

FREE

05/26

Issue 071
May 2026

SEE INSIDE FOR
OUR SPECIAL
CELEBRATING
EASTBOURNE
FEATURE

Pages 33-42



Bournefree

www.bournefreelive.co.uk

**EASTBOURNE
CARNIVAL**

'LIGHTS, CAMERA, ACTION!'
23RD May 2026
www.eastbourneCarnival.com

Tehran
CELEBRATING OUR
1ST
ANNIVERSARY
See page 3

**CASH
FOR
GOLD**
SEE PAGE 13

Jürgen Matthes since 1982
Student Organisation

**WE REQUIRE
HOST FAMILIES**

for students from Germany in all parts of
Eastbourne, Stone Cross, Westham, Polegate & Hailsham
(up to 4 students per family)

TEACHERS

Enthusiastic individuals providing
morning English lessons to our students
mainly during the Easter and Summer holidays.

**APPLY
HERE**

HOST FAMILIES: matthes.uk/newfamily/
TEACHER: matthes.uk/newteacher/
OR PLEASE RING EB 744020

ARTS COUNCIL ENGLAND | EASTBOURNE SIGHTSEEING | M | Seahaven FM | Your Eastbourne | THE NEW HOTEL | PMA

Lightning Fibre Hyperfast Broadband | Bournefree | custard DESIGN MARKETING PRINT | EASTBOURNE THEATRES | EastbourneNews | ELITE Medical | mativus

Lightning Fibre
Hyperfast Broadband

Supercharge Your Speeds. Not Your Price.
It's time to switch to better broadband. No annual price rises.
01323 380260 | LightningFibre.co.uk

**SALE
NOW ON**

T&C's apply

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



Peter Lindsey, Editor.

Contacts

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

Editor

Peter Lindsey
 Email: pete@bournefreemag.co.uk

Advertising

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

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

Production

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

Images

Cover: Eastbourne Carnival
 Hailsham Eye: Mattia Gargioni
 Health: Coda Pharmacy
 The Arts: Cliff Rowe

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

custard
 DESIGN MARKETING PRINT

ignite
 PR & Engagement

A huge thank you to Jill

**IT was a privilege to meet up with Jill Parker MBE
 who is stepping down as Chair of Trustees at *The
 JPK Project* in Old Town.**

By **Peter Lindsey**

**She's 82 and has devoted the
 last 45 years ensuring that
 people with learning disabilities
 have a voice.**

Jill is incredibly well known locally
 and was deservedly honoured by the
 Queen for her amazing work.
 Staff at *JPK* are keen to stress that
 Jill may be leaving but the charity
 remains, and remains in a very strong
 position, which is good to hear.

Eastbourne is home to so many
 amazing charities, and I was pleased
 to join the business community at
 the *Children With Cancer Fund*
 dinner at *La Locanda del Luca* in
 Cornfield Terrace.

It really was an impressive turnout and
 £12,000 was raised for what is a very
 good cause locally.

Community Awards

Talking of good causes, and the
 nominations have been pouring
 in for *The Eastbourne Community
 Awards 2026*.

It's a partnership between *Bournefree*,
Coda Pharmacy and *Glass House*,
 and the big night is Thursday June
 18th, from 7pm.

A reminder that the last day you can
 nominate is May 10th – simply click
 here to do so *Eastbourne Community
 Awards – Sussex Audiology Centre*
 We are grateful to Bryce and his
 team at *Sussex Audiology Centre*
 in Meads High Street is hosting the
 voting platform.

It's great to report that *Eastbourne
 Bandstand* has reopened as well as the
 Seafront Office, which gets very busy.



Jill Parker MBE. See page 8.

We must get behind the Bandstand this
 summer – many thought it may not
 be open, but it is – and it's a great
 asset for Eastbourne. People come
 from miles, boosting our economy.

Businesses in *Victoria Place* are in a
 much better position than they were
 last year. The works are now all but
 complete, and it's looking great.

At least two new businesses are
 opening up, and after all the stresses
 of the past 12 months, the future is
 looking good.

Victoria Place is looking good.

Finally, a mention of the great John
 McCutchan who has ensured that
 once again the *Arlington Bluebells*
 have been another huge success.
 Charities have been busy raising
 funds and people have been
 enjoying the bluebells.

Happy May 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
 01323 430303



harry@bournefreemag.co.uk
 07809 443027

Every care has been taken to ensure that the information in this magazine is correct. Neither the publisher, Bourne Free Publications Limited, nor contributors can take responsibility for loss or damage resulting from errors or omissions. Bourne Free Publications Limited does not endorse the accuracy of the advertisements or the quality of the products/services being advertised.

Information provided by businesses and community organisations are provided directly by their own representatives. Please direct any queries or comments regarding content directly to the organisation.

Copyright © 2025. Bourne Free Publications Limited. All rights reserved. No part of this magazine may be reproduced in part or whole without express permission of the editor.

A year of passion, a future of flavour

TEHRAN at 6 Grove Road is celebrating its first anniversary in May.

By **Peter Lindsey**

Chef Ahmad, Owner and Head Chef, said: “One year ago, I embarked on a journey to bring the true essence of Persian hospitality to Eastbourne.”

“Today, as I look back on a remarkably successful first year, my heart is full of gratitude.

Commitment to excellence

“This success wouldn’t have been possible without the tireless dedication of my professional team at *Tehran* and, most importantly, the warm embrace of the Eastbourne community. We have grown stronger, and our commitment to excellence is firmer than ever.



“We promise to continue surprising you every day with new ideas, authentic creations, and the unforgettable flavours you’ve come to love. The journey has just begun.”

First anniversary celebration — Friday May 15th, all day. Every guest will be greeted with a complimentary Persian welcome drink, in an atmosphere of exquisite music while you dine.

Every table booked for this date will be entered into our exclusive prize

draw — one lucky winner will receive a full Persian dinner for two.

Book Your Table:

01323 720033

Online Reservations:

www.tehranrestaurant.uk

@Tehranrestaurant1

Tehran Restaurant

**6 Grove Road, Eastbourne
BN21 4TJ**

Polegate Fish Bar Serving the very best

POLEGATE Fish Bar is proving extremely popular – you can find it at 31 High Street.

By **Peter Lindsey**

And some great news — “We now run our own personal delivery service through our website on Thursday, Friday, and Saturday from 5pm–9pm.

“It couldn’t be easier — just go to **www.polegatefishbar.co.uk** and place your order.”

Your local traditional fish and chip shop in the heart of Polegate.

A delicious experience

We pride ourselves on serving the finest quality fish and chips, freshly cooked to order using only the very best ingredients.

Whether you’re dining in, collecting, or having your meal delivered, we guarantee a delicious experience every time.



Polegate Fish Bar

in partnership with John's Fish Bar of Hailsham



Swift
Order



Follow us on Facebook.

£12,000 raised for children with cancer



Peter and Lisa Saunders from G&S with Chris Downton from CWCF.

THE business community came out in force – and raised more than £12,000 for the *Children with Cancer Fund* at its annual charity dinner.

By **Peter Lindsey**

More than 100 people enjoyed a fantastic meal at *La Locanda Del Duca* along with an auction, raffle and other fundraising activities.

Chris Downton from CWCF said:
"Wow! What a night. It's safe to say that

the second annual CWCF fundraising dinner was a huge success, with more than £6,000 raised at the auction alone which is just incredible.

"We want to say a massive thank you to every single person who came along to support us.

"Together, we can truly make a positive difference in the lives of

children and families affected by childhood cancer."

Chris thanked *Ginger and Sanders Sales and Lettings*, *Mango Insurance* and *Uptons Sales and Lettings* for their generous support in making this event the amazing success it was.

Children With Cancer Fund is a small charity based at *The Triangle* in Willingdon.

It supports families affected by childhood cancer across East Sussex, Brighton and Hove.



Guests at the fund raiser.



that Coffee place

3 STATION PARADE, EASTBOURNE, BN21 1BE

07999 213086

Independently run coffee shop, serving pelicano coffee from Brighton.

Do you follow a gluten free diet? We have a full menu including cooked breakfasts, brunch, homemade cakes & sausage rolls. We serve brunch all day & breakfast till 11am. Homemade brownies & more available daily.

We also run some amazing events throughout the year.



WHATS ON

**Sat 30th May
throwback bingo**

**Sun 5th July
Afternoon tea**

**Sat 5th Sep
Quiz night**

You can find us on social media - [thatcoffeeplaceeastbourne](https://www.facebook.com/thatcoffeeplaceeastbourne)



It's Lights, Camera, Action on Eastbourne Seafront for this year's Carnival!

EASTBOURNE, get ready for an action packed, fun filled afternoon as the *Eastbourne Carnival* returns on Saturday 23rd May at 2pm.

By **Mina O'Brien**

The theme for this year is 'Lights, Camera, Action' and over 50 groups will be taking over Eastbourne seafront from Fisherman's Green to the Wish Tower Slopes – with the parade starting at 2pm.

Some key highlights this year are:

- Our friends from *Dortmund Carnival* are back for the second year
- Popular groups representing Latin America will be joining us again
- We are delighted that last year's best Non-Sussex entrant – *Bhangra Smash Up* – are back
- And another key highlight is the *Metronomes Steel Pan Orchestra* is back from *Notting Hill Carnival*

They are parading alongside Eastbourne and Sussex based charities, community groups, schools and businesses – who are all ready to put on a great show for this year's Carnival.

Carnival Event times

- 11am – Official launch of the Carnival with the Mayor of Eastbourne at *Victoria Place*
- 12pm – *Bhangra Smash Up* perform at *Glass House*, Royal Parade
- 2pm – Main parade sets off from *Fisherman's Green*
- 5pm approx. Carnival parade ends (Wish Tower Slopes)
- 4:30pm – 8:30pm – *Carnival Street Party* at *Victoria Place* featuring:
 - *Bhangra Smash Up*
 - *Fergus*
 - *Just Vibez*
 - *Mr General*

Spectators are encouraged to get to the seafront route around 2pm to ensure they do not miss the 50+ entrants as they make their way up the seafront towards *The View Hotel*.

Emma Pearce, Marketing Manager at *Lightning Fibre* said "The team of volunteers and organisers work incredibly hard to showcase the best

of our town through the Carnival – and it is a wonderful event for our whole community to enjoy."

"Eastbourne lives on hospitality, and I know we will be giving the entrants from other towns, and even from overseas, the warmest of welcomes! Do join us on the parade route and support this year's Carnival."

Mina O'Brien, Chair of *Eastbourne Carnival CIC* said "This year promises to be a great parade full of celebration – showcasing the world of TV, Film and Theatre. We are delighted and thankful to have had the support this year from *Lightning Fibre* for our Creative Workshops, and *Arts Council England*.

We are thankful to all our Sponsors, including our Platinum and Gold Sponsors: *Eastbourne Sightseeing*, *The Best of Eastbourne*, *Seahaven FM*,

Media Attention, *Eastbourne News*, *The View Hotel*, *Bournefree*, *Custard*, *Your Eastbourne BID*, *Mativus*, *Elite Medical*, *Eastbourne Theatres*, *PMA Scaffolding* – and to everyone that has contributed to the event.

We are also grateful to our partners and volunteers who are supporting the event this year. Carnival really is a great example of the community coming together."

For updates leading up to the Carnival please follow our *Facebook*, *Instagram* and *TikTok* channels.

Don't forget to bring change to the Carnival or donate on the day via our QR Code – as funds raised go to our participating charity and non-profit entrants and go into the 2027 Carnival.

www.eastbourncarnival.com



Awareness isn't enough: What people with ADHD actually need



OVER the past few months, I've written about ADHD awareness, long waiting lists, and the challenges people face trying to access support.

By **Nic Gray**

And while awareness is important, it isn't enough on its own.

Because understanding ADHD doesn't automatically make daily life easier.

Many adults are left navigating work, parenting, relationships and responsibilities while waiting months, sometimes years, for formal support. Others receive a diagnosis, but little guidance on what to do next.

Ongoing, practical support

What I see time and time again is this: people don't just need information.

They need *ongoing, practical support*.

Support that helps them break things down when everything feels overwhelming.

Support that understands how quickly things can spiral from "manageable" to "too much."

Support that doesn't rely on perfect routines or endless motivation.

Often, what helps most isn't clinical; it's consistent, human, and accessible.

Spaces where people feel understood.

Conversations without judgement.

Tools that work in real life, not just on paper.

Because ADHD doesn't only affect attention. It affects confidence, energy, emotional regulation, and the ability to keep going when things feel difficult.

Awareness starts the conversation. But support is what changes outcomes.

That's why I believe ADHD support needs to exist not just in systems, but in communities. In ways that people can actually access, use, and return to when they need it.

Because no one should have to navigate this alone.

Nic Gray
Certified Advanced ADHD Coach,
Ambassador for ADHD UK,
Founder of Hailsham & East
Sussex ADHD Support CIC
www.nicgray.co.uk
nic@nicgray.co.uk

Leading the way in providing an AFFORDABLE PROFESSIONAL service



WESTMINSTER LAW

Wills~Estate Planning~Probate



If you are over 60 it will cost you only
£95* for us to prepare your Will.

We are also Lasting Power of Attorney
Specialists - only £120* each LPA if
instructed during the Will appointment.

***Our prices include free home visits*,
VAT and Inheritance Tax advice.***

Call us now for a no obligation chat
on: **01323 679411**

www.westminster-law.co.uk ~ Sussex branch email: ng@westminster-law.co.uk

Westminster Law Eastbourne Ltd ~ Registered Office: Wellesley House, 204 London Road, Waterlooville PO7 7AN

*These very special rates are only available if you are over 60 years old. Minimum spend for a free home visit is £95.

Our normal price for a standard single Will is £160, or £270 for a couple. VAT, when applicable, is included in these prices.

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

Summer in Eastbourne is Coming

The sun is shining on Eastbourne and we're excited to be working with partners across the town to bring you a packed programme of summer fun and activity.

Eastbourne is fast becoming the go to destination for markets across East Sussex. This month alone, you can enjoy the Farmers' Market outside the Towner Eastbourne on Saturday 2 May, browse antiques, vintage treasures and collectibles in Victoria Place on 16-17 May, and welcome back the Youth Market to Terminus Road on Saturday 30 May.

Markets play a vital role in our town centre – supporting new businesses, driving footfall, and celebrating the very best of our independent traders. Whether you're exploring one of our destination markets or picking up a bargain at the weekly Eastbourne Borough Market (Wednesdays,

Saturdays and Sundays), they're a brilliant showcase of a thriving high street.

If you'd like to trade at any of our markets, please do get in touch with luke@youreastbournebid.com

This month also sees the return of the ever-popular Carnival on 23 May, followed by a lively after-party in Victoria Place. With live music and a great atmosphere promised, it's set to be the biggest and best Carnival yet.

Looking ahead to June, we're proud to be working with the fantastic team behind Eastbourne Pride to bring a celebration to Little Chelsea on 13 June, featuring live music, stalls and plenty of colour and community spirit.

Please remember to support your high street – love local and shop local wherever you can.



Bubble Gum Removal Team

Our cleaning team has once again been out in force, tackling chewing gum around the precinct outside the train station.

Using machines funded by the Chewing Gum Task Force, the process is quick, effective and environmentally friendly. Even better, these machines are available for local businesses to use free of charge outside their premises.

If you'd like to give it a try, please get in touch at info@youreastbournebid.com.

Thank you

A huge thank you to the many businesses who helped care for our town centre planters last year. Your support makes a real difference and helps keep Eastbourne looking its best.

We'd especially like to recognise:

That Coffee Place, Rio, Taboo, Queen Nails, Grove Road Cards, Beanzz, Gigi-Bigi, Foundry Coffee, Printers Playhouse, Hyde Corner, Dynamic, Urban Ground, Deliciously Gorgeous, CFP Financial, Coffee & Carrot, Lighthouse Gallery, Clock House, La Locanda, Eastbourne unLtd Chamber of Commerce, Grafters Recruitment and De Ja Vu.



We're pleased to share that the BID is once again investing in planters across the town centre, and there's already strong interest from businesses keen to get involved.

If you'd like to adopt a planter and you're based in the town centre, please contact stephen@youreastbournebid.com to be added to the waiting list.

Søstrene Grene opens in The Beacon

The arrival of Søstrene Grene at The Beacon marks an exciting addition to Eastbourne's retail offer.

People queued for hours in advance of the opening, reflecting the excitement surrounding the brand. Group CEO Mikkel Grene highlighted the store as part of the company's growing UK presence, bringing its signature calm, creative shopping experience to the town.

Centre Manager Mark Powell welcomed the retailer, noting its strong appeal and confidence that it will quickly become a favourite with local shoppers seeking inspiration for home and everyday living.



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.





Jill (left) at the opening of the JPK Project in 2013.



Jill meeting Andrew Blackman CSTJ, Lord-Lieutenant of East Sussex.

Jill Parker MBE – a true legend

JILL Parker MBE is one amazing lady who has made a huge difference to our town.

By **Peter Lindsey**

Now 82, she is standing down as Chair of Trustees at *The JPK Project*, in Church Street, Old Town.

