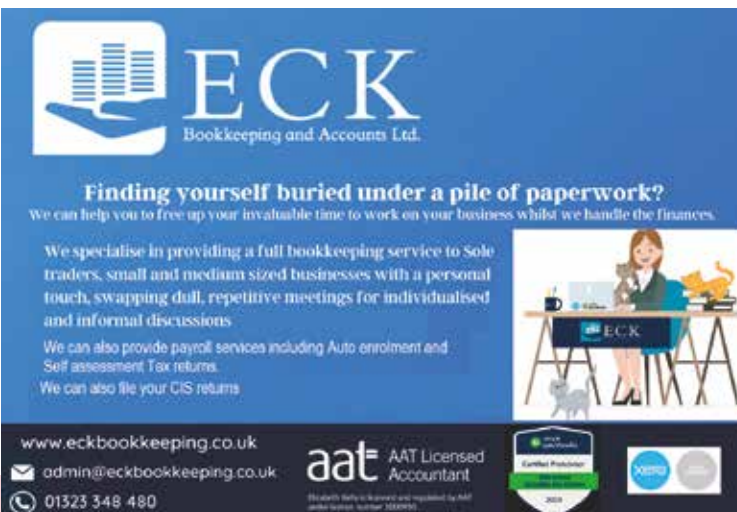
These are four-week

courses giving total beginners a chance to learn the basic steps to four of the most popular ballroom, and latin dances. Just enough to get you dancing around the floor.

If you are getting married and are wondering how to tackle that all important first dance, we can help with that. For couples or groups, a tailor-made routine can be choreographed.

Sarah qualified to teach with the IDTA and danced professionally both at home and abroad. Having many years of teaching experience, you can be assured you are in safe hands.

For more information or to book please visit www.allegrodanceandexercise.co.uk or contact us on 07566 205 770 / allegro.ebn@gmail.com



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Home and Castle – Award winners!

Home and Castle have just won the British Property Award for Polegate, for the fourth successive year. Their team performed outstandingly throughout the extensive judging period, which focused on customer service levels.

Home and Castle have now been shortlisted for a number of national awards which will be announced later in the year. The British Property Awards provide agents throughout the UK with an invaluable opportunity to compare

the service that they provide against the service provided by their local, regional and national competition. Agents who go that extra mile and provide outstanding levels of customer service are rewarded with this accolade, which acts as a beacon to highlight these attributes to their local marketplace.

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CWCF: Run to Run 2026

THIS event is taking place on May 30th from 10am until 2pm.

By **Peter Lindsey**

Sign up today – and what a great cause all the money will go to.

Fund founder Chris Downton said: "Come and join us for a fun run along the *Cuckoo Trail*, raising vital funds and awareness for *Children with Cancer Fund (Polegate)*.

"Yes, *The Run to Run* is back!

"That's right, we are bringing back our fun run along the *Cuckoo Trail* on Saturday 30th May 2026!

Come join us

"Whether you're a keen walker, runner or just fancy a nice stroll, we would LOVE for you to join us!

"Starting at the School Lane, Polegate entrance to the *Cuckoo Trail*, we have various distances on offer including a mini mile for families and little ones, 5k and 10k.



"And we want to say in advance thank you to everyone who will join us."

Individual ticket prices are as follows:

- **Mini Mile:** £5
- **5k:** £10
- **10k:** £10

Family tickets prices (2 adults and up to 4 children) are as follows:

- **Mini Mile:** £20
- **5k:** £25
- **10k:** £25

All funds raised will help the charity to continue supporting over 150 families across East Sussex, Brighton and Hove who are affected by childhood cancer.

We have staggered the start time of the runs as follows:

- **Mini Mile:** 10:30am
- **10k:** 11:00am
- **5k:** 11:15am

If you want to take part please email info@childrenwithcancerfund.org.uk or call **01323 488561**

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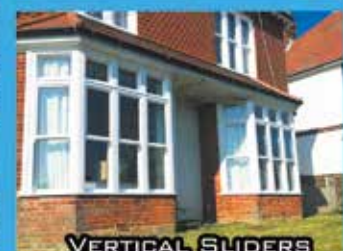
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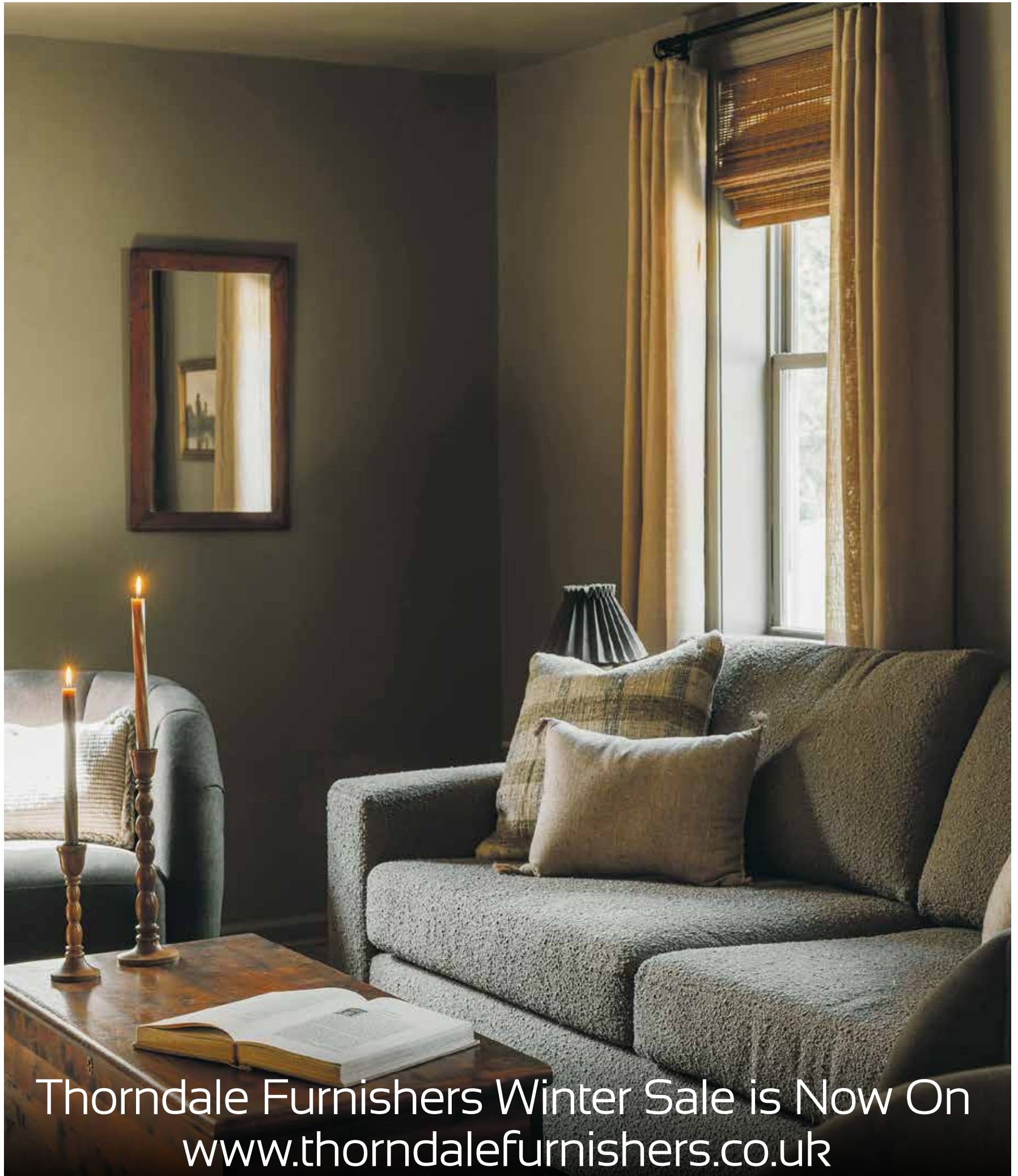


