

FREE

EASTBOURNE  
COMMUNITY AWARDS

ENJOYING THE  
SUMMERTIME

Celebrating inspiring people  
from across Eastbourne.

Have fun in the sun and enjoy  
the many things to see and do.

07/26

Issue 073  
July 2026

Pages 14-15

Pages 35-40

# B<sup>urn</sup>efree

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

*Summer Edition*

**TOWNER**

# LATES

*Live music!*  
*psychedelic art-pop by*  
**big long sun**  
with support from  
*Gilroy Mere*

*Friday 31 July*  
6.00pm to 10.00pm

Interventions  
and workshops  
*Ruby Champion &*  
*Yanaëlle Ritter*

Film  
*curated by*  
*Volta Artists' Moving Image*

Food  
*Light Restaurant & Bar*

Exhibitions  
*Open late*

Tickets *£5 Advance, £10 on the door*  
*Book now* [towner.gallery/lates](http://towner.gallery/lates)




**MASSILIA BAY**

Discover Pevensey Bay's  
newest dining destination

Fresh seafood, Sunday  
roasts and chef's specials

**Book today**  
**01323 379715**

**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/](http://matthes.uk/newfamily/)  
TEACHER: [matthes.uk/newteacher/](http://matthes.uk/newteacher/)  
OR PLEASE RING EB 744020



**Lightning Fibre**  
Hyperfast Broadband

**Switch Smart.  
Switch Local.**

**1Gbps £32/mth**  
[LightningFibre.co.uk](http://LightningFibre.co.uk)



For breaking news 24/7, log onto our news website at  
[www.bournefreelive.co.uk](http://www.bournefreelive.co.uk)



Peter Lindsey, Editor.

### Contacts

Email: [andy@bournefreemag.co.uk](mailto:andy@bournefreemag.co.uk)  
Telephone: 01323 430303

### Editor

Peter Lindsey  
Email: [pete@bournefreemag.co.uk](mailto:pete@bournefreemag.co.uk)

### Advertising

Email: [gail@bournefreemag.co.uk](mailto:gail@bournefreemag.co.uk)  
Telephone: 01323 430303  
Email: [harry@bournefreemag.co.uk](mailto:harry@bournefreemag.co.uk)  
Telephone: 07809 443027

### Production

Custard Design, Eastbourne  
Email: [artwork@bournefreemag.co.uk](mailto:artwork@bournefreemag.co.uk)  
Telephone: 01323 430303

### Images

Cover: Towner Eastbourne  
Summertime: Rhema Kallianpur  
Hailsham Eye: Hailsham Festival  
Health: Coda Pharmacy  
The Arts: Towner Eastbourne

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

**custard**  
DESIGN MARKETING PRINT

**ignite**  
PR & Engagement

# The very best of Eastbourne...

**IT took a great deal of organising but the first ever *Eastbourne Community Awards* was an amazing success.**

By **Peter Lindsey**

**Many years ago, when I was Editor of the *Eastbourne Herald*, we used to run the *Eastbourne Achievers Awards*.**

They disappeared more than 10 years ago, and I feel incredibly privileged now to have played a part in reintroducing the event, albeit in a different format.

The awards are what *Bournefree* is all about – being at the heart of the community, and being able to make a difference.

That we have most certainly done.

*Coda Pharmacy* provided the perfect partner – Kim, who many of you will also know as the Community Champion at *Morrisons*, worked tirelessly to make sure it all happened.

There are so many people to thank, and hopefully our coverage inside mentions most, if not all, of them.

Sponsors, judges, *Glass House* – the staff were fantastic, Shirley who made all the trophies free of charge, the amazing DJ Ryan Millns, Don McPhee and team – thank you everyone.

The real success of the night was to see people smiling, happy, proud, even overwhelmed. These are all people also making a difference.

We were restricted in numbers so we were only able to have winners in each category – in truth there are many others we would like to have acknowledged.

That will happen. Their time will come. We are already starting to plan for 2027.



Every penny of profit has gone to two wonderful charities – *St Wilfrid's Hospice* and *SASBAH*, in Old Town.