JPK is a testament to her commitment fighting to make lives better for people with learning disabilities.

It's been a long battle but *The JPK Project* now has seven flats for adults with learning disabilities, plus a Centre at the front of the building.

Life changing

Jill recalls how her life changed – and that of her family – when daughter Katie was born in 1979.

She said: "She suffered cerebral spasms very early on and it was clear she had suffered brain damage – that was my introduction to the learning disability sector. Katie was just one.

"I simply didn't know what to do but my husband Patrick discovered a very inspiring mental health nurse, David Hodges, who was of great support and introduced us to parents in the same situation.

"And then I happened to watch a news broadcast congratulating NASA on one of its first successful missions to the moon and back I learnt that

a monkey was manning this craft. I thought that if a monkey can operate a rocket, anyone can learn and the future did not need to look to bleak for people with conditions like Katie."

EAPAG begins

So in 1980, Jill created *EAPAG* – *Eastbourne Area Parents' Action Group* – to support parents who had children with a learning disability.

The first meetings were at *Shinewater Court* and soon the Paediatric Development Unit was created, along with *The Scott Unit* – a one-stop shop for all children with disabilities.

There was also a babysitting scheme so parents and carers could take breaks. Each family had its dedicated babysitter.

Swimming lessons were arranged at the *University of Brighton* where students volunteered to help children swim.

EAPAG grew and parents were clearly concerned for the future – where their vulnerable dependants would live and be cared for.

A supported living scheme was provided in Martello Road, which still exists.

The next challenges

Jill's next question was – what happens to our 'special' children when they leave school. Most people

have choices, for Katie and others there were few.

EAPAG purchased the leasehold of *Chalk Farm Hotel* in Willingdon, providing training and work experience in hospitality, housekeeping, catering and horticulture.

It wasn't easy at times with challenges along the way – but the questions remained from parents – What will happen to my vulnerable adult when we are too old to care for them?

The JPK Project

So Jill resigned as chair and trustee at *EAPAG* to form *The JPK Project* in 2002 with two other parents.

"It started with a cream tea in my back garden which raised £250. *The JPK Project* was formed but it was always going to be a long journey, and that is exactly what happened.

"We had to raise £2 million and it did take longer than we first thought – some 20 years. It was not an easy path at times but we got there, and that was always going to be the most important thing.



Opening of garden at Gow Lodge.

"It is an absolute joy to see the seven tenants at *Gow Lodge* happily settled, building friendships and enjoying life to the full with the support of a wonderful staff team.

"Now I am having a Thank You party – not a retirement one – to thank all the people who were with me on that 20-year journey. There were some very special people.

"Katie is now 47 and very settled. That is very pleasing and I am so pleased my late husband Patrick was alive to see her move in. Patrick was my rock and strength throughout this lengthy journey with his wisdom and knowledge."

Life of devotion

In 2015 Jill received the MBE for her life of devotion – so richly deserved – and on behalf of people with a learning disability.

"These people gave me the motivation along with all the friends, volunteers and fundraisers who helped us and my fellow Trustees who have come and gone over the years."



Garden at Gow Lodge.

Trustee opportunity at Tweed

DO you have an interest in the welfare of elderly people and expertise you could share as a Trustee?

By **Harry Farmer**

The Emilie Galloway Home of Rest, known as Tweed, is seeking a Trustee to expand its small Board of Trustees.

Tweed is a long-established care home in Silverdale Road. It occupies

a beautiful, well-maintained Edwardian property with spacious rooms for its residents which typically number between 17 and 21.

The Home provides a comfortable and friendly setting. It is managed by a Registered Manager with over 30 years' experience and a dedicated care team along with housekeepers, chef, maintenance and administrative



team. The Trustees oversee the running of the charitable trust.

Being a Trustee can be very fulfilling and rewarding. It is not only an opportunity to use your skills and background to help others, but also to further develop your own growth and learning. Relevant experience might include:

- Nursing or medical experience
- Background in the care industry
- Business or management skills
- Finance or accountancy training

To express an interest or find out more, contact the Trustees via email info@tweedcarehome.co.uk marked for the attention of Elisabeth Broome.

To learn more about *Tweed*, visit www.tweedcarehome.co.uk/about-us

'Tweed' The Emilie Galloway Home of Rest
8–10 Silverdale Avenue
Eastbourne BN20 7AL
Tel: 01323 733223

Ryan's 27-hour breakfast show for charity

RYAN Millns is incredibly well known locally.

By **Peter Lindsey**

He's Executive Director at Ashdown Radio and works tirelessly in our community raising funds for St Wilfrid's Hospice.

It's a place he knows well — he was a patient when he was very ill after suffering a huge stroke.

Now *Ashdown Radio* has teamed up with *East Sussex College* to launch "Cuts for a Cause" to support families of seriously ill children.

It will raise vital funds for *Ronald McDonald House Charities UK*

and is deeply personal for Natalie Little, a hairdressing student at *East Sussex College*.

Community-wide campaign

Her family is being supported by the charity during her daughter Esmé's treatment for a very rare condition called Hirschsprung's disease. Driven by the desire to give back, Natalie has partnered with the college and *Ashdown Radio* to create a community-wide campaign.

As part of this, Ryan will be broadcasting a mammoth charity

radio show for 27 hours — from 7am on Thursday May 28th until 10am on Friday.

305 miles

Alongside the radio show, some of Ryan's colleagues at the station will be taking part in a Sponsored Cyclathon and will attempt to cycle 305 miles on a *Peloton* bike.

This is the distance from the *Ashdown Radio* studio in Uckfield to *Disneyland Paris*.

The college is staging a number of fundraising events as well, including car washes, and cuts and blow-dries.

It is also holding a grand raffle, with a chance to win some amazing prizes, including hair tools, luxury product bundles and gift sets. You can book a haircut by calling *East Sussex College* on **030 300 39399**



The aim is to raise enough money through sponsorship to be able to send Esme and her parents on holiday to meet Mickey Mouse.

You can support Ryan through his *Just Giving* page. Please visit: www.justgiving.com and search for 'ryan millns'.

Proud to support



Ronald McDonald House Charities
 United Kingdom

Keeping families close™



Moving Home?

Contact Nadine Ashford
on 01323 748741

nashford@mayowynnebaxter.co.uk

Ivy House, Ivy Terrace, Eastbourne, BN21 4QT





Make every mile matter: join Raystede's 50-miles in May challenge

RAYSTEDE Centre for Animal Welfare is calling on supporters, walkers, animal lovers, fitness first-timers and seasoned striders alike to take on a powerful mission this Spring: walk 50 miles throughout May to help transform the lives of animals in need.

By **Simon Bennett**

Taking place from 1–31 May 2026, this virtual challenge invites participants to complete the miles their way – whether that's a gentle daily stroll, big weekend hiking adventures, or just a quick walk with the dog.

Choose to take part in memory of someone special or a beloved pet, team up with friends, colleagues or classmates, no matter why you walk, every mile achieved will make a real difference to the animals in Raystede's care.

Joining #TeamRaystede and taking part in this year's challenge will be Noreen Rooney who has taken part

in 50 Miles in May for the past two years, walking with her two Raystede rescue dogs, Ted and Pip.

Noreen said: "I am passionate about raising funds for Raystede, a charity I respect and admire. Walking is such a fun, relaxing way to do this, there's no special equipment needed, just a comfortable pair of walking shoes and off you go!"

It's free to sign up for the 50 Miles in May challenge and those taking part will receive a #TeamRaystede t-shirt when they start fundraising. Raise £150 and participants will get an animal hero medal and certificate, go onto raise £300 and receive an exclusive Raystede tote bag.

Sign up at:
www.raystede.org/50MIM



Irish in Eastbourne launches with a bang at The Shamrock Sessions

IRISH in Eastbourne celebrated a hugely successful debut event with *The Shamrock Sessions* on Sunday 19th April at the Lansdowne Hotel, Eastbourne.

By **Harold Grower**

With over 170 people through the doors, the atmosphere was buzzing as music, dance, art and community came together for a joyful celebration of Irish culture.

Performances

An outstanding line-up of musicians provided entertainment on the day, with Luton-based band *Missing the Ferry* kicking off the event with a rousing selection of Irish music. They were followed by Adam Philip, Rinceoirí Rattan, the *Ukulele Army* and *Ceol Na Mara Band*. Guests were also treated to a Ceili dance lesson from local dance teacher Vikki Potten.

Visual artists Mariana de Araujo and Catherine Walshe exhibited their work, supported by Peter from the *Patterson Gallery*, who generously provided easels and ongoing encouragement.

Generous contributions

A raffle featuring prizes donated by local businesses and community members proved popular, with



generous contributions ranging from restaurant vouchers to signed books by local Irish author Sheila Bugler.

"We're still buzzing from the turnout," says Jacqueline Robbins-O'Donnell, Chair of the *Irish in Eastbourne* committee. "The event was everything we'd hoped for and more. We'd like to thank our growing community of supporters and hope everyone enjoyed the day as much as we did."

Future events are planned. Details can be found via the *Irish in Eastbourne* Facebook page or by emailing irishineastbourne@gmail.com

AI for good

FLOOD warning for Eastbourne and Southern Wealden: How AI is being used to estimate flooding in minutes.

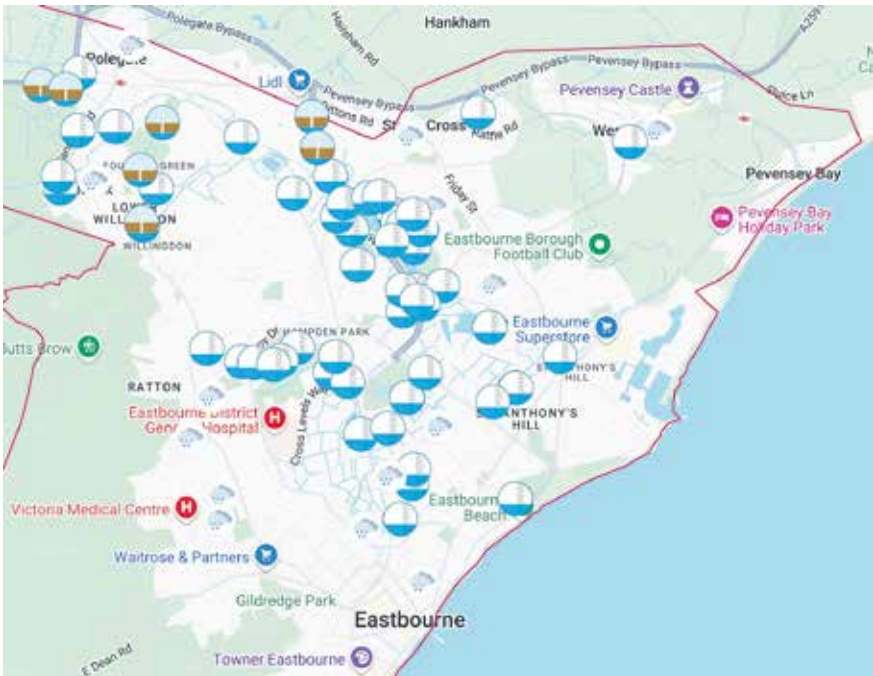
By **Lisa Chatterjee, JBA Consulting**

Flooding in Eastbourne and southern Wealden impacts residents, infrastructure and the local economy. The further ahead we know about a flood event, the more time we have to prepare for it. This is why the *Blue Heart* project is working with *JBA Consulting* to improve flood warning technology.

Flooding in our area is complex, involving surface water, sewers, groundwater and the sea. This is

reflected in the existing computer model, which takes days to run a scenario. But rainfall drives the whole system, and we only get accurate rainfall forecasts a few hours ahead. So how do we cut model run-time down, so we have useful information on flooding within minutes?

One way is to use an AI-based approach. We are currently building a Machine Learning (ML) Model based on existing knowledge and modelling of flooding in Eastbourne. This ML



Map showing the network of sensors sharing live data on water levels, groundwater and rainfall. Map data ©2026 Google.

model uses information about rainfall and flooding to find connections between the two. It then takes forecast rainfall and applies its learning to predict flooding on the ground – and it can do this in minutes.

By their nature, any forecast is uncertain and there are some significant challenges, particularly

the accuracy of rainfall data and existing models. However, this technology has the potential to take multiple inputs and generate useful information for the management of floods by local government, first responders and the community.

www.blueheart.org.uk



ECK

Bookkeeping and Accounts Ltd.

Finding yourself buried under a pile of paperwork?

We can help you to free up your invaluable time to work on your business whilst we handle the finances.

We specialise in providing a full bookkeeping service to Sole traders, small and medium sized businesses with a personal touch, swapping dull, repetitive meetings for individualised and informal discussions



We can also provide payroll services including Auto enrolment and Self assessment Tax returns.

We can also file your CIS returns

www.eckbookkeeping.co.uk
admin@eckbookkeeping.co.uk
01323 348 480



AAT Licensed Accountant

Elizabeth Kelly is licensed and regulated by AAT under licence number 3001155



Cuckmere buses



Volunteers Required

Cuckmere Buses is celebrating its 50th anniversary this year providing regular bus services in the Cuckmere Valley and in Hailsham and Seaford.

More volunteer drivers are required to help us continue to operate these services.

You will need a D1 category on your driving licence. Full training and support will be given.

To find out more about joining the team call us on: **01323 870920** or email: **volunteer@cuckmerebuses.org.uk**

CASH OR AUCTION

in Association with Eastbourne Auctions Your Local Saleroom with the International Reputation

Bring items along for a **FREE Friendly Advice**
CASH OFFER or entry into our forthcoming Auction

For appointments visit Eastbourne Auctions website
or phone the Saleroom on **01323 431444**

**Gold & Silver at
RECORD HIGH PRICES**

Sovereign



Sold for
£1,000

Bring any Coins, Silver and Jewellery
including Costume in ANY CONDITION
Let us Check it Out – It Could be You

Items Wanted

Gold and Silver Jewellery in any condition
Costume Jewellery • Watches working or not
Coins, Medals and Militaria • Wines & Spirits
Oriental items – even when chipped or damaged
Antiques & Collectables • Records • Vintage Hi-Fi
Stamps • Music related or sporting items
Any quirky items or unique items we can write about and promote on TV



Sold for
£7,300



Sold for
£1,900



Sold for
£2,300



Sold for
£2,000



Sold for
£1,000



Sold for
£1,650



Sold for
£1,900



Sold for
£1,850



Sold for
£1,000



Sponsoring
the weather

Eastbourne Auctions

www.eastbourneauction.com

Auction House, Finmere Road, Eastbourne BN22 8QL



FULL Probate and House Clearance Service in Operation

Lightning Fibre hits 5,000 reviews on Trustpilot!



TO celebrate this milestone, Eastbourne's most local full fibre broadband company is:

By **Peter Lindsey**

- Surprising five lucky customers by **doubling the speed of their full fibre broadband package** at no extra cost.
- Teaming up with **Plastic Free Eastbourne** and organising a *Lightning Fibre* team beach clean at our adopted beach on Eastbourne seafront.

Since launching its network in 2018, *Lightning Fibre* has been delivering an ultra reliable and lightning fast, full fibre broadband service with customer care at the heart of everything it does.

They have now reached a major milestone – 5,000 customer reviews on *Trustpilot*, with an overall rating of

4.8 out of 5 – which means they are rated as Excellent!

92% of their customer reviews are rated 5 stars, that's a lot of very happy customers!

Daryl Knight, Head of Operations and Customer Experience, said "Thank you to everyone who has supported us by submitting a review – it is so appreciated. And I must give special thanks and recognition to all our team for their continued dedication to delivering a first class service across the local towns we serve."

What makes *Lightning Fibre* different versus the big national brands?

- At *Lightning Fibre* there are no annual price rises during your full fibre broadband contract.
- They have real local people you can talk in their customer services team – based in Eastbourne – available 8am – 8pm every day
- And an ongoing commitment to provide significant support and sponsorship to our local community.

www.lightningfibre.co.uk



Supercharge Your Speeds. Not Your Price.



It's time to switch to
better broadband!



Call us today
01323 380260
LightningFibre.co.uk

SALE

500 Mbps

~~£32~~ ~~£29~~/mth

1 Gbps

~~£36~~ ~~£32~~/mth

2.5 Gbps

~~£40~~ ~~£36~~/mth

...and no annual price rises!

24 month contracts only. Limited time offer. T&Cs apply.

A wine tasting and pairing masterclass!

DELIVERED at *La Dolce Vita*, 8 Grove Road.

By **Harry Farmer**

Owners Lorenzo Cinali and Nelly Pricop, on Sunday 19th April at their sold out event, produced and delivered eight mouth watering dishes to pair with eight delicious and eclectic bottles of Italian wine.

Wine host Paul Milne was charming and affable as he talked and poured his way through the many complexities of the quaffable wines served to the room of *La Dolce Vita*'s friends, who were all delighted with what was being served, we all had our favourites!

Prosecco Extra Dry, Fill Sachchetto. Vermentino, Timo, San Marzano. Roero Arneis, Le Madri Michele Chiarlo. Chardonnay, Gavn Alois Lageder. Greco Nero Rosé, Pescanera, Ippolito 1984. Valpolicella Ripasso Superiore, Maciòn La Collina Dei Ciliegi. Nebbiolo, Langhe Brezza. Barbera D'Alba Superiore.

