

FREE

EASTBOURNE
COMMUNITY AWARDS

Eastbourne Community
Awards 2026 are launched
at Glass House.

Page 11

BLUEBELL
WALK

The popular Arlington
Bluebell Walk returns for
its 53rd year.

Page 32

03/26

Issue 069
March 2026

Bournefree

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SEE PAGE 13

Spring edition

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 Hailsham Eye: Peter Goldsmith
 Health: Coda Pharmacy
 The Arts: Towner

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

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Working together to honour others

IT'S been a very rewarding month with the launch of the *Eastbourne Community Awards 2026*.

By **Peter Lindsey**

This is true partnership working between *Bournefree, Coda Pharmacy and Glass House*. The big night is Thursday June from 7pm.

As you can read on page 11, the launch took place in February with a series of social media posts to raise awareness.

The next step – in April's *Bournefree* – will be to publish the full list of categories, and how to make nominations.

Every penny raised will be going to charity, and we are hopeful of a very successful event.

If you want more details, then please message me or Kim at Coda Pharmacy: kimhatcherdavies@codapharmacy.com

I have been lucky enough to have two business meetings in the past few weeks at *Hotel Cumberland* – and what a great venue it is developing into.

Jamieson and his team are doing a truly fantastic job with big investment into making the *Cumberland* a more attractive place, for both locals and holidaymakers.

A new restaurant is on the horizon in addition to improvements to the rooms. It's worth checking out.

I also had the pleasure to meet Poojita Patel from *Walfinch Care* on Eastbourne seafront, a very kind and caring woman.

Poojita has had a difficult journey to reach this part of her life and

recovering from a brain tumour has made her determined to deliver care that is human, heartfelt, and deeply respectful.

Hence *Walfinch Eastbourne*, new in town. If you or a loved one may benefit from home care support, her inbox is always open for a private, friendly chat:

eastbourne@walfinch.com

Finally, a shout out for *Howden Insurance – St Wilfrid's Hospice – Fundraiser* evening on March 27th.

Full credit to *Howden Insurance* for bringing the Eastbourne community together for an evening of food, entertainment and fundraising.
www.howdeninsurance.co.uk/st-wilfrids-event

It genuinely feels that the community is right behind *St Wilfrid's* – perhaps more than ever – as it attempts to serve the community in the very best way it can, despite tough financial times.

Happy March everyone!

Bournefree

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

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



gail@bournefreemag.co.uk
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The BIG Futures Show 2026

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

By **Mina O'Brien**

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

Tomorrow's workforce

Over 75 organisations will be providing interactive exhibits and

guidance aimed at inspiring tomorrow's workforce. Employers will be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the workplace.

Our Partner Sponsors this year are *Bexhill 6th Form College, Eastbourne Borough Council, East Sussex College, Edwards, National Federation of Roofing Contractors, Recruitment South East, Wave Life*. Other sponsors include *CCLI, CloudConnX* and *Posturite*.



Images: Marie-Louise Tibbles Photography

Booked to exhibit so far include: *Clarke Roofing Southern Ltd, Hailsham Roadways Construction Co, Airtrace Sheet Metal Ltd, VACGEN Ltd, British Army, Royal Air Force, Royal Navy, Bexhill College, East Sussex College, BN1 Arts, Coda Pharmacy* and many, many more.

Full list can be found on our website: www.bigfuturesshow.org.uk

The full list of exhibitors and floorplan will be included in the April edition of *Bournefree*.

A dedicated job-seekers area, sponsored by *Recruitment South East*, will be promoting current job and training opportunities for

those seeking a more immediate opportunity. Keep an eye out on our social media for associated job vacancies in the lead up to the show.

The Show is organised by *Eastbourne Education Business Partnership* in association with *Eastbourne Borough Council* to help support local community and economic development agendas and brings a wide range of expert advice and guidance all under one roof.

Entry on the day (individual or family) is £3 cash or free for job-seekers inclusive of show guide.

Exhibitor stand spaces are still available to book.

hello@bigfuturesshow.org.uk | **07958 559600** | [f BigFuturesShow](https://www.facebook.com/BigFuturesShow) | [✉ @BIGFuturesShow](https://www.instagram.com/BIGFuturesShow) | [#BIGFUTURESSHOW](https://www.tiktok.com/@BIGFuturesShow)

Get involved in this year's Eastbourne Carnival!!!

THE Carnival is on Saturday 23rd May with the theme being 'Lights, Camera, Action!'

By **Harry Farmer**

Registration is now open for Entrants and Volunteers to sign up to take part in this year's Carnival.

There is no cost to register to enter the Carnival.

Our Carnival workshop programme is again this year supported by *Lightning Fibre* and *Arts Council England*.

Entrants can get FREE support with costume making, prop making, sewing,

and dance and performance through our workshops which begin 14th March and continue up to 9th May.

To view the schedule of workshops – please visit our *Facebook* page: <https://www.facebook.com/eastbourncarnival/events>

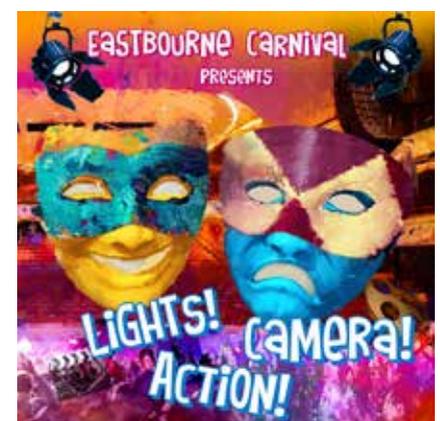
Eastbourne Carnival is also providing FREE outreach workshops for entrants that cannot attend planned workshops (subject to approval).

"The *Carnival* brings so much joy and colour to Eastbourne's community, so we're delighted to be supporting a

series of creative workshops to help entrants bring their vision to life. We can't wait to see the results on 23rd May!" says Emma Pearce, Head of Marketing at *Lightning Fibre*.

Mina O'Brien, Chair of *Eastbourne Carnival* said "We are delighted to receive support from *Lightning Fibre* and from *Arts Council England*, which has enabled us to continue our FREE workshops for the community. From *Carnival* prop making, to costume, sewing, and dance and performance – we want to give *Eastbourne Carnival* Entrants everything they need to put on a great display for the main parade."

Eastbourne Carnival 2025 had over 1,600 people participating in the



carnival, hundreds of volunteers, 15-20,000 spectators and the parade was just shy of a mile long.

Each year, the *Carnival* raises money through bucket donations, with 50% of this going to local participating charities and non-profits.

You can find out about sponsorship (which starts from £150) to help continue the success of the fabulous community event.

For any queries about this year's *Eastbourne Carnival*, please email: info@eastbourncarnival.com

You Raise Me Up upcoming events

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

By **Simon Cosham**

Remember we are here for you so if you need our support please get in touch via our self-referral form on our website www.youraisemeup.co.uk

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

Music to your ears

This month we have a live music event with local 80s band *Sound of*

the Crowd, upstairs at *The Crown & Anchor* on Friday 27th March.

Tickets can be purchased on *See Tickets*. Visit www.seetickets.com and search for 'YRMU'.

We also will be doing a *Musical Bingo Night* spanning through the decades of the 70s/80s/90/s and noughties upstairs at *The Lamb Inn* on Friday 17th April. Tickets are now available.

Visit: www.seetickets.com and search for 'YRMU'.



YRMU and *Bournefree* we are excited to announce that *PierFest* is now live and tickets are on sale. It's taking place on Friday 4th and Saturday 5th September. Tickets can be purchased on *See Tickets*.

Visit: www.seetickets.com and search for 'Pierfest'.

As always thank you for your support! www.youraisemeup.co.uk

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Community cohesion for Eastbourne

THE Chair of Eastbourne's independent *Pride in Place* Board shares what he and the Board have been working on, why it matters, and how we all need to remain a part of it.

By **Richard Garland**

A date in Downing Street
At the end of January, the newly named *Pride in Place Programme (PiPP)* was formally launched and I received an invitation to meet with the Prime Minister at 10 Downing Street, to share the outcomes of the ward workshops and wider engagement activities that have taken place across the town.

This unique opportunity was a moment to talk about our vision and how the people and communities across Eastbourne have made our regeneration plan possible. Hearing the PM say 'We Are Eastbourne' reinforced that what we are doing together here in Eastbourne is testament to everyone's efforts.

You have been heard

We are patiently waiting for formal Whitehall approval of our ten-year regeneration strategy and four-year investment plan. This sign off will align with the release of the first tranche of funding for our town. After all the work people have put in this is incredibly exciting.

This just under £20m fund is about actioning community led priorities, building community leadership and nurturing cohesion to achieve an even better Eastbourne for all of us. We recently completed the final ward workshops of 2025/26 and as we mentioned in *Bournefree* last month, and as a result of the priorities raised, we are now working to pilot the 'Spring Clean Up' across the Town. We are collaborating with a specialist CIC to begin work which will then be extended across all the wards over the coming months. We will need your support on the ground helping us to clean, fix, paint, repair and plant.

We promised to make £10,000 available to each ward and we have now reviewed the requests from the workshops. We shall be in touch with those who put forward deliverable micro projects that can be funded immediately, and we will follow on with those projects that need just a little more detail to get them over the line for funding support.

We see this ward level involvement as a positive regular activity and over the next few years we will look to repeat these micro awards and clean-up programmes. It is important we leave neighbourhoods with the

resources to keep the momentum and to build a lasting legacy for all of us to enjoy and feel proud of our town wherever we live.

Your powerful responses

Your response to the *Citizens' Questionnaire* has been amazing, with 348 received, generating 625 ideas. As you shared with us at the workshops, a cleaner improved town centre and public spaces come out as the main priority. Closely followed by the enhancement of parks, gardens, the seafront, and our open spaces. This is why we have commissioned a blue/green audit across the town to understand how our parks, gardens, ponds and lakes can better serve families and people of all ages and abilities, how they can support mental health and physical wellbeing, and how they can better withstand climate change and support nature whilst being attractive to visit. This audit will provide a list of projects we can tackle together.

Your further priorities include tackling anti-social behaviours, neighbourhood safety, and more facilities for young people. Wellbeing, sport, volunteering and building community cohesion and togetherness are clearly important

too. Active travel featured high, and as someone who uses the buses and cycle routes across the town I share many of your concerns and ideas.

We have ensured that many of these priority themes have been incorporated into the *PiPP's* regeneration plan to be tackled over the next few years.

A fresh vision for sustainable tourism

Tourism is central to our local economy, and we want to make sure our town has a strong sustainable future. Following an open tender, we have appointed local tourism experts to create a ten-year strategy for Eastbourne. This will look at trends, the visitors we should be attracting and what facilities the town needs. There will be a particular focus on our evening and night-time offering and support for our vibrant cultural and events programme. Tourism businesses, attractions, and event organisers will all be consulted, building on *Eastbourne Borough Council's Seafront Plan* and the *Economic Strategy* we recently published.

Could you have an influence?

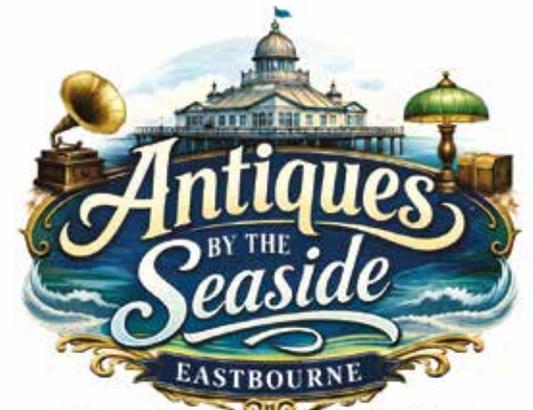
How we use the *Pride in Place* fund will be unique to Eastbourne and the real change will be made by all of us, in the community centres, youth clubs and high streets, and by local groups and organisations who make our town a great place to live, work and visit. The more voices who join us in these positive discussions and actions the more impactful this *PiPP* will be, and a better collective decision-making process can emerge.

We will in the next couple of weeks be advertising for two posts to help us manage the *PiPP*. A full time Programme Manager, together with a part time Governance and Admin Support Officer are needed and this is an amazing opportunity to help us build a legacy for the town.

If you have an idea, a priority, or just want a say in what Eastbourne looks like in ten years' time, please get in touch. Complete our online survey, send us an email, or comment on our social media. I can give you a guarantee that we are listening and acting.

www.weareeastbourne.org.uk
 Facebook: [people/Eastbourne-Neighbourhood-Board](https://www.facebook.com/people/Eastbourne-Neighbourhood-Board)
 Instagram: [weareeastbourne](https://www.instagram.com/weareeastbourne)

Antiques by the Seaside: A New Monthly Market Comes to Victoria Place



Treasure hunters, vintage lovers and collectors take note - a brand-new Antiques and Collectables Market is coming to Eastbourne this spring.

Launching on 18th and 19th April 2026, "Antiques by the Seaside" will take place on the third weekend of every month through to September, bringing a curated mix of antiques, vintage finds and unique collectables to Victoria Place.

The new event is being delivered by Your Eastbourne BID in partnership with Barley Sugar, Eastbourne Borough Market and Edeal. The market will make full use of the newly pedestrianised Victoria Place precinct, just moments from Eastbourne's iconic seafront.

Building on the success of the town's popular Farmers Market - which already features a range of brocante and artisan traders - the new antiques market aims to add another dimension to Eastbourne's growing programme of town centre events. From vintage jewellery and decorative homeware to retro curiosities and timeless collectables, visitors can expect a carefully selected line-up of quality traders.

BID Operations Manager Luke Johnson said:

"We know the attraction of high-quality antiques, vintage and collectables, and believe our iconic seafront and Victoria Place provide the ideal backdrop for this exciting new event. Following the success of the destination Farmers Market and our annual Youth Market, we're confident Antiques by the Seaside will become a regular fixture in the town's events calendar."

With its seaside setting and relaxed weekend atmosphere, Antiques by the Seaside promises to offer something for seasoned collectors and casual browsers alike — the perfect excuse to spend a spring or summer weekend exploring Eastbourne town centre.

Trade pitch applications are now open. Traders can apply by emailing Luke@youreastbournebid.com or by scanning the event QR code.



Loving Local: Business Highlights

Flowers of Eastbourne

Flowers of Eastbourne is your local destination for beautiful, handcrafted floral designs for every occasion. Whether you're celebrating a birthday, anniversary, wedding, welcoming a new arrival, or simply want to brighten someone's day, our talented florists create stunning arrangements with care and creativity. From elegant bouquets to thoughtful sympathy flowers, every design is made using fresh, high-quality blooms.



We are open seven days a week, making it easy to find the perfect flowers whenever you need them. Flowers of Eastbourne also offers a reliable local delivery service, covering Eastbourne, Alfriston, Polegate, Seaford, Hailsham, Pevensey, and Westham, ensuring your flowers arrive fresh and on time.

You can find us at The Enterprise Centre, conveniently located next to Eastbourne Railway Station, making us easily accessible for both commuters and local customers. At Flowers of Eastbourne, we're passionate about flowers and dedicated to exceptional service.