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New Warm Hub at the James West Community Centre

THE Railway Club is operating a new Warm Hub from the James West Community in Hailsham until the end of February.

By **Peter Lindsey**

This aims to support residents struggling with rising energy costs by offering a welcoming, heated space and free refreshments.

The Railway Club is extending its support for local residents beyond its usual weekly sessions at the Station

Youth Centre in Western Road, where the group already meets all year-round on Wednesdays from 10am to 1pm.

Operating under the umbrella of the Railway Club, the new Warm Hub will run every Friday (9:30am to midday) to the end of February.



The hub will provide hot drinks, biscuits, cakes, board games, activities, toys for children and space for conversation. It will be open to all ages, and attendees are welcome to bring their own games, books or activities to share.

Anne Marie Ricketts, co-organiser of the Railway Club, said: "The rising cost-of-living has left many people in our community with difficult choices about keeping their homes warm.

"By opening the doors of the James West Community Centre each Friday, we hope to give residents a friendly, comfortable environment where they can stay warm, enjoy a chat and feel supported during the winter months."

The Town Council continues to encourage local groups working on similar projects and recognises the value they bring to the wellbeing of residents during challenging economic times.



By **Peter Lindsey**

In recognition of Pride Month, the event will celebrate diversity, inclusivity and solidarity with the LGBTQ+ community, and the Town Council has agreed to part-fund the project with a contribution of £1,750.

The event will feature a variety of live entertainment, including performances by rhythm and blues act Moss Casa,

acoustic duo The Management, cover band School's Out, and rock, indie and pop group Nightflame.

Fonda Cox, the popular drag performer, will once again take to the stage as the headline act, following a successful appearance at previous events.

Other entertainment will include Awesome Alfie providing children's

Stand Proud in Hailsham returns

STAND Proud 3 will take place at the White Hart in Horsebridge on Saturday 27th June from noon to midnight.

activities, as well as Sweet Circus Experience, Name That Tune and Rainbow Bingo with Sam. A selection of bar food will be available courtesy of Sparkles by the Pond, with Char offering face painting services.

In response to the success and high attendance of last year's event, organisers are encouraging attendees to bring picnic chairs and blankets to ensure ample seating. A watershed will be put in place at 7pm to maintain a safe and enjoyable environment for all attendees.

Event co-organiser Colin Mitchell said: "Stand Proud continues to grow, and it's heartening to see how the town has embraced the spirit of Pride. This event is not only a celebration but an important reminder of the progress we've made towards inclusivity. I am looking forward to seeing the community come together once again to show their support for the LGBTQ+ community next June."

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Take on the Marathon for Raystede

RAYSTEDE Centre for Animal Welfare is looking for volunteers – fit volunteers – to run the 2026 London Marathon and raise funds.

By **Peter Lindsey**

It is an animal welfare charity and rehoming centre based in Ringmer, covering East Sussex. There is a popular Raystede charity shop in Langney Shopping Centre.

Now it is asking people to take on *London Marathon MyWay* on

26th April 2026 to help injured and unwanted animals in need.

Home comfort

Simon Bennett from *Raystede* said: "This is your chance to be part of the world-famous *London Marathon* from the comfort of your own hometown.

"Once you've completed your marathon, you'll receive an official finishers' medal from the *TCS Virtual London Marathon* and a *New Balance* t-shirt.

"Join our team with one of our guaranteed charity places, or if you've already purchased your place in the event, sign up with your own place.

"Run, walk, cycle, or complete the 26.2 miles any way you like, with 24 hours to finish the full distance all at once or in stages.

Here's what one previous participant had to say about their experience:

"*Raystede* was great with updates and materials, and the marathon app/process was very enjoyable. This is a perfect way to support *Raystede* and connect to the *London Marathon*."



For more details, go to <https://www.raystede.org/challenge-events/running/london-marathon-myway>



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Hailsham Chamber January news

By **Ryley Warwick**

Big Business Breakfast
Hailsham Chamber of Commerce will be hosting its next **Big Business Breakfast** on **Thursday 5th February 2026, starting at 7:30am at Wellhurst Golf & Country Club.**

The popular networking event brings together local business owners and professionals for an informal morning of connections, insight and discussion. Attendees will also enjoy presentations from two local businesses: Callum Ralph of *Creative Curtains & Blinds* and Tyler Smith of *Luxe Auto Shine*, who will be sharing their experiences and business journeys.