Mine surprisingly was the Chardonnay... who knew!

With each bottle appearing, the attentive staff served seamlessly, sublime and scrumptious mediterranean cuisine with an Italian flair, produced by Lorenzo and his chef Julio Calderon.



Lorenzo Cinali and chef Julio Calderon.

Bruschetta tomato.
Boiled egg with hollandaise and salmon pate.
Prawn cocktail.
Roast pork loin in tuna sauce.
Risotto porcini and asparagus.
Meat balls.
Chicken sausage and broccoli
Cheese.

Wine host Paul kept the wine flowing for well over four hours as the dishes kept coming, *La Dolce Vita* produced a wine tasting and food pairing experience that left us all wanting more. The wine continued to flow as friends old and new revelled in the afterglow of such a brilliant afternoon.

Tina Moore's afternoon lunch event

Chef, Eusebio Pascucci will be flying in to Eastbourne for Tina Moore's afternoon lunch event.



Award winning chef, Eusebio Pascucci.

10% DISCOUNT ON FOOD & DRINK – TUESDAY TO THURSDAY

World Cup Memories Luncheon An Afternoon with Tina Moore

Sunday 14th June 2026, 2pm – £95* p.p.



Tina Moore is at *La Dolce Vita* Eastbourne to talk about England's World Cup skipper Bobby Moore and the events surrounding the 1966 victory.

She'll answer all your questions while you enjoy a *Dolce Vita* feast prepared by Chef Eusabio Pascucci, 2023 gold medalist at the *Abruzzo slow food festival*.

To reserve a table please call **01323 404802**
Just 30 seats available.

*Price includes a donation to



La Dolce Vita, 8 Grove Road, Eastbourne BN21 4TJ



Welcome Aperitivo
Prosecco and Canapes.

Starters

Thin sliced veal loin in tuna sauce w/homemade pickle.
Aubergine parmesan timbale and zucchini flower tempura.
Seafood salad with citrus marinated salmon.

Main Course

Braised beef in Barolo wine, Pommes purees, sauteed broccoli.
Puff pastry basket with asparagus salad, lemon zested scrambled eggs.
Sea bass fillet tricolour vegetable coating, pancetta wrapped king prawn.

Dessert

Strawberry Pavlova.
Followed by
Seasonal fruit composition.

Coffee / Tea



The Hawthorns
EASTBOURNE

RETIREMENT LIVING, THE COMFORT OF HOME

The Hawthorns' rental model encompasses all the features you would expect of an all-inclusive retirement community with certainty, easy planning, and flexibility. Enjoy a worry-free and active retirement at the Hawthorns.



Studio, 1-bed or
2-bed apartments



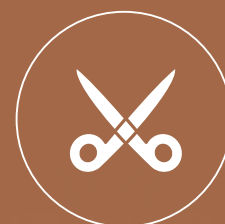
All inclusive
seasonal menus



A range of activities
and events



Staff on hand 24
hours a day



Hair Salon

Scan the QR to see our upcoming events

01323 342060 | hawthornsretirement.co.uk

4 Carew Road | Eastbourne | East Sussex | BN21 2BF





Heartfelt Care

Your Next Chapter Starts Here

Avery Collection

We offer high-quality residential, nursing, dementia and respite care in a welcoming and engaging environment. Arrange a visit to discover comfort, companionship, and expert care.

Learn more about our heartfelt care

Alice Court Care Home: 01323 342982

Eastbourne Gardens Care Home: 01323 342697

Find your nearest care home at averyhealthcare.co.uk



Bavard Bar

THE Bavard Bar – a quirky, warm hearted evening of surprising stories, playful games and mid week intrigue – continues to bring its unique brand of entertainment to the *Towner Gallery Cinema* in Eastbourne.

By **Gail McKay**

Each month, three speakers take to the stage to share 15 minute talks on subjects only revealed when the night begins.

Previous topics have ranged from Wife Sales in the UK to Life as a Submariner and My Disastrous Lunch with The Queen, & even the audience helping to make a balloon dragon using over 500 balloons, creating an atmosphere where audiences never quite know what’s coming next.

Alongside the talks, the evening occasionally features a surprise guest host, two intervals for refreshments, and light hearted games – including the much loved caption competition, where audience written captions are read aloud and rewarded with chocolate.

‘Marky Sparky’, Host of the *Bavard Bar*, said: “People often tell us it’s their favourite night out because it’s warm, welcoming and completely unpredictable, & very often informative & thought provoking. You don’t need to know anything in advance – you just turn up, settle in, and enjoy whatever curious stories unfold.”



Now in its ninth year, *The Bavard Bar* has built a loyal following in both Eastbourne and St Leonards & Hastings, attracting locals, visitors, and anyone looking for something a little different from the usual mid week routine.

Wednesday, 13th May 7:30pm
at Towner Gallery Cinema,
Eastbourne.

Doors 7pm, show 7:30pm

Tickets:
www.townereastbourne.org.uk/whats-on/the-bavard-bar



Host, Marky Sparky.

PJ PICK UP

SUPER-FAST RUBBISH CLEARANCE SERVICE

SKIP HIRE MADE EASY

Skips of all sizes from 2 yard mini skips to 40 yard ro-ros

MORE THAN SKIPS

Road sweepers, tipplers and concrete crusher for hire

PJ PICK UP SERVICE

Introducing our new same-day Man & Van waste collection service

A LOAD OFF YOUR MIND

01323 48 88 88
PJ-WASTE.CO.UK



The Pat Butchers.

Music weekend of the year – PierFest 26



THIS September, join us for a celebration of live music at one of Eastbourne's most iconic landmarks.

By **Andy Thomas**

With a diverse range of acts to suit every musical taste, it's the event of the season I managed to sit down with event organiser Simon Cosham, who is orchestrating this amazing event, to find out more.

Two days of music

"It will be a two-day music festival on Friday 4th and Saturday 5th September 2026 at *The Drop in The Ocean* on *Eastbourne Pier* raising funds for *Children With Cancer Fund*."

"Already confirmed to play, are *Large 90's*, *Sound of the Crowd*, *Venn5* and *The Pat Butchers*, with more bands to be announced."

Would you like to play at PierFest26?

If you, or your band would like the chance to join the acts already confirmed, then please contact Simon at underthecosham@outlook.com

Sponsor a band

We are seeking a partner to sponsor each of the bands playing on the main stage.



Large 90's.

During their performance, the stage will become the 'Your Company Stage' with prominent logo placement on and around the stage. There will also be event signs, banners, promotional printing, advertising and digital promotions, with 'YourCompany' being mentioned throughout as the bands stage sponsors.

For further information on Stage Sponsorship, to volunteer at the event or to apply to play contact Simon at underthecosham@outlook.com

To book for 'PierFest 26', please go to www.seetickets.com where you can buy Friday and/or Saturday tickets.

Tenby & Gower

5 day break staying at the Diplomat Hotel, Llanelli

13th July 2026
from £665

- Admission to National Botanic Garden of Wales
- Vintage Tea or Vegetable Cawl & a tour of the Gower Peninsula
- Visits to Tenby, Carmarthen & Swansea
- Home pick up

Secure online or card payments over the phone

Member 7111

Call **01323 808080** or email sales@eastbournecoaches.co.uk for the 2026/27 brochure
www.eastbournecoaches.co.uk

Here to Help Hobson & Latham

Probate • Wills • LPAs • Estate Planning

Legally Protective ~ Personally Provided

Please call Steve or Debbie
01323 412333

Hobson and Latham, 47 Gildredge Road, Eastbourne BN21 4RY
www.hobsonandlatham.co.uk
email: debbie.warren@hobsonandlatham.co.uk

Shower, walk-in bath, or wet room?

WE can help you decide.

By **Sarah Symcox**

Choosing a new bathroom involves understanding your bathing needs but there are a variety of options to consider.

One option is to replace your bath with a low-level shower, this is suited to those with limited mobility and who struggle to step into a traditional bath. Slip-resistant shower trays are available in various sizes, and accessories like shower seats mean you can relax and let the water wash over you.

Grab rails provide further safety and they come in a variety of modern designs, so they won't make your bathroom feel clinical.

However, some people still prefer having a bath to a shower so this is when we would recommend a walk-in bath. These are available in various sizes and come with moulded seats (sometimes heated), quick fill and drain options and some even have jacuzzi functions to help ease aches and pains.

The third option is a wet room which eliminates obstacles with slip-resistant flooring and a central drain, making them ideal for wheelchair users and caregivers however they can be more costly.



It can be overwhelming knowing which solution to choose but at AHM Installations, we have a friendly team of home surveyors who will visit you at home to discuss your bathing needs. We provide FREE quotations and visuals of how your new bathroom could look.

Call our customer care team on **01323 885410** to request a brochure or to find out more.



ahm installations
safer affordable bathing

£1000 off a new bathroom!
T's and C's apply - see website
Offer ends 30 June 2026

ahm installations
safer affordable bathing

"The finished bathroom is wonderful,"
Mrs Childs, Trustpilot, September 2025

Struggling to bathe? We can help

Our qualified and friendly team can create a tailored solution for you.

- ✓ FREE home survey and quotation.
- ✓ Full design and installation service.
- ✓ VAT free for those with a long-term illness or disability.
- ✓ Tailored solutions for arthritis, mobility issues and chronic pain.
- ✓ 'Bath out, shower in' service in as little as two days.
- ✓ Walk-in baths, wetrooms, bidets and toilet lifters also available.
- ✓ Specialists in accessible bathing.

Helping people regain independence since 1999

Checkatrade.com
Where reputation matters



Request a free brochure
01323 885410
www.ahminstallations.co.uk



A brighter, greener Meads

THERE is a fresh energy buzzing through Meads this spring.

By **Mitch Peacock**

January saw the official launch of the **Meads Wellbeing Working Group**, a dedicated team of local volunteers, including community leaders and Ward councillors working hard to champion a healthier, more vibrant neighbourhood.

Their goal is simple but ambitious: to enhance the community’s wellbeing

through thoughtful environmental improvements. Whether it’s creating safer active travel routes for walkers and cyclists or boosting local biodiversity, the group is looking at the ‘big picture’ of how our surroundings affect our daily lives.

Voice of the residents

This is a community-led initiative, which means the most important voice is that of residents. The group are currently piloting this project in Meads with the hope of other Wards rolling it out across all of



Images: Mitch Peacock.

Eastbourne, and they need local experience and expertise to get it right. They want to know what would make Meads better for you, and are looking for suggestions on: **Safety and Travel** (lower speed limits or improved shared spaces, etc); **Nature & Ecology** (wildflower verges, hedgehog corridors, rainfall management, etc); **Social Spaces** (areas that foster connection and community spirit); etc.

Workshops

To get the ball rolling the group are holding two public workshops this June, where anyone can share their ideas and help determine support and priorities:



- Monday 1st June, 6pm at *Meads Hall*, 77 Meads Road.
- Monday 8th June, 6pm at *The Hydro Hotel*, Mount Road.

For those who can’t make either of these workshops but would like to help, you can contact the group by email: wwgmeads@emaildodo.com

Timeless. Elegance. Picturesque.

 **Hotel Cumberland**





20%
OFF

ALL BAR
MEALS*

You are most welcome at Hotel Cumberland

Only a few steps from The Bandstand and minutes from the promenade, we are the perfect place to sit back and just relax. Now with a lovely 20% off all bar meals and a ringside seat to watch the world go by, sounds like a great reason to pop by. See you soon.

*Applies to food and drink, except Sunday Carvery.

Make A Reservation

01323 730 342

hotelcumberland.co.uk





Madeira
Windows, Doors & Conservatories



COMPOSITE DOORS



SOLID ROOF CONSERVATORIES



ORANGERIES



VERTICAL SLIDERS



CLADDING



"A-RATED" WINDOWS

01323 419001
WWW.MADEIRAWINDOWS.CO.UK

SCAN ME! 

**YOUR TRUSTED
LOCAL GARAGE**

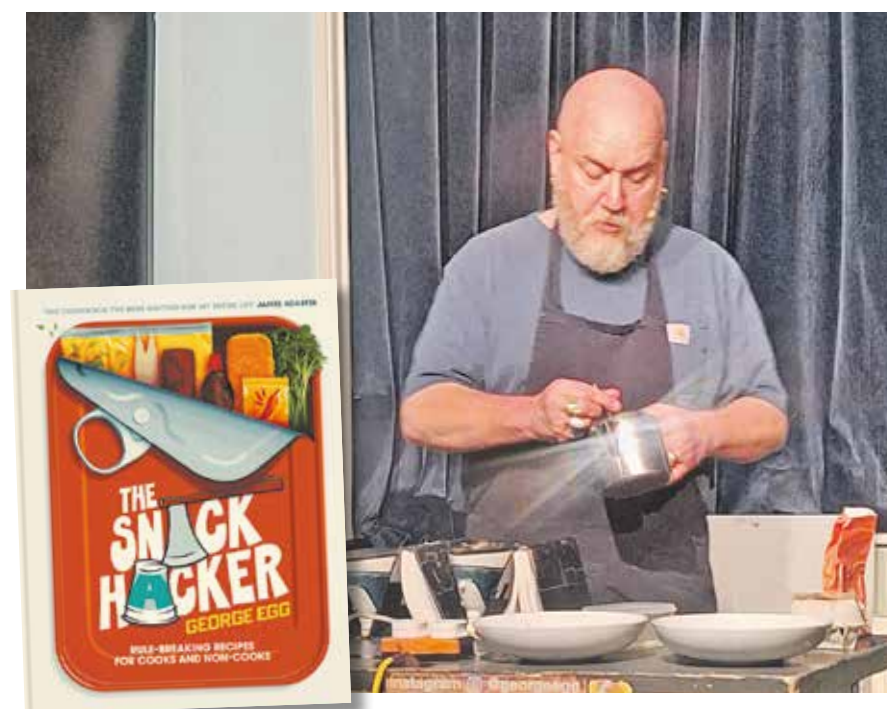
-  Servicing & Repairs
-  Brakes, Tyres & Diagnostics
-  Welding & Engine Repairs
-  Fleet & Private Vehicles

 **FREE Health Check + Wash**
on your first visit!

PEAR TREE
MECHANICAL SERVICES

17
01323 315609
www.peartreegarage.com

Station Road Industrial Estate, Hailsham



Comedy gets cooking at The Lamb Inn

ONE of the oldest pubs in the country, *The Lamb Inn* was is the home of Jo Neary's weird and wonderful comedy evening.

By **Gail McKay**

Last Saturday evening, the air was filled with the smell of kippers, the hiss of wallpaper strippers and squeals of delight from the crowd because the celebrated George Egg was cooking.

Also known as the "Snack Hacker" he's a regular on *BBC 6 Music* with Craig Charles. Based in Brighton he roams the country in his campervan, taking fast food staples like *Big Macs*, *Pot Noodles*, and *Greggs* cheese slices and transforming them with "foodie" flourishes like fresh coriander, tahini, or crumbled sesame bars.

On Saturday, he prepared a feast! Kippers with poached egg and croutons, aubergine and orange salad, then he moved to flipping pancakes on upside-down irons all while rattling off jokes and anecdotes.



It's extreme catering, he uses an arsenal of household tools, including two bibles, bungee ropes, and a paint stripper. He's been described as the culinary Bill Bailey.

Past acts include Mark Steel, Robin Ince, Maisie Adam, Zoe Lyons, and Andy Zaltzman.

George Egg's *The Snack Hacker: Rule-Breaking Recipes for Cooks and Non-Cooks* is available now in bookshops and online.

Join Jo Neary's mailing list at: www.joannaneary.com/contact



Image: Rupert Kirby.

Lighthouse Challenge

IT'S almost here again – the annual *Beachy Head Lighthouse Challenge*.

By **Peter Lindsey**

The Walk is organised each year by Eastbourne AM Rotary Club and attracts more than 1,000 people from all over the country – one couple even fly in from America specially for the event last year.

The date is Sunday June 14th from 4pm.

Organiser Martin Wellings said: "It really is a unique event which appeals to so many, both local and much further away."

For those who have not completed the Challenge before, it essentially involves a marshalled walk to and around the *Beachy Head Lighthouse*, starting from *Holywell* at the end of Eastbourne Seafront near *Bedes*

There is a modest entry fee donated to local charities.

This is only possible on certain days of the year and has proved very popular, with usually in excess of 1000 walkers taking part.

Full information, including the booking process via *Ticket Tailor*, can be found at www.eastbourneam.org

The red and white stripes of the landmark *Beachy Head* lighthouse were repainted in 2013 after a £27,000 fundraising campaign.

Owner *Trinity House* had announced in 2011 that it could no longer afford to repaint the distinctive red and white stripes. That sparked the public campaign for the repainting.

The walk has become a popular annual event ever since.



Care for a life you love

with Right at Home Eastbourne & Bexhill

01323 414 658

rightathome.co.uk/eastbourne-and-bexhill

 **Right at Home**



My name is Colin and I operate a small handyman business called

manfriday
home services

I can decorate, assemble furniture, put up shelves, paint sheds or fences.