It wasn't about making money for *Bournefree* or *Coda* – it was about being able to make that difference.

I must stress the importance the team at *Coda* played – and also to mention what a forward-thinking and positive business Colin and Chris have created.

It's about free prescription delivery, it's about hair loss, weight loss, sex issues and so much more.

Check out *Coda*!

### In other news...

It's turning into a great and hot summer for Eastbourne – a very successful *Tennis Week*, and soon it will be *Airbourne*.

**Happy July!**

## 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](mailto:gail@bournefreemag.co.uk)  
01323 430303



[harry@bournefreemag.co.uk](mailto:harry@bournefreemag.co.uk)  
07809 443027

Every care has been taken to ensure that the information in this magazine is correct. Neither the publisher, Bourn Free Publications Limited, nor contributors can take responsibility for loss or damage resulting from errors or omissions. Bourn 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. Bourn Free Publications Limited. All rights reserved. No part of this magazine may be reproduced in part or whole without express permission of the editor.

# JULY OFFER

## 'You buy the food and we supply the drink'

**SPEND £20 at *Polegate Fish Bar* and get a free 1.5L bottle of *Pepsi* or *Pepsi Max*.**

By **Peter Lindsey**

**Collection only and must have the voucher from *Bournefree* to hand in.**

**Valid from 1st July – 31st July 2026.**

**FOR DELIVERY**

Order online at:  
[www.polegatefishbar.co.uk](http://www.polegatefishbar.co.uk)  
Thursday to Saturday 5:00pm–9:00pm

**FOR COLLECTION**

Order online at:  
[www.polegatefishbar.co.uk](http://www.polegatefishbar.co.uk)  
7 days a week 4:30pm–9:30pm



**FREE DRINK**  
WITH THIS VOUCHER

**Get a free 1.5L bottle of Pepsi or Pepsi Max during the month of July when you spend £20 or more**

You must bring this voucher to the shop at 31 High Street, Polegate, to claim the saving.

One saving per transaction.



Swift Order



Follow us on Facebook.



# Eastbourne In-Bloom

**PUPILS from *The Parkland Federation* gathered at a very sunny *Holywell* as part of the 'Eastbourne In-Bloom' initiative organised by *Eastbourne Education Business Partnership CIO* and kindly sponsored by *Glendale*.**

By **Mina O'Brien**

**They met The Mayor of Eastbourne, Cllr Margaret Bannister, plus invited guests and families.**

The school designed the annual carpet garden which is situated near the *Holywell Tea Chalet*. The pupils

helped the team from *Glendale* to finish planting out their winning design together with the Mayor.

This is the 32nd annual carpet garden design created by pupils from local primary schools and planted at



Photo: Christina Baldwin – [www.christinabaldwin.co.uk](http://www.christinabaldwin.co.uk)

*Holywell* for *Eastbourne Borough Council*. The initiative contributes to the children's curriculum work by putting learning into context and developing links beyond the classroom.

The 'Reading In Bloom' theme celebrates the *National Year of Reading* and enabled the schools to choose a favourite book to base their design on – *The Snail and The Whale* by local Sussex Author – Julia Donaldson.

Jane Branson and Jane Midwinter from *Eastbourne LitFest* presented

the children with a copy of *The Snail and The Whale* as a keepsake of their great work.

The young *Parkland* pupils used a combination of traditional carpet garden plants together with coloured stones to create a beautiful eye-catching carpet garden design.

The distinctive carpet garden design will now be seen by the many hundreds of visitors to *Eastbourne* and local residents over the summer months.

# Heartfelt thanks to foodbank supporters

**EASTBOURNE Foodbank supporters have been thanked by people needing the service in the charity's recently published impact report.**

By **Juliet Mead**

**A series of stories from people at Eastbourne Foodbank have been published to demonstrate the impact donations have on lives in our neighbourhoods.**

From welfare benefits and debt advice, emergency food to inclusive volunteering opportunities – the

'hardship to hope' stories capture the life-changing moments experienced by people in financial crisis throughout 2025.