Loving Local: Business Highlights

Deliciously Gorgeous

Deliciously Gorgeous is a centrally located café and tea rooms in Eastbourne, serving a selection of freshly roasted coffees, delicious cakes, freshly in-house baked scones, and an extensive all day menu. We also specialise in afternoon teas and events such as baby showers.

Experience coffee perfection! We roast our beans right here in the cafe, guaranteeing the freshest, most delicious cup every time. Plus, explore our monthly single-origin specialty coffee with pour-over or French press. Taste the difference!

With two floors of seating, we have space for everyone, from friends looking for a spot of lunch to families with young children. Our friendly staff are always on hand to make your visit as enjoyable as possible.

More information at deliciouslygorgeous.co.uk. We are also on Facebook and Instagram.

Come and experience the Deliciously Gorgeous difference today!



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.



Why neurodivergent entrepreneurs need community – not hustle culture

AS a certified ADHD coach, ADHD UK Ambassador, and neurodivergent entrepreneur myself, I see the same pattern time and time again: brilliant people trying to build sustainable businesses inside systems that were never designed for their brains.

By **Nic Gray**

Traditional business advice often rewards burnout, constant urgency, and “powering through”, approaches that actively work against many ADHD and neurodivergent nervous systems. What’s missing isn’t motivation or ambition. It’s safety, understanding, and community.

That’s exactly why I created **The Anti-Hustle Hub**, an online community for neurodivergent entrepreneurs who want to work with their brains, not against them. The Hub offers bi-weekly body doubling sessions to support focus and follow-through, alongside alternate bi-weekly group coaching sessions where members can reflect, learn, and grow without judgement or pressure.

What’s stood out most since launching isn’t productivity metrics

– it’s connection. Members have described feeling “*so happy and grateful*” to finally find a space where they don’t have to mask, explain, or apologise for how their brain works. Others have highlighted the power of shared learning and being in a room with people who genuinely get it.

My work is rooted in an anti-hustle, neuro-affirming approach that values sustainability over speed, regulation over rigid routines, and progress



that actually lasts. For neurodivergent entrepreneurs, success shouldn’t come at the cost of health or identity.

If we want better outcomes, we need better environments, and that starts with community.

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Office of the Public Guardian (OPG) registration fee, when applicable, is not included in these prices.

Open day at Tweed

FRIDAY 20th March, 10am – 4pm.

By **Harry Farmer**

Tweed is a long-established care home run by the *Emilie Galloway Home of Rest* charity on a not-for-profit basis.

It is a beautiful, well-maintained Edwardian property with comfortable and spacious rooms, and is situated in Silverdale Road near the *Grand Hotel*. More importantly, it provides a warm and friendly home with a lovely welcoming atmosphere and caring staff.

Open Day

On Friday 20th March *Tweed* will be holding an Open Day between 10:00am and 4:00pm. The event will give visitors an opportunity to appreciate the home-from-home setting it offers, and to relax and enjoy some light refreshments.

To make the most of your visit, we invite you to book a time during the day. This will ensure someone



is available to show you round and answer any questions.

We look forward to welcoming you.

For more information, visit: www.tweedcarehome.co.uk

**Tweed Care Home
8–10 Silverdale Road
Eastbourne BN20 7AL
01323 733223**



Young Engineers Challenge 2026: Pupils take on Robotics

SIX teams of students from Eastbourne Primary and Secondary schools took part in the *Young Engineers Challenge* at *Eastbourne Town Hall*.

By **Mina O'Brien**

The Challenge was organised by the *Eastbourne Education Business Partnership CIO* – part of the *Engineering Club* programme.

Workshop host was Andy Hoang from the award-winning business *Beyond Blocks*.

Students had to work in teams to firstly build a monorail, which

spanned almost the entire length of the *Assembly Hall*, with three tables providing only some support. The main challenge involved robot and bridge building.

Andy said “The children had to work in teams to solve engineering problems built with *LEGO* bricks for the title of this year’s *Engineering* champions.

“It was great to see the children pushing themselves to solve problems, which involved getting across gaps by building robots and



even after about 5 hours of robot building they just didn’t want to stop.”

The Challenge was sponsored by *Whiteline Manufacturing*, *Edwards Vacuum*, and *Cooden Tax Consulting*.

Mayor of Eastbourne Margaret Bannister said: “It was great to see the children so engaged with this fun but challenging activity. Engineering is problem solving and the children employed great team skills to complete their robots and bridges.”

The winning team were pupils from *St Andrew’s Prep*, with runners up from *Willingdon Community School*.



Also taking part were pupils from *Bedes*, *Stone Cross School* and *Gildredge House*.

The *Eastbourne Education Business Partnership CIO* works with schools, businesses and organisations to give children and young people real-world learning experiences.



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Eastbourne Community Awards 2026 launched



Peter, Ryan Millns (Ashdown Radio), Kim and Chris (Coda).

THE launch of the *Eastbourne Community Awards 2026* took place at *Glass House* on Eastbourne seafront.

By **Peter Lindsey**

The Awards will take place on Thursday June 18th from 7pm at the same venue.

There were around 45 guests at the launch, including Eastbourne Mayor Margaret Bannister and Polegate Mayor Dan Dunbar.

The project is a partnership between *Bournefree*, *Coda Pharmacy* and *Glass House*.

The charities chosen to benefit from money raised will be split between *St Wilfrid’s Hospice* and *SASBAH* – *The Sussex Association of Spina Bifida and Hydrocephalus*.

Bournefree Editor Peter Lindsey hosted the launch and thanked both *Coda* and *Glass House* for their input into what will become a true community event.

More to come next month – including the categories and how to enter.

In the meantime, there are regular updates on the *Bournefree* and *Coda* socials.

For more details, please email kimhatcherdavies@codapharmacy.co.uk or pete@bournefreemag.co.uk



Duncan Adams, St Wilfrid’s trustee.



Rom Sanglaji, CEO of SASBAH.



Dan Dunbar, Mayor of Polegate with Councillor Margaret Bannister, Mayor of Eastbourne.



Shoes Simes, owner of Glass House, who hosted the event and Christina Ewbank, CEO of Eastbourne Chamber of Commerce.



Councillor Stephen Holt, Mina O’Brien (Ditzzy Media), Simon Groves (PRG) and Councillor David Small.

Lightning Fibre brings the bubbles to the Mayor's Charity Ball in Eastbourne

LIGHTNING Fibre is delighted to be sponsoring the welcome drinks reception at the Mayor of Eastbourne's upcoming *Charity Ball*, taking place on Friday March 20th at the *Winter Garden*.

By **Peter Lindsey**

All proceeds from Mayor Cllr Margaret Bannister's *Charity Ball* will go to her chosen charities for 2025 to 2026, which are *Forward Facing* and *Eastbourne Street Pastors*.

The black-tie event brings together residents, businesses and community supporters for an evening of celebration and fundraising in one of the town's most iconic venues.



On February 21st *Lightning Fibre* sponsored "Meet the Makers", an event organised by the carnival team, to get support and chat through creative ideas for this year's event.

Lightning Fibre is also proud to support *Eastbourne Town FC*, whose home is at *The Saffrons* and *Eastbourne Borough FC* at *Priory Lane*.

In addition, *Lightning Fibre* is sponsoring a series of free workshops for carnival entrants that are running through until May on topics such as:

- Costume workshops.
- Prop making.
- Sewing workshops.
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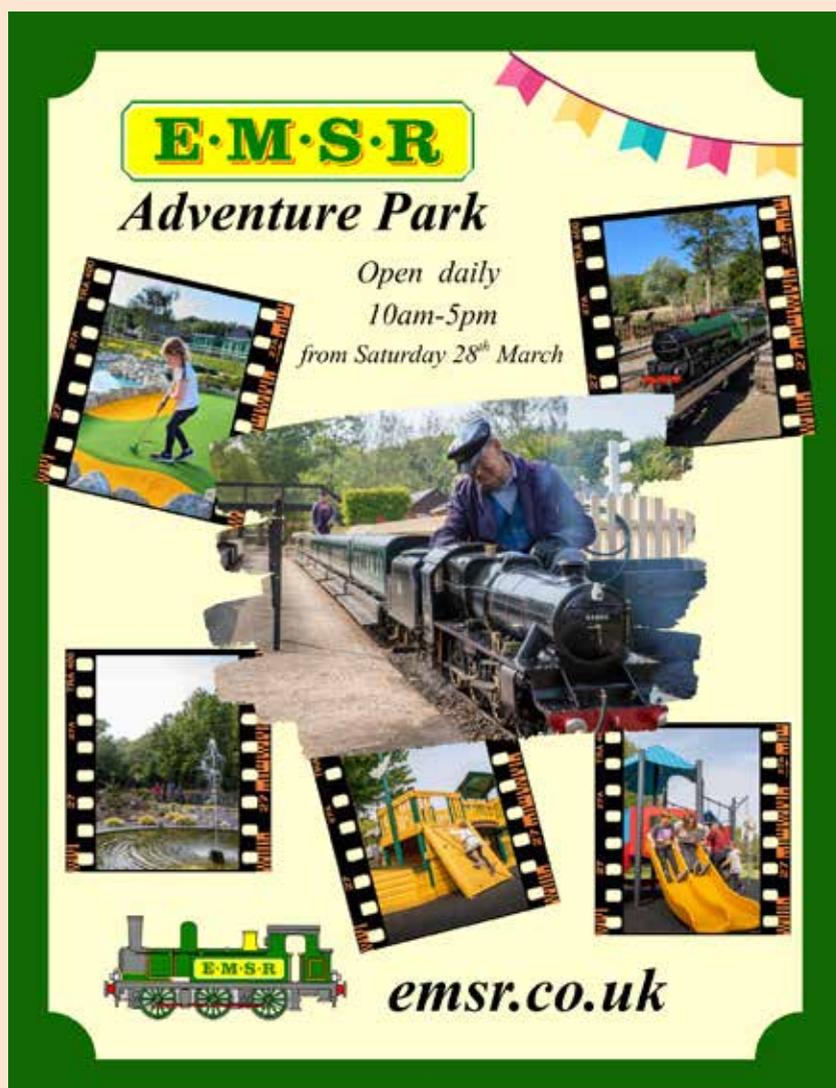
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By **Eleanor Lanyon**

Sun 5th April – Eastbourne Allotments & Gardens Society – 10am. (meet at the shop at Gorringe Road Allotments).

Strandliners are working with four community groups across Eastbourne, Polegate and Pevensey areas who will act as 'hubs' for regular water quality testing by volunteers.

Training and equipment provided, along with ongoing support from Strandliners. Scan the QR code to find out more about the project on the Strandliners website. Results so far can be seen on the *Blue Heart Community Map*, and on the *Water Rangers interactive map*.

Training sessions are being held at each 'hub' this month, and are open to all. Please come along to see how it works, and decide if you'd like to be part of the ongoing project.

Links to these, and more information can be found on the Strandliners website: www.strandliners.org/community-river-watch-eastbourne-pevensey-levels

Sun 1st March – Eastbourne Allotments & Gardens Society – 10am. (meet at the shop at Gorringe Road Allotments).

Thurs 12th March – Pevensey & Westham Community Forest Garden – 10am. (meet at the entrance on Wallsend Road).

Tues 17th March – Next to Brightling Road Leisure Ground, Polegate – 3pm. (meet at the William Daly Gates, Brightling Road).

Tues 24th March – Hampden Park – 2pm. (meet on the lawn in front of the tea chalet in the park).



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Game, set and match for Craig

CRAIG Wells and his team has created something very special at *Old Town Rec.*

By **Peter Lindsey**

And now it's been officially recognised.

Old Town Hub CIC has been named *Park Venue of the Year* at the 2026 *Sussex Tennis Awards* – and Craig is thrilled.

He said: "We were utterly speechless to be honest. It was a wonderful

awards evening at *The Amex* in Brighton and to win took us by surprise.

"It is very nice to be recognised for what we have achieved here in Old Town.

"This award is a celebration of what's possible when a park becomes more than green space, it becomes a place where people meet, move,

laugh, learn, compete, and feel part of something.

"It started off as tennis courts – now there is a very busy cafe with indoor seating, plus outside dance and fitness sessions.

"We have also started successful themed evenings – our first Italian one was special we had to hold another one the following weekend to cope with the demand.

"And you wait until the summer – we are planning BBQs and other outdoor activities."

Old Town Hub CIC now goes into the national finals.

<https://www.facebook.com/OldTownHub>



Craig with award.



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THE FAMILY PET STORE WITH A WHOLE LOT MORE

Happy Birthday Raystede!

MORE than 32,000 customers have visited the *Raystede* charity shop in *Langney Shopping Centre* in its first year.

By **Peter Lindsey**

A celebration to mark the one-year anniversary was held at the shop, where staff and volunteers celebrated with a birthday cake.

Most importantly, the £131,000 raised in the first year is enough to pay for around three weeks of ALL *Raystede's* animal care and education services.

Fabulous opening year

Karen Wood is the shop manager and she is thrilled with how the first year went.

She said: "It's been a fabulous and really successful opening year of trading. It has gone really well, and we have become well established here.



"We have a great team of four staff and 25 volunteers, and we are the only animals charity shop inside the shopping centre, which of course benefits from free parking.

"Some customers are so kind they go to Tesco, fill up their trolley and then come to us with their donations, and also to buy some of our items as well.

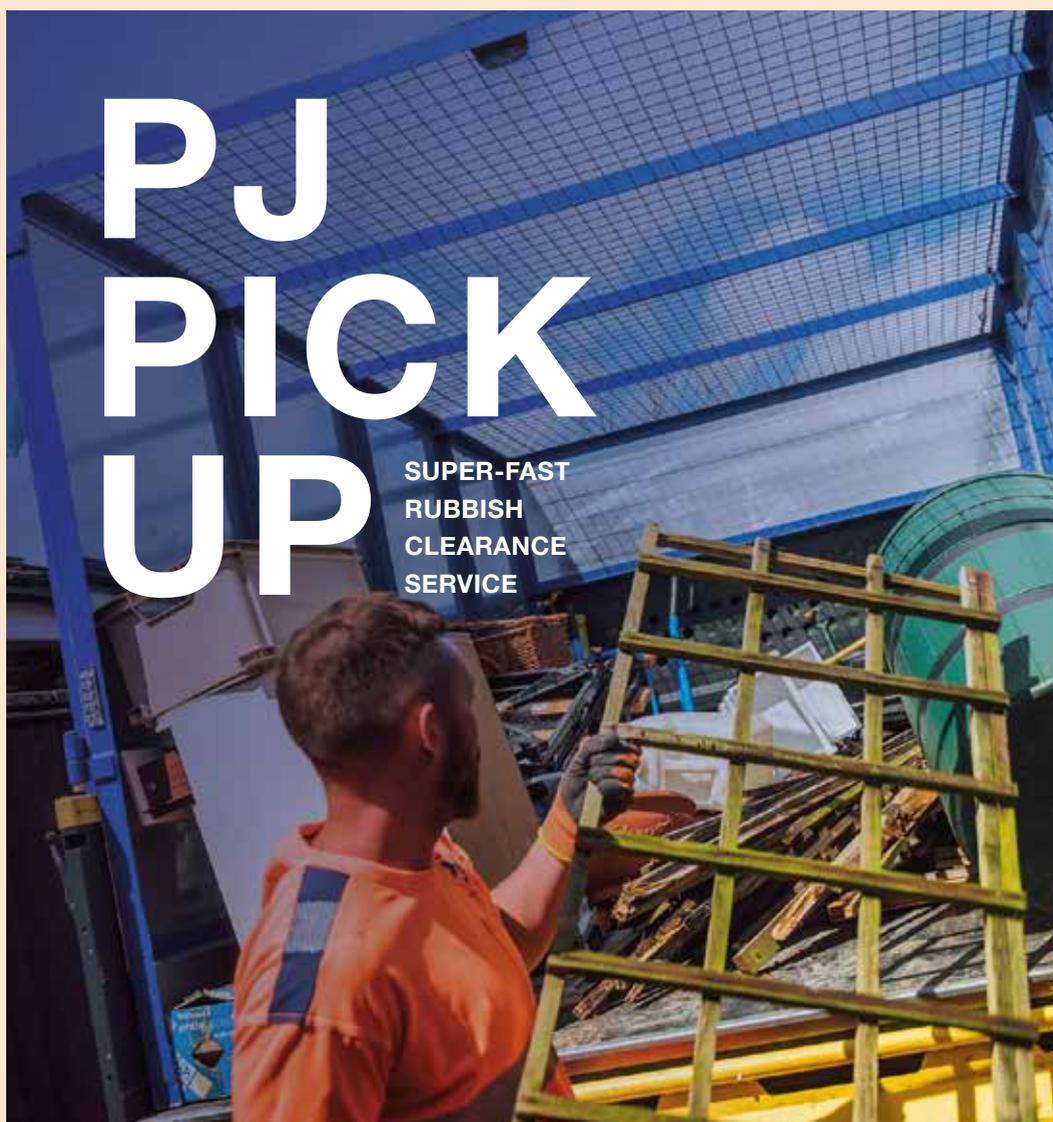
"There is one customer who calls herself *The Raystede Lady* – she

dresses from head to toe with clothes she has bought from here."