In fact, whatever the job is, just ask me if I can do it.

JET WASH

Patio - Pathway - Driveway - Decking

Looking forward to Barbecue season?
Now is the time to
refresh your decking
and patio.

Professional Jetwash is
not just for cosmetic reasons.

It helps keep your patio safe for friends, family and pets.



Call **07709 176365**

manfridayhomeservice@gmail.com



From the Mars Rover to roadside rescue: The journey of a local mobile auto locksmith

GROWING up in the Netherlands in social housing, with a leaking roof and an absent father, I had no idea what I wanted to be.

When I moved to the UK at 18, I spent seven years focused more on "having fun" than building a future.

The turning point came in London. Though I lacked a clear path, I leaned into my strengths: communication and an obsessive love for researching technology and finance. This curiosity led

to a varied career, from serving as a global Cisco broker, IT consultant, and IFA in South Africa, manufacturing prototypes for the Mars Rover and many other weird and wonderful jobs.

While those roles were "high-flying," the work-life balance was non-existent. I was working 80+ hours a week and spending my



evenings in hotels rather than with my children. Eventually, at the age of 47, I decided to retrain as an auto locksmith to regain control of my time and enjoy my family. I set up *Auto Key Hero*, trusted as the main supplier of spare car keys for over 190 garages, MOT centres, car dealerships and car recovery businesses across East Sussex.

Making the jump to self-employment was a leap of faith, but I didn't do it alone. Edeal was instrumental in this final leg of my journey, helping me navigate the complexities

of securing a government loan. Without their support, I would have been forced back into an unwanted career path.

I love rescuing people in their hour of need. My customers appreciate the convenience of me visiting them while saving them money compared to dealership prices. My family love me being around as well. It's a win-win for everyone, and I couldn't be happier.

For more info visit:
www.autokeyhero.co.uk

Museum of Water: revealing the hidden life of Eastbourne's waterways

AT first glance, they appear simple: glass vessels filled with water.

But arranged together, they take on a different quality — almost like a series of devotional objects, each holding a fragment of the landscape, inviting closer attention.

The *Museum of Water*, currently installed at *The View Hotel* in Eastbourne, brings together 24 water samples collected from across the town, Polegate and the Pevensey Levels. Each sample has been gathered, tested and carefully presented, offering a rare glimpse into the hidden condition of our local waterways.

Behind the installation is a collaboration between *Compass*

Arts and Strandliners, combining artistic practice with citizen science. Every sample has been analysed for key indicators such as ammonia, phosphate, turbidity and pH. Measures that reveal the health of the water and its impact on wildlife and the wider environment.

What emerges is a complex and often surprising picture. Some waters are clean and well-balanced, while others show clear signs of pollution, nutrient overload or chemical imbalance.

But the work is not only informational. By bringing these samples together into a single, carefully curated display, the installation slows the viewer down. It asks us to look again

at something we pass by every day; the streams, ditches and waterways that shape the land around us.

Alongside the display, visitors are invited to become "Water Guardians", taking part in simple monitoring and contributing to a growing body of local knowledge about water health.

Curated by *Compass Arts* as part of its wider Promenade programme, the *Museum of Water* sits at the intersection of art, science and community. It transforms data into something tangible and reflective. Not just to inform, but to deepen our relationship with the environment we inhabit.



The installation is open daily at *The View Hotel* and forms part of Eastbourne's year-round seafront art trail.

Fenya Sharkey **07889 805022** or
fenya.compass@hotmail.com
www.compasscommunityarts.co.uk

Andy Dinsdale
andydinsdale@strandliners.org
<https://strandliners.org>



Loans: Helping you start or grow your business with responsible lending

MANY people harbour ambitions to start their own business, yet for many micro-entrepreneurs' access to funding remains a significant barrier.

In the UK, small businesses dominate the economy, with 5.64 million recorded in 2025 accounting for 99.2% of all businesses. Of these, 3.2 million are sole traders and 2.1 million are companies. Despite their importance, many struggle to secure finance, as traditional banks often view them as high risk.

Purple Shoots, a Community Development Finance Institution founded in 2013, aims to address this gap. Having begun in Wales, the organisation is now expanding, launching *Purple Shoots Sussex* in Eastbourne in 2026. Its mission is to provide accessible funding and support to micro businesses that might otherwise be excluded.

Founder Karen Davies believes starting a business should be easier, a sentiment shared by Nadine Piper, who leads the Sussex branch. After years of advising aspiring entrepreneurs locally, Nadine saw first-hand how lack of funding prevented viable ideas from progressing. *Purple Shoots Sussex* aims to offer the financial boost

needed to start or revitalise small enterprises.

Unlike traditional lenders, *Purple Shoots* supports a wide range of applicants, including single parents, unemployed individuals, graduates, and skilled workers seeking independence. The application process is designed to be simple, with minimal bureaucracy, followed by checks and a discussion. Successful applicants receive funding quickly, along with ongoing mentoring and business support.

The organisation is also seeking investors to expand its reach, helping more entrepreneurs access the resources needed to succeed and contribute to the UK's economic growth.

Contact Nadine at: **Nadine@purpleshoots.co.uk** **07890 686524** or email **info@purpleshoots.co.uk** for an application form.

Visit the website at: **<https://purpleshoots.org/loans>** to learn about our clients and our vision.

Fizz on Foot Iconic Tours
Step out into the best Sussex has to offer; scenic walks, a hearty pub lunch, and tours with tastings at top vineyards.

We drive. You unwind.

Book your South East walk & wine tour today!
Itineraries are tailored and can include more fizz and less foot!
www.fizzonfoot.com
melissa@fizzonfoot.com, 07539215696

ECK
Bookkeeping and Accounts Ltd.

Finding yourself buried under a pile of

We can help you to free up your invaluable time to work on your business whilst we handle the finances.

www.eckbookkeeping.co.uk
admin@eckbookkeeping.co.uk
01323 348 480

aat AAT Licensed Accountant
Elizabeth Kelly is licensed and regulated by AAT under license number 1000955.

xero SILVER PARTNER
gemma Certified Practitioner

NEW MEMBERS
Eastbourne LitFest • Eastbourne Spice Nepalese Restaurant
Hailsham & East Sussex ADHD Support CIC



Haven't been to the dentist in years?

Call David Neal Dental - we're here to help

Many people put off visiting the dentist because they feel embarrassed, anxious, or worried about what they might hear.

We understand.

Our friendly Eastbourne team regularly welcomes patients who have delayed dental visits. We take time to listen, explain everything clearly, and help you take the first comfortable step back to a healthy smile.

Why Patients Choose Us:

- ✓ You'll never feel judged
- ✓ No rushed appointments
- ✓ Compassionate dental care in Eastbourne

New Patient Exam
£50 (save £35)

Comprehensive Dental Health Check & Consultation

- Full oral health assessment
- Personalised treatment advice
- Time to discuss your concerns
 - Clear, transparent fees

New patients only. Offer closes 31/06/2026

01323 407817
www.davidnealdental.co.uk

DavidNeal
DEDICATED DENTAL CARE
EASTBOURNE

Langney Shopping Centre,
64 Kingfisher Drive,
Eastbourne, BN23 7RT



We did it.... we climbed Snowdon

FOUR members of staff at *Pevensey Bay Holiday Park* have climbed *Mount Snowdon* to raise funds for charity.

By **Peter Lindsey**

It was a lovely summer March day, it took around four and a half hours – but, in the words of Retail Manager Matthew Rushe, ‘we achieved.’

Matt, 50, was joined by Christina Rudko, Accommodation Manager, Sammie Smith, Holiday Service Manager, and Isobel Jeive, Bar Supervisor.

They absolutely loved the experience, raising money for three Sussex charities at the same time.

Matt said: “It was the first time we had done anything like this, and after three hours we reached what we thought was the top.

“We came across some expert walkers who told us we had another hour and a half to go, which was a bit dispiriting at the time.

“It was very steep and at times we were right by the edge. We had no guides – we were on our own. We loved it but it was very challenging.

“You have a choice of six paths at the start and we thought we had chosen a medium one in terms of challenge. In fact, we had chosen the hardest.”

Christina said the views were absolutely stunning.

She said: “The water falls and lakes were amazing. There was so much to see and we are lucky to have experienced that.

“Incredibly, there were no cuts or bruises afterwards. It was a thoroughly enjoyable experience for us all.”

To support Matt and his colleagues, go to www.gofundme.com and search for ‘**Team Pevensey Bay**’



Image: Simon Thomas.

Friston Forest on the first day of spring

ON the first day of spring, with the sun on our backs, around 20 of us gathered for a stroll in the Spring sunshine at *Butchershole car park* in *Friston Forest*.

By **James Dean**

Birding in woodlands and forests often means identifying what’s around mainly by sound. Having many ears always helps with identification and of course these days there are also the bird apps to help confirm what we thought we heard.

Seen and heard

First up were 4 or 5 firecrests, some of the smallest of British birds, even smaller than the diminutive wren. We also picked out chiffchaffs, a loud and unmistakable blackcap, a far off siskin, the quiet, high notes of a coal tit and the tuneful melody of a group of goldcrests.

When we got on a wide ride and looked up, we saw 6 buzzards (collective noun is a Wake), 3 red kites, 3 sparrowhawks, 2 ravens

and 1 cormorant flying around and seeming to spiral around the sun. In around the beech trees 2 jays were playing hide and seek.

Details of our events are on *Facebook* and <https://group.rspb.org.uk/eastbourne>

Our Next Walks

- **Wed 13th May at 10:00am at Tide Mills, Newhaven** – Meet at the car park off the A259 between Seaford and Newhaven.
- **Sat 16th May – at 7:00pm: an evening farm walk for birds** Meet at *South Farm*, Cricketing Bottom (on the South Downs Way), Rodmell, Lewes BN7 3FE.

Our Next Speakers

At *St Wilfred’s Church Hall*, Eastbourne Road, Pevensey BN24 6HL.

- **Weds 6th May, 2.15pm Only** – Brian Nobbs: Food for the Birds: Eat in or Takeaway.

“Better Marketing, Better Outcomes.”



Willingdon Road
Guide Price £700,000

Five Bedrooms
Three Good Sized
Reception Rooms
Spacious Off Road Parking
Separate Detached Garage
Elevated position enjoying
views towards the Coast



**Cherwell Close,
Stone Cross**
Guide Price £480,000

Corner Plot
Four Bedroom Family House
Modern Kitchen and Diner
Modern Ensuite and
Family Bathroom
Low-Maintenance
Landscaped Garden



**Darent Close,
Stone Cross**
Guide Price £450,000

Four Bedroom Detached
Integral Garage
Cul-de-sac Position
Master with Ensuite
Shower Room
No Onward Chain



**Windermere
Crescent**
Guide Price £375,000

Three Double Bedrooms
Three Reception Rooms
Wealth Of Character
Good sized Rear Garden
Outside Studio Room



**Shipley Mill Close,
Stone Cross**
Guide Price £320,000

Two Double Bedroom
Semi Detached
Extended Plot
Three Car Driveway
No Onward Chain



Sevenoaks Road
Guide Price £300,000

Three Bedroom
End of Terrace
Fully Refurbished
No Onward Chain
Popular Location



Havana Court
Guide Price £220,000

Share Of Freehold
Stunning Sovereign
Harbour Living
Two Double Bedrooms
Marina Views
Balcony
Secure Parking
No Onward Chain



Lamont Court
Guide Price £180,000

Share of Freehold
Prestigious Lamont Court
Enviably location close to
the Seafront and
Town Centre
Perfect Holiday Let
No Onward Chain

“Call us for a valuation and take advantage of our introductory low selling fees with no VAT charged.”

Luxury care home named in top guide

HALLMARK Willingdon Park Manor – the stunning luxury care home in Kings Drive – has been named in a guide featuring the best 100 in the country.

By **Peter Lindsey**

It is featured in the *Knight Frank Luxury Care Home Guide*.

The guide highlights the UK's top 100 best-in-class care homes,

recognising those that deliver exceptional quality in luxury settings, hospitality and design.

Two other *Hallmark Luxury Care Homes* were named: "Being featured not once but three times is a wonderful testament to our commitment to creating beautiful,



supportive environments where residents can truly thrive," says the growing company.

Hallmark Willingdon Park Manor Luxury Care Home also held a party to celebrate its second birthday in April.

And pictured are the team wearing their new uniforms.

Customer Relationship Manager Emma Jennings said: "Each department wears its new uniform

with a distinct sense of pride, the colours and details reflecting their unique role while uniting them under one shared identity.

"From one team to the next, there's a renewed energy – individual strengths standing out, yet all moving in sync.

"The uniforms aren't just a fresh look; they're a symbol of every department's contribution to something bigger, worn with confidence and purpose."

Eastbourne Working Men's Club supports Macmillan

MEMBERS and committee of *Eastbourne Working Men's Club* have come together in a fantastic show of community spirit, raising an impressive £1,862.58 for *Macmillan Cancer Support*.

By **Peter Lindsey**

The funds were raised through a combination of events, including the popular *Macmillan "The World's Biggest Coffee Morning,"* and a well-supported darts competition.

Both events saw strong participation from club members and the local community.

The cheque was formally presented to Ruth Morris, Honorary Secretary of the

Eastbourne and Seahaven Committee for *Macmillan Cancer Support*, during a recent gathering at the club.

The event highlighted not only the generosity of members but also the important role the club continues to play at the heart of the local community.

Speaking on behalf of the club, Chairman Ian Lucas said: "We're incredibly proud of what our



members have achieved. These events were about more than just fundraising – they brought people together, created a real sense of community, and supported a cause that touches so many lives."

In a letter of thanks, *Macmillan Cancer Support* expressed its sincere gratitude, noting that donations such as this are vital in helping to fund local services. These include

Macmillan nurses at the *DGH*, welfare benefits advice for those facing financial challenges following a cancer diagnosis, and counselling services providing emotional support to patients and their families.

Eastbourne Working Men's Club, which is based in Firle Road, hopes to build on the success of these events and continue supporting important causes in the future.

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



St Wilfrid's Hospice



Previously
sold out event.
**Don't
miss out!**



Furnish your home for less

Whether you are setting up home for the first time, want to give your house an update or are always on the hunt for unique pieces, the St Wilfrid's Home Store on Langney Road is bursting with furniture and homeware to suit everyone's tastes and budgets.

Find us at 56 Langney Road, Eastbourne. There is free parking at the rear of the store.



Find your nearest St Wilfrid's shop: stwhospice.org/shops



St Wilfrid's Shops

All in aid of St Wilfrid's

SPIDERWOMAN Francoise Kenyon completed the *Eastbourne Half Marathon* in two hours 17 minutes.

By **Peter Lindsey**

She is thrilled to have raised £1,272 for St Wilfrid's Hospice.

She said: "I was fortunate enough to be able to do a tour of the hospice to see exactly where my donation was going.

"It was a very positive and humbling visit. Needless to say, it is an amazing

local facility which we all need as a community to keep funded for its phenomenal work for end of life care."

The Wilfride

Meanwhile, Theo Parfitt from Eastbourne will be joining others on 'The Wilfride' cycling from Eastbourne to Paris over four days – again for the hospice.



Golf Day

As part of the fundraising, Theo is hosting a Golf Day at *The Lottbridge Golf Club* on Saturday June 27th.

He's looking for teams to take part and local businesses to sponsor a hole for £75.

Email: theo parfitt@hotmail.com



Reeve & Strutt

CONVEYANCING + PRIVATE CLIENT



- Conveyancing & Property Law
- Mortgages & Change of Ownership
- Leases & Variations
- Wills & Trusts
- Probate & Estate Administration
- Powers of Attorney & Deputyship

Guidance you can trust, care you deserve

Welcome, our door is open for you

Reeve & Strutt
Upstairs at The Enterprise Centre
01323 397040
eastbourne@reeveandstrutt.co.uk www.reeveandstrutt.co.uk



GINGER & SANDERS

ESTABLISHED 2012

- ♦ Lettings
- ♦ Residential Block & Estate Management
- ♦ Sales

Proud to support 



Tel: 01323 701702
www.gssalesandlettings.com
www.gspropertymanagement.co.uk

passionate about property

Quality, bespoke, made-to-measure blinds

STRICTLY BLINDS

Every Window Beautifully Covered

At Strictly Blinds we aim to offer a first class service, with free measuring and fitting on all made to measure blinds.



Offer
**20%
OFF**

**On all orders
when you quote
'Bournefree'**

***Pleated Blinds / Aluminium Venetian Blinds / Roller Blinds / Vertical Blinds
Conservatory Blinds / Roman Blinds / Wood/Faux Wood Venetian Blinds***

**t: 01435 817200 m: 07806 478388 e: sales@strictlyblinds.co.uk
33 Meadow Way, Heathfield, East Sussex TN21 8AJ**

www.strictlyblinds.co.uk

Celebrating Eastbourne

Welcome to the Alexandra Arms – A proper community pub

TAKING on *The Alexandra Arms* has been a proud moment for us. We have stepped into a space previously run by an experienced landlady who continues to do incredibly well at a neighbouring pub, and we respect everything that came before. Now, it is our turn to bring something fresh, while keeping the heart of what a proper pub should be.