Those life-changing moments were only made possible by generous donations to Eastbourne Foodbank. The report is entitled 'Powered by You', paying tribute to foodbank supporters across the town who have contributed to a whole-community response to poverty.

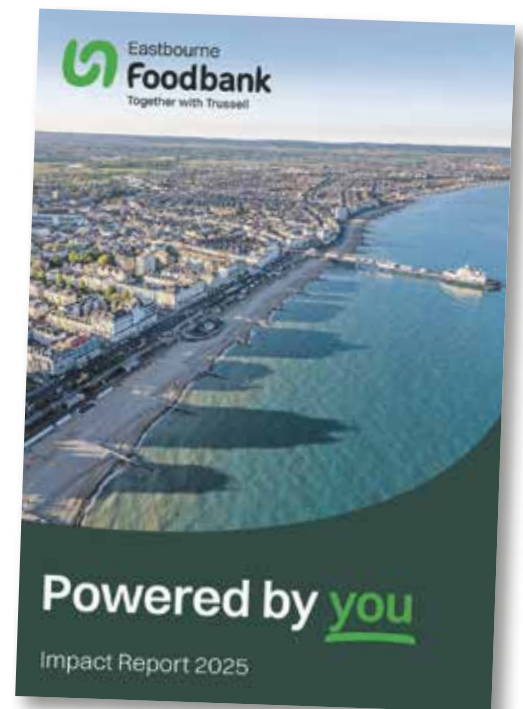
Jess Holliday, CEO at *Eastbourne Foodbank*, said: "It is an absolute privilege to share the impact you – the people of Eastbourne – had in our wonderful town last year.

"I believe the people of Eastbourne have the heart and power to continue our mission and, together, move towards a better tomorrow for our children.

"Together, we are working to see an Eastbourne where everyone can afford to buy what they need to survive.

"From the bottom of my heart – thank you."

*Eastbourne Foodbank* will soon be launching its summer fundraising appeal – sharing Olivia's story. Olivia is a teenager who experienced poverty and is struggling to stay in school because she doesn't have the essentials she needs.



You can read Olivia's story and many more in the foodbank's 2025 impact report at the link below or by scanning the QR code:

[www.eastbourne.foodbank.org.uk/news/supporters-thanked-in-impact-report](http://www.eastbourne.foodbank.org.uk/news/supporters-thanked-in-impact-report)



# ESCG teams up with ETFC

**EAST Sussex College – a true champion for its local communities – is teaming up with Eastbourne Town Football Club.**

By **Matthew Watkinson**

**The college has agreed to be the club's main Club Partner for the 2026/27 season.**

This exciting collaboration marks the beginning of a new chapter for both organisations, bringing together football, education and community to create meaningful opportunities for young people across the region.

The partnership will focus on supporting the next generation both on and off the pitch, with plans to develop initiatives that connect sport, learning and career pathways.

Rebecca Conroy, CEO & Principal of *East Sussex College*, said: "We are absolutely delighted to be partnering with *Eastbourne Town*



*Football Club* as their Main Club Partner for the 2026/27 season.