The shop is open seven days selling good quality items, including clothes, gifts, homeware and various accessories.

It's well worth a visit!

<https://www.raystede.org/shop/langney-eastbourne-shop/>



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St Andrew's Prep recognised again

ST Andrew's Prep is delighted to have been recognised for the fourth consecutive year in *Talk Education's* Top 250 Prep Schools in the UK.

By **Peter Lindsey**

The list celebrates schools that excel in academic outcomes, facilities and pupil destinations, as well as those harder to measure, including reputation, word of mouth and the everyday pupil experience.

The list is compiled by *Talk Education's* network of research experts, informers and education specialists who track school quality across the country.

This national recognition adds to the school's growing list of accolades and follows the 2024 Independent Schools Inspectorate report. This identified a Significant Strength in physical, mental and emotional wellbeing.

Together, these achievements reinforce the school's position as a leading independent education provider in Eastbourne.

Headmaster Tom Gregory said: "We're delighted with the news. It reflects the hard work of our staff, the energy and talent of our pupils, and the consistent support of our families.

"As we approach our 150-year anniversary, it's wonderful to see our offering continue to go from strength to strength. Small class sizes, an excellent pupil-to-teacher ratio and our nursery to Year 8 provision all on one site provide a formidable option for families considering independent education in Eastbourne.

"It's rewarding to see both the *ISI* and *Talk Education* recognise the overall strength of our School where pastoral care runs right through daily life."

St Andrew's Prep is a leading independent day, flexi and boarding school for boys and girls aged nine months to 13 years in Eastbourne.

As part of the *Eastbourne College Charity*, *St Andrew's* also makes use of the standout facilities at *Eastbourne College* including astroturfs, swimming pool and the superb performing arts centre, the *Birley Centre*.

<https://www.standrewsprep.co.uk>

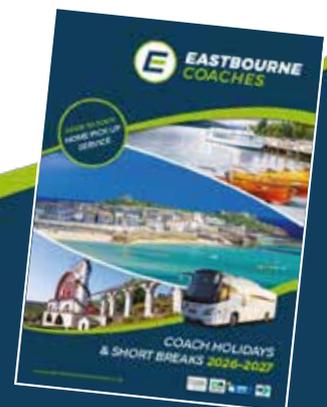
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The G&S team.

Strong Start for Ginger & Sanders in 2026

GINGER & Sanders have had an active start to 2026 in all aspects of the business, Lettings, Sales & Block Management.

By **Peter Sanders, Ginger & Sanders**

Last year was a big year for **Ginger & Sanders** from expanding our HMO portfolio, selling all types of properties, welcoming new clients, and contractors, and of course venturing back into the world of residential block management. It was busy in the best possible way.

Welcome Clare

As part of these growth plans, the team is delighted to welcome Clare Howard. Bringing extensive experience in customer service, along with strong organisational skills and a vibrant, personable approach, Clare is set to play a key role in enhancing the company's commitment to providing a friendly and professional service.



Clare Howard.

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Become a Friend of Eastbourne Seafront

FRIENDS of Eastbourne Seafront is recruiting new members to join its 2026 Welcome Team.

By **Peter Lindsey**

Now in its fourth year, the volunteers work from Easter to October, in pairs along the seafront, two hours a week, seven days a week.

The role is talking to visitors and local residents, giving out information, directions and being a friendly face.

Training, and uniform is provided.

Gaynor Sedgwick from the *Friends* said: "Don't worry if you don't know much about Eastbourne, we will train you.

"If you are friendly, enjoy talking to people, love Eastbourne seafront, have a flexible two hours a week to spare, and would like to meet new friends then we would be delighted to hear from you."

The *Friends* has played a key role helping to tidy up the seafront.

Visitors tend to start coming in numbers once spring arrives and Easter is here. Good Friday this year is on April 3rd.

It is dedicated to campaigning to get *Eastbourne's Bandstand* and other seafront facilities repaired, restored and re-opened to ensure our seafront becomes attractive, affordable and accessible for all – residents and tourists alike, of all ages.

Contact: **Volunteer@friends@eastbourneseafront.org.uk** to find out more.



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Spring is on the way

SPRING is such an uplifting time, with something new to see every time you go out.

By **Theresa Hancock of Polegate Ramblers**

Initially in the forest there is just the skeletal form of the trees but they are gradually softened by the leaf buds opening and early blossom as the days become longer and warmer. Under the trees the bluebells take over from where the white wood anemones had been carpeting the forest floor.

Bright countryside

In the fields tiny lambs sit close to their mothers then, as they become bigger and bolder, join forces with other lambs to race around and gambol in a way that can make you laugh at their antics. The oilseed rape fields turn the countryside bright yellow and other fields gradually start turning green with crops.

Skylarks

As you walk over the Downs you can hear the skylarks singing high above and although you can't often place where they are, you have to stop and admire them as they compete with other skylarks to see who can go the highest and sing the loudest and the longest.

Woodpeckers

When walking through the forest you may hear the sound of greater spotted woodpeckers tapping on a

dead tree, or the call of the green woodpecker that I always think sounds like a kookaburra!

Here at last

And it is always wonderful to see the first house martins and swallows arriving from Africa to breed in our barns and under the eaves of houses – a sign that spring really is here at last.

Find out about the *Polegate Ramblers* at www.polegateramblers.org.uk

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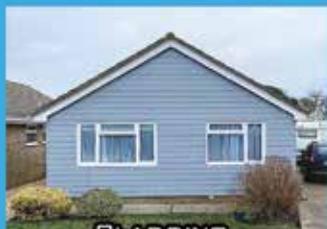
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By **Peter Lindsey**

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If you're ever looking for something specific from your home country (or want to try something new), feel free to ask — they are always happy to help.

Fit for All Festival



A WEEKEND of free events to promote health and wellbeing will take place in March.

By **Peter Lindsey**

Active Eastbourne and Lewes – a collaboration between One You East Sussex and East Sussex County Council – is launching the Fit for All Festival for March 14th and 15th.

It features physical activity sessions in Eastbourne and the Lewes district to encourage people to get moving and try something new.

'Fit for All' is a week(end) long opportunity for people to become physically active across Eastbourne and Lewes District.

Events include:

- Motcombe Pool open day.
- Beachy Head Ambassador group walks.
- Eastbourne Trampoline session.
- Referral Clinic at Hillbrow, Meads.

Partners of Active Eastbourne and Lewes are opening their doors to you, giving you the opportunity to try something new, near where you live.

The sessions on offer vary from community gardens, chair exercise classes, try sailing, walking sports, run groups and more.

Free sessions will be delivered by community partners, including cycling, yoga, Pilates, circuits, Tai Chi, walking, running, community garden, sailing and nutrition advice.

Residents will also have the chance to meet local providers and try activities close to home, all delivered in a welcoming and inclusive environment.

<https://active-el.org.uk/fit-for-all-festival>

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Barry Skingle.

Three decades behind the Dotto whistle

IF you've spent any time along Eastbourne's seafront, chances are you've heard the cheerful toot of a whistle before you've seen its source.

By **Darragh Morris**

Trundling past the pier, rolling along the promenade and ferrying families, pensioners and prom-goers alike, the Dotto train has become part of the town's living fabric. At the heart of it all is a team that keeps the wheels turning, and one of them is Barry Skingle.

Experienced hand

Barry Skingle, Bus Driver at *Stagecoach South East*, earned his professional driving licence in 1995 and joined Eastbourne Buses a year later, in 1996. That was the start of a career that has now spanned three decades, all rooted firmly in Eastbourne. For the past 30 years, Barry has been drawn back to the Dotto train, a whimsical vehicle shaped as much by its charm as by his calm, experienced hand at the controls.

Part of the charm

"The train hasn't really changed," he says. "That's part of the charm." With its open sides, whistle and gentle chug along the coast, it still feels, to many customers, like a proper old steam train. People love it for that sense of nostalgia. Everyone's smiling when they get on. It's a fun thing, and that matters.

No two days are ever the same. One minute you might be carrying regulars from local support groups who use the service weekly, the next you're helping an elderly couple who can only get down the coast by train. In the height of summer, when the beach is packed and parking is impossible, the Dotto becomes a lifeline. "A lot of people couldn't access the seafront without it," he explains. "It makes Eastbourne accessible."

The route itself is a rolling postcard. Past *Eastbourne Pier*, alongside the historic *Wish Tower*, by *Treasure Island Mini Golf*, and all the way to *Sovereign Harbour*. On a sunny day, he says, Eastbourne is genuinely gorgeous from the cab. People wave, kids point, and more often than not someone asks him to sound the whistle.

Special moments

There are special moments too: past Christmas rides with lights and laughter, school prom journeys where teenagers pile aboard in evening wear, and quiet off-season days when a simple act of kindness, lending an arm, lowering a step, waiting an extra moment, can make all the difference. "It's nice when you can help people," Barry says simply.

He's seen enormous change over the years. When he started, low-floor buses were rare. Most vehicles had steps, conductors were still common, suspensions were unforgiving and gearboxes demanded double-clutching and real muscle.

Familiar face

Yet for all that change, the essence of the job remains. Thirty years on, he's still carrying people along the same stretch of coast, still enjoying the variety, still finding joy in the simple act of driving. As Eastbourne looks ahead to a new season for the Dotto train, it does so with a familiar face at the controls, a constant presence on a changing seafront, and a reminder that some of the town's best stories run on rails, right by the sea.

As Eastbourne prepares for a new season of the Dotto train, beginning on 28th March 2026, it does so with a familiar face at the controls, a constant presence on a changing seafront.

Customers can find out more via www.stagecoachbus.com/dotto



The Learning Hub – Networking with a difference!

Eastbourne’s business community has welcomed an exciting new space for growth, connection and inspiration with the creation of The Learning Hub – a networking club with a refreshing difference.

Created through a collaboration between local business development specialist David Blackmore of Blackmore Business Solutions and purpose-led leadership coach Matt Townshend, founder of Cotential, The Learning Hub brings together decades of experience in leadership, sales, wellbeing and business growth. But this isn’t traditional networking.

Built around the pillars of Connect, Learn and Empower, The Learning Hub is designed for curious

business owners and leaders who are committed to developing themselves and their businesses – while supporting others to do the same.

Members are encouraged to build meaningful relationships that spark collaboration and real opportunity. Facilitated learning sessions provide practical insights, proven frameworks and shared experiences to help overcome everyday business challenges. And through ongoing support between meetings, the community continues to grow together long after each session ends.

David brings world-class leadership and resilience models used by global brands, alongside his passion

for helping people thrive both professionally and personally. Matt complements this with over 30 years of corporate experience and a purpose-driven approach to sales and personal development.

Together, they have created an environment where talent flourishes, confidence grows and potential is realised.

As the founders like to say: knowledge isn’t power – shared knowledge is.

For business people looking to connect with like-minded people, sharpen their skills and be part of a supportive, forward-thinking community, The Learning Hub offers a powerful new way to network, learn and grow



Left Matt Townshend, right David Blackmore

Meetings are held monthly and you can contact either David or Matt for further details: david@blackmorebusinesssolutions.com or matt@cotential.uk

Café Joon welcomes you!

Café Joon recently opened at 12 Pevensey Road, Eastbourne, providing a new space for locals to gather and enjoy quality coffee and food. The café offers carefully crafted drinks that blend Persian influences with a modern coffee-shop experience, creating a distinctive mix of tradition and contemporary flavours.

Alongside its drinks menu, Café Joon offer delicious breakfast choices, as well as a varied selection of toasties and smoothies. Many of the dishes draw on Persian inspiration, with an emphasis on fresh, health-conscious ingredients.

The café’s interior has been designed to feel warm and welcoming, whether customers are stopping by for a quick morning coffee or settling in to meet friends, read, or work. Owner Heidi Jabbari hopes Café Joon will become a neighbourhood hub, where good coffee and friendly conversation come together.

Recently, members of the Eastbourne Chamber of Commerce held their late-breakfast networking meeting at Café Joon and received a warm welcome. Chamber membership and events manager Jill Benjafield said: “*The breakfast*



was excellent and there was a lovely atmosphere. The welcoming space also works well for small celebrations and social events. It’s also a laptop-friendly café where you can escape the home office while enjoying a delicious coffee. We will certainly return”.

With a strong focus on quality, consistency, and community, the



Café Joon owner Heidi Jabbari

new café aims to make a valued addition to Eastbourne’s food and drink scene and invites residents and visitors alike to drop in and see what’s brewing.

Visit www.cafejoon.co.uk for more info or pop along for a coffee and see for yourself.

Join today and reap the rewards!

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

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

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

Age Matters launches in Eastbourne

Millions of retired people are missing out on Attendance Allowance and other vital benefits and support. Eastbourne based company Age Matters Consultancy is here to change that.

They specialise in helping older adults and their families unlock the support they are entitled to, enabling them to live independently for longer and make the most of later life.

Ageing can be expensive, and navigating benefits, planning ahead, or making major decisions can feel overwhelming. Their job is to make it easier for older people to unlock the support they are entitled to quickly, simply and without the stress. They are there to support you every step of the way.

They provide expert guidance with years of experience to claim benefits such as Attendance Allowance, worth up to £5,740 a year. This for instance can mean more money for heating, taxis, specialist equipment, a cleaner, or care support. They also provide an advocacy service and help with Blue Badge applications, claiming other benefits and entitlements and support clients in putting Lasting Power of Attorney in place, ensuring you remain in control of your choices for the future.