By **Taner Fikret & Bobbie Collins**

We are here for the community. For families. For food lovers. For people who want more than just a drink, but a place to feel at home.

At the core of what we do is great food and drink. From pub classics to small plates and sharing platters, we are building a menu people come back for. Our Sunday roasts are quickly becoming a staple, alongside cocktails, proper ales, and cold beers poured right every time.

But we are more than just food and drink.

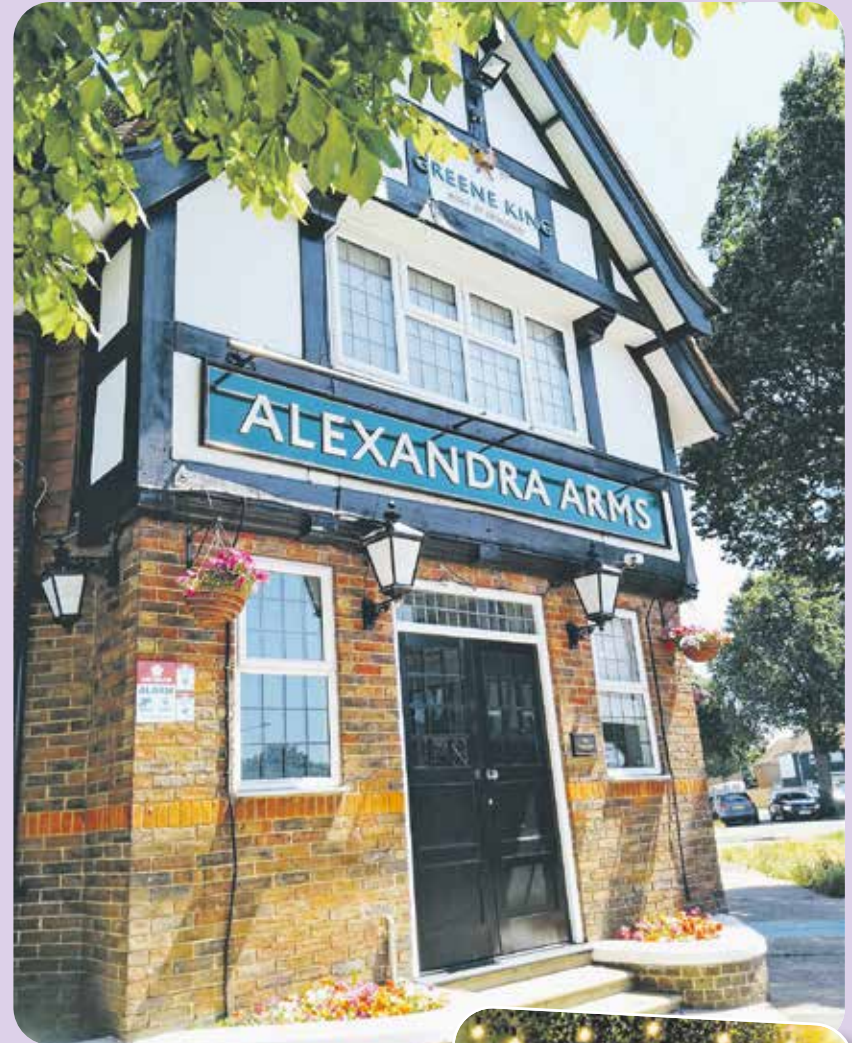
We are about experiences
Weekly general knowledge quizzes every Tuesday bring people together, with proceeds going to a different charity each week. Our themed monthly quizzes take

things up a level, while our wine bingo nights and our more lively naughty bingo evenings bring laughs, energy, and something a bit different to your week.

We host live music, DJs, creative paint nights, and community events. From relaxed evenings to full on party vibes, there is always something happening.

Our space reflects that
The Blue Room remains a calm spot for those wanting a quiet drink and good food. The main bar, with its bold pink and green decor, is where the energy lives. The conservatory offers a warm, relaxed setting for meals, especially as the evening lights come on.

And when the sun is out, the garden is where it all comes together. Food, drinks, games, and family days with bouncy castles and summer energy. Home to Alex Fest and our BBQ days, it is built for good times.



We are fully family friendly. Kids and dogs are always welcome. We run events for children during school holidays, and we are proud to be a place where everyone can feel included.

Behind it all is a leadership team that understands both hospitality and community, and a staff team that genuinely care. Friendly, welcoming, and already loved by many of you.

We will be honest. It has not been the easiest start. Taking on a venue like this comes with challenges. We will not get everything perfect for everyone, but we are committed to getting it right for as many people as possible.

All we ask is that you give us the opportunity.

Come down. Have a drink. Try the food. Bring your friends and family. Speak to us about hosting your parties and functions, or even collaborating with us.



And if your night does not end here, we can even point you in the right direction to keep it going.

This is more than a pub.

This is The Alexandra Arms. A proper community pub. Drinks. Grub. Love.

www.alexandraarms.com



Brufords refined flagship environment at The Beacon.

Brufords: A legacy of excellence since 1886

FROM humble origins in 1886 to becoming one of Eastbourne's most established and distinguished independent businesses, *Brufords* proudly celebrates its 140th anniversary – a remarkable journey defined by craftsmanship, resilience, and an unwavering commitment to exceptional service.

By **Caitlin Rowson**

A heritage built on vision

The *Brufords* story began when William Bruford, having already built a thriving jewellers, pawnbrokers, and optical business in South London, chose to relocate his family to Eastbourne. On 17th July 1886, he acquired an existing business, William Page, and soon after opened the doors to a new chapter at No. 100 Terminus Road.

For the next 30 years, William nurtured the business until his passing in 1914, at which point his son Albert Bruford assumed

leadership. Under Albert's guidance—and with Eastbourne flourishing as a fashionable coastal resort—the business expanded significantly. In 1924, buoyed by a loyal and increasingly metropolitan clientele, the store doubled in size.

Resilience through adversity

Tragedy struck on 7th February 1943, when a night time bombing raid destroyed the entire premises. Undeterred, Albert refused to let the legacy falter. His determination kept the business trading throughout the war, while

he simultaneously oversaw the complete reconstruction of the store. Although Albert passed away in 1953, before the building was formally reopened, he lived to witness his vision taking shape.

The mantle then passed to Albert's son Douglas, who led the business for almost two decades. In 1974, his son Nicholas (Nick) Bruford became the fourth generation custodian of the family legacy. When Eastbourne's *Arndale Centre* was constructed in 1981, Nick made the bold decision to relocate from Terminus Road to the now-iconic 11–13 Cornfield Road. Though more intimate in scale, the new location ushered in a fresh era of success.

Changing times, new horizons

The late 1980s and early 1990s brought a shift in the retail landscape, driven by the rise of major regional shopping centres. While Eastbourne had been forward-thinking in establishing its own centre, the lack of expansion left local retail struggling to compete with destinations such as Brighton and Bluewater. By the late 1990s, Nick and his family made the heartfelt decision to sell the business. After 112 years, the Bruford family chapter gracefully came to a close.



1886 – 100 Terminus Road.



The Terminus Road store.

The renowned Norwich jewellers *Winsor Bishop*, long time family friends and specialists in luxury Swiss watches and diamond jewellery, acquired *Brufords* with the intention of operating the two businesses side-by-side. However, following the passing of the family patriarch, the Kerridge family sought a trusted leader to take the helm in Eastbourne.

A new era under Ashley Pugh

This is where our current Owner & Managing Director, Ashley Pugh, enters the story.

Originally from the Midlands, Ashley relocated to Eastbourne in 1985—mirroring William Bruford's journey a century earlier. While managing the *Goldsmiths* store on Terminus Road, he was always acutely aware of the prestige surrounding *Brufords*, often thinking, "One day..."



Ashley Pugh.

That day arrived in 2000, when *Winsor Bishop* invited him to become General Manager.

Just three years later, in 2003, Ashley seized the opportunity to acquire the historic company and as they say, the rest is history.

Innovation rooted in tradition

In 2009, responding to evolving fashion trends and a growing audience, Inspired by *Brufords* was launched in *The Arndale Centre*. Featuring sought-after brands such as *Pandora*, *Thomas Sabo*, and *Michael Kors*, the boutique introduced a new generation to the *Brufords* experience, while maintaining the company's hallmark of quality.

In 2019, the unveiling of the newly redeveloped *Beacon Centre* paved the way for *Brufords* to consolidate its luxury watch and jewellery collections into one refined flagship environment.

At our *Beacon* store, customers can discover an exquisite curation of luxury Swiss watches, fine diamonds, coloured gemstones, and pre-owned collections. Our bespoke bridal boutique offers a serene, elegant setting in which to choose engagement rings, wedding rings, and jewellery for life's most cherished milestones.

A prestigious new home

In 2022, *Brufords* proudly secured the freehold of another storied Eastbourne building: No. 10 Cornfield Road. With this acquisition, we bid a fond farewell to our cherished 11–13 Cornfield Road store.



Cherished 11–13 Cornfield Road store.

Today, the five storey building is home to our state of the art *Watch Service Centre*, accredited by several leading Swiss watch manufacturers. While redevelopment work of the shop floor remains a work in progress, we have already established a world class workshop equipped with cutting edge technology. Our team delivers an exceptional aftersales experience—from battery replacements and water resistance testing to full mechanical servicing, aesthetic refinishing, and the restoration of vintage timepieces.

A commitment to craftsmanship and community

Our dedication to Eastbourne and its community remains integral to who we are. We are honoured to support outstanding local charities, including *St Wilfrid's Hospice*, *Children's Respite Trust*, and *Overcoming MS*.

From sponsorships to fundraising events—such as *St Wilfrid's Christmas Gala at The Grand*, which raised over £67,000—we remain deeply committed to giving back. In 2025, our team continued our tradition of supporting *Leaf Hall Community Kitchen* and introduced "Love From, Santa" boxes, replacing our former Secret Santa exchange.

Trusted Since 1886

For 140 years, *Brufords* has stood as a beacon of integrity, craftsmanship, and refined service. Whether marking a milestone, restoring a treasured heirloom, or searching for something truly unique, our expert team is here to ensure every step of your journey is effortless, meaningful, and memorable.

Visit us in-store at *The Beacon* or explore our collections at **brufords.com**



State of the art Watch Service Centre.

CALLING ALL SHARNFOLD EXPLORERS

THIS MAY HALF TERM

Discover our
NEW area

MINI
MAZE



Pre-book your tickets now and save!
£8.45PP* when you pre-book

*Under 2's go free

Access is free to all membership holders.



Beach Life to bring early summer festival vibes

EASTBOURNE’S biggest free music festival will bring an early start to the summer season with a return to the *Bandstand* from Saturday 30th – Sunday 31st May.

By Peter Lindsey

Showcasing the best in local talent, the annual fiesta of live music and mouthwatering street food promises a packed programme of performances all weekend.

It’s from 11am to 5pm each day. Entry is free – no ticket required.

Sam as Elton is back with the UK’s youngest Elton John tribute on Saturday with all the classic hits from the legendary showman.

Sam is followed by **Zachary Dogwood**, a post-punk new wave

outfit with Nick Cave and David Bowie vibes, and party band **Rewind 45** will be bringing a mixture of rock, funk and pop classics spanning across six decades in a multi-generational set.

On Sunday, **Ultra Sound** return with a powerhouse set of classic rock anthems and a high energy performance from the five-piece band, born from the fusion of local groups *Unihorn* and *Scallywag*.

Joining them on the bill is acoustic duo **Spooky Wagons**, specialising in R&B, country and pop with a twist, and **The Modsteppers** will be reliving the best of mod, soul and ska, in a high energy performance.

Further acts over the two days will be announced soon.



Image: Vitus Sukoco



Spooky Wagons

www.BeachLifeFestival.co.uk



EASTBOURNE
BANDSTAND

Top tributes, firework concerts and more at the UK’s busiest Bandstand!

Book now at EastbourneBandstand.co.uk

Tel: 01323 410611

EASTBOURNE
BANDSTAND

MAY
2026

	FRI 1ST MAY - LARGE 90S SAT 2ND MAY - RUBIX 80S SUN 3RD MAY (3PM) - EASTBOURNE SILVER BAND SUN 3RD MAY (8PM) - QUEEN - ONE VISION
	FRI 8TH MAY - MOTOWN - SOULTOWN COLLECTIVE SAT 9TH MAY - ARCTIC MONKEYS - ANTIC MONKEYS SUN 10TH MAY - ELVIS LEGACY
	FRI 15TH MAY - ABBA MAGIC SAT 16TH MAY - COLDPLAY - LIVE IN TECHNICOLOUR SUN 17TH MAY - PHIL COLLINS & GENESIS - EASY LOVER
	FRI 22ND MAY - BEATLES - BEATLES FOR SALE SAT 23RD MAY - TAYLOR SWIFT - TAYLORED SWIFT SUN 24TH MAY - ELO ENCOUNTER
	FRI 29TH MAY - TINA TURNER - TYPICALLY TINA SAT 30TH MAY (DAY) - BEACH LIFE MUSIC FESTIVAL SAT 30TH MAY - BEE GEES - STAYIN' ALIVE SUN 31ST MAY (DAY) - BEACH LIFE MUSIC FESTIVAL SUN 31ST MAY - GUNS N ROSES - GUNS 2 ROSES

DOORS 7PM/STARTS 8PM UNLESS OTHERWISE STATED
FOR MORE INFO : WWW.EASTBOURNEBANDSTAND.COM

camper ASHDOWN RADIO marmalade

12-13-14 JUNE 26

THE BLOW MONKEYS • CHINA CRISIS

SMOKIN MAVERICKS • LARGE • MADNESS

FAT BELLY JONES • NICKI DONOHOE

Dj DUNK NICKYB WITH VICTOR ON SAX

LENNY THE MODSTEPPERS CONNOR B

HUNKY DORY THE RAGATI STRING BAND ELVIS

FAKE BOY SLIM ADAM PHILLIPS Dj HARRIS Dj COUCHY

CABARET TENT: ROCKY HORROR SHOW • PIRATES OF THE CARIBBEAN

Vip Area • Dj Lounge • Kids Zone • Cabaret Tent • Dog Show



Online
Ticket
Seller.com

PHIL DANIELS

MEET & GREET QUADROPHENIA LEGEND



BRAMLEY FARM, BAY TREE LN, POLEGATE. EAST SUSSEX BN26 6QN

Adventure awaits!

THIS May Half Term, *Sharnfold Farm* offers a refreshing escape into the great outdoors, inviting families to slow down, reconnect with nature and enjoy a wholesome day out near Eastbourne.

By **Louise Page**

At the heart of the experience is the brand-new *Woodland Animal Adventure*, where little ones can explore the *Mini Maze* and follow an interactive trail filled with playful, nature-inspired activities.

Beyond the woodland, *Sharnfold* is home to friendly farm animals, a much-loved farm trail and plenty of space to roam, making it ideal for curious young minds. After a morning of exploring, families can unwind in the welcoming café or browse the shop for a well-earned treat.

With its blend of outdoor adventure, hands-on discovery and relaxed



countryside charm, *Sharnfold Farm* is the perfect family day out this half term. Tickets are £8.45 per person when booked online, with under 2s and members visiting free.

<https://thefamilyparksgroup.co.uk/may-half-term>



Celebrating Eastbourne Smiles with Beatty Dental

A proudly local, family run practice combining advanced digital dentistry, personal care, and a genuine commitment to Eastbourne.

At Beatty Dental, we are proud to care for the families, professionals and individuals who make Eastbourne such a special place.

We know that for many people, dentistry is about far more than teeth alone. Some feel anxious. Some feel self-conscious about their smile. Some are tired of unclear advice, temporary fixes, long treatment journeys or feeling like just another appointment. Most want the same things: to feel listened to, looked after, and confident they are making the right decisions.

As a family run, award finalist practice, we combine trusted care with advanced digital dentistry to make treatment clearer, more comfortable and more precise.

Alex's training in Neuro Linguistic Programming and hypnotherapy helps support nervous patients, while 3D scanning and microscope dentistry allow for more precise diagnosis, greater comfort, less invasive care where possible, and quicker turnaround for selected digital workflows such as same day or next day crowns, veneers and dentures.

For patients, that means more clarity, more confidence, convenience and a better overall experience.



Welcoming patients who want clear advice, modern care and a more reassuring dental experience.



Fiona Cruceanu-Dang: Co-Owner, Business Development Lead
Dr. Alex Cruceanu: Principal Dentist

Proud supporters of Eastbourne

We are delighted to sponsor this year's **Eastbourne Community Awards in the Above and Beyond** category, because it celebrates the very qualities that resonate most strongly with us as a practice: kindness, dedication, personal care and a willingness to go the extra mile for others.

We feel privileged to serve Eastbourne and proud to offer dentistry that is modern, reassuring and genuinely patient centred. We are always pleased to welcome new patients looking for clear advice, trusted care and to welcome them into our supportive dental and wellness community.



01323 725081

34 Beatty Road, Langney Point
Eastbourne, BN23 6DG

www.beattydental.uk



Enter the 2026 Awards

NOMINATIONS have been pouring in for the
Eastbourne Community Awards 2026.