The *Big Business Breakfast* offers an excellent opportunity to meet fellow members of the local business community, exchange ideas, and build valuable professional relationships in a relaxed setting.

Places are limited and early booking is recommended.

For more information or to book, please visit hailshamchamber.co.uk

New Business Hub opens in Hailsham — Two local firms mark a fresh chapter

Last week, Hailsham welcomed a milestone for two of its growing small businesses, as *RTJ of Sussex Ltd* and *Luxe Auto Shine Ltd* officially opened their new shared premises at Unit 16, Swan Barn Business Centre, BN27 2BY.

The move was celebrated in style — with representatives from the *Hailsham & District Chamber of Commerce* in attendance, highlighting the importance of local enterprise and community support.

RTJ of Sussex brings fire-safety consultancy and compliance services to the area, offering fire risk assessments, fire-door inspections and installations, electrical testing, and fire-extinguisher servicing. Their aim is to make “fire safety straightforward, reliable, and accessible,” especially for local businesses and residential landlords.

Meanwhile, *Luxe Auto Shine* offers professional valet, detailing, paint correction, and ceramic-coating services for vehicles — covering East Sussex and beyond. According

to their website, they’re a fully accredited, insured, family-run business committed to delivering a “showroom-quality finish” and long-term care for customers’ cars.

For the Hailsham community — and beyond — this new business base promises two valuable local services under one roof: safety for properties and quality care for vehicles. Locals and customers are encouraged to visit the new premises, have a look around ... and maybe even enjoy a coffee while chatting with the teams.

As both businesses settle into their new home, the message is clear: Hailsham’s small business scene is alive, growing — and ready to serve.

Community Run

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

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

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

Hallmark Glazed Extensions Ltd
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Hailsham News — Community Newspaper / Race Day Coverage

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

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5.30pm and 7pm Tel Kayleigh 07714 384461

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

TUESDAY

Pevensey Bay St Wilfrid's Church
8am and 9.30am Tel Emma 07717 454693

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

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

WEDNESDAY

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

Polegate St George's Church Hall, Eastbourne Road
9.30am and 11.30am Tel Emma 07717 454693

Eastbourne Community Wise, Ocklynge Road, Old Town
5.30pm Tel Sarah 07798 702326

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

Eastbourne St Barnabas Church, Kingfisher Drive, Langney
5.30pm and 7pm Tel Jackie 07821232511

THURSDAY

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

Hailsham Methodist Church, High Street
4pm, 5.30pm and 7pm Tel Jo 07860 961465

FRIDAY

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

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

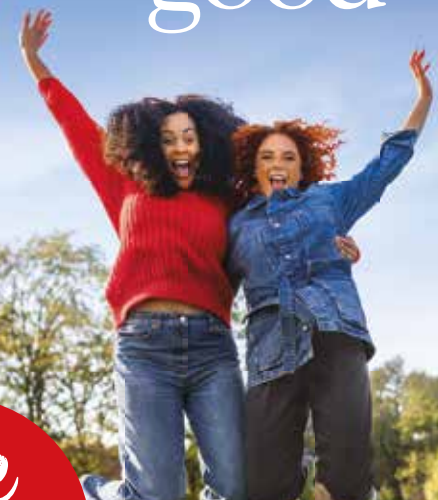
SATURDAY

New Group Willingdon Trinity Church, Coppice Avenue
Bn20 9PN 9am Tel Zoe 07836 451969

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

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A simpler approach to improving health in 2026

WHY January motivation doesn't last and what to do instead.

By **Hallum Cousins**

Every January, millions of people decide that this will be the year they make a lifestyle change. Come February, most of those plans have disappeared. The truth is, people aren't lazy and unmotivated, their plan is often unrealistic and doesn't fit their lifestyle. As a gym who works with people in their 40's, 50's, 60's and beyond, we see the best results from those who start with simple and manageable goals.

People put enormous pressure on themselves to make a change in the new year but feel discouraged when life gets busy again. It's completely understandable, at the start of the year motivation is high and we want to hit the ground running. But this approach doesn't often work for those who are already juggling a busy lifestyle. This is why shifting the focus from intensity, to consistency, can completely transform the way you think about new year's resolutions altogether.

The approach that actually sticks

Repetition drives motivation, not the other way around. The small, actionable steps are what creates momentum. Instead of relying on bursts of willpower or intense effort that you can't sustain, the real progress comes from doing a little, over and over again. It's not about doing more or harder, it's about doing what you can, regularly, in a way that fits into your life. When those steps are repeated, they become habits. Your brain starts to recognise the behaviour as normal, and it stops feeling like a struggle. Over time, showing up becomes more automatic, and motivation naturally grows from the sense of achievement. The key is to start with something easy, genuinely easy, and do it consistently. Once that feels normal, layer in the next simple thing. This isn't a quick fix, but this slow building approach creates momentum without the overwhelm.

Where we come in

At Gain, we work with people who want to feel stronger, move better and have more energy, but don't want the pressure of a typical gym environment. Many of the people who join us, haven't trained for years or have never felt confident walking into a gym at all.

What they find instead is a smaller, private space which is built around consistency rather than perfection. Every session is coached, every exercise is tailored to their ability, and every step is focused on simple progress they can maintain. Because we focus on strength, mobility and stability, people quickly notice changes they can feel in real life. Climbing stairs more easily, less stiffness, better balance and more confidence in their body. Those early wins make it much easier to keep showing up.

Strength training has been repeatedly proven to help adults improve their health significantly, which is why we are doing that exact thing in a way that people can fit around their lifestyle. People who once felt "not fit enough" or "too old to start" are now becoming consistent gym goers.



Sign up today

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Coda Pharmacy strengthens community ties

CODA Pharmacy is strengthening community ties through local initiatives and charitable partnerships.

By **Molly Graff**

Coda Pharmacy continues to demonstrate its commitment to our Eastbourne community wellbeing through a range of initiatives designed to give back and build meaningful local connections.