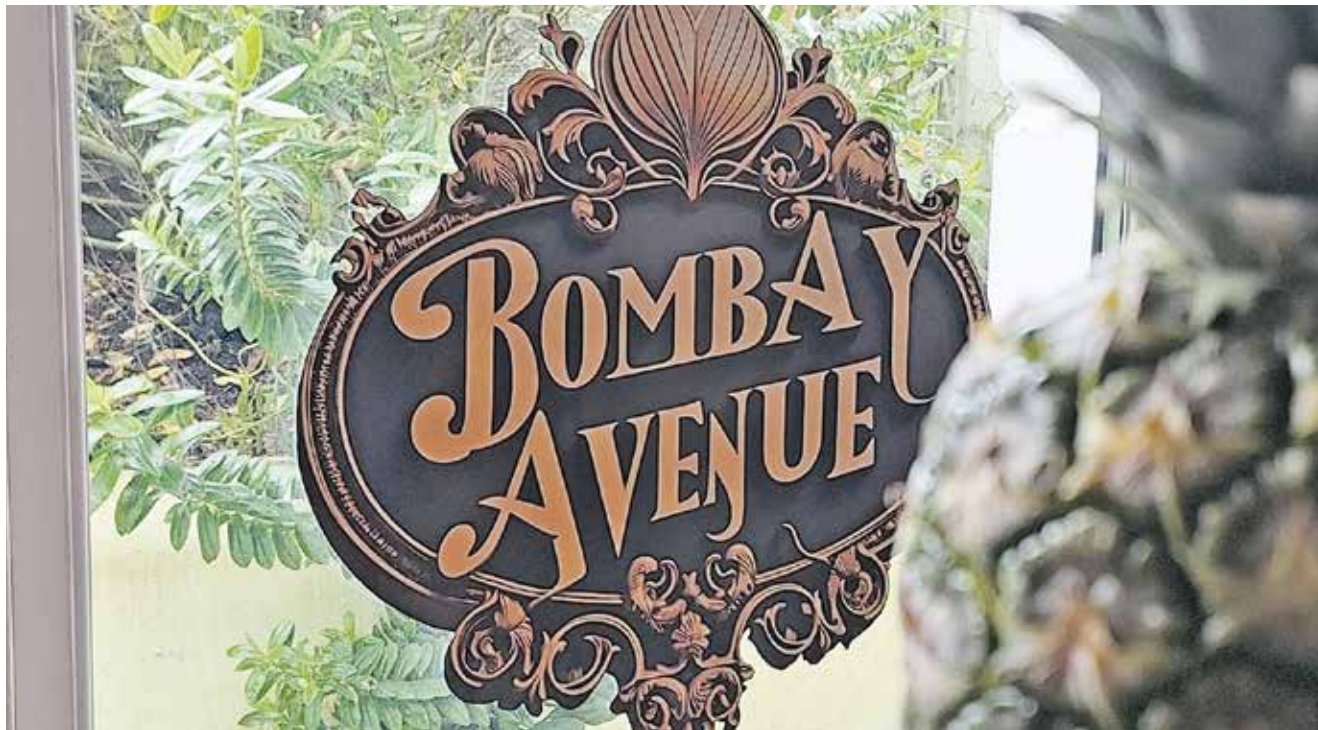
"At *East Sussex College*, we are passionate about creating opportunities that inspire and support young people, and this partnership allows us to do exactly that through sport, education and community engagement."

Dave Shearing, *Eastbourne Town Football Club* Chairman, said: "This partnership is about creating real opportunities for young people in

our community while strengthening the connection between football and education.

"*East Sussex College* shares our vision for development and accessibility, and together we can provide meaningful pathways that benefit both students and the wider community."

*East Sussex College* is looking forward to getting behind the team at *The Saffrons*, supporting *Eastbourne Town FC* throughout the 2026/27 season.



# Bombay Avenue brings authentic flavours to Eastbourne

**EASTBOURNE'S dining scene has welcomed an exciting new addition with the opening of *Bombay Avenue*.**

By **Peter Lindsey**

**Located on Grove Road, and Carlisle Road and the near town's seafront area, the restaurant is already attracting attention from local food lovers seeking authentic Indian cuisine in a contemporary setting.**

The new restaurant aims to offer guests a memorable culinary journey through India, featuring a menu inspired by traditional recipes and

regional flavours. From aromatic curries and freshly prepared tandoori dishes to vegetarian specialties and street-food favourites, *Bombay Avenue* promises something for every palate.

The restaurant's stylish interior combines modern décor with warm hospitality, creating a welcoming atmosphere for family gatherings, celebrations, business lunches, and

casual dining. The management says its focus is on quality ingredients, attentive service, and delivering an authentic Indian dining experience to the Eastbourne community.

Eastbourne already boasts a strong reputation for international cuisine, and *Bombay Avenue* joins a growing collection of Indian restaurants in the area, contributing further diversity to the town's food scene.