By **Gail McKay**

There are 13 categories, and you can enter here:
www.sussexaudiologycentre.co.uk/eastbourne-community-awards

The Awards are being organised by *Coda Pharmacy* and *Bournefree*, and the big night will be on Thursday June 18th at *Glass House* on Eastbourne seafront.

This is a not-for-profit event, and all proceeds are going to *St Wilfrid's Hospice* and *SASBAH*, in Old Town.

Ryan Millns from *Ashdown Radio* will be the host.

Colin Dang from *Coda Pharmacy* said: "We have been thrilled by the high number of nominations, but also the quality of them."

"Eastbourne is a wonderful place full of wonderful people, and that is coming through in the high interest in the various categories."

"I would urge everyone to get involved and please visit our awards website. The closing date is May 10th."

Bournefree Editor Peter Lindsey said: "We are delighted at the progress this community project is

making — it's here to celebrate the very best of Eastbourne."

"Once the closing date has been reached, we will then publicise the full judging panel and how the final decisions are reached."

We are thrilled that our MP Josh Babarinde will be among the independent judging panel. More details next month.

A regular newsletter is being sent out to people involved in the awards. If you want to be on the mailing list, please email **molly.graff@codapharmacy.co.uk**

For further details, email **kimhatcherdavies@codapharmacy.co.uk**

These are the categories and sponsors:

Heart of the Community
Sponsored by *Eastbourne Coaches*.

Bravery and Resilience
Sponsored by *Stagecoach*.

Volunteer of the Year
Sponsored by *Madeira Windows*.

Outstanding Contribution to the Community
Sponsored by *Hallmark Willingdon Park Manor Luxury Care Home*.



Above and Beyond
Sponsored by *Beatty Dental*.

Community Champion
Sponsored by *Eastbourne Health Alliance Network*, incorporating *Sussex Footcare* and *Sussex Audiology Centre*.

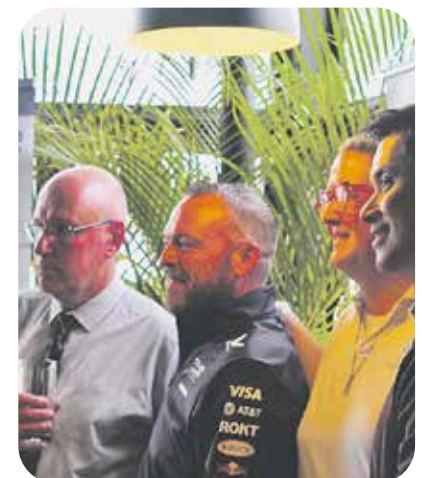
Youth Champion
Sponsored by *East Sussex College*.

Green Sparks of Change
Sponsored by *PJ Skips*.

Arts and Culture
Sponsored by *Glass House*.

Heart of Gold
Sponsored by *Bluebird Care*.

Young Rising Star
Sponsored by *PJL Global*.



Carer of the Year
Sponsored by *Walfinch Care*.

Rotary Excellence
Sponsored by *Eastbourne Rotary Club* and *Rotary Club of Eastbourne AM*.



EASTBOURNE COMMUNITY AWARDS 2026





Why your hearing deserves more attention as you age

WE talk a lot about looking after our hearts, our joints, our eyesight... but what about our hearing?

By **Francesca Matteini**

It tends to get quietly overlooked. And that's a problem, because for older adults, unaddressed hearing loss can have a much bigger impact on life than most people realise.

Age-related hearing loss is incredibly common. Nearly 80% of people over 70 experience some degree of it. The tricky thing is that it creeps up so slowly that many people don't even notice it happening until friends and family start to point it out. Suddenly the TV is a bit louder, conversations in restaurants feel exhausting, and phone calls feel like hard work.

Sound familiar? You're not alone.

It's about more than just hearing

Untreated hearing loss doesn't just affect your ears. Research from *Johns Hopkins University* found that using hearing aids was linked to a 32% lower rate of dementia among people with moderate to severe hearing loss.

Beyond cognitive health, there's the social side. When hearing becomes a struggle, many older adults start to withdraw: from family gatherings, friendships, and activities they love. What begins as a physical change can quietly become isolation, affecting mental health and overall wellbeing too.

Signs to watch for

Common signs of hearing loss include frequently asking people to repeat themselves, struggling to follow conversations in noisy environments, or feeling like others

are mumbling. Turning the TV up higher than everyone else prefers is another tell-tale sign.

If any of those resonate, it's worth booking a hearing assessment sooner rather than later. Early action makes a real difference.

Modern hearing aids are not what you think

Today's hearing aids are small, discreet, and genuinely impressive. For many people, getting fitted with the right device is life changing. And sometimes the fix is even simpler: a build-up of ear wax can cause muffled hearing and is quickly resolved with a professional micro-suction appointment.

Get in touch with Sussex Audiology Centre

We're an independent, family-run audiology clinic with clinics across Sussex. No GP referral needed, just get in touch directly.

We also offer home visits if travelling is difficult.



- Hove • Haywards Heath • Goring
- Lewes • Ferring • Eastbourne
- Storrington

01323 387098

eastbourne@sussexaudiologycentre.co.uk
www.sussexaudiologycentre.co.uk

**Better hearing is within reach.
 The first step is simply deciding
 it's worth taking.**

Sussex Audiology Centre
 PROFESSIONAL SOLUTIONS TO HEARING PROBLEMS

PRIDE COMES TO TOWN!

SATURDAY 13TH JUNE 2026

LITTLE CHELSEA GROVE ROAD & SOUTH STREET

MID DAY TO 7 PM

PRIDE PARADE 11AM FROM WISH TOWER SLOPES

Traders Market

LIVE MUSIC

LOCAL EASTBOURNE VENUES SERVING FOOD & DRINKS

Celebrate Eastbourne's stunning natural environment

THE beautiful coastline and lush downland landscape of our town will be the focus of a free family-friendly seafront fair.

By **Karin Orhan**

The Spring Fair, organised by Plastic Free Eastbourne, takes place on Saturday, 9th May, 10am – 3pm, Western Lawns, Eastbourne, overlooking the sea.

This year's theme – Our Precious Water – highlights the importance of water in our lives and the environment.

Community groups *Compass Arts* and *Creative Eastbourne*

will bring together creativity and environmental action with art workshops and sketching.

Local traders will showcase sustainable products and environmental groups will share ideas about positive environmental action.

And sea swimmers will offer tips on how to safely dip in the English Channel for fitness and wellbeing.

Now in its sixth year, the *Spring Fair* has grown into a much-loved community event that attracts residents,

families, visitors, local organisations and independent businesses.

The event will feature art workshops and a sketchbook club, talks about water, sea swimming and wellbeing as well as creative activities promoting recycling and reuse.

Children can enjoy a Puppet show, and there will be food and drink and local produce for sale.

Eastbourne's year-round swimming community will share Sea safety guidance, seasonal swimming tips and advice on tides, cold water safety and wellbeing.

We would like to thank our Gold Sponsors who support community and environmental actions:



Gradient Consultants, chartered building surveyors and property consultants.

Deliciously Sweet Chocolate Company, an online local independent chocolate shop.

Follow the event via [@plasticfreeeastbourne](https://www.instagram.com/plasticfreeeastbourne) on Instagram. For stall bookings or further information, contact: karin.orhan@gmail.com

This is a free event.

HailshamEye



Spring Sale now on at Southcoast Home Improvements.

need design and print?
CONTACT CUSTARD

custard
DESIGN MARKETING PRINT

01323 430303 instant@custard-design.co.uk

SOUTHCOAST HOME IMPROVEMENTS

Spring 10% OFF Sale

Celebrating
50 Years
Experience
across Sussex

Spring into life with your home improvements, contact us for help and advice.

PVCu / Aluminium Windows, Composite Doors, Bi-folding Doors,
Composite Decking, Cladding, Patios & Driveways.
Conservatories, Orangeries, Extensions, Garage Conversions,
Roof Lanterns, Lightweight Tiled Roofs all on display instore.



01273 585300
www.schi.co.uk



Visit our showroom

85 South Coast Road . Peacehaven . BN10 8QS

**ALL
TRADES
in-house**

National award for John, 89, Mr Bluebells

THE owner of the popular *Arlington Bluebell Walk and Garden*, John McCutchan, has received a prestigious accolade.

By **Peter Lindsey**

John – now 89 – has been selected as a winner of the 2026 *Times Sternberg Active Life Awards*. He was nominated for this award for the work that he has done since turning 70.

The *Active Life Awards* were established in 2008 and celebrates

annually the outstanding contributions of people to their community and to public life made after their 70th birthday. It was created by Sir Sigmund Sternberg in partnership with The Times newspaper.

John attended a reception at 11 Downing Street on April 23rd.

He said: "Of course I am absolutely thrilled to have been selected – it means an enormous amount to me, and I know that my late wife Carolyn would have been pleased too."

"It was a privilege to attend the reception in Downing Street – right now I am focused on the 53rd *Arlington Bluebell Walk* running from Good Friday until Sunday May 10th. John said: "Downing Street yes, but please do come and enjoy the *Bluebell Walk*."

"It is so wonderful to see thousands of people coming to enjoy the bluebells each year."

www.bluebellwalk.co.uk
01323 485151
info@bluebellwalk.co.uk



There's happy water pigs at Knockhatch

THE official opening of the *Capybara Experience* has taken at *Knockhatch Adventure Park* on the A22 at Hailsham.

By **Peter Lindsey**

The capybara, South America's 'happy water pig,' is the world's largest rodent.

These social, semi-aquatic herbivores are expertly adapted for life near water with webbed feet and top-mounted facial features.

Living in large, vocal groups, they use complex barks and whistles to communicate, navigating threats from both natural predators and humans.

<https://knockhatch.com/animals>



TOP RATED ON
CAREHOME.CO.UK

24 hour nursing care and a retained GP

STEP INTO SUMMER, IN GOOD COMPANY

At **Abbots Wood Manor Luxury Care Home**, longer days bring more time to relax, connect, and enjoy our beautifully landscaped grounds. Join a warm and welcoming community where every moment is shared and savoured.

Enquire now to arrange your personal visit:

01323 574183 | enquiries@hamberleycarehomes.co.uk

116 London Road, Hailsham, Sussex BN27 3AL



HAMBERLEY

CARE HOMES



Rotarians at work on the Bluebell Walk

MEMBERS of the *Rotary Club of Hailsham* – together with partners and friends – ran the *Arlington Bluebell Walk* for a full weekend.

By **Peter Lindsey**

For both days, they marshalled the car park and were at the entrance to ‘meet and greet’ visitors and offer the use of mobility scooters to those who wished to use them.

They ran the café and supplied delicious food, and they also staffed the kiosk taking the entrance fees.

On the Saturday, more than 750 members of the public went



through the gates and on Sunday over 1,000.

President Ron said: “Everyone was very busy and that those who participated on these days were very tired after their work, but they found enjoyment and satisfaction from their efforts.”

The two days are expected to raise up to £5,000 which will go towards local, national and international charities and good causes.

Between 1972 and 2025, a total of 89 different local charities at the *Arlington Bluebell Walk* have raised £1,169,365.

He said that over the weekend he only had time to sample one piece of cake – but it was very nice.



Dee`n`Jay
plumbing & heating
Kitchens / Bathrooms





- **General plumbing** • **Kitchen design & install**
- **Bathroom design & install** • **Boiler service**
- **Heating breakdowns** • **Boiler installations**

Plumbing & Heating in Eastbourne, Hailsham and the surrounding area

No quotation charge or callout fee, only a friendly honest service with years of experience

Office: 01323 848755
Mobile: 07812 105075
info@deenjayplumbing.co.uk
www.deenjayplumbing.co.uk





Barwells Solicitors
Est. 1896

HAVE YOU BEEN OFFERED A SETTLEMENT AGREEMENT?

If you have been made redundant and need advice regarding the terms of your Settlement Agreement, please contact our Litigation Department on 01323 875050 or email litigation@barwells.com



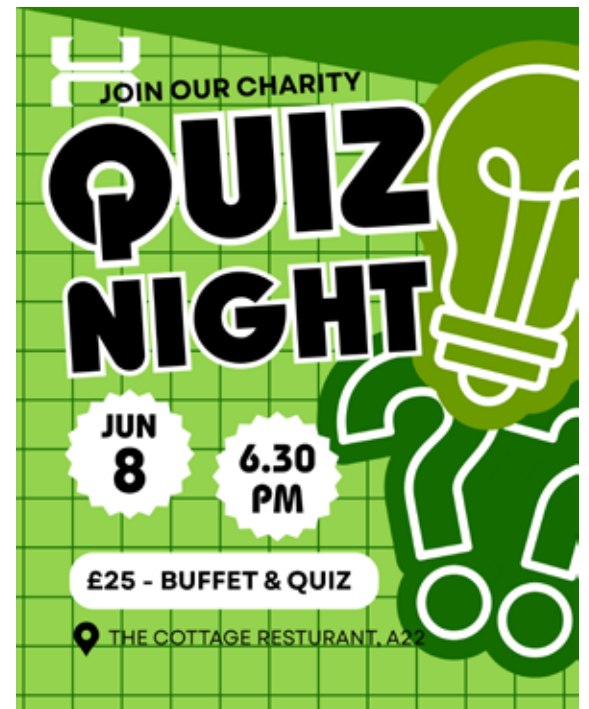
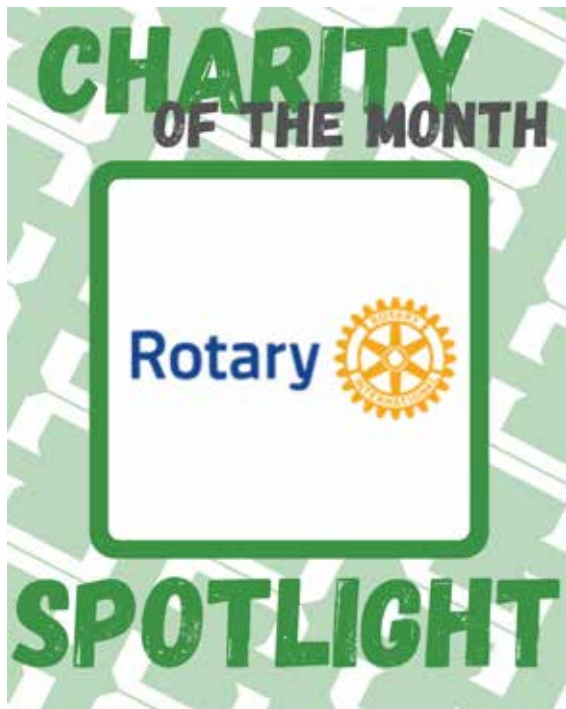
LAUREN CHAMBERS
Practice Director, Head of Litigation



HOLLEY HENDEN
Solicitor

Offices in:
Peacehaven 📞 01273 582271 Newhaven 📞 01273 514213 Hailsham 📞 01323 814010
Eastbourne 📞 01323 411505 Seaford 📞 01323 899331

 **www.barwells.com**  admin@barwells.com **Follow Us:**    



Get Involved with Hailsham Chamber of Commerce

Watch now: <https://youtu.be/RS15x4NnYal>

Learn more about Becky's clinic: <https://sussexchiro.co.uk>

Want to feature on the podcast?
Get involved: marketing@hailshamchamber.co.uk

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

Charity of the Month – May

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

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

Here in Eastbourne, the club is made up of passionate volunteers who give their time, skills, and energy to help others — proving that small acts of kindness can make a huge impact.

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

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

Speed Networking

Join us for an evening of speed networking at the beautiful *Bede's Senior School* — the perfect setting to make new connections and grow your network.

Thursday 18th June, 6:00 – 8:30pm
Bede's Senior School, Upper Dicker
£20 per person — includes buffet.

Meet like-minded local professionals, build valuable relationships, and enjoy a relaxed, friendly atmosphere. Book your place today via our website — we'd love to see you there!

Join us for Charity Quiz Night!

Get your team together and put your knowledge to the test at our upcoming Charity Quiz Night!

Monday, 8th June, 6:30pm
The Cottage Restaurant (A22)
£25 per person — includes buffet & quiz.

Expect a fun-filled evening of trivia, great food, and even better company — all while supporting a great cause.

Spaces are limited, so be sure to secure your spot via our website.

Big Business Breakfast – June Edition

Start your day the right way with our *Big Business Breakfast*, bringing together local professionals to network, learn, and grow.

Thursday 4th June, 7:30am
Wellhurst Golf & Country Club

This month, we're joined by two fantastic guest speakers delivering 5-minute power presentations:

Alex — *MoveWell Sussex*
Mike — *Global WealthMap*

Hear valuable insights on upcoming county and government spending priorities, and what they mean for local businesses, helping you position yourself for future opportunities.

Enjoy great conversation, fresh connections, and a delicious breakfast to start your day right. Book your place now on our website.

New Episode Out Now!

The latest episode of *Let's Talk Business* from the Hailsham Chamber of Commerce is live!

Host Sam Beale sits down with Becky Phillips, owner of Hailsham Chiropractic Clinic, to talk about her journey into chiropractic care and how she came to acquire the clinic.