Based in Eastbourne and operating exclusively online, *Coda Pharmacy* offers free nationwide delivery of NHS prescriptions, ensuring convenient access to essential medicines for patients across the UK.

Charity of the Month

The *Coda* team has been actively involved in the Eastbourne community through their ongoing Charity of the Month campaign. Recent partnerships include collaborations with *SASBAH*, *The Old Bank Wellbeing Trust*, and *Age Concern*, highlighted across their social media channels. This month, *Coda Pharmacy* is proud to support *The Beachy Head Chaplaincy* as their January Charity of the Month. To learn more, follow them on *Instagram* and *Facebook* at **@codapharmacy**.



In the photo with Josh is Minnie, Kim, Colin and Chris.

Community visits

Coda Pharmacy has also welcomed several distinguished visitors in recent months, including Eastbourne MP Josh Babarinde OBE and the Lord-Lieutenant of East Sussex, Andrew Blackman. Their visits included engaging discussions on how *Coda* can continue to meet the evolving health needs of the Eastbourne community, as well as participation in on-site health checks.

Proud sponsors

Coda Pharmacy was honoured to support this year's *St Wilfrid's Hospice Charity Champion Awards*, contributing to a memorable

evening celebrating the work of an exceptional local charity. They also proudly served as bronze sponsors of this year's *Eastbourne Morrisons Wheelie Big Vehicle Rally*, with proceeds benefiting *Marie Curie* and *St Wilfrid's Hospice*.

Coda Pharmacy is eager to continue its community work, with further free health-check events already in the pipeline for Eastbourne.

www.codapharmacy.co.uk



Be prepared

AS a Girl Guide we had the motto 'Be Prepared' and when leading a walk it's a good idea to follow this advice particularly regarding the weather.

By **Jayne Brewell**, Polegate Ramblers

But if the forecast is for heavy rain, gales, snow or even a heatwave what should I do? Do I cancel the day before or wait until the morning and then have to contact everyone before the start? Often it's best to risk it, hope the forecast is wrong and just face the consequences.

So what do you take in a small rucksack? How much room is there for sun cream, a mat, a waterproof jacket and trousers, gaiters, a scarf, hat and gloves, sunglasses, a drink and a packed lunch.

It is a real topic of conversation when we meet for a walk, comparing



what others chose to do and really hoping that you have made the right decision. Sometimes a fellow Rambler will surprise you when out of their rucksack comes some secateurs for cutting back undergrowth, slices of cake to celebrate a birthday or even some sheep's wool to help with cushioning for a blister! Now that is good preparation!

Polegate Ramblers meet every Thursday for a choice of a 2-ish mile,

5-ish mile or 10-ish mile walk, and monthly on Saturdays for a 7-8 miler. Rambles are led by experienced members in the local area. New walkers are always welcome.

Email Lindsey, our secretary at polegateramblers@gmail.com for more information or have a look at our Website: www.polegateramblers.org.uk



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Diabetic foot appointments available at Sussex Footcare!

SUSSEX Footcare have recently invested in a specialist *Toe-Brachial Pressure Index* machine (TBPI) that will be available for patient use in January.

By **Alex Selmes**

The importance of diabetes Foot Assessments in Podiatry
Diabetes is a complex endocrine condition that affects multiple body systems, but one of the most vulnerable – and often overlooked-areas is the feet.

Reduced sensation, poor circulation and impaired wound healing make people living with diabetes significantly more susceptible to serious foot complications. As a result, diabetic foot assessments have become the cornerstone of modern podiatric care, playing a critical role in prevention, early detection and long-term health. At *Sussex Footcare* our podiatrist's complete diabetic assessments regularly and we have a great selection of specialist tools to assist in the thorough assessment of the diabetic foot.

Why are people with diabetes are at higher risk?

Listed below are several physiological factors that contribute to the increased risk of foot problems in individuals with diabetes.

Peripheral Neuropathy – Chronic high blood glucose can damage nerves, especially in the lower limbs. This can lead to loss of protective sensations, inability to feel pain, pressure, or temperature changes and an increased risk of unnoticed ulcers. Without the “warning signal” of pain, small wounds can rapidly progress into infections or ulcers.

Peripheral Arterial Disease (PAD) –

Diabetes damages blood vessels, reducing circulation to the feet. Poor blood flow slows healing times, increases susceptibility to infection, and raises the risk of tissue breakdown and amputation.

Structural Changes – Long-standing diabetes can cause deformities such as hammer toes, prominent forefoot/metatarsal area and Charcot arthropathy. These deformities increase pressure points and increase ulcer risk.

The purpose of a Diabetic Foot Assessment

A comprehensive diabetic foot assessment allows podiatrists to evaluate the condition of the feet, identify risk factors, and detect early signs of complications. The goal is not just treatment but prevention.

Key components include:

Neurological testing

Using tools like monofilaments, tuning forks, and reflex hammers, podiatrists can check for signs of sensory neuropathy as well as autonomic and motor neuropathy. Early detection helps guide protective strategies such as footwear changes or offloading.

Vascular assessment

Assessing pulses, capillary refill time, skin temperature, and using a doppler ultrasound helps determine whether there is adequate blood flow to the lower limb. Identifying vascular issues early enables timely referral to vascular specialists. At *Sussex Footcare* we have recently invested in a specialist *Toe-Brachial*



Pressure Index machine (TBPI) that will be available for patients to use in January. This non-invasive examination compares the blood pressure in the brachial arteries to the blood flow to the toes. It is utilised to assess small vessel perfusion and can help differentiate between patients with and without peripheral arterial disease (PAD). This provides valuable information about arterial health and potential complications.

The impact of regular assessments

Routine diabetic foot assessments have been proven to reduce ulceration rates, lower the risk of infection and hospitalisation, decrease the likelihood of amputation and improve the overall quality of life. Since many severe complications begin as minor issues, early intervention can prevent costly and life-changing outcomes.

Empowering patients through education

A vital part of diabetic foot assessments is patient education. Podiatrists teach essential self-care



practices, which include daily foot inspections, proper nail and skin care, choosing appropriate footwear, blood glucose management awareness and when to seek medical attention. Empowering patients to take an active role greatly enhances long-term outcomes.