Additionally, they offer personalised life planning to help you remain in your own home, as well as moving and downsizing support if you're planning a change. They also provide celebration of life planning,

including pre-planning the funeral and send-off you want, alongside a celebrant service offering personalised funerals, memorials, and celebrations of life.

Age Matters Consultancy offers transparent pricing and a free initial consultation. Call 07402 599776 or email hello@agemattersconsultancy.co.uk for more info. You can also visit www.agemattersconsultancy.co.uk

Edeal Enterprise Agency were delighted to work with Age Matters Consultancy in the early stages of their business journey. If you are thinking of starting a new business and you are based in Eastbourne, then contact Edeal for advice via email info@edeal.org.uk



New Antiques, Vintage and Collectables Market comes to Eastbourne

Brand new to Eastbourne, a new Antique, Vintage and Collectables Market is set to bring colour, character and a sense of nostalgia to the stunning newly paved area of Victoria Place in Terminus road. With its Victorian lamps and soon to be installed this summer, heritage seating, a Victorian archway and a striking glass work of art sculpture, the space provides a perfect backdrop for this vibrant new market.

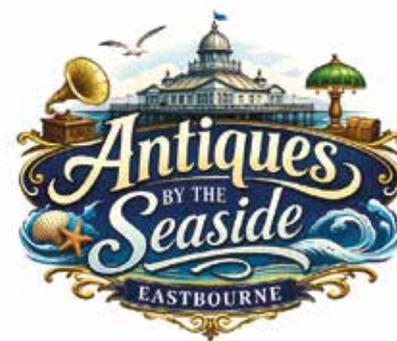
Taking place on the third Saturday and Sunday of each month from April through to September, the outdoor market promises to become a lively new fixture in the town's calendar.

Visitors are invited to step back in time and enjoy a relaxed stroll through carefully curated stalls filled with unique treasures, vintage finds and timeless pieces, each with a story waiting to be rediscovered. From classic antiques and quirky collectables to unexpected one-off gems, there is something to spark curiosity for seasoned collectors and casual browsers alike.

More than just a market, the event is designed to be a welcoming community space where locals and visitors can meet, chat and enjoy the fresh sea air while supporting independent traders. Friendly stallholders will be on hand to share their knowledge and passion,



making every visit a chance to learn something new as well as find something special.



Whether you're searching for a statement piece, reliving fond memories, or simply enjoying a leisurely weekend wander, the Eastbourne Antique, Vintage and Collectables Market offers a charming new way to spend time in the heart of the town. Come along, have a browse, you never know what you might find!

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Chaseley in 1950.



Friendly neighbours.

The Chaseley Trust

Eighty years of care and courage

ON South Cliff, overlooking the Eastbourne seafront, the 138-year-old Victorian building known as the *Chaseley Trust* celebrates the triumph of the human spirit over the misfortune of cruel disability.

By **Peter Lindsey**

Chaseley first opened its doors in October 1946 to welcome severely injured servicemen returning from the Second World War. Most had been treated at Stoke Mandeville but needed long-term nursing care. A large seafront house was donated by Lady Michaelis to become their home.

They soon became known as ‘*The Chaseley Boys*’. Locals still remember them racing along the promenade in motorised wheelchairs they had built themselves. The veterans showed that life didn’t stop because of injury, no matter how debilitating.

This spirit showed in their determination to beat the locals at

darts. Traditional darts were hard to grip and boards were set too high for wheelchair users, so the boys combined darts with their favourite sport, archery. Dartchery was born. It was one of many sports encouraged by *Chaseley’s* first medical consultant, Dr Ludwig Guttman, who believed physical activity rebuilt fitness, confidence and social connection.

Guttman went on to become the father of the Paralympics. Dartchery, the game invented at *Chaseley*, was a Paralympic sport until 1980. *Chaseley* residents went on to win Paralympic medals in Dartchery, javelin, table tennis, snooker and archery. Opportunity was matched with determination.

The Chaseley Boys were fiercely competitive. In 1948, a challenge from friends at the *Royal Eastbourne Golf Club* sparked the first *Chaseley* “Boat Race” — a simple question of who

could drink a pint the quickest. Eight players competed on each side, and the annual contest ran for two decades. *Chaseley* lost just twice, and the trophy still sits behind the bar today.

Eighty years on, *Chaseley* is a charity and home to 55 residents aged between 24 and 90. Residents’ complex neurological conditions include brain injury, stroke, spinal injury and degenerative conditions such as MS and MND. The faces have changed, but the determined spirit that unifies them hasn’t.

Some residents still ride their wheelchairs along the seafront. Inside the home, activities keep life busy. There’s a strong sense of belonging to Eastbourne. Local volunteers, veterans’ groups, families, neighbours and community members are regular visitors, dropping in for a cup of tea, a bingo game, concerts, discos, outpatient physiotherapy or a session in the fully accessible on-site gym. As a charity, *Chaseley* depends on this local support and donations to keep providing specialist care.

To mark its 80th year, *Chaseley* will host a summer fete on July 4th, complete with a dog show and family fun. Across four days of *Airbourne*, *Chaseley*



Care.



Courage.



Community.

will serve afternoon tea in its seafront gardens, inviting residents, families and the public to enjoy the show together.

From post-war beginnings to modern specialist care, *Chaseley’s* story is inseparable from Eastbourne’s own — 80 years of life lived fully, with humour, resilience and the sea close by.

<https://chaseley.org.uk>



Archery at St Andrews school.

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Straight, Bright, Confident:

The transformative power of a new smile

MORE than aesthetics – a boost in confidence.

By **David Neal Dental Eastbourne**

A beautiful smile can be quietly life-changing. For some, it's about completing more extensive dental work; for others, it's simply about correcting the small details that have caused years of self-consciousness. The result is often the same – a renewed sense of confidence, a willingness to smile more freely and a noticeable shift in how people feel about themselves.

A modern path to straighter teeth

At *David Neal Dental* in Eastbourne, *Invisalign* clear aligners are helping many patients achieve straighter smiles in a discreet, contemporary way.

"*Invisalign* is designed to fit easily into daily life" says Dr Anthony Zybutz, Lead Dentist at *David Neal Dental*.

"The nearly invisible aligners offer an alternative to fixed braces while still delivering reliable, personalised, carefully planned results."

How the transformation happens

Treatment begins with advanced digital scanning to map each patient's smile and create a tailored plan. A series of bespoke aligners is then worn over time, gently guiding teeth into position. Progress is steady and reassuring, with many patients noticing visible improvements in just weeks.

Straight teeth – and brighter too

An added benefit at *David Neal Dental* is that *Invisalign* treatment includes complimentary tooth whitening – that happens at the

same time your teeth are guided into place – meaning patients often finish their journey with teeth that are not only straighter, but brighter as well. The combined effect can be striking, creating a fresher, more youthful smile.

For anyone ready to feel more confident

Whether addressing crowding, spacing or minor bite concerns, *Invisalign* appeals to a wide range of people – from those seeking meaningful change to those who simply want to feel less self-conscious day to day. Beyond the visual results, straighter teeth can be easier to clean, supporting long-term oral health and create photo-ready smiles.

"For many patients, the outcome is more than cosmetic," says Dr Anthony. "It's the confidence that comes from knowing their smile truly reflects how they feel – and the realisation that achieving straight, bright teeth can happen more quickly, comfortably and cost-effectively than they ever imagined."

The *David Neal Dental* practice is located at the *Langney Shopping Centre*, Eastbourne.

Call **01303 356066** or visit Eastbourne@davidnealdental.co.uk to book your *Invisalign* consultation today.

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It's time for the Bluebell Walk again

THE popular *Arlington Bluebell Walk* returns for its 53rd year, opening daily from Friday April 3rd until Sunday May 10th.

By **Peter Lindsey**

Owner John McCutchan has decided to open earlier this year to include Easter, so the opening day is Good Friday.

He's hoping for a bumper six weeks and 25 charities will benefit by providing the refreshments each day.

John said: "I am still incredibly proud after so many years to welcome thousands of people each year to our famous *Bluebell Walk*."

"It is a true community effort and I am heartened that more than £1.1million has been raised for local charities since 1972. That does mean a great deal to me personally, supporting such worthwhile causes every year."

John works on *Bates Green Farm* on Tye Hill Road at Arlington all year round with his team, and each year he likes to create added extras.

For 2026, individual classic car clubs will be displaying in the car park on the six Sundays. These are *BMW* on April 5th, followed by *MG*, *Alfa Romeo*, *Morris*, *Porsche* and *Rolls Royce*, and finally *Jaguar* on May 10th.

For the first time, a two-person mobility scooter will be available to hire, costing £5 for two-hour slots at 10am, noon, 2pm and 4pm. These must be pre-booked by emailing info@bluebellwalk.co.uk

There are also 22 mobility scooters that are free of charge to use and don't have to be booked ahead. Just turn up!

An informative display about the wildlife, history and management of *Beatons Wood* on the site will be on the wall in the plant sales area.

And an exhibition will be located in the *Animal Barn* gallery showing

and drink that we serve each day. It is of the very highest quality."

On the walk itself, there is seating every 150 metres. Dogs on short leads are welcome, and you can also visit the pygmy goats and the Kerry Hill ewe and lambs in the *Animal Barn*.

You can also watch the birds on the Wild bird live webcam screen in the *Bluebell Barn*.

Entry prices are £9 per adult, children aged 3–16 £4.50, and a family ticket for two adults and up to four children is £23.

For groups of 16 people and over, go to www.bluebellwalk.co.uk/groups

For all the information, please go to www.bluebellwalk.co.uk

the winning photos from the past eight years of the *Arlington Bluebell Walk* and *Bates Green Garden* photographic competition.

John said: "Everything is set for a busy and successful 2026. I never take anything for granted and I do hope people will come and visit us during the six weeks."

"The 25 charities who were selected back in July last year will be busily preparing and providing the food



Images: Peter Goldsmith. www.petergoldsmithlandscapephotos.co.uk

Well done The Hydro!

THE Hydro Hotel's new Charity Luncheon Club is proving very popular and also raising vital funds for the Friends of Eastbourne Hospital.

By **Peter Lindsey**

The first three lunches have raised £2k with a portion of each meal sold donated to the Friends.

President of the *Friends*, Sandy Boyce-Sharpe said: "Thanks to our many happy diners who support our events. You can enjoy a fabulous meal and entertaining speakers.

"The February event has contributed a further £500 at least, and many thanks to Lady Crabtree for a wonderfully entertaining talk and for donating her fee to us.

Future lunches

"We look forward to our future lunches. March will see Ian Dowding



Lady Crabtree with Sandy Boyce-Sharpe.

of the *Hungry Monk* fame where he introduced the Banoffee Pie to the menus of not just *Eastbournians*, but the great and the good. He will tell his story of how it became a must for royalty.

"To book to join us please check the *Hydro Hotel* events website.

"We are working towards having the luncheons monthly."

<https://events.hydrohotel.com>

<https://www.friendsdgh.org.uk/events>



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Hop, Play & Explore

THIS Easter holiday, there’s a brilliant reason for families to head out into the Sussex countryside and visit *Sharnfold Farm* – and it’s bigger, bouncier and more imaginative than ever before!

By **Louise Page**

From 28th March to 12th April, we’re excited to launch *Barnyard Burrows*, our brand-new undercover play zone designed for little explorers to climb, create and let their imaginations run wild no matter what the weather.

With three brightly coloured barns full of child-sized role-play fun, giant building blocks and loads of open space to play, *Barnyard Burrows* is the perfect destination for Easter adventure and active fun.

That’s not all — kids can also take part in our *Big Bunny Hunt*, spotting hidden rabbits on an Easter-themed trail and entering their completed activity sheet into our prize draw to win a bumper Easter bundle.



Sharnfold Farm has plenty more to offer beyond the new play area. Wander along the farm trail to meet friendly animals and enjoy open green spaces for free play. There’s an adventure playground, interactive zones and plenty of nature to explore, making it a relaxed and welcoming setting for families with young children.

When you need a break, the on-site café serves child friendly meals and hot drinks, while the farm shop is great

for browsing seasonal gifts and treats. Whether it’s climbing, exploring or simply enjoying time together in the fresh air, *Sharnfold Farm* is a fantastic choice for a memorable Easter holiday outing.

Pre book online at: <https://thefamilyparksgroup.co.uk/hop-into-easter>
Entry is just £8.45 per person.*

*Under 2s go free. Access is free to all membership holders.

Spider woman is running for charity

AN Eastbourne woman has already run three Marathons and two Half Marathons for charity.

By **Peter Lindsey**

Now Françoise Kenyon (aka Frankie) has decided to run March’s Eastbourne Half Marathon wearing her Spider woman outfit.

She said: “*St Wilfrid’s* is a charity very close to my heart as I’ve lost people close to me there, and I’m trying to raise as much money as possible for such a worthy local cause.

“I initially set out to raise £500 as my personal target but I’m nearly at that

mark and would really like to smash out another £500 to get the grand total to a grand (£1000 – pardon the pun!)

“I’ve run two Half Marathons and three full Marathons all for different charities.

“*Brighton Marathon* was for *Breast Cancer Care*, *London Marathon* was for *Children with Cancer UK*, and *Leeds Rob Burrows marathon* was for *Sue Ryder bereavement counselling services*. I have also done a charity sky dive for *Alzheimer’s UK*.

“I will be wearing my Spider woman outfit for the *Eastbourne Half Marathon* which was a real crowd pleaser last year in Leeds.”

<https://www.justgiving.com/page/francoise-kenyon-4>



Rainbow Run

Our 5K multi-coloured afternoon of fun is back on Saturday 6th June 2026. And with seven paint stations, two foam stations and one big paint party, this is the ultimate family fun run in East Sussex this summer!

Taking place at Nash Street Farm in Hailsham, Rainbow Run is perfect for families, friends, colleagues and anyone else who wants to experience the joy of running through the colours of the rainbow, while raising funds for hospice care.

stwhospice.org/rainbow



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“I’m a CEO... Get Me Out of Here!” returns for 2026



ST Wilfrid’s Hospice is delighted to announce that “I’m a CEO... Get Me Out of Here!” will be returning in March, following the incredible success of last year’s event.

By **Dave Longman**, St Wilfrid’s Hospice

Designed for the bold and adventurous, the challenge invites participants to swap the boardroom for the great outdoors and take on a day packed with thrilling activities — all in support of local hospice care.

The 2025 event was a tremendous achievement, raising just under £10,000 to support the vital work of the hospice.

Fourteen brave participants stepped well outside their comfort zones to take on a series of exciting and demanding challenges.

Working in teams, they:

- Conquered the towering Jacob’s Ladder.
- Faced their fears handling reptiles.
- Put their precision to the test with archery and rifle shooting.

Beyond the adrenaline-fuelled activities, the event offered a powerful opportunity for networking and team-building, bringing together members of the local business community in a unique and inspiring environment.

Throughout the day, participants encouraged one another, pushed personal limits, and built lasting

professional connections — all while raising essential funds for hospice care. The camaraderie and enthusiasm on display made the event truly special, and the hospice team remains incredibly proud of everyone who took part.