From career beginnings to business ownership, Becky shares honest insights, challenges, and lessons learned along the way, a must-listen for local business owners and aspiring entrepreneurs.



Health & Wellbeing





BEGIN YOUR JOURNEY WITH US

Results vary. Weight management is not guaranteed and depends on individual factors. This service is not a substitute for medical advice.



ARE YOU
READY FOR
MOUNJARO
OR WEGOVY?

Scan our QR code and visit
codapharmacy.co.uk to learn more
about the services we offer.



FREE Home Delivery of Your NHS Prescriptions

Order and manage your NHS prescriptions anytime and anywhere
To register call [Coda Pharmacy](tel:01323924038) on 01323 924038 or visit codapharmacy.co.uk

Weight loss support with Coda Pharmacy

AT Coda Pharmacy, patient care has always been at the heart of everything we do.

By **Molly Graff**

After speaking with many members of our community, we recognised a growing need for reliable and trustworthy support for medical weight loss.

Many patients told us they had struggled with inconsistent supplies, limited guidance, and a lack of ongoing support from other

providers. In response, we are proud to now offer structured weight loss support for patients using clinically approved weight loss pens, ensuring they have access to safe treatment and a pharmacy team they can trust throughout their journey to better health and wellbeing.

Community is at the heart of everything we do. That's why we created our *Facebook* group, *Coda Transform Club* – a safe and supportive space where people using



weight management medication can connect, share experiences, and receive advice. Members also benefit from weekly motivation and expert nutrition guidance from our team.

Alongside our weight loss service, at *Coda Pharmacy* we also provide treatment options for hair loss and sexual health, including discreet and professional support for erectile dysfunction.

While we remain deeply connected to our local community, our services are available nationwide, including free delivery of *NHS* prescriptions to patients across the UK. Recently, we also celebrated moving into our new warehouse, alongside hosting

our launch event with an incredible team of local holistic healthcare professionals, bringing together our community to focus on wellbeing, prevention, and long-term health. Our team has also been busy preparing for our upcoming *Eastbourne Community Awards* in collaboration with *Bournefree* magazine!

Follow *Coda Pharmacy* on *Facebook* and *Instagram* **@codapharmacy** so you don't miss a thing!



New support group 'very much needed'

PANDAS Eastbourne has opened its doors in the Community Room of Tesco in Lottbridge Drive.

By **Peter Lindsey**

This is the first Pandas group to open locally and is very much needed.

The *Pandas Foundation* is a leading UK charity offering free services and community providing hope, empathy and support to families affected by perinatal illness.

It supports parents from conception through to birth and beyond as well as a helpline and *WhatsApp* service.

Pandas Eastbourne was opened by Carol who also works on the helpline. Having first hand experience of perinatal illness, she saw an opportunity to help others locally.



She said: "Opening a peer support group in Eastbourne is the first step for helping parents and carers get support if they are struggling.

"My group offers a safe and welcoming space for parents to come along with their babies/ children meet others, relax and enjoy a hot drink.

"There is no pressure to talk, just come along."

The group meets fortnightly from 10:30am until noon.

Pandas Eastbourne is taking part in the *Tesco Blue Token* scheme now so if you are shopping, please pop a token in their box.

pandaseastbourne@outlook.com
www.pandasfoundation.org.uk

Are your feet summer ready?

BELOW you will see a podiatrist's guide to health feet in the warmer months ahead.

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

At Sussex Footcare we see over 100 patients a week and the most common complaint we see is fungal nails. Most people are embarrassed to show us this complaint however we see it daily, so no judgement is made our end. We make you feel at ease, and we can start showing you how to improve your feet.

As temperatures rise and our sandals and flip flops come out of storage our feet experience a dramatic shift in both environment and exposure. Summer is a season of freedom for your feet – but it also brings unique challenges that can lead to discomfort, injury or even infections if not managed properly. We have all seen people walking in flat flip flops and sandals which are not ideal for our feet unless they have been trained specifically for this.

Archies flip flops and sliders

At *Sussex Footcare* we have over 20 different colours and styles. Archies are great, as I write this article sitting by a pool, I am wearing my archies sliders. They have extra arch support and heel protection, and



they mould to the shape of your foot to make them the perfect fit. All our staff wear them and the reason for this is the support they offer compared to flat flip flops. They are also breathable and allow the feet to have fresh air to them preventing an overload of fungal issues.

The impact of heat and humidity

Warm weather creates the perfect environment for moisture buildup, especially when combined with sweat. This can lead to common fungal infections such as athlete's foot, Tinea pedis or White superficial onychomycosis, as well as bacterial issues that can cause odour or skin irritation. We know dermatophytes like warm, moist damp environments and this is why we see many fungal infection issues.

Management plans

At *Sussex Footcare* we tailor each management plan to that specific patient. At an initial assessment we will discuss what could be potentially causing the issue and then come up with short, medium and long-term plans. We physically send each patient a management plan for them to follow. We hold our patients accountable for putting measures in place and work alongside them to see the improvements.

Minefield of treatment options

Most patients have been to the local pharmacy and tried one of many treatments available it is a minefield. What works for one patient may not work for another and more importantly underlying skin issues need to be addressed first. The classic sign of a fungal infection in the nails starts with the skin and this is where at *Sussex Footcare* we are different and will be looking to treat this first.



Hydration and skin care

Another area overlooked when treating feet is dry, cracked heels which can often have Tinea pedis (fungal) within the dried skin. This can often look flaky and not harmful however the overload of Fungal within these areas is often what then creates a long-term fungal nail issue. Regular moisturising helps maintain skin integrity and creates an overall better foot hygiene.

5-minute fungal test

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

The benefits of testing at Sussex Footcare Clinic

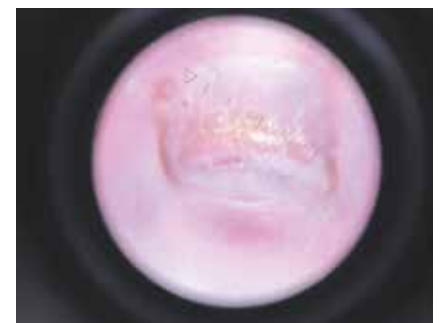
- 97% accuracy for peace of mind. Quick, painless and affordable.
- Avoids unnecessary treatments and costs.
- Allows targeted treatment from day one.
- Professional advice from trained podiatrists.
- Ideal if you want healthy nails for summer, holidays or big events.

Think you have tried all treatments and given up?

If you are reading this and believe you have tried a variety of treatments with limited success, please do book an initial assessment with us. We believe we can help you. This is one of the main satisfactions of the job, when patients think they have no hope and we can help.

Your feet carry you through every summer adventure, and taking a proactive approach to foot care can make all the difference. By combining

good hygiene, proper footwear and awareness of seasonal risks, you can enjoy the warmer months comfortably and confidently – step by step.



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



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



SYCAMORE GROVE

BARCHESTER HEALTHCARE

Where life stories inspire great care.



When considering care for yourself or a loved one, it's important to find a place that values you for the unique person that you are.

Our dedicated team seeks to understand more than care needs. We get to know each person's life story, passions and preferences to shape their care, support and experiences – bringing joy, purpose and fulfilment to each day.

Call **01323 577 537** to arrange a visit
or scan the QR code to find out more.



Sycamore Grove Care Home, Lilac Lane, Stone Cross, BN24 5NU

Dementia care • Residential care • Respite care & short breaks

www.barchester.com/SycamoreLM



New cancer support workshop

A NEW cancer support service has recently launched in Eastbourne offering workshops designed to help those going through cancer to manage the physical and emotional impact of their treatment.

By **Amanda Bell**

Delivered by Look Good Feel Better, the workshops provide practical advice on skincare and makeup, while creating a welcoming space for people to connect with others going through a similar experience.

Led by trained volunteers, the workshops focus on helping people feel more like themselves during treatment, offering both practical guidance and a sense of community.

The sessions, which support up to 12 people per workshop, take place at *The Gateway Centre, Gateway Christian Church*, delivered in partnership with *Macmillan Cancer Support*. The addition of this new monthly daytime service complements existing evening workshops in Bexhill and St Leonards, offering greater flexibility and ensuring more people across Sussex can access support in a way that works for them.



“We’re delighted to be working in partnership with *Macmillan* to bring our workshops to Eastbourne. Collaboration like this is key to reaching more people and ensuring that support is accessible, welcoming and tailored to the needs of the local community.” Michelle Lister, Programme Services Manager.

Workshops are free to attend and can be booked via our website: www.lookgoodfeelbetter.co.uk/workshops

Clearwell
mobility
Making Life Easier

Riser Recliners
from £529*

Wheeled Walkers
from £89*

Shoes & Slippers
from £35*

Mobility Scooters
from £749

Eastbourne Showroom
336/338 Seaside,
BN22 7RJ
Mon-Sat 9-5pm
01323 484 060

FREE Brochure

Name

Address

Postcode

Post to: FREEPOST CLEARWELL MOBILITY

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



Join us for
our next
event

**Bowes House care home,
Hailsham**

Let's talk about dementia

Tuesday 26th June 2026

2pm - 3.30pm

We will shine a light on some aspects of dementia that you're not often told about, why a loved one might be behaving differently and what you can do to support them.

Trusted to care.



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





Live your life the way you choose

Live every day your way at Bowes House care home in Hailsham, where you can continue with much-loved hobbies, try new activities and make new friends all in a welcoming, safe environment.

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

Friendship, fun and meaningful moments

New friendships often blossom at our regular events and clubs, such as the **Pie and a Pint club**, where residents enjoy classic pub-style food and conversation. Our **Carers café** runs monthly and offers a warm and inclusive space for people living with dementia and their loved ones to enjoy a chat, share experiences and connect with others. We also host a regular **Friendship and board game café** where you can meet like-minded people in the community for a chat and some friendly competition over a range of board games!



Home-cooked meals to savour

Care UK's award-winning dining experiences focus on providing choice and accessibility for all. Meals are tailored to suit any dietary needs you may have, including modified diets if you have difficulties with swallowing (dysphagia). Rest assured that no matter your needs, you'll enjoy high-quality, tempting meals, as well as sweet and savoury treats.

Dine in restaurant-style surroundings, with the reassurance that our team is ready to step-in if you need a helping

hand at mealtimes. In-room meals are also available if needed.

Freshly prepared, seasonal dishes are created with residents' input so you can still enjoy family favourites while trying tasty new dishes. What's more, our person-centred approach to dining means that our chef will always do their utmost to accommodate your requests, even if they are not on the current menu..

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



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

care UK

The Churchyard, a place to rest a while

CHURCHES are a ramblers' friend providing a welcome refuge for a coffee or lunch stop or especially in a downpour.

By **Jayne Brewell**

It is surprising how many wet ramblers can fit into a small church porch! And whatever your faith the tranquillity of the churchyard is to be treasured. Often there are wooden benches with a memorial inscription giving an opportunity to say thank you for the chance to share the space and rest a while.

Some memorable times have been spent sitting in churchyards full of wild flowers including poppies, daisies and wild orchids. The wonderful churchyard of *St Mary and St Peter's* in Wilmington not only has a view of the *Long Man of Wilmington* but an ancient Yew tree stands in its grounds believed to be 1,600 years old. Inside the church the North Chapel has a beautiful 'bee and butterfly' stained glass window depicting the insects that inhabit the churchyard in all of its peacefulness.



We have visited churches decorated with fruit, vegetables and flowers at harvest festival time, seen wedding and Christmas preparations and spent time talking to parishioners who are flower arranging or have a role within the church for the various services.

At times we have not been the only rambling group passing through. It is always good to stop and chat with fellow ramblers about their group and the route that they are taking on the day.

Rain or shine, the churchyard is always there for us to stop a while before moving on.

Polegate Ramblers walk every Thursday with walks to suit all abilities.

Check out their website:

www.polegateramblers.org.uk

or email

polegateramblers@gmail.com

for more details.

UNLIMITED CLASSES AWARD WINNING FITNESS STUDIOS

Brought to you by Multi-award winning
Fitness Coach Jon Morgan

*Unlimited
Small Group Classes*

£99
PER MONTH
~~£150~~

APT

HEALTH AND WELLNESS

...transforming lives one person at a time

- ▶ REFORMER PILATES
 - ▶ MAT PILATES
 - ▶ YOGA
 - ▶ HIIT FIT
 - ▶ 1 TO 1 COACHING
- All levels welcome*

APT HEALTH
& WELLNESS
STUDIOS

39 HIGH STREET
POLEGATE
BN26 5AB

ARLINGTON HOUSE
UNIT A · DITTONS
BUSINESS PARK
POLEGATE
BN26 6HY

☎ 01323 364673
☎ 07851 350970

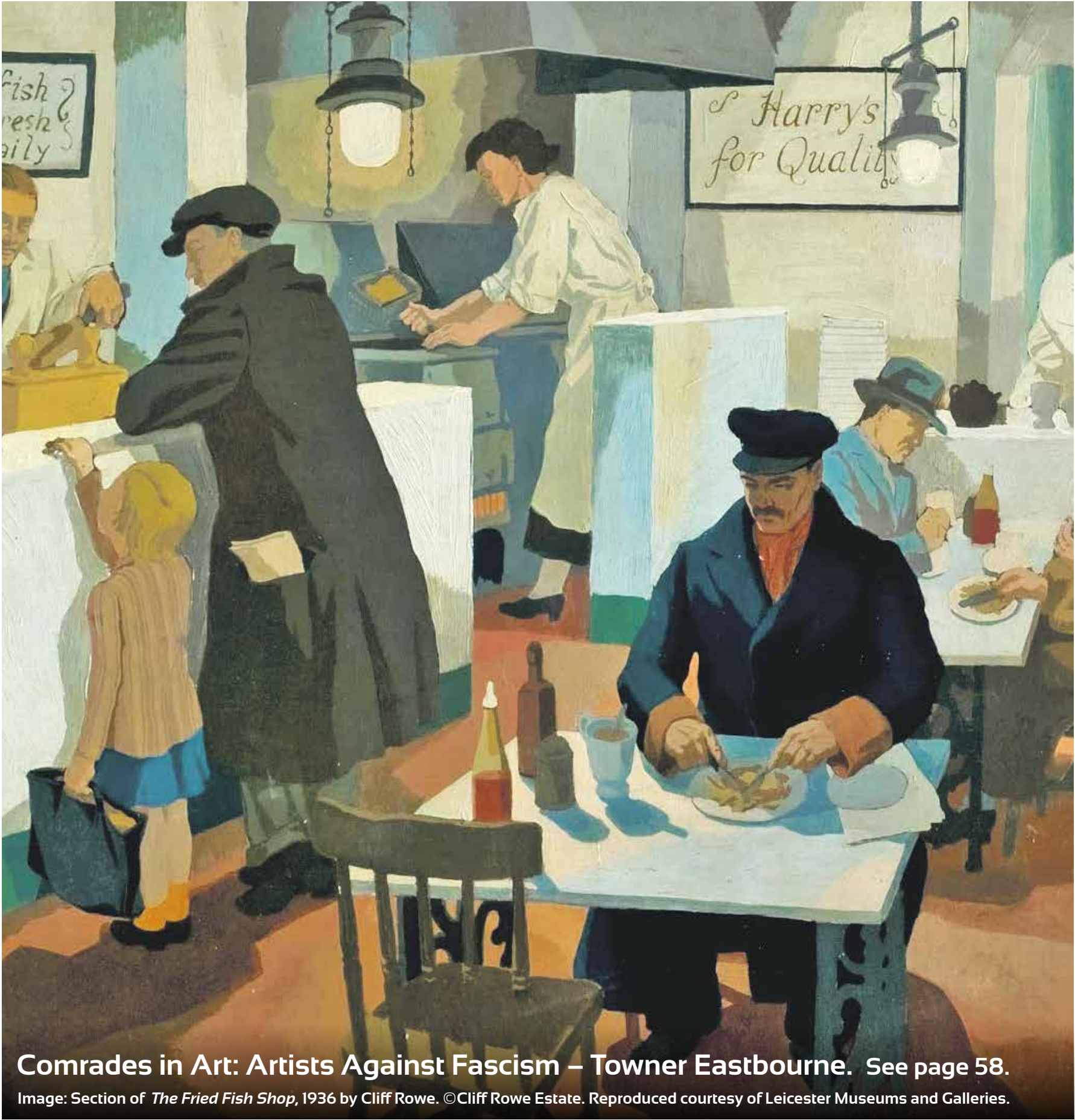
Email: info@advancepersonaltraining.com • www.apthealthandwellness.co.uk

Classes tailored to suit all levels



SIGN UP TODAY

TheArts



Comrades in Art: Artists Against Fascism – Towner Eastbourne. See page 58.

Image: Section of *The Fried Fish Shop*, 1936 by Cliff Rowe. ©Cliff Rowe Estate. Reproduced courtesy of Leicester Museums and Galleries.

bringing your art to life?
CONTACT CUSTARD

custard
DESIGN MARKETING PRINT
01323 430303 instant@custard-design.co.uk

Comrades in Art

THIS summer's exhibition at Towner Eastbourne will focus on the Artists International Association (AIA), an anti-fascist group that came together, despite great variation in style and practice, to oppose fascism and war and promote peace, democracy and culture for all.