Early visitors have praised the restaurant's presentation, flavourful dishes, and friendly service. With its convenient location at Carlisle Road and the seafront, *Bombay Avenue* is expected to become a popular destination for both residents and visitors looking to enjoy quality Indian food.



As Eastbourne continues to grow as a food and tourism destination, the arrival of *Bombay Avenue* represents another positive investment in the town's hospitality sector. Food enthusiasts are encouraged to experience the restaurant's menu and discover the rich tastes and traditions of Indian cuisine.

For reservations and information, guests can contact *Bombay Avenue* directly.

*Bombay Avenue* is located at *Devonshire Park Hotel* 27–29 Carlisle Road, Eastbourne, just a short walk from International Tennis Court and the seafront area.

**01323 728144**

**Devonshire Park Hotel  
27–29 Carlisle Road  
Eastbourne BN21 4JR**



# Book now for the Eastbourne Business Show

**LIGHTNING Fibre will once again be headline sponsor of the *Eastbourne Business Show 2026*, taking place on Wednesday 9th September 2026, from 10am to 3pm at *The Kings Centre, Eastbourne*.**

By **Peter Lindsey**

**Organised by Nick Bryant and Mike Monk, the free event brings together businesses, charities and community organisations from across East Sussex for a day of networking and local collaboration.**

Nick said: "After a highly successful debut in 2025, the Eastbourne Business Show is back – and we're delighted to confirm that *Lightning Fibre* will once again be the Headline Sponsor.

"We hope to see representatives from hundreds of local business on the day – it's always great to connect with passionate professionals driving local



business forward. Looking forward to an exciting event with networking, exhibition and seminars."

2025's inaugural event welcomed more than 70 exhibitors, with businesses from sectors including retail, hospitality, construction, technology and professional services taking part.

Visit the official *Eastbourne Business Show* website to find out more and put 9th Sept in your diary

to attend. There are still some stand spaces available.

If your business needs a productivity boost, talk to Joe Brownell about *Lightning Fibre's* business broadband options on **01323 380260**.

 **Lightning Fibre**  
Hyperfast Broadband

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

 **Lightning Fibre**  
Hyperfast Broadband

**Switch  
Smart.  
Switch  
Local.**

**1Gbps**  
**£32**  
per month

No annual price rises.

**01323 380260**  
[LightningFibre.co.uk](http://LightningFibre.co.uk)

Rated Excellent



★ Trustpilot



# Summer in the Town Centre

Summer has well and truly arrived — and whatever the weather, there's plenty to draw you into Eastbourne town centre this season.

The works in Victoria Place are almost complete, with new festoon lighting, benches, bins and planters all now in place. Traders have put together a full programme of live music for the summer, kicking off at the end of July — check our social media and look out for posters in Victoria Place for details. And don't miss the Farmers Market returning to the Towner Plaza on 4 July, or the Antiques Market coming to Victoria Place on 18 and 19 July.



## New smart seating creates more places to relax in Eastbourne town centre

Visitors to Eastbourne town centre can now enjoy new seating areas at The Beacon, designed to provide comfortable places to pause, meet friends and recharge while visiting the town.

The new curved timber seating has been installed throughout the shopping centre in response to customer feedback calling for more places to sit and take a break. Unlike traditional benches, the design allows people to sit from multiple directions and gather naturally in small groups, helping to create welcoming spaces for visitors of all ages.

Selected seating areas also feature integrated charging points, allowing people to charge their phones while they shop, enjoy refreshments or spend time in the town centre.

The investment forms part of The Beacon's ongoing commitment to improving the visitor experience and supporting Eastbourne town centre as a place where people can shop, socialise and spend time with family and friends.

Mark Powell, Centre Manager at The Beacon, said: "The new seating has already received fantastic feedback from both our local community and first-time visitors, who are making great use of the integrated charging technology and comfortable new spaces.

"As The Beacon continues to welcome increasing numbers of visitors, it was important that we invested in facilities that enhance the customer experience and create more places for people to relax and enjoy spending time in Eastbourne town centre."