In summary Diabetic foot assessments are an essential element of podiatric care and a powerful tool in preventing serious complications.

We look forward to seeing you and your feet!



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You are invited to join Eastbourne Healthcare Network

HEALTHCARE professionals and people with an interest in healthcare are being invited to take part in a new monthly networking initiative.

By **Peter Lindsey**

It's aimed at strengthening connection, collaboration, and community – creating a welcoming space where professionals can share ideas, learn from expert speakers, and build meaningful partnerships. The aim of the Eastbourne Healthcare Network is to bring together like-minded people.

The idea for this exciting project was brought together by Bryce Murphy from *Sussex Audiology Centre / Clarity Sound Solutions* and Andrew Albon from *Sussex Footcare*.

Andrew said: "Healthcare evolves constantly, networking gives you a space to learn from peers, stay updated on new approaches, and exchange practical tips that you can take back to your own workplace. Bryce and I are launching this network because we believe that when people connect, support and learn from each other, we create better care for everyone."

Bryce said: "For me, this network is about bringing people together in a meaningful, practical way. Working across *Sussex Audiology* and *Clarity Sound Solutions*, I see every day how powerful collaboration can be. When

professionals share their experience and ideas openly, we lift the standard of care across our whole community. *Eastbourne Healthcare Network* is a space for all of us to learn, connect, and ultimately make a real difference to the people we support."

First event
The first monthly meeting will take place on Wednesday 21st January 2026, hosted at *St Wilfrid's Hospice*, a cherished local charity known for its compassionate, specialist care. The evening will feature informal networking opportunities along with two to three guest speakers, who will offer insights into their specialist area.

Meet our speakers:
Jade Farmer – Audiologist
Helen Maxwell – Nutritionist

Healthcare workers from all sectors are warmly welcomed and encouraged to attend and be a part of this growing community initiative.

To be added to our mailing list please contact:
eastbournehealthcarenetwork@gmail.com

Date: **21st January 2026**
Time: **6pm–7:30pm**
Venue: **St Wilfrid's Hospice, 1 Broadwater Way, Eastbourne BN22 9PZ**

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Pupils help Peter Pan and Wendy

EIGHT teams from Eastbourne primary schools took part in the 18th annual *Pantomime Technology Challenge*, kindly supported by *Eastbourne Theatres*.

By **Peter Lindsey**

Organised by Eastbourne Education Business Partnership Ltd, the challenge is part of its Engineering Club programme.

Following a synopsis of the story of 'The Adventures of Peter Pan' by Sharon Thompson from *Eastbourne Theatres*, the teams were told that

Peter hadn't been well so his flying powers were a bit of a problem.

He needed an all singing all dancing machine to take him, Wendy, Tink and the 'Lost kids' to *Rainbow Island* to help save their precious land from being pilfered by Captain Hook, Smee and his crew (boo!).

The challenge presented the pupils with the opportunity to let their imaginations run wild, but they needed to work to time as a team and create a solution using K'Nex construction components that was 'fit for purpose'. And, they had just over an hour to do it!

Working in pairs, the teams work enthusiastically, as always, and provided the judges with eight brilliant solutions.

The winning team from *Stone Cross* received family panto tickets provided by *Eastbourne Theatres* plus K'Nex construction kits from *Edwards Ltd*. The runners up team from *Heron Park Primary Academy* also received panto tickets plus book tokens. Everyone received festive treats from *Edwards Ltd* plus a certificate in 'recognition of achievement'.



Eric Ravilious: Paintings and poems

KNOWN as a painter, designer and wood-engraver, Eric Ravilious was brought up in Eastbourne during the First World War.

By **Simon Haines**

He was educated at Eastbourne Municipal Secondary School for Boys, Eastbourne School of Art, and in 1922, he won a scholarship to study at the Royal College of Art in London.

In 1939 Ravilious was employed as a full-time war artist assigned to the

Admiralty. In 1942, while on a flight from Iceland, the plane Ravilious was in went missing and was never found.

As a poet I have become increasingly fascinated by Ravilious' art, and I am currently working on a collection of poems inspired by this. My angle is simple and, I think original: Ravilious is well known for not including or at least not focusing on people or events in his paintings, and this has always set my imagination working.



The Long Man of Wilmington
1939

I walk two miles in the dark
to catch the Brighton train
then doze a little or read my book,
but always make sure I look up
to see the long man cut in the grass.

Posts and wires enclose the fields
keeping animals in, enemies out, but
barbs don't hide my view of the giant
the faithful friend I see every day –
the tallest man on the hill.

Staves in hand hold him steady
help him roam the Sussex Downs
watching over the mess that we've made
on our hell-in-a-handcart journey
towards the oblivion he will survive.

I'm planning 20 poems altogether.
The Long Man of Wilmington,
illustrates my idea.

Towner Eastbourne is currently
exhibiting a Ravilious Collection –
entry is free.

Simon's Poems will be published
in the new year.

For further information contact
simonhaines1@icloud.com

It's Panto time again, Polegate! Oh yes it is...

IT may be the start of January but get ready for laughter, music, and magical moments — *Polegate Panto* is back for 2026.

By **Peter Lindsey**

The talented cast, creative team, and behind-the-scenes crew have been hard at work bringing this year's production to life — and trust us, it's going to be one to remember!

Expect dazzling costumes, hilarious antics, catchy tunes, and plenty of audience participation (oh yes there is!).

Show dates:

Saturday 17th January — Sunday 25th January 2026.

That's 10 performances packed full of fun for the whole family!



Tickets:

- Adults: £13
- Children: £10
- Online bookings via the website: www.polegatedramagroup.com
- In-person sales at *Polegate Community Centre*.

Don't wait too long — tickets always sell fast, and you won't want to miss this year's magical adventure!

Gather your family, invite your friends, and join us for an evening (or afternoon!) of joy, laughter, and community spirit.

Polegate Panto 2026 — where local talent shines and the magic never ends.

Polegate's very own pantomime Dame Widow Twankey played by Adam Riggs and Wishee Washee played by Mcauley Par.