By **Towner Art Gallery**

The exhibition is based on extensive new archival and collections-based research conducted by Andy Friend and published in his book, *Comrades in Art: Artists against Fascism, 1933-1943* (Thames & Hudson).

Opening on 7th May, *Comrades in Art: Artists Against Fascism* is the most comprehensive exhibition on

the AIA ever staged, and the first in over 40 years with the AIA as a central theme. Founded in 1933, the group campaigned for peaceful and cultural development, hosting exhibitions while promoting wider access to art through affordable prints and mural commissions.

Featuring artworks and ephemera documenting the everyday lives of artists and their working-class comrades during international conflict, the exhibition highlights work by Peggy Angus, Pearl



Cliff Rowe, *The Fried Fish Shop*, 1936. ©Cliff Rowe Estate. Reproduced courtesy of Leicester Museums and Galleries.

Binder, James Boswell, James Fitton, Margaret Fitton, James Holland, Percy Horton, Peter Laszlo Peri, Betty Rea, Cliff Rowe and Nan Youngman – each a member of the founding generation of the AIA. Their work will be shown alongside AIA exhibiting artists and supporters, including Ithell Colquhoun, Dame Laura Knight, Paul Nash and Lucien Pissarro.

Towner will run a series of public events during the exhibition, including day courses such as Political Printmaking with tutor Emily Johns and

Book Binding & Zine Making with designer Soofiya.

7th May to 18th October 2026

Tickets £5.50 to £11, Free for Towner Members. Book online and use code 'ONLINE10' to receive a 10% discount on your tickets.

Pay What You Can tickets available on the first Friday of every month.

To learn more and book now, visit towner.gallery/comrades.in.art

Deliciously Gorgeous Art Gallery

THE exhibition space celebrates its 4th anniversary this May. It was set up by co-founders Christine and Val Racher to showcase the work of local artists and raise funds for *St Wilfrid's Hospice*.

By **Gail McKay**

In the four years that the gallery has been open over £1,200 has been raised for the hospice.

Michele Mitchell, Community Fundraiser at *St Wilfrid's Hospice*, acknowledged the donation from *Deliciously Gorgeous Art Gallery* and explained that "over 70% of our services are funded by donations from the local community and the remainder by the NHS. Donations,

like those received from the Art Gallery, are vitally important to keep our services on-going and we thank everyone involved at *Deliciously Gorgeous* for their kind support."

Christine said "It has been an absolute pleasure for my sister, Val and I, to set up and run the gallery and provide an opportunity for so many local artists to display and sell their artwork."

Manager of *Deliciously Gorgeous*, Simon Cuss, added that "We've been amazed at the success of the gallery over the last four years and it's been

pleasing to see it develop into an established venue for local artists."

Please visit: www.deliciouslygorgeous.co.uk for more information about the café which is located at 12 Cornfield Road.

The calendar of exhibitions is full for the remainder of this year but if anyone is interested in exhibiting their artwork in 2027 please contact info@rachersoncanvas.co.uk

Please visit: www.stwhospice.org for further information about the hospice and ways in which you can help.

And you can see further examples of their work at: www.rachersoncanvas.co.uk.

You can view the exhibitions and enjoy refreshments at **Deliciously Gorgeous 12 Cornfield Road Eastbourne BN21 4QE**



Reading of Noël Coward’s beloved comedy for charity

GEMMA Page from *The Actors’ Radio Theatre Co.* is producing a special event at the *Grove Theatre* in Eastbourne to raise funds for *Mind* mental health charity.

By **Peter Lindsey**

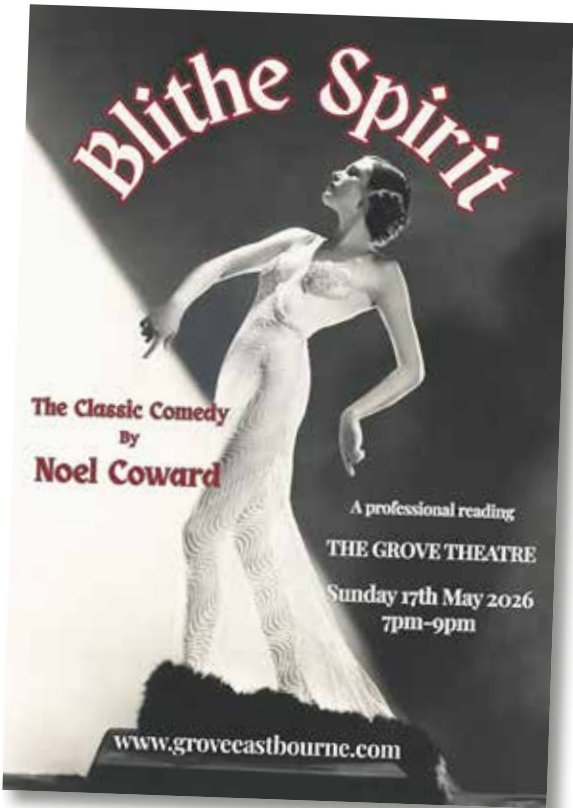
The rehearsed reading of Noël Coward’s beloved comedy *Blithe Spirit* is on Sunday May 17 from 7pm until 9pm.

The performance features a cast of leading West End actors, including performers known from *Midsomer Murders*, *Inside No. 9*, *Peaky*

Blinders, *Keep It in the Family*, *Full House*, *The Bill* and *Emmerdale*.

Gemma said: “All profits (after basic expenses) will be donated to *Mind*, and we are very grateful to the actors and creative team for giving their time in support of this cause.

“Many of the actors have direct or indirect experience with mental health issues and so this is a cause very dear to our hearts.”



Grove Theatre, Eastbourne
Date: **Sunday 17th May**
Time: **7–9pm**
Tickets: **£10**
Bookings: www.groveeastbourne.com/events/blithe-spirit-a-rehearsed-reading

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

7 Women Artists

Saturday the 2nd of May, every weekend until Sunday the 31st of May.
10am until 5pm
By appointment during the week.
(Closed over the weekend of 16/17th of May for a Private Function.)

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

THE EASTBOURNE INTERNATIONAL SINGING COMPETITION

28TH - 31ST MAY, 2026

Come To Hear The Opera Stars Of Tomorrow at the Birley Centre.



Book tickets online at www.ebisc.co.uk or buy on the door. Tickets from £20



WITH THANKS TO OUR SPONSORS



ARTISTS AGAINST FASCISM
COMRADES
IN ART



7 May to 18 October
TOWNER Eastbourne

Tickets £11, concessions available. Free for Towner Members and Under 25s.

Pay What You Can first Friday of every month

Cliff Rowe, *Women Silkscreen Workers*, mid-1950s. © Cliff Rowe Estate. Courtesy of the People's History Museum

Eastbourne's Community Play takes to the stage

EASTBOURNE Soup – Eastbourne's Community Play – takes place on June 4th, 5th and 6th at *The Winter Garden*.

By **Peter Lindsey**

The script is based in a community kitchen in Eastbourne and features stories shared with the organisers at research workshops in 2024.

It centres around a troubled 15-year-old who dreams of Eastbourne's past to escape the present.

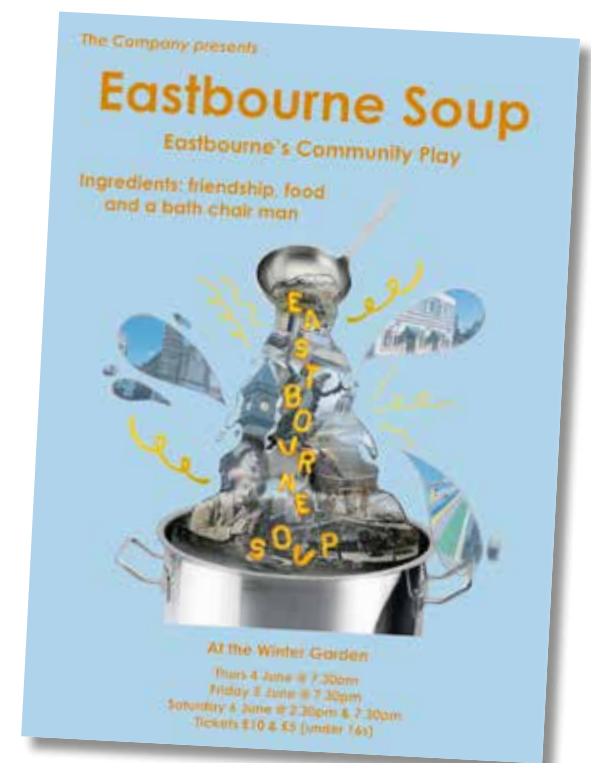
There is a cast of 44 community actors aged from seven to 80, plus *Concentus Choir* and *Printers Playhouse Community Choir*, *Eastbourne Silver Band* and the *Cuckmere String Quartet*.

There are more than 130 performers in total.

Five Young Creatives aged 18 to 25 are employed on the project, and *East Sussex College* is closely involved.

Compass Arts – based in Eastbourne – is creating many of the props for the show at workshops with fabulous local set/prop designer, Lucy Dean.

The *Eastbourne Shed* is making a large commercial kitchen for the set (in wood!), while t-shirts for all choir and band members have been designed and painted by the public at drop-in workshops at *The Beacon*.



It is funded by the *Backstage Trust*, *Chalk Cliff Trust*, *Darcy Clothing* and the *East Sussex Partnership*, with support from *Lewes* and *Eastbourne District Councils*.

For tickets please visit: www.trafalgartickets.com/eastbourne-theatres-eastbourne and search for '*Eastbourne Soup*'

Airbourne Adventure

EASTBOURNE Airshow inspires new children's book about a seagull with big dreams

By **Peter Lindsey**

A new children's book inspired by Eastbourne's world-famous Airshow is set to capture the imagination of young readers and local families alike.

Stephen Seagull's Airbourne Adventure tells the story of Stephen, a determined young seagull who dreams of flying alongside the *Red Arrows*.

Set against the familiar backdrop of Eastbourne's skies and seafront, the story celebrates one of the town's most iconic events while encouraging children to believe in themselves and aim high.

Blending humour, adventure and a strong local connection, the book brings the excitement of the Airshow to life from a unique perspective—through the eyes of a seagull who refuses to stay grounded and decides to make his dream come true.

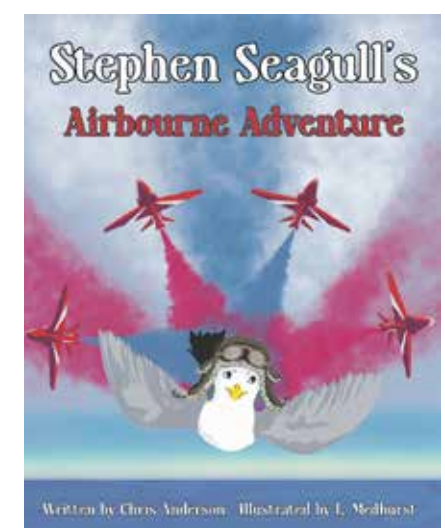
The story is designed to resonate especially with children who have grown up watching the Airshow, as well as visiting families who return to Eastbourne year after year.

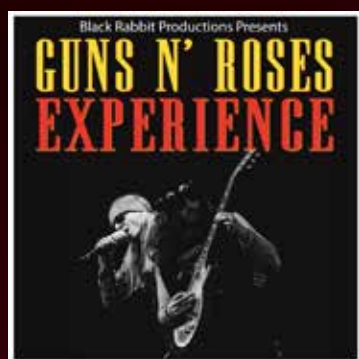
Chris Anderson has lived in Eastbourne for over a decade and

has always felt a strong connection to the local community. As a regular attendee of the *Eastbourne Airshow*, Chris wanted to celebrate the event and the town through storytelling. This is Chris's first book, with hopes of many more to come!

Stephen Seagull's Airbourne Adventure is available now on Amazon:

<https://www.amazon.co.uk/Stephen-Seagulls-Airbourne-Adventure-Anderson/dp/1036959414>





Guns N' Roses Experience
Friday 1 May



Coldplace
Saturday 2 May



The Kast Off Kinks
Friday 8 May



Strong Enough
Saturday 9 May



Let There Be Love
Every Wednesday from 13 May



RHT

Royal Hippodrome Theatre



The Robin Group: Summer Nights
Friday 15 May



Absolute Bowie
Saturday 16 May



Eastbourne G&S: The Mikado
(The McAdo)
Friday 22 - Sunday 25 May



K-Pop Party
Friday 29 May



Chris Hill's Dirty DC
Saturday 30 May



The D-Day Darlings: Victorious
Sunday 31 May

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



Green and pleasant

MAY is a bumper month for Bank Holidays, with two coming up on the 4th and 25th. Perfect opportunities for long weekends to get out and prepare your garden for the upcoming summer. It is certainly my busiest month, preparing for Driftwood's *by arrangement* openings throughout June and July. Spring is in full swing, but the weather can still catch us out. Here on the south coast, May is a month when the more tender plants can be put outside, but only to harden off, and not in more exposed areas.

By **Geoff Stonebanks**

This month hosts the Chelsea Flower Show and is famous for the "Chelsea Chop", which is great for stopping some plants getting too big and leggy. Read on for more about the chop and don't forget to feed your plants in order to get the best from them all this summer. The advent of the clocks going forward now gives us all more time to spend outdoors.

National Garden Scheme

Due to a typing error the May 10th opening of the fabulous *Legsheathe Farm* was omitted from the Sussex Booklet and the annual handbook. It is however listed correctly on the website at www.ngs.org.uk. The garden

can be found in Legsheathe Lane, near Forest Row, Sussex, RH19 4JN and it opens from 1:30pm to 4:30pm with entry £10. There is an image of the garden in the header. *Legsheathe* was first mentioned in Duchy of Lancaster records in 1545. It was associated with the role of Master of the Ashdown Forest. Set high in the Weald, with far-reaching views of *East Grinstead* and *Weirwood Reservoir*. The garden covers 11 acres, with a spring-fed stream feeding ponds. There is a magnificent davidia, rare shrubs, embotrium, and many different varieties of meconopsis and abutilon.

Other gardens to visit this month are 96 Ashford Road in Hastings open on three dates through the month on the 2nd, 9th and 16th from 1pm to 4:30pm with entry £4. This is a small Japanese inspired front and back garden.

In the town, on the 31st of the month is 51 Carlisle Road, BN21 4JR and *Chelmsford Lodge* at 12 Granville Road, BN20 7HE, both open from 1pm to 5pm with combined entry of £5. The former is a secluded, award-winning small garden with glorious early summer colour and the latter is a beautiful $\frac{3}{4}$ acre garden featuring a magnificent collection of unusual and mature trees. Full details on all four plots at www.ngs.org.uk

Chelsea Chop

Most gardeners will have heard the phrase, the Chelsea Chop, but what is it and what does it mean? It's a pruning technique used at this time of the year which helps to control and limit the size and flowering season of many herbaceous plants. According to the *RHS*, there are three suggestions or methods to ensure the Chelsea chop is effective. Which method you choose will depend on the type of plant, how big your plant clump is and the effect you want to achieve.

- Clumps of perennials can be literally be chopped back by one third to a half, using shears or secateurs. This will delay the flowering until later in the summer and keep plants shorter and more compact.
- If you have several clumps of one plant, try cutting back some of them, but leaving others. This will prolong the overall flowering time as some will flower early and the others later.
- Another method is to cut half the stems back at the front of an established clump, which will extend the season of flowering rather than delay it.

Fuchsias

Garden Fuchsias are really easy plants to grow, though can be slightly fussy about moisture and temperature. They work very well in containers, perfect

for my garden and most will thrive in part shade to full shade, which is a real bonus for the north facing patio at the back of my house. They don't like to be too hot, and they especially hate dry heat. Fuchsias are also much-loved for their long-flowering period from summer through into the autumn. They bear hanging bell-shaped flowers in a range of colours, including white, pink, purple and red, which are often referred to as ballerinas!

For those that get addicted, there's a huge number of different fuchsia varieties available to grow – some are hardy, while others are half hardy and require winter protection. Hardy types are grown as garden shrubs, whilst half-hardy plants are ideal for using as bedding in summer displays in hanging baskets or pots.

Driftwood opening 2026

Don't forget, Geoff's multi-award-winning garden, will be open again this summer, for pre booked visitors only, from 1st June through until 2nd August. Book your slot by emailing visitdriftwood@gmail.com or by calling Geoff on **01323 899296**, for individuals or groups of up to 25.

Read more of Geoff's garden at: www.driftwoodbysea.co.uk or follow both him and the garden on social media.

Geoff is a member of the Garden Media Guild and 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.

TRY COLLEGE FOR THE DAY

YEAR 10

TASTER DAYS

Try real college subjects
and see what it's like.

- Try up to 4 subjects.
- Meet expert tutors.
- Explore our campuses.
- Try sports & activities.

EASTBOURNE

25th June, 1st & 2nd July

HASTINGS

23rd, 24th & 30th June

LEWES

25th June, 1st & 2nd July

Scan to book
your place