Could you be a 2027 campmate?

Now, preparations are underway to welcome a brand-new group of courageous leaders for 2027.

Think you’ve got what it takes to become a campmate and brave a day of unforgettable challenges for a fantastic cause?

If you are interested in taking part can you express your interest by emailing corporates@stwhospice.org

With adventure, teamwork, and fundraising at its heart, “I’m a CEO... Get Me Out of Here!” 2026 promises to be another unforgettable experience — all while making a meaningful difference to patients and families across the community.

Pictured are some of the 2025 contestants. Images courtesy of Sam Khan Photography.



This years participants are:

- | | | |
|-------------------|-----------------|--------------------|
| Josh Babarinde | Sophie Muncey | Kim Hatcher-Davies |
| Colin Twomey | Dan Burrage | Alice Chen |
| Adam Upton | Helen Charnock | Josh Clarke |
| Christina Ewbank | Patrick McManus | Harry Roberts |
| Annie Fitzpatrick | Sam Beale | Corin Dudley |
| Natalie Saunders | Ryley Warwick | Nick Harvey |
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DC's Director Edward Ball (Centre) with Arts Council England CEO Darren Henley and South East Area Director Hazel Edwards.

Hidden histories of Eastbourne's Devonshire Ward

DEVONSHIRE Collective (DC) kicks off its anniversary celebrations with the launch of *Discover, Celebrate, Grow* – a programme celebrating the people, buildings and hidden histories of Eastbourne's Devonshire Ward.

By **Peter Lindsey**

The programme is funded by an award of £92,396 from The National Lottery Heritage Fund.

It is part of *DC10*, a year-long celebration of its 10 years in Eastbourne and the creativity and community it, together with the people of Seaside, have brought to the town in that time.

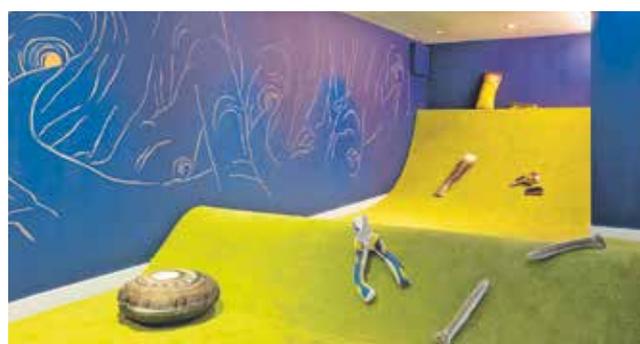
Edward Ball, Director, Devonshire Collective said: "This project is about rediscovering the stories behind the streets we walk every day: our neighbourhood's histories, cultures and communities, and the people and grassroots creativity that continue to shape Eastbourne's future."

Discover, Celebrate, Grow brings the hidden histories of Eastbourne's communities to life through creative partnerships, community engagement, storytelling and performance. It will culminate in the 'Seaside Road' exhibition at *VOLT gallery* in Winter 2026.

Edward said: "The programme lets us work with local people who don't normally engage with heritage projects. To tell their stories by collaborating with contemporary artists and local heritage groups to create new ways of seeing our neighbourhood and those who live in it.

"We will offer new opportunities locally – for example, a Heritage Trainee work placement, workshops, a journalism development programme and the expansion of DC's team."

The project will highlight the rich heritage of *Devonshire Ward*, allowing people to discover a fresh perspective on the area and challenge existing stereotypes. In thinking about the past, we will look to the future – for the neighbourhood, the town and *DC*.



Programme highlights

The programme has many threads including:

- **Storyteller Jon Norman-Mason leads Ward Walks** exploring local history, folklore, and residents' own personal narratives.
- **Performer Nikki Tomlinson delves into the Redoubt Fortress archive** to map its history, co-create performance events and develop tours for local people.
- **DC offers a journalism development programme**, in partnership with the *Eastbourne Reporter CIC*, so four residents can train as Community Researchers.
- **Children from refugee backgrounds investigate local architecture** and share memories of home through model making, sculpture and zines.
- **Local young people capture the 'Sights and Sounds of Seaside Road'** with a film-making project focusing on threatened local heritage.
- **A travelling allotment, the Pop-Up Potting Shed, reconnects the neighbourhood's diverse communities to nature** – interweaving Victorian allotment heritage with contemporary growing culture.

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Marie Stock
mstock@mayowynnebaxter.co.uk

Connections at Memory Lane

AT Memory Lane Eastbourne we believe in the power of connection, creativity and compassion for people living with dementia.

By **Angela Jumbo**

Our community hub is a welcoming safe space, where individuals with memory loss and their families, rediscover joy, dignity, and a sense of belonging.

Activities are delivered sensitively, supporting people from early to advanced stages of dementia, and there is something for everyone.

- Wednesday weekly sessions offer musical entertainment with singing and dancing, and fun competitive games with seated sports.

“

It's wonderful the way music sparks the mind and body.

Jackie and John

- Monthly sessions offer Saturday 'Soup and Roll' lunch with friendly chat and quizzes, and Sunday Allotment Club to get your hands dirty or just relax and enjoy tea in the sunshine, or shelter in the shed!
- Parties to celebrate holidays and national events through the year.



- Coach trips and outings (most recently to Brighton Sealife Centre and Newhaven Paradise Park.)

Our wonderful volunteers, with personal experience of dementia, know the daily life of a carer can be frustrating and isolating, and that it makes all the difference to get out, have fun and keep on making new memories.

Memory Lane is funded through fundraising, grants and donations and received a *National Lottery* grant in 2025. Trustees ensure activities are relevant and where there is interest will support new activities.

www.memorylane-eastbourne.co.uk
07393 834498
memorylane.eastbourne@gmail.com

“

We come for the comradery, it is as much for the carer as the person with memory loss.

John and Linda

Grand opening of Mei Asia

THE owners of *Taj* and *Tuk Tuk*, have launched a fantastic new pan Asian restaurant.

By **Gail McKay**

Siraj Mashood and Nobi Hussain, who is also the chef, invited friends to their opening and they were treated to a selection of chef Nobi's exquisite offerings.

Pan Asian food is typically a blend of the sweet, spicy and aromatic flavours of Asia.

Guest were served freshly made prawn crackers with a zingy sweet chili dip.

Bento boxes with steamed edamame, Chicken Katsu Salad, chicken satay, and chicken gyozas followed.

There were noodles in a rich broth, topped with eggs and served with



sticky jasmine rice and Thai green chicken curry. Everything was fresh and aromatic, and plates were mopped clean.

A firm favourite

Mei Asia is a selection of everyone's favourite Asian dishes and will be popular with locals and visitors.

A fantastic addition to *Victoria Place* where great restaurants come together, and once the awnings, outdoor seating and outdoor lighting has been finished, it will be a great attraction.

Mei Asia
216 Terminus Road
Eastbourne BN21 3DF



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Contact your District or Borough council to find out more and how to apply.



Team Pevensey Bay to climb Snowdon

THE Retail Manager and three of the team at Pevensey Bay Holiday Park will be climbing Mount Snowdon in March to raise funds for charity.

By **Peter Lindsey**

Matt Rushe will be joined by Christina Rudko, Accommodation Manager, Sammie Smith, Holiday Service Manager, and Isobel Jeive, Bar Supervisor.

Together, they are hoping to raise £2,000. The money will be split between three charities:

- *The Wolo Foundation* – a charity helping raise money for families affected by cancer in Sussex.
- Eastbourne-based *SASBAH – The Sussex Association for Spina Bifida and Hydrocephalus*.
- A mental health charity.

Matt said: “Mental health is very important to everyone and I have had my challenges in recent years.

“2025 was a tough year – full of struggles, setbacks, and moments that tested both Christina and myself in ways we never expected.

What truly matters

“Like so many, we’ve felt the weight of it all and longed for a way to reset, find clarity, and focus on what truly matters.

“That’s why we’ve decided to climb *Mount Snowdon* – not just for the adventure, but to channel our challenges into something positive.

“Alongside an amazing few friends, we’ll take each step up the mountain with a purpose: raising funds for a few incredible causes that bring hope, support, and joy to those who need it most.

“Every donation, every share, and every word of encouragement brings us closer to making a real difference.

“This climb isn’t just about reaching the summit – it’s about showing that even after a difficult year, we can rise, give back, and find strength in community.

Join the journey

“Please join us on this journey. We can turn a challenging year into something meaningful – for us, for our team, and for the causes we care about.”

Matt said when he came to work and said he was planning to climb *Snowdon*, his colleagues laughed, but they soon realised that he was serious.

He said: “We all realise it’s going to be tough but the four of us are totally focused on completing the climb and supporting our charities.

“The climb itself should take between four to six hours and, speaking personally, I have been training at *Snap Fitness Eastbourne 24/7* in *Langney Shopping Centre*.

“I am pretty confident because I am on my feet all day and I want to do this for my mental health as much as anything else.

“I know the people at *SASBAH* and they do a wonderful job helping others.”

Isobel is looking forward to the challenge. She said: “As a team, we have all faced our own struggles and challenges over the years.



Matt Rushe.



Isobel Jeive.

Take on the challenge

“Collectively after a small running joke about climbing a mountain, we have decided to take on the challenge to support each other and hopefully raise some money for these great charities.

“After seeing first-hand how cancer affects not just the person facing the illness but the whole family, I knew I wanted to help. As a close family member of someone who has had cancer, I’ve seen and experienced the emotions and struggles that come

with it and seen the impact it has on parents and children.

“That’s why it was important to support a local charity – so I can help other families in our area who are also struggling.”

To support Matt and his colleagues, please go to:

<https://www.gofundme.com/f/team-pevensey-bay-takes-on-mount-snowdon-for-charity>

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By **Peter Lindsey**

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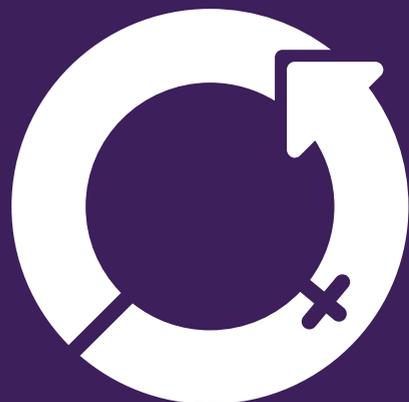
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#GiveToGain



International Women's Day



Bournefree celebrates
International Women's Day



International Women's Day

International Women's Day (IWD), celebrated annually on March 8th, is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for advancing gender equality.

IWD has been around for well over a century, with the first IWD marked in 1911.

The overarching aims of IWD are to:

- Celebrate women's achievements through recognising and appreciating the contributions of women in various fields, highlighting their influence and successes throughout history and in the present day.
- Raise awareness of gender inequality through shining a light on persistent issues like the gender pay gap, lack of representation in leadership roles, gender-based violence, and unequal access to education and opportunities.
- Mobilise action for equality through encouraging individuals, communities, and organisations to take steps toward creating a more inclusive and equitable world for women.
- Donate and fundraise for women-focused charities and elevate the visibility of their work.

- Foster solidarity among people of all genders in support of women's rights and gender parity worldwide.

Find out about Eastbourne's event at *Gather* at the *Beacon* on the next page.



JANE KING

Bizzybird's bring women in business together across East Sussex offering relaxed yet productive monthly networking meetings including online sessions and social events to create connection, confidence and business growth.

Our aim has always been to be authentic and inclusive.

Business support, strong relationships and a community feel are what we have created.

Jane felt there was room in the Networking world for a women's group that accommodated the



busy female business owner. For further information on this inspiring group please contact Jane at jane@bizzybirdsnetworking.co.uk or visit the website [Bizzybirdsnetworking.co.uk](https://bizzybirdsnetworking.co.uk)

We hope to see you at a meeting soon.

NIC GRAY

Nic Gray & Associates provides ADHD coaching and practical support for neurodivergent entrepreneurs who want sustainable success without burnout.

Led by Nic Gray, a certified ADHD Advanced Coach formally diagnosed in 2025 and recognised for her work breaking down the Independent ADHD Taskforce reports, the business combines lived experience with evidence-informed coaching.

Nic specialises in anti-hustle support, accountability, body doubling and systems that work



with ADHD brains, not against them. This is calm, realistic business support designed around energy, capacity and values, not toxic productivity.

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nic@nicgray.co.uk
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- Online using video or telephone calls.



- Walk and talk therapy outside in green spaces within a 12-mile radius of Eastbourne.

Visit my website or email me to book a free 15 minute "Discovery Call" to ask any questions:
www.brighterdayscounselling.com
suzie@brighterdayscounselling.com



ELIZABETH EASDOWN

Elizabeth is a fully qualified podiatrist, with 13 years experience in private practice and worked for 10 years as a clinical educator for University of Brighton. She has volunteered as Podiatry Lead with Brighton Marathon until 2024 working alongside an amazing medical team providing care for the runners.

One of her greatest pleasures is to spend some of her summertime with *Festival Medical Services* providing podiatry care at music festivals such as Reading and Glastonbury.



She works three days a week in her *Cranbrook clinic* and provides home visits one day a week in Eastbourne.

07361 815954
stepsurepod@gmail.com
www.stepsure.co.uk

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Based in Eastbourne Town Centre, Ditzzy Media was founded by Mina O'Brien in 2014 and is proud to support businesses and non-profits with social media and wider marketing.

They do this through training and providing support through social media marketing packages. The team also work on *Eastbourne Carnival* (23rd May 2026) and support the events run by the *Eastbourne Education Business Partnership CIO* including the *BIG Futures Show* (28th April 2026),



and *Eastbourne Youth Radio* (18th-21st November 2026).

If you are looking for professional marketing support from a team with a longstanding history of delighting their clients – get in touch!

www.ditzzymedia.com

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KIRSTY POWELL

Kirsty Powell is a driven business leader, consultant and community champion who embodies the spirit of International Women's Day.

Through her consultancy, *KNP Consultancy*, she is currently acting as Director for Social Care at *Farla Medical Healthcare*, strengthening supply chains and delivering quality care solutions across the UK care sector. Alongside her corporate leadership, she runs her wellness business, *Simply Wellness*, representing *Oriflame Cosmetics* and *Serenova Nutrition*. As Vice Chair of *Heathfield Chamber of Commerce*, a Councillor for *Heathfield &*



Waldron Parish Council, and lead for advertising and sponsorship for *Heathfield's annual French Market, 'Le Marché'*, she is passionate about empowering businesses and building thriving local communities.

kirsty@knpconsultancy ltd.uk
07813 076256

JOSIE SNASHALL

Josie runs Thrive Explorers, a respite club based in Eastbourne, and a unique resource for SEN children.

Thrive is a haven of fun and inclusion guided by experienced staff who are dedicated to making each child's experience safe, fun and memorable.

Every child is encouraged to explore their own physical abilities through many different activities including arts and crafts, sports and music.

At *Thrive* we ensure a warm welcoming environment where



children can be themselves and feel they belong whilst enjoying time with friends, playing and thriving!

Sessions currently run on alternate Saturday mornings.

Info@thrive-explorers.co.uk
www.thrive-explorers.co.uk

Margaret Bannister

ONE of our more prominent women in Eastbourne is The Worshipful the Mayor of Eastbourne, Councillor Margaret Bannister.