## Eastbourne's Best Dressed Windows



### Proud to Host Pride in Little Chelsea

Your Eastbourne BID was delighted to support the organisers of Eastbourne Pride in bringing this important event to the heart of Little Chelsea. Revellers enjoyed live music, DJs and activities throughout the day, while traders joined in the spirit by hosting their own events and dressing their windows for the occasion. A special mention to Eastbourne Samaritans, who won the Best Dressed Window for Pride.

### Love-All: the Tennis Fanzone

The Tennis Fanzone made a welcome return to the town centre last month, with visitors and residents enjoying world-class tennis from the comfort of deck chairs in Victoria Place during the international tournament. A huge thank you to the thirty-plus businesses who took part in our 'Best Dressed Tennis Window' competition. Highly Commended went to the Art House Café and Foundry Coffee, with The Clock House taking the overall prize — and the trophy to go with it.



We run window dressing competitions for all major events throughout the year. If you're a town centre business and would like to get involved in our next one — **Flying High for Airbourne** — email us at [info@youreastbournebid.com](mailto:info@youreastbournebid.com).

## Driven by business, funded by business

Your Eastbourne BID is independently funded by town centre businesses to support and promote our area. We've organised events like the Little Chelsea Festive Fun and Fireworks, funded Christmas lights and installed CCTV and planters. Decisions are made by a voluntary team of Directors who represent local businesses, dedicated to creating a thriving, vibrant town centre for everyone to enjoy.

Don't forget, the BID has launched a monthly newsletter that promises exclusive updates, hidden gems and early access to special offers. It's an exciting way for residents and visitors alike to stay connected to everything happening in town, so please do sign up by scanning the QR code.



# Illustrated Eastbourne!

FOR a project like *Blue Heart*, there are lots of technical maps, graphs and diagrams – none of which are very pretty!

By **Eleanor Lanyon**

We wanted to create a map that celebrates our project area of Eastbourne, Pevensey and Polegate, and commissioned artist Helen Cann to create this beautiful, hand-illustrated map.

Her work shows the green and blue spaces in and around the project

area: the Eastbourne Levels in the centre; rural Wealden to the north; Pevensey Levels to the east; sea to the south; and the South Downs to the west (where some of our drinking water is purified by the chalk aquifer).

The map picks out the water courses (known locally as 'sewers') which crisscross the area and take water across Eastbourne, down to Pevensey and the sea.



You can take a closer look at the map with our magnifier tool on the *Blue Heart* website:

[www.blueheart.org.uk/home/illustrated-map](http://www.blueheart.org.uk/home/illustrated-map)



 **LIVING·WELL BATHROOMS**  
by AHM Installations

**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.

**£600**  
off a new  
bathroom!

T&Cs apply -  
see website



**01323 885410** Lines open 7 days  
[www.livingwellbathrooms.co.uk](http://www.livingwellbathrooms.co.uk)

★ **Trustpilot**  
★★★★★  
RATED EXCELLENT

**Checkatrade**

**BIFIS**

**Which?**  
Trusted Trader



Images by Rupert Kirby.



Rupery (Left) with the wonderful Grand Flowers team.

# Lighthouse Challenge completed

IT really was the most amazing summer day...

By **Peter Lindsey**

**More than 1,750 people took the plunge this year to complete the annual Beachy Head Lighthouse Challenge.**



It's not the easiest of walks – everyone arrived at the kiosk at the foot of the Downs by Bedes, then proceeded to the check-in area at Whitbread Hollow.

It was then crossing the Downs to Cow Gap, descending the steps to the beach, navigating over rocks, boulders, sand, and slippery seaweed – to reach the lighthouse.

It sure is one wonderful feeling.

You then, of course, have to walk back.

It was organised by *Eastbourne AM Rotary Club*, and Martin Wellings said: "We were delighted to see so many people. Such tremendous support, and we have raised around £15,000 for *St Wilfrid's Hospice* and the other charities we support.

"Thank you to everyone who made this happen."