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Green and pleasant

JANUARY might be the middle of winter and usually the coldest month of the year, but as the days lengthen the garden starts to grow, now is a great time to plan for the coming gardening year and to order seeds and plants. Enjoy the fresh air, on dry sunny days, and check your winter protection, stakes, ties and supports are still working after any severe weather. Also put out food for birds and leave some garden areas uncut, a little longer, to provide shelter for wildlife in your plot.

By **Geoff Stonebanks**

There is lots of forward planning you can do from the warmth of your house which can also include picking a date to visit some of the amazing snowdrop gardens opening for the *National Garden Scheme* over the next two months too. Their 2026 website went live last month with all the gardens opening throughout the year and I'll talk more about that below.

Garden tidy up

January is a good month, on dry crisp days, to clear away soggy, collapsed stems of perennials and compost/discard them. I've got some wonderful hellebores in the beach garden and

have just removed foliage marked with black blotches, to limit the spread of leaf spot disease. Check that any small alpines in your garden don't become smothered by fallen leaves and other wind-blown debris, resulting in them rotting away. If you have some displays of winter pansies and other bedding then make sure you deadhead regularly, and remove any foliage affected by downy mildew. Don't forget to check on any plants in your greenhouse to ensure they have not dried out. Mine is so crammed full of plants, it is quite difficult to get around and access them all. I've always felt like I was completing a jigsaw each autumn, trying to pack everything in.

I always find it quite useful to employ a moisture meter to check the compost before watering. Any plants that are over-watered through the winter stand less chance of survival.

Frosty weather

The header this month shows a lovely image from my garden of the frost on a beautiful shrub that can be relied upon to flower all through the year, *Coronilla glauca* which hails from the Mediterranean. It is a perfect addition to the garden for the winter months as the flowers brighten up your outlook, with or without the frost! More importantly, they thrive on neglect. It is a small bushy evergreen shrub with blue-grey, pinnate leaves and heads of fragrant rich yellow flowers. The plant grows happily in a range of sunny, sheltered habitats and is generally pest and disease free. That said, the one pictured is in a very exposed part of my beach garden and does well.

I love a layer of frost across my garden, it transforms it into a winter wonderland as the droplets of ice edge all the rusty metal sculptures and features, a sight to behold on a cold wintry morning as I can attest.

Fun project

A fun idea for your garden this year might be to take a photograph from the same point, on the same date in each of the 12 months of the year! Maybe using several points of interest. This is something I've done over the years and it is quite surprising to look back at the collection and actually see the changes, across both the months and the seasons of the year! I'm planning to do the same throughout 2026 with my both my beach garden at the front of the house and the main garden at the back.

National Garden Scheme

The new year always heralds the beginning of the new open garden season and there are still gardens to see in the depths of winter. Why not book a visit to see the fabulous snowdrops at 5 Whitemans Close in Cuckfield, near Haywards Heath, RH17 5DE. The openings, for pre-booked visitors only commence on the 26th January and run through to the 18th February on these selected dates, 26th, 28th, 30th January and 2nd, 4th, 10th, 12th, 14th, 17th and finally 18th February. 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.carmanmartin@ngs.org.uk** for further information & booking.

This garden shows that winter need not be dull as there is much to see and enjoy in the depths of winter. Shirley has collected many single and double snowdrops, hellebores, bulbs and other winter treasures, some not widely known. It is a sheltered garden, and there are plenty of flowers to enjoy in January and early February. See the enormous *Daphne bholua* that scents the garden for weeks on end at this time of year.

Read more of Geoff's garden at: **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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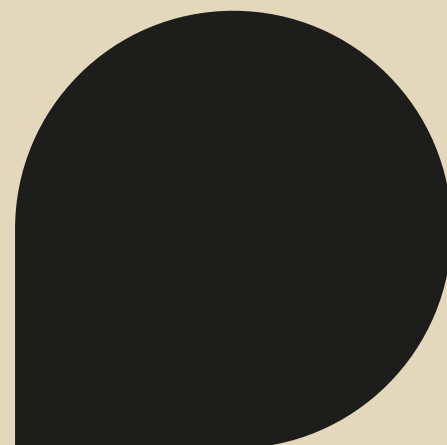
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January 2026



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COURSES FOR
ADULTS

NEW COURSES STARTING THIS MONTH ONLINE AND AT OUR CAMPUSES IN EASTBOURNE, HASTINGS, LEWES AND NEWHAVEN. TURN TO THE BACK PAGES FOR THE COURSE LIST.

Find your **FIX** in '26!

We have a wide-range of new adult courses starting from this month, turn to the back pages for the full course list online and at all of our campuses in Eastbourne, Hastings, Lewes & Newhaven.



Here's what nobody tells you about retraining as an adult: it's not just about gaining qualifications - it's about discovering what you can do and opening unexpected doors.

Whether you're boosting your career, changing direction, or learning for fun, our new adult courses launching in 2026 could be your perfect first step. At East Sussex College, you'll join a supportive community, build new skills, and explore new passions. Stuck in the same routine? Make 2026 your year to switch things up - we can't wait to welcome you.

- Rebecca Conroy, CEO & Principal



A creative journey on the designer maker course.

Madeline Poole, a Designer Maker student, started her journey at ESC and quickly found a supportive environment where creativity could flourish. She's enjoyed being part of a close-knit community that encourages collaboration and experimentation.

"We're a close-knit community, sharing ideas and stuff – it's really great. I'd definitely prefer that to a bigger class! It's not every college or university that you have a whole ceramics studio – I don't have to outsource anything!"

"We've made a nice little family! Studying locally is good because I can live at home with my family and not worry about paying for accommodation – being local is great, and the train station is right next door, so even if I was further away it's easily accessible."



Scan the QR code to learn more.

Learning as an adult is easier than you think.

Below are 5 reasons adults come and study with us (number 3 might surprise you).

Remember when you used to be excited to learn something new? Well, if you want to try something different, gain new skills, retrain, or start that business venture you've always dreamed about, East Sussex College can help you unlock your next chapter. Our courses give you fresh opportunities, new skills, and qualifications that open doors. Learning has no age limits - 2026 could be the year you find your fix.