By **Gail McKay**

She has served on Eastbourne Borough Council for 21 years and worked at Bourne School for 28 years.

"I am very proud to have been Mayor of Eastbourne since May 2025. I have been pleased to attend many events across the town including concerts, visits to retirement/care

homes as well as schools etc. One of the important occasions is when the town hosts a Citizenship Ceremony at the Town Hall. This ceremony is especially relevant to *International Women's Day* as many of those making their oaths of allegiance are women. They can now hopefully experience the freedom and respect given to women in this country.

"Another of the important aspects of being Mayor is raising the profile of charities.

"The two I have chosen make a real difference to people in our community.

"The first charity is *Eastbourne Street Pastors* who do such great work on Friday and Saturday evenings/nights. They are active in the town centre, providing support to the nighttime economy, by helping those who are having problems or concerns.

"Only this week I was talking to someone who had used their service last weekend to get a much needed bottle of water for a friend.

"The second is *Forward Facing* which helps support and make memories for families with children/young people who have life limiting conditions.

"They help provide experiences for the whole family as well as support



for mums, dads and siblings. They are a small charity but have an enormous impact on their families.

"We have had a lot of female Mayors, and I believe this shows the town and council's commitment to *International Women's Day* and its mission."

International Women's Day in Eastbourne

EASTBOURNE'S *International Women's Day 2026* event at *Gather* in the *Beacon Shopping Centre*.

By **Gail McKay**

Taking place on Sunday, 8th March 2026 from 10:30am to 3:30pm at *Gather* in the *Beacon Shopping Centre*, this year's message is "*When we give, we gain*".

- "Give to Gain" Photo Project with photographer capturing portraits of visitors.
- Film Screening: *Being a Woman* – this will be shown on loop.
- Crochet Flowers in IWD Colours.

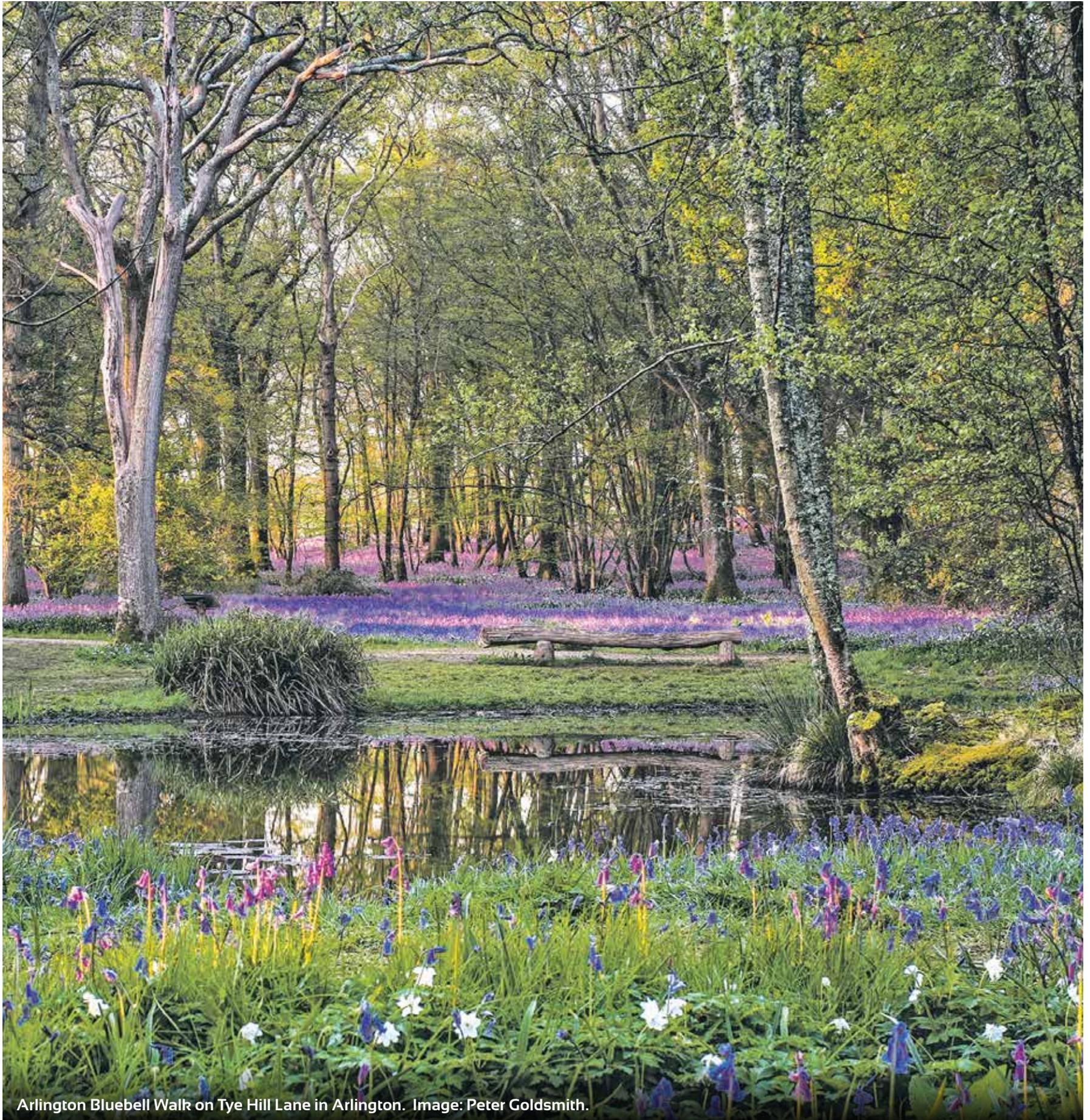


- The Living Library – Meet inspirational women from Eastbourne and beyond.
- Tree of Inspiration – Share the women who inspire you.
- Women's Voices: What Matters to You? We want to know what women in Eastbourne need and hope for.
- White Ribbon Pledges – Men are encouraged to make a pledge to help keep women safe in our town.
- Community Singing, Drumming and Dancing – Join in for a joyful

- half-hour of rhythm, voice and movement.
- Crafting Corner – Make your own bead friendship bracelet or decorate a wooden coaster.

Thanks go to Cllr Sayers-Cooper, Champion for Women and Girl's Rights, who is the organising lead for the event. And *Eastbourne Chamber of Commerce* for their generous support in helping bring this event to life.

HailshamEye



Arlington Bluebell Walk on Tye Hill Lane in Arlington. Image: Peter Goldsmith.

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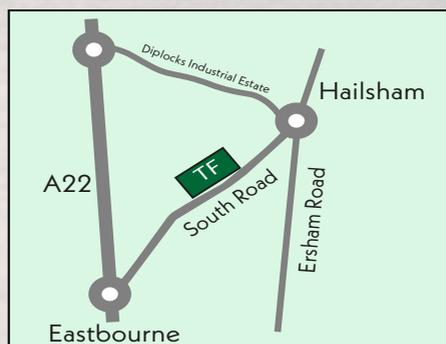
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Image: John Glover.



Image: John Glover.

Stunning garden reopens for the spring

BATES Green Garden, located adjacent to the renowned Arlington Bluebell Walk on Tye Hill Lane in Arlington, has opened its gates to visitors, showcasing an impressive array of late winter colours.

By **Peter Lindsey**

The Wildflower Meadow and Beatons Wood will also be accessible, welcoming guests every Wednesday and Saturday from now.

Visitors are not required to book in advance; opening hours are from 10am to 4pm.

Seasonal attractions include:

- A diverse collection of flowering bulbs such as snowdrops, aconites, and crocus.
- Rich birdsong throughout the grounds.
- Opportunities for winter woodland walks, with chances to observe the variety of lichens and mosses adorning the trunks of oak and hornbeam trees.
- Displays of oriental hellebores and vibrant stems of cornus and salix.

- The opportunity to walk through an avenue of native daffodils (*Narcissus pseudonarcissus*) grown from seed scattered over many years.

John McCutchan, currently preparing for the 53rd annual *Bluebell Walk* launching in April, regards the February opening as a positive development.

He said: "Despite prolonged wet weather, this opening provides an excellent opportunity for visitors to enjoy the outdoors and witness the results of our winter efforts."

"The Garden, Wildflower Meadow, and Wood offer a unique experience distinct from the bluebells each spring."

"Head Gardener Emma and the Garden Team have made remarkable progress; my late wife Carolyn, who founded the garden, would be proud of its current appearance."

"We invite guests every Wednesday or Saturday. Light lunches and refreshments are available at *The Laurel Café* which is situated in the *Bluebell Barn*."

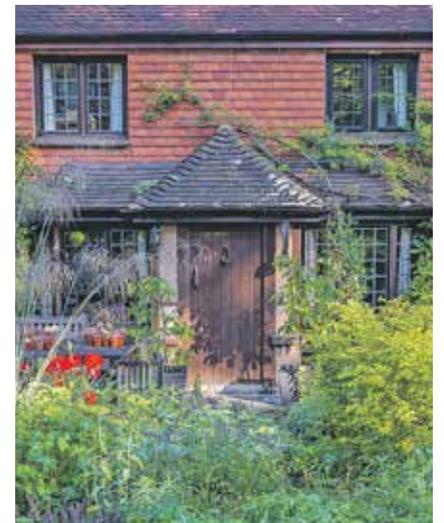
The garden encourages visitors to take a moment away from their daily routines.

Benches are thoughtfully placed throughout the grounds, and ramps ensure wheelchair accessibility.

Emma said: "The garden is truly beautiful, and we look forward to welcoming the public. Our programme of walks, talks, and workshops for 2026 promises to be engaging and inspiring."

Admission is £10 per adult, £5 for children under 16, and free entry for FRIENDS. Additional offers are listed on the website.

For further details, please visit www.batesgreengarden.co.uk



John and Emma.





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Herstmonceux Bowls Club gears up for an exciting new season

THERE is plenty of activity at *Herstmonceux Bowls Club* as preparations get underway for the new season.

By **Peter Lindsey**

The green is currently being carefully prepared, and villagers will soon see dedicated volunteer members hard at work ensuring everything is ready for play.

The club is delighted to announce a full and exciting programme of fixtures for the coming season,

featuring both county and league competitions and a wide range of friendly matches, promising an enjoyable and competitive summer of bowls.

Herstmonceux Bowls Club is always pleased to welcome new members, whether experienced players or complete beginners. Anyone



interested in trying this friendly and sociable sport is warmly invited to attend the Club's Open Weekend on Saturday 25th April, when the green will officially open. Visitors will have the chance to try bowls,

meet members and experience the welcoming atmosphere of the club.

If you would like to find out more, please contact Richard Thomas on **07813 676577**.

Top quality facilities at new sports hub

THE Wealden Community Sports Hub will open in the summer.

By **Peter Lindsey**

Leisure United would love to hear from organisations and sports clubs interested in learning more about the Hub and exploring opportunities to use its fantastic facilities.

- The new *Hub* at Hellingly includes:
- 2 full-size floodlit 3G football pitches
 - 4 floodlit netball/tennis courts
 - 2 floodlit padel tennis courts
 - Children's play area & skate park
 - Running, cycling & walking track
 - Community café & flexible community space
 - Changing facilities (including a Changing Place)

- 195 car parking spaces (with EV charging)
- Cycle parking & coach drop-off area.

Learn more

To learn more about the hub, explore how your organisation can make the most of these new facilities and to express your interest in seeing the community facilities first hand, please get in touch with *Leisure United* via email at: info.wealden@leisureunited.com

or complete this short form: <https://orlo.uk/i2j6z>



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Deliciously different dining

AT *Abbots Wood Manor Luxury Care Home*.

By **Sarah Webber**

Spring brings a wonderful sense of freshness and renewal, and at *Abbots Wood Manor Luxury Care Home* in Hailsham, this is beautifully reflected in the dining experience residents enjoy each day.

Seasonal ingredients take centre stage, with carefully crafted menus designed to celebrate the flavours of the season whilst supporting nutrition and wellbeing.

More than food

As lighter, brighter days arrive, residents can enjoy dishes inspired by fresh produce, from vibrant vegetables to comforting yet refreshing meals that capture the essence of spring.

Dining at *Abbots Wood Manor* is about far more than food alone – it is about shared moments, conversation and the simple pleasure of coming together around the table.



The home's welcoming café also offers a relaxed and social space, where residents can enjoy a cappuccino with homemade cake whilst catching up with friends, creating those small but meaningful moments that make each day special.

Food linked to memory

The dedicated team at *Abbots Wood Manor* understands that food is closely linked to memory, enjoyment and overall wellbeing. By creating menus that are both nutritious and full of seasonal flavour, they ensure residents can look forward to meals that are as enjoyable as they are nourishing.

This spring, dining at *Abbots Wood Manor* continues to be a highlight of daily life – bringing together fresh flavours, friendly company and the joy of sharing wonderful food. If you'd like to experience it for yourself, search *Abbots Wood Manor* today to find out more.

Book your private tour today to discover more:

01323 574183
enquiries@hamberleycarehomes.co.uk

116 London Road, Hailsham
East Sussex BN27 3AL

Street Market trials return in Blackmans Yard

RESIDENTS are being reminded to mark their diaries for the return of *Hailsham Street Market*, which is set to take place this spring as part of a new programme of Friday trial markets.

By **Peter Lindsey**

The first event will be held on Friday 20th March at *Blackmans Yard*, behind the *Town Council* offices in *Market Street*, with further dates scheduled throughout the season.

The markets will run over a ten-week trial period, with events held on selected Fridays. The programme is designed to help the *Town Council* further assess the long-term suitability of *Blackmans Yard* as a permanent



market location, while also evaluating the impact of Friday trading on visitor numbers and trader participation. The trials build on an earlier phase that concluded in October, during which footfall, trader feedback and community engagement were reviewed.

Formerly held on Saturdays in *Vicarage Field*, *Hailsham Street Market* relocated to *Blackmans Yard* last summer. The move introduced a more flexible, Council-owned venue

with fewer trading restrictions, allowing traders to offer a broader range of products. Recent markets have featured local produce, artisan food and drink, handmade crafts, clothing and a variety of specialist goods.

The confirmed trial dates are:

- Friday 20th March.
- Friday 10th April.
- Friday 24th April.
- Friday 8th May.
- Friday 22nd May.



Hailsham Business Update

By **Ryley Warwick**, Hailsham Chamber of Commerce

Charity of the Month Spotlight

This month, the **Hailsham Chamber of Commerce** is proud to shine a light on **Children with Cancer Fund** – a truly inspiring local charity making a life-changing difference to families across Sussex.

Children with Cancer Fund supports children and young people undergoing cancer treatment, along with their families. From emotional support to financial assistance, they are there every step of the journey, helping families focus on what matters most.

CWCF Provide vital grants to ease financial pressures they organise special experiences and respite breaks, and offer ongoing emotional and practical support. Families feel part of a strong, compassionate community for families in need.

A cancer diagnosis impacts the whole family. This charity goes above and beyond to bring moments of joy, relief, and hope during incredibly challenging times.

How you can help?

Whether it's donating, fundraising, or simply spreading the word, your support can make a real difference.

Find out more or get involved:
www.childrenwithcancerfund.org.uk

Big Business Breakfast is back!