## Rupert's stunning images go on sale

**EASTBOURNE'S Rupert Kirby is one amazing photographer – and now he's selling his limited-edition packs of six A5 greeting cards.**

By **Peter Lindsey**

**They are available from *Grand Flowers in Meads* with all monies going to *St Wilfrid's Hospice*.**

He said: "Each pack features a selection of my some of my favourite local photographs, professionally printed to a high standard and perfect for sending, gifting, or simply keeping for yourself.

"Most importantly, proceeds from every pack sold will help support the charity that provides incredible care and support to local families when they need it most. My dad received wonderful support from a hospice and the hospice service is facing huge challenges with funding.

"The first packs are already starting to flying off the shelves, so if you'd like one, don't leave it too long.

"A huge thank you to Ian and the wonderful team at *Grand Flowers* for helping to make this happen and for supporting such an important local cause."

Available now at *Grand Flowers*, 32 Meads Street Eastbourne.

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



# Time to talk at JPK... at 6:30am



**IT may not be for everyone, but business networking is important for many wishing their company to grow.**

By **Peter Lindsey**

**There are different days and different times to do this – try 6:30am until 8:15am at *The JPK Project Hub* in Church Street, Old Town.**

It's a group of between 15-20 people, so good for those who don't like rooms full of 60-plus people.

Cale Sinfield from *Kangaroo Connections* runs the group.

He said: "There's something brilliant about starting the day with good conversation, a decent breakfast, and a room full of local business people who genuinely want to get to know each other."



"Big Breakfast takes place every two weeks, and it would be great to see some new faces at the next meetings."

*Bournefree* Editor Peter Lindsey was a recent guest: "It's a great breakfast,

friendly chat and a lovely way to start the day. I really enjoyed it."

For more details visit: [www.rooconnects.co.uk/events](http://www.rooconnects.co.uk/events) or email: [cale@rooconnects.co.uk](mailto:cale@rooconnects.co.uk)

# Summer Success

**THE *JPK Sussex* and *SASBAH Summer Fair* was a resounding success – games, fun, information, raffle.....all lovely.**

By **Peter Lindsey**

**The purpose of the event was awareness and fundraising for the charity situated at 39–41 Church Street, Old Town, Eastbourne, and share information about the local Learning Disability population.**

The *JPK Sussex Project* is dedicated to helping people with learning disabilities and their families. It has seven flats at its site called *Gow Lodge*, a supported living centre supported by a local not for profit care provider.

Luke Watts, Trustee at *JPK*, said: "It was a hugely successful day, and I want to thank everyone who came along.

"We had a lot going on – there was a large number of stalls, BBQ, drinks, raffle, tombola and fun games. We loved talking about our future plans and having so many neurodiverse people come along.

"We were really pleased that the *Radio DGH* team came along too. So wonderful having so many great organisations working together.

"The event took place during *Learning Disability Week* – a week dedicated to raising awareness about learning disabilities and advocating for inclusivity and support for individuals with learning disabilities. We need to make society better at realising how wonderful differently able people are how we can enrich their lives and benefit from them in Eastbourne. Such



a success, we have already begun planning one for 2027, 19th June!!!!

"As a team, our staff and volunteers at *JPK* wanted to demonstrate our support for the learning disability community."



# Eat well Laugh often Love a lot

**AT LA DOLCE VITA, Eastbourne's No.1 Mediterranean fusion restaurant.**

By **Harry Farmer**

**In a perfectly timed announcement ahead of the World Cup 2026 kicking off, La Dolce Vita presented an incredibly successful sold out World Cup Memories Luncheon – An Afternoon with Tina Moore on Sunday 14th June.**

Once married to Bobby. England's young 25 year old captain, winner of the 1966 World Cup, who lifted the Jules Rimet trophy at *Wembley Stadium* on Sunday 30th 1966. Tina was elegantly dressed as she enthralled diners with countless engaging anecdotes and tales of Bobby and her world and Bobby's life away from the football pitch. Keeping the diners laughing and happy as she produced a captivating Q&A session.