1 STRENGTHEN YOUR CV

Many of our adult courses offer qualifications that employers value. Our Access to Higher Education Diplomas prepare you for university, while professional qualifications add weight to your CV.

2 ADVANCE YOUR SKILLS

Whether it's beauty treatments, digital marketing, or management training, our courses give you practical knowledge to stand out and succeed.

3 BOOST YOUR WELLBEING

Learning isn't just about qualifications – it can enhance your mental health and overall wellbeing. From painting and languages to counselling and personal development, our courses are designed to stimulate, inspire, and energise.

4 BUILD YOUR CONFIDENCE

Gain new skills, meet like-minded people, and enjoy the confidence boost that comes from learning and achieving.

5 OPEN CAREER OR BUSINESS OPPORTUNITIES

Turn a passion into a profession or take your business ambitions further with recognised qualifications such as AAT Accounting or a degree-level course in Business.

Scan the QR code to view all courses.





Barista course brews success for local couple.

When Bryan and Julie saw the East Sussex College adult course guide, they spotted an opportunity to try something new together - the Barista Skills course. Neither had much experience with coffee-making, but after five weeks, they gained hands-on skills and a Level 2 qualification.

“Both of us had little or no coffee-making skills before starting the course. After five short weeks, we had the hands-on skills and knowledge for the Level 2 qualification,” said Bryan. “From the moment we walked in to book the course to the final exam evening, it was a professional, friendly and welcoming experience.”

Now working together at their son’s café, First Serve, Bryan and Julie put their new skills into practice while connecting with the local community.

“Interacting with customers and new work colleagues, whilst using the new skills to a certified level, has been the most satisfying thing,” Bryan added. “We can’t recommend ESC Eastbourne more highly. Find an adult course and see what you can learn. We did, and now have the skill to provide a service to others.”



Scan the QR code to read more.

ESC fine art graduate wins prestigious emerging sussex award.

Fine Art alumna Tia Wilson chose East Sussex College for the range of creative opportunities it offered, a decision that has continued to shape her artistic journey. This year, she celebrated a major milestone after winning the Emerging Sussex Prize at the Artwave Festival, organised by Hospitable Environment.

Tia impressed judges with work that reflects her growing artistic voice. “I was really pleased to be recognised at the Artwave Festival! It was my first time showcasing in Newhaven and I was unsure what to expect, but it was a wonderful experience alongside many talented young creatives...”

Her exhibited piece explored digital culture and parasocial online interactions. Tia credits her progression to her time at East Sussex College. “The College has been a massive part of my artistic development...” Now an artist in residence, she continues to build her practice and take on new exhibition opportunities, supported by the creative community she first found at ESC.



Scan the QR code to learn more.



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FIND YOUR FIX IN '26 – AND TAKE YOUR NEXT STEP WITH EAST SUSSEX COLLEGE THIS MONTH.

EASTBOURNE

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ACCOUNTING & BOOKKEEPING			
Bookkeeping and Accounts L1 Award	60729-02	7 Weeks	£180
Bookkeeping L2 Certificate	60722-01	20 Weeks	£434
ART, CRAFTS, DESIGN & PHOTOGRAPHY			
Beginners & Improvers Machine Sewing	61191-02	10 Weeks	£120
Beginners Digital Design	60388-02	6 Weeks	£95
Beginners Drawing	60229-02	10 Weeks	£120
Creative Printmaking Workshop	60187-05	10 Weeks	£120
Digital SLR Photography - Developing Your Skills	61021-01	10 Weeks	£135
Digital SLR Photography For Beginners	60241-03	10 Weeks	£120
Intermediate Pottery	61203-03	5 Weeks	£100
Introduction to Willow Weaving	60259-01	8 Weeks	£95
Pottery for Absolute Beginners	60222-03	5 Weeks	£85
Print Workshop for All	61675-02	10 Weeks	£150
Sewing For All	60243-02	10 Weeks	£120
Silver Jewellery Making	60224-02	10 Weeks	£150
Upholstery Workshop For Beginners	60223-02	10 Weeks	£120
Upholstery - A Follow-On Workshop	61015-03	10 Weeks	£135
CATERING & HOSPITALITY			
Barista Skills L2 Award	60325-02	5 Weeks	£99
Best of British Cooking	60275-01	5 Weeks	£90
Breads & Baking	61193-01	4 Weeks	£70
Local Fish & Seafood	60244-01	5 Weeks	£90
Pan Asian Cooking	60272-01	5 Weeks	£90
Patisserie and Confectionery L2 Certificate	61641-01	20 Weeks	£600
Sugar Craft Cake Decorating	60280-03	8 Weeks	£115
Vegetarian Gourmet	60282-01	5 Weeks	£90
CHILD, HEALTH & SOCIAL CARE			
Childcare & Education (Early Years Educator) L3	60377Y1	30 Weeks	£2,592
COUNSELLING & PERSONAL DEVELOPMENT			
Counselling Skills & Theory L3 Award	60361-01	18 Weeks	£590
Counselling Skills L2 Certificate	60360-01	23 Weeks	£435
ENGLISH & MODERN FOREIGN LANGUAGES			
Refresh Your French: Beginners And Improvers	60945-02	10 Weeks	£120
FLORISTRY			
Floristry for Everyday Flowers	60245-02	5 Weeks	£70
Spring Florals	61210-01	4 Weeks	£50
HAIR, BEAUTY & COMPLEMENTARY THERAPIES			
Barbering L2 Certificate	60607-01	20 Weeks	£362
Bridal Hair Styling	61765-01	5 Weeks	
Reiki	60276-01	5 Weeks	£65
PERFORMING ARTS & MUSIC			
Guitar For Absolute Beginners	61184-02	10 Weeks	£120
Ukulele For Absolute Beginners	61725-02	10 Weeks	£120
Salsa For All	61189-03	5 Weeks	£60
TEACHING & TRAINING			
Education and Training L3 Award (Evening)	61365-02	14 Weeks	£411