Join the *Hailsham Chamber of Commerce* for another fantastic morning of networking, learning and growth.

**Thursday, 2nd April
7:30am
Wellshurst Golf & Country Club**

This month, we're excited to hear from: Andrew Albon of *Sussex Footcare* Simon Grimley of *Grimley Flooring*

Expect great conversations, valuable insights, and plenty of opportunities to connect with fellow local businesses. Whether you're a regular or thinking of joining us for the first time, you'll be made very welcome!

Secure your place via the link/QR code in the Image.

What's happening in Hailsham's business community?

From networking events to member news and local opportunities, our newsletter keeps you in the loop.

Scan the QR code and join the *Hailsham & District Chamber* community today.

FREE Business Support for Wealden High Street!

Whether you're looking to sharpen your marketing, attract customers, or develop your business, this fully funded programme has the support you need.

Join other local businesses to learn, grow, and succeed together!

Charity Golf Day – Friday 15th May 2026

Join us at Wellshurst Golf & Country Club for the Hailsham Chamber Charity Golf Day – a brilliant

opportunity to connect with local businesses while supporting our charity members.

Want to play?

Team entry is available via our website (teams of 4 players) – £200.

This includes a bacon bap and coffee on arrival, followed by a BBQ.

We look forward to welcoming you!

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Why exercise feels harder as we get older – and what actually helps

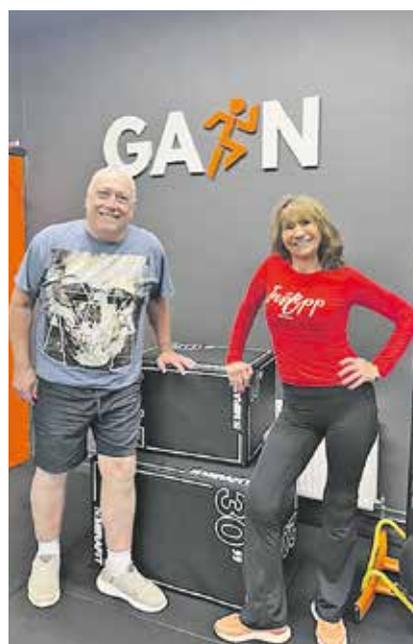
MANY people over 40 feel unsure about starting the gym.

By **Hallum Cousins**

They worry about hurting themselves, aggravating an old injury, or being pushed into exercises they're not ready for. Often, it's not a lack of interest, it's not knowing where to start.

Why does it feel harder?

One reason is that we naturally lose ~3-5% of muscle mass per decade after turning 30. Muscle supports everyday movement, balance and joint stability, so when it declines,



Exercise should support your life, not overwhelm it. With the right approach, it can help you feel stronger, steadier and more capable as you get older.

If you want some guidance on how to start your journey, scan the QR code.



daily tasks can feel much more difficult. Combined with long periods of sitting, driving or being less active, can really add up over time.

What actually helps

A common mistake is thinking the answer is to push harder or get fit quickly. Jumping into intense workouts too soon often leads to soreness, setbacks or reinforcing the belief that the gym isn't for you.

We need a more gradual approach; we can't expect to undo years of inactivity in a matter of weeks. Building strength slowly, working on balance and mobility, and allowing enough recovery makes training feel manageable. Having a simple, easy to follow plan, can kickstart momentum towards a healthier lifestyle. Just 2-3 strength training sessions per week is enough to make a huge difference.



www.gainstrengththerapy.com
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www.associationofcarers.org.uk
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New services and local impact

AN exciting season at *Coda Pharmacy*.

By **Molly Graff**

It's been a busy and exciting period for *Coda Pharmacy* as we continue to grow our services while staying firmly rooted in our local community.

New health services

We're delighted to be launching several new health services, expanding access to professional, pharmacist-led support for weight loss, hair loss and sexual health. These services are designed to offer discreet, convenient care, giving our community more choice and trusted support close to home.

Community connection remains at the heart of everything we do. We're proud to have recently come together with *Bournefree Magazine* and *Glass House* to announce our partnership on the upcoming *Eastbourne Community Awards*, taking place in June 2026. The awards will celebrate the individuals, groups and organisations who make Eastbourne such a vibrant and caring place to live and work, and we're excited to play a part in recognising these local champions.

For March, our Charity of the Month is *Eastbourne Foodbank*. Their essential work supporting individuals and families across our town is more important than ever, and we're proud to be helping raise awareness and support for the incredible impact they make in our community.

Health & Wellbeing event

We're also excited to be hosting our *March Community Health & Wellbeing Event* on the 14th of March, running from 10am to 2pm at *The Gather* inside Eastbourne's *The Beacon Shopping Centre*. The event will offer free blood pressure and BMI checks, pharmacy advice, and the opportunity to speak with a range of other healthcare professionals, all aimed at supporting better health and wellbeing for our community.

Keep up to date with all our latest news and events by following us on *Facebook* and *Instagram*, [@codapharmacy](https://www.instagram.com/codapharmacy)



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Eastbourne Showroom

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Mon-Sat 9-5pm

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

www.clearwellmobility.co.uk

Weight Management Programme!

Gloji Groups is the FREE weight management programme offered by One You East Sussex that helps you unlock the power to make small changes to achieve your goals!

Gloji Groups offers:

- A 12 week programme led by an expert health coach
- Small group support where shared experiences help to motivate you to lose weight together
- Accessible locations across East Sussex
- Free gym and/or swim passes at some locations
- A warm welcome to everyone



We do not prescribe weight loss medication, but do offer support to make lifestyle changes that lead to long-term healthy weight management.



Sleep



Movement



Nutrition



Alcohol



Mind

Scan to sign up
& find out more!



Invaluable! I have found the support, advice and structure really easy to follow and it has definitely kickstarted some hopefully lifelong positive habits.

Layla, East Sussex

I feel great now that I have lost 4 stone. I have received exceptional health, motivation and advice that has given me the focus that I needed to put me on the right path for the rest of my life.

Andy, East Sussex



Sussex Footcare continue to invest in the latest Podiatry equipment

OUR new clinic has two treatment rooms, and we have five practitioners who can treat you. Our clinic is modern, and we continue to invest in new equipment. We have already helped over 1,000 patients in the last year.

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

Our new innovative treatments include:

- Swift micro-embliation verrucae treatment
- Shockwave therapy,
- Footscan with Phits 3D printed orthotics
- Dermatoscope to identify any lesions

With all of this equipment we are confident we can help treat most foot conditions at the highest quality. Below we have written an article on Verrucas and our revolutionary SWIFT micro-embliation treatment.

Verrucas: causes, symptoms, and treatment

Verrucas, also known as plantar warts, are small, rough growths that appear mainly on the soles of the feet. They are caused by the human papillomavirus (HPV) and are common in both children and adults. While Verrucas are generally harmless, they can be uncomfortable and sometimes painful, especially when walking.

Causes of verrucas

Verrucas are caused by certain strains of HPV, which infect the outer layer of the skin. The virus enters the body through tiny cuts, cracks, or weak areas in the skin, typically on the feet. Because HPV thrives in warm, moist environments, verrucas are often contracted in places like swimming pools, public showers, and locker rooms.

Certain factors can increase the risk of developing verrucas, including:

- Walking barefoot in communal areas
- Having a weakened immune system

- Skin injuries or abrasions
- Excessive sweating (hyperhidrosis) on the feet

Symptoms of verrucas

Verrucas can vary in appearance but are usually characterized by:

- A rough, grainy texture
- A small, circular shape with a hard, thickened outer layer
- Little black dots (which is clotted blood from tiny capillaries)
- Pain or tenderness, particularly when pressure is applied while walking or even pinching the area

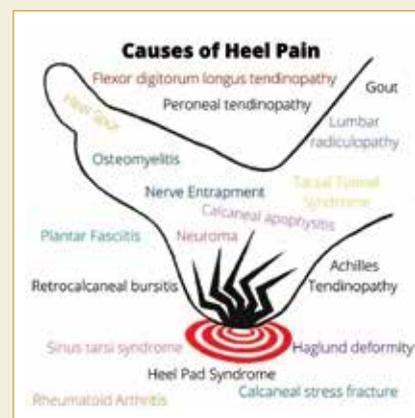
Verrucas are often confused with corns or calluses, but they tend to interrupt the natural lines of the skin and may cause discomfort when squeezed from the sides. In our clinic we have an advanced Dermatoscope which will indicate if it's a Verrucae or not.

Treatment options

We use several treatment options in our clinic however if you have multiple or have had long standing verrucas we have the revolutionary SWIFT non-invasive micro-embliation to use.

How does SWIFT verruca treatment work?

A Verruca/wart is a type of a benign tumour affecting the skin caused by one of many types of the Human Papilloma Virus (HPV). The microwave technology delivers rapid heat to your wart and in just a few minutes the treatment is complete, allowing for the healing cascade to commence. SWIFT verruca treatment is proven to work in 83% of patients who undertake our treatment protocol.



What are the advantages of SWIFT verruca treatment?

- Safe for adults and children
- Following the treatment protocol SWIFT is 83% successful in resolving verruca
- Proven results compared to traditional treatment methods
- Rapid treatment time of just a few seconds per application
- Minimal discomfort following the procedure
- No post-treatment dressings or significant precautions
- No need for an anaesthetic injection or minor surgical procedures

01323 396338
07830 417007
andrewalbon@yahoo.co.uk
www.sussexfootcare.co.uk
f Sussex Footcare

Treatments on offer include:

- **Clinic Treatments**
- **Callus & Corn removal**
- **3D Footscan gait analysis**
- **Phits 3D printed orthotics**
- **SWIFT Micro-embliation therapy for warts and verrucas**
- **Fungal nail treatment**
- **Nail Surgery**
- **Diabetic foot assessments**
- **Home Visits**
- **Care & Nursing home specialists**
- **Sports injuries**



Join our
'Big Dementia
Conversation'
event

Staying connected: A guide to dementia- friendly conversations

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

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

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

Inspected and rated

Good

Care Quality
Commission

Trusted to care

**Bowes House care home
Hailsham**

To attend please call **01323 306131**
or email lisa.phillips@careuk.com

care UK 



Join Care UK's nationwide 'Big Dementia Conversation'

Did you know that nearly four in 10 people (39%) avoid visiting relatives living with dementia because of how difficult it can be to communicate and connect*?

Dementia can change the way someone communicates. Messages in the brain may take longer to reach the right place, which can make conversations more challenging.

As dementia progresses, families and friends may feel unsure how to stay connected. In a national survey, nearly all respondents (93%) said communication barriers made meaningful interaction harder, but it doesn't have to be this way. Understanding why communication becomes more challenging is the first step in remaining connected with your loved one.

Staying connected

We know many families feel they don't have enough support with communication after their loved one develops dementia. That's why Care UK created **Staying connected: a guide to dementia-friendly conversations**.



This guide offers support for family members and friends to understand

some of the ways dementia can impact a person's ability to communicate and provides advice for making day-to-day communication less stressful. We share practical tips to help you communicate more easily and confidently with your loved ones.

Pick up a free copy in your local care home or download it as part of our 'The Big Dementia Conversation' online advice hub.

We're here for you

'The Big Dementia Conversation' online advice hub is all about sharing knowledge and real-life experiences to support those who are looking after someone living with dementia.

If you're caring for a loved one with dementia and need a little extra support, why not visit our website to discover more ways we can help you and your loved one.

Visit our online advice hub to find out more by scanning the QR code.



If you're considering care, call your local care home Bowes House on **01323 886719** or visit careuk.com/bowes-house

Did you know?

Nearly **4 in 10** people say they've avoided visiting a relative living with dementia.

93% of people feel communication barriers can prevent meaningful interaction with their relatives.

The top three things people find most challenging are:

- having to repeat themselves (43%)
- not being recognised (42%)
- understanding what their loved one means (40%)*

*According to a survey of 2,000 adults, conducted by OnePoll.

Belly rubs come as standard.

We know certain things make home feel like home.

So if you've got a four-legged friend you'd like to bring along, we'll do everything we can to make them feel welcome too.



Every moment.



HALLMARK

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Residential, nursing and dementia care.

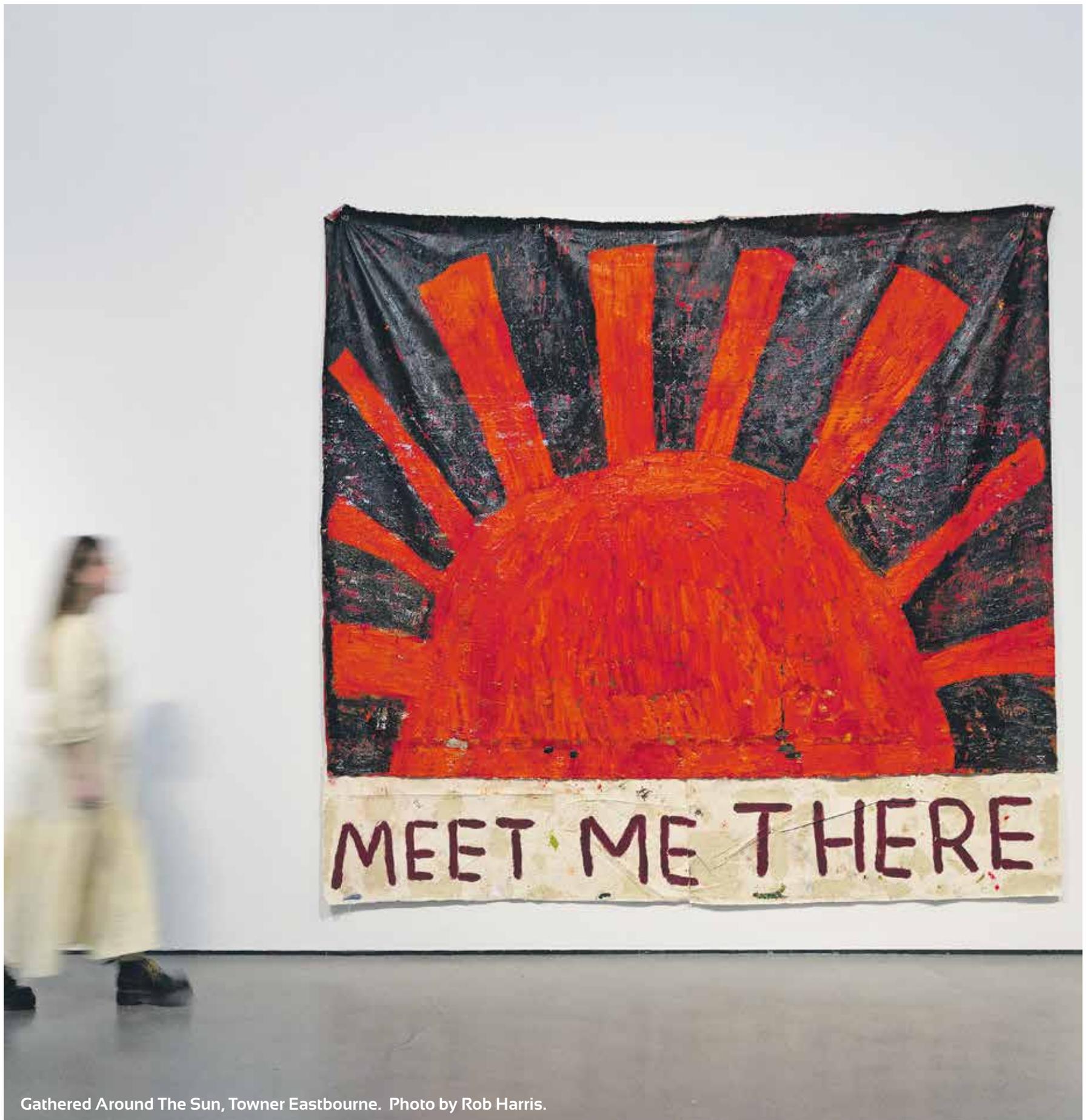
Learn about life with us at

hallmarkcarehomes.co.uk

| 01323 306 286

| Hallmark Willingdon Park Manor, Eastbourne, BN22 0AB

TheArts



Gathered Around The Sun, Towner Eastbourne. Photo by Rob Harris.

bringing your art to life?
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Towner's late-night series

Trin the Beatmaker, Tuggy Fresh and DJ Jonny Jazz. Photo by Cameron Brown.