LEWES

	COURSE NO.	DURATION	PRICE
ART, CRAFTS & DESIGN			
Making A Piece Of Marquetry Wood Artwork	61232-01	6 Weeks	£80
Introduction To Patchwork And Quilting	60962-03	10 Weeks	£120
Water Colours - Beginners And Improvers	60976-01	10 Weeks	£125
Creative Printmaking Workshop	60187-02	10 Weeks	£120
Pottery For All	60186-02	10 Weeks	£200
Beginners And Improvers Machine Sewing	60390-02	10 Weeks	£120
TEACHING & TRAINING			
Education and Training L3 Award	61365-06	14 Weeks	£411

HASTINGS

	COURSE NO.	DURATION	PRICE
ACCOUNTING & BOOKKEEPING			
SAGE Accounting Course	61067-01	10 Weeks	£109
ART, CRAFTS, DESIGN & PHOTOGRAPHY			
Beginner's Hand Stitched Leather Crafting	61519-02	7 Weeks	£180
Black and White Film Photography Club	61444-02	10 Weeks	£100
Ceramics and Sculpture	50003-02	10 Weeks	£160
Ceramics for Beginners	20609-02	8 Weeks	£160
Contemporary Crochet and Knit	50007-02	10 Weeks	£145
Drawing and Painting	13057-02	10 Weeks	£130
Etching	13090-02	10 Weeks	£130
Exploring Watercolour and Inks	61215-02	10 Weeks	£145
Fused Glass	13078-02	10 Weeks	£200
Introduction to Drawing	18032-02	10 Weeks	£130
Introduction to Tapestry Weaving	61130-02	8 Weeks	£120
Jewellery Open Workshop	13076-01/04	10 Weeks	£165
Life Drawing and Painting	13054-02	10 Weeks	£130
Looking, Thinking, Making	50053-02	8 Weeks	£190
Macrame Workshop	50056-02	1 Day	£50
Moving Image - The Art of Short Film Making	50138-02	10 Weeks	£145
Natural Dyeing Workshop	61063-02	1 Day	£30
Pattern Cutting and Dressmaking	13040-02	10 Weeks	£145
Political Prints	50058-02	10 Weeks	£130
Pottery	13069-04/05/06	10 Weeks	£200
Printmaking	13051-02	10 Weeks	£260
Sew Sewcial	50104-02	10 Weeks	£145
Sewing for Beginners	18137-02	10 Weeks	£145
Silversmithing	60884-02	8 Weeks	£200
Sketchbook Adventures	61370-01	6 Weeks	£100
Stained Glass Workshop	18038-02/05	10 Weeks	£180
Wood Engraving	19299-02	10 Weeks	£130
CATERING & HOSPITALITY			
A Taste of Italy	20642-01	2 Weeks	£96
Bread Basket	20644-02	1 Day	£96
British Fayre	61492-01	2 Weeks	£96
Food Safety in Catering L2 Award	14354-02/03	1 Day	£65
Simon the Pie Man	50142-01/02	1 Day	£72
CARPENTRY & JOINERY			
Introduction to Carpentry	18912-02	11 Weeks	£150
CHILD, HEALTH & SOCIAL CARE			
Counselling Skills L2 Certificate	61762-01	22 Weeks	£435
ENGINEERING & MOTOR VEHICLE			
Basic Mobile Air Conditioning L3 Award	60537-01	2 Days	£300
Diagnosis, Repair and Recalibration L3 Award	61339-01	2 Days	£300
MOT Testing (classes 4 and 7) L2	61340-01	5 days	£1100
ENGLISH AND MODERN FOREIGN LANGUAGES			
French for Beginners	60624-02	10 Weeks	£100
HAIR, BEAUTY & COMPLEMENTARY THERAPIES			
Aesthetic Practice L5 Certificate	61364	See website	£2,500
Eyelash Extensions	18516-01	1 Day	£145
Hot Stone Massage	18522-01	2 Weeks	£130
Keratin Blowdry	61493-01	1 Day	£100
Lash and Brow Lamination	61500-01	1 Day	£100
Make-Up	61495-01	1 Day	£72
Micropigmentation L4 Certificate	11471-02	15 Weeks	£3,626
TEACHING & TRAINING			
Education and Training L3 Award	61365-04	14 Weeks	£411

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Awareness of Mental Health Problems
Business Start Up
Customer Service
Equality & Diversity
Introducing Caring for Children & Young People
Introduction to Neuroscience in Early Years
Information, Advice or Guidance
Lean Organisation Management Techniques
Principles of Business Administration
Principles of Cyber Security
Principles of Dementia Care
Principles of End of Life Care
Principles of the Prevention & Control of Infection
Principles of Team Leading
Understanding Autism
Understanding Behaviour that Challenges
Understanding Business Improvement Techniques
Understanding Cancer Support
Understanding Care & Management of Diabetes
Understanding Children & Young People's Mental Health
Understanding Climate Change & Environmental Awareness
Understanding Coding
Understanding Common Childhood Illnesses
Understanding Data Protection & Data Security
Understanding Nutrition & Health
Understanding Safeguarding & Prevent
Understanding Specific Learning Difficulties



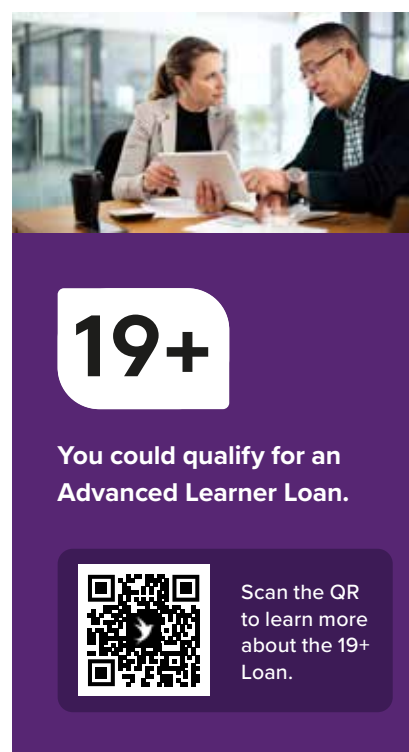
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