MUSIC meets visual art in Towner's new late-night series, with the spring edition featuring avant-pop duo *Insides* bringing their immersive atmospheric sound to Towner's Studio 1, supported by the striking voice of Laura Fell & her band.

By **Towner Art Gallery**

The Brighton-based duo has been heralded as "A sound that's dew fresh, dawn dazzled and shot through with luscious darkness." (Neil Kulkarni, *The Wire*). Their most recent LP *Soft Bonds*, released in 2021, soundtracked runway shows by fashion houses Prada and JW Anderson.

The fun continues throughout the rest of the building, including drop-in workshops and interactive installations by *Toad Lickers Collective*, alongside three fantastic exhibitions featuring artwork by Poppy Jones, J.M.W. Turner and Eric Ravilious.

Drop in to *Towner's Cinema* where you'll find a playlist of three unique

artist films, curated by *Devonshire Collective's Volta Artists' Moving Image*. Immerse yourself in works by Frances Young, Renee Vaughan Sutherland and Emily Hawes, playing on loop for the evening.

Towner's top floor restaurant, *Light* and café *Flicker*, will also be open late, offering visitors respite with delicious food and drink options from their refreshed spring menu.

**Friday 27th March
6:00pm to 10:00pm
£5 advance/ £10 on the door**

Book your tickets via the **Towner** website today:
<https://towner.gallery/lates>



Light.

TOWNER Eastbourne



Insides. Photo © Insides.



Laura Fell. Photo by Hannah Lovell.

10 Years of UK and International Film in Eastbourne

INSPIRING the next generation through independent cinema.

By **Domenico Della Valle,**
Founder and Director

This May, Eastbourne celebrates a milestone – the 10th Eastbourne International Film Festival runs from 2–9 May. Founded in 2016 and delivered by Crossing The Screen CIC, the festival brings together audiences and filmmakers from the UK and abroad, showcasing independent and international cinema while putting Eastbourne on the cultural map.

Workshops and screenings take place at the *Cavendish Hotel*, Eastbourne, and *Hailsham Pavilion*, giving schools and audiences access to professional cinema in two key locations.

Young people are at the heart of the festival. Hands-on workshops, screenings, and industry-led activity give students real experience in filmmaking and storytelling. Accreditation opportunities, supported by *Talent Accelerator*, recognise achievements and nurture the next generation of storytellers.



Our 2025 volunteer team at The Cavendish Hotel.

The festival thrives through community partnerships with *Eastbourne Solidarity*, *Belgian Café*, and *Beer Me Brewery*, alongside a dedicated volunteer team, extending the festival's reach across Eastbourne and nearby towns, including Hailsham.



Audiences can look forward to a week of screenings, workshops, and special events. Full programme details will appear in next month's issue. Mark your calendars and scan the QR code to stay updated. This 10th edition promises a celebration of creativity, community, and international cinema — local roots, global reach.



Scan here for tickets via Eventbrite.

Headline
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Ollie's Music Room
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Ollie's Music Room – Eastbourne!

We offer One to One and group sessions in Singing, Guitar, Drums, Piano, Sax, Trumpet and Music tech and more.

Plus a place to rehearse and record your music.





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www.olliesmusicroom.com
 + 44 (0)7974 977868

Patterson Gallery

The **Patterson Gallery** in the **Alfriston Room**
 (Lower ground floor, take the second lift from Reception, opposite the Lawns Room)

at

The Lansdowne Hotel

Saturday the 7th of March until
 Sunday the 29th of March

Featuring the following artists:
**Amanda Palmer, Leila Godden,
 Anthony Ellis, Vienna Forrester
 and many more.**

Over Easter we will feature Eastbourne Open House
 3rd, 4th, 5th and 6th April.
 A broad range of artists from the surrounding area.

Tel: 07970 549873 | peter@pattersongallery.co.uk
www.pattersongallery.co.uk
Invest in art that you love



New exhibition at Nigel Greaves Gallery Eastbourne

A STUNNING new exhibition has just opened in Eastbourne with a wide range of subjects to choose from.

By **Peter Lindsey**

Another beautiful new collection of beautiful works by Nigel J Greaves FRSA are now on display following the highly successful winter exhibition.

Visiting this latest range of works, one can imagine Nigel in love with those vast open expanses where freedom reigns, patiently observing the changes in light.

A student at *Eastbourne's College of Art and Design* in the sixties, Nigel showed great interest in painting and drawing from a very early age and was fascinated by nature and in particular the changes to a landscape or seascape that light could make.

He said: "I then spent 45 years creating my own perception of style and technique constantly experimenting with the use of colour and composition together to produce the widest possible range of subjects".

Nigel has been busy recently with field trips to southern Spain and France bringing back working drawings needed to produce the works for the new exhibition. Visitors to the gallery will experience a highly colourful and beautiful collection of brand new works.

Nigel's compositions in colour can be compared to musical arrangements.

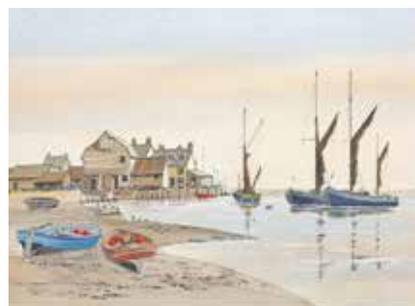
Strong contrasts are blended exemplary and with a superb sense of harmony into a unity of subtle variances.

His paintings possess a fascinating, mysterious quality which occupy a world of their own, an indescribable world which by far transcends our rational existence. His story begins when words are superfluous. Colour is his thing.

Nigel Greaves has been working as a visual artist since 1964. Always experimenting, his work represents

the lyrical abstract art tradition but with its own merit and very often a mystical undertone.

His oeuvre touches ineffably upon works by the preceding masters he studied at art college, but always shows a compelling and unique Nigel Greaves character.



**Nigel Greaves Gallery
Grand Hotel Buildings
(behind the *Grand Hotel*)
Eastbourne**

01323 638268

Open daily: 10:30am – 5:00pm.
Sundays: 11:00am – 4:00pm.

Visit:

www.nigelgreavesgallery.co.uk
or just google *nigel greaves gallery*.

Extra support for theatre goers

THEATRE visitors who may be vision impaired can leave the drama to those on stage thanks to the ever-committed *Friends of the Devonshire Park Theatre Audio Description* volunteer team.

By **Peter Lindsey**

The team offers a unique audio-described experience of a show to help people feel confident and safe in the venue.

The *Friends* tirelessly provides this service at professional week-long productions throughout the year, for any show with more than five performances.

The service is usually offered on Friday nights and Saturday matinees, and this gives the team time to see the show at least three times before giving commentary, to ensure they do not detract from what is happening on stage throughout.

Spring season shows at *Eastbourne Theatres* already confirmed for audio described performances are:

***The Shawshank Redemption*, 3rd – 7th March**



The Shawshank Redemption.

(audio described performances on 6th March 7:45pm & 7th March 2:30pm).

***The Boy at the Back of the Class*, 23rd – 28th March**

(audio described performances on 27th March 10:30am & 28th March 2pm).

***The Talented Mr Ripley*, 30th March – 4th April**

(audio described performances 3rd April 7:45pm & 4th April 2:30pm).

The *Devonshire Park Theatre* is constrained by its heritage to some extent, but this is always being assessed.

Disabled access to the stalls is available and the theatre offers a range of facilities.

See www.fodpt.org.uk and www.eastbournetheatres.co.uk

THE SHAMROCK SESSIONS

THE Irish in Eastbourne community group is proud to announce the launch of *The Shamrock Sessions*, the first in a series of events celebrating Irish music and culture.

By **Harry Farmer**

The event will take place on Sunday 19th April, from 2pm–7pm at *Dukes Bar* in the *Lansdowne Hotel*.

Founded in January 2025 by Donegal native Jacqueline O'Donnell-Robbins, the group aims to bring people together through a shared love of Irish arts, sport and heritage. Over

the past year, the group has grown rapidly—winning first prize for Best Float in the *Eastbourne Carnival* and launching a popular monthly book club at the *Lansdowne Hotel*, hosted by local author Sheila Bugler.

Open to all, the group aims to raise awareness of Eastbourne's growing Irish community and create meaningful opportunities for cultural connection.

"In Ireland, music and dance aren't something we save for St Patrick's

Day—they're part of everyday life," says O'Donnell-Robbins. "With *The Shamrock Sessions*, we hope to bring that spirit to Eastbourne, offering an affordable, family-friendly event where everyone is welcome."

The Shamrock Sessions will feature a packed line-up, including multi-instrumentalist **Adam Philipps**, Luton-based Irish band **Missing the Ferry**, Ceili dance lessons, performances from the **Rinceorí Ratton** Irish dancers, the lively **Ukulele Army**, and local duo **Ceol Na Mara**.

Tickets cost £5 plus handling fee, with free entry for children aged 6–12. Please buy tickets online, as there may be limited on-the-door availability.



Jacqueline O'Donnell-Robbins.

Tickets: <https://www.ticketsource.co.uk/irish-in-eastbourne/the-shamrock-sessions/e-mjakbx>

Enquiries: irishineastbourne@gmail.com

Follow us on *Facebook*.





Vincent Simone Tango Passions
Sunday 1 March



The West End Tenors
Thursday 5 March



Boyband in The Buff
Friday 6 March



The Ultimate Eagles
Saturday 7 March

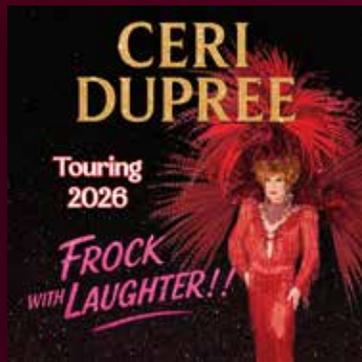


RHHT

Royal Hippodrome Theatre



The Dublin Legends
Sunday 8 March



Ceri Dupree
Friday 13 March



Looking For Ghosts
Saturday 14 March



ABBA Gold
Saturday 21 March



Radio GaGa
Friday 27 March

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



Pictured: Euphorbia Characias in garden at Driftwood.

Green and pleasant

THE month of March sees the opportunity for us all to appreciate our Mums with her special day falling on Sunday 15th. The customary way of doing that has always been to buy her flowers or a plant. Take a look at a few suggestions below. Another celebratory day, St Patrick's Day, falls on the 17th too. We must not forget, as gardeners, that the clocks go forward on the 29th of the month bringing longer days to work outside.

By **Geoff Stonebanks**

Spring is fast approaching and it is a good time of year to think about buying plug plants, either online or in your local garden centre. If you enjoy growing vegetables, now is the time to get seeds started in the greenhouse and you can sow hardy seeds straight outdoors into their final positions. It's also time to kickstart your flower displays. You can start sowing flower seeds undercover to enjoy colourful displays come the summer.

Mother's Day

What colour flowers should you buy to celebrate Mother's Day? All the experts say that green represents the protective

nature of mothers, while yellow alludes to their optimistic outlook towards life and for their children. Pink captures their compassionate and nurturing side and red focuses on their passion and empowerment drive. Take your pick in relation to your own mother. If you google the most preferred flowers to give on the day, it turns out to be carnations, roses and tulips. Mother's Day and carnations are inseparable so it seems. Tulips with their array of colours and lovely fragrance work well and tulips are always show-stopping and are bound to make your mum smile on the day.

Jobs in the garden

A garden favourite is the popular buddleia. Now is a good time to prune to a framework of branches and encourage lots of vigorous new shoots that will have time to mature

and flower this summer. Cut back last year's flowered stems to within one or two buds of old wood, or you can prune back harder if you need to rejuvenate. I've got a couple around my water feature, two buddleia buzz, this compact variety still needs a prune every year. Now is also the last time, before the summer, for pruning roses, leaving it any later may mean cutting away stems with well-developed new shoots. You can however be as ruthless as you are unlikely to kill it.

National Garden Scheme

I mentioned *Pembury House* last month in Ditchling Road, Clayton, it has its final 2 openings on the 5th and 6th. There may still be some tickets left as pre-booking is essential and entry is £12 inclusive of refreshments. There will be timed slots at 10:30am & 2pm. Depending on the vagaries of the season, hellebores are at their best in March. It is a country garden, tidy but not manicured.

Over in Arlington, there is *Bates Green Garden* in Tye Hill Road, opening for the scheme from 10:30am to 3:30pm on Sunday the 22nd with entry £8 and children £4. This plantswoman's tranquil garden provides interest through the seasons. The woodland garden created around a majestic oak tree, the colour themed middle garden, courtyard gardens with seasonal container displays, will all be on show.

In Herstonceux there is *Butlers Farmhouse* in Butlers Lane, opening on Friday the 27th and Saturday 28th from 2pm to 5pm with entry £5. 'Quirky and fun' are two words that pop up in visitors' comments, so go and see this 1-acre country garden for yourself! Enjoy the secret jungle garden, Cornish-inspired beach corners,

rainbow border, and the poison garden all set around a 16th century farmhouse in 6 acres of rural Sussex with the South Downs in the distance.

Over in Brighton there is *The Garden House* at 5 Warleigh Road, opening on Friday 27th and Sunday 29th from midday to 6pm and entry £6. One of Brighton's secret gardens it aims to provide year-round interest with trees, shrubs, herbaceous borders and annuals, fruit and vegetables, two glasshouses, a pond and rockery. It is a slice of the country in the midst of a bustling city. Full details on all four gardens can be found at www.ngs.org.uk

Time for a change

If, like me, you have a number of containers in the garden, why not consider moving them around in the spring. I have a collection that are transferred to the area behind the house, which provides a degree of protection from the harsh winter weather, in the autumn which now need to be relocated out in the garden again. It is always a demanding job and seems to get harder the older I become. That said, it is always refreshing to place them somewhere different, thereby creating slightly different vistas for returning visitors to enjoy.

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.



OPEN EVENTS

FOR YEAR 10^s AND 11^s

THURSDAY 19TH MARCH

Eastbourne | Hastings | Lewes

3:45PM - 6:45PM

(last entry 6:15pm)

**REGISTER
ONLINE!**

WWW.ESCG.AC.UK



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