The fully entertained diners took advantage of the sunshine and enjoyed *Al Fresco* hospitality before sitting down to a mouth watering bespoke 5 course meal freshly prepared and presented by owners Lorenzo Cinalli, Nelly Pricop and chef Julio Calderon, including such delicious dishes as Veal Tannato, Vegetable Tataré, Brasato and Parmigiana. The delicious dishes kept on flowing as did Lorenzo's eclectic and superb selection of Italian wines, being ordered by the diners continuously.

**The culinary adventure which the diners experienced long into the night continued even after the sun had gone down with no one wanting to leave *La Dolce Vita*.**

With a donation from each ticket sold, *La Dolce Vita* are thrilled to announce that a substantial amount of money was raised for the events chosen charity, *Children with Cancer Fund*.

Don't miss out on what *La Dolce Vita* offers next, with fresh locally sourced food always on the menu, Lorenzo will always encourage his diners, old and new to choose off menu for one of their unique signature dishes – best you book a table now!

It's highly recommended that you follow *La Dolce Vita's* socials for up to date announcements on new events and menu changes.

Come enjoy live music every Saturday night with resident musician, Roberto.

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

**01323 404802 / 07788 310615**  
**[www.ladolcevitaeastbourne.com](http://www.ladolcevitaeastbourne.com)**  
**@la\_dolce\_vita\_eastbourne**

**Opening Hours**  
**Tuesday to Thursday:**  
**11:45–14:45 then 17:30–21:30**  
**Friday and Saturday:**  
**11:45–14:45 then 17:30–22:00**  
**Sunday and Monday: Closed**



**10% DISCOUNT ON FOOD & DRINK – TUESDAY TO THURSDAY**

# 'Eastbourne stands with us'

IT was the first year *Eastbourne Pride* had come into the heart of the town – and what a success it was.

By **Peter Lindsey**

**There was also a new team in charge – and Michael was absolutely thrilled:**

"We are so proud of Eastbourne.

"From having our wonderful Mayor, Margaret Bannister, open *Pride Comes to Town*, to Cllr Kathy Ballard reaffirming the council's support for our LGBTQIA community, the message was clear: Eastbourne stands with us.

"Eastbourne Borough Council flew the Pride flag from the Town Hall, and the *Eastbourne Safety Advisory Group* offered invaluable support and guidance throughout.

"We receive no funding from the council – nor do we seek any – but their continued support in so many other ways, especially at a time when other councils are withdrawing support, makes our town something truly special.



"Eastbourne showed what community looks like, and we couldn't be prouder."

The event took place in Grove Road and South Street.

Resident Leigh Savage summed up the views of many: "Eastbourne

has shown what genuine inclusion looks like.

"Eastbourne stands out as a model for how a town can celebrate diversity with purpose."



**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](http://www.eckbookkeeping.co.uk)

✉ [admin@eckbookkeeping.co.uk](mailto:admin@eckbookkeeping.co.uk)

☎ 01323 348 480

**aat** AAT Licensed Accountant  
Elizabeth Kelly is licensed and regulated by AAT  
under licence number 2001155



## Keep It Light.

House Clearance Co.



**We tackle the clutter others avoid. We lift, sort, and sweep until nothing's left behind. We give forgotten items a second life and clear the rest responsibly. We work through tight deadlines, heavy loads, and emotional goodbyes. From single rooms to entire homes – we clear it all, so you can keep it light.**

**More than clearing space, it's creating peace of mind.**

[hello@keepitlight.co.uk](mailto:hello@keepitlight.co.uk)  
01323 312 134

[keepitlight.co.uk](http://keepitlight.co.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** option 2-1-1

**Gold & Silver at  
RECORD HIGH PRICES**



Sold for  
**£3,700**

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  
**£1,700**



Sold for  
**£1,900**



Sold for  
**£1,600**



Sold for  
**£1,850**



Sold for  
**£2,600**



Sold for  
**£2,700**



Sold for  
**£2,500**



Sold for  
**£3,000**



Sold for  
**£3,800**



Sponsoring  
the weather

# Eastbourne Auctions

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

Auction House, Finmere Road, Eastbourne BN22 8QL



**FULL Probate and House Clearance Service in Operation**



# What a night!

**ON Thursday 18th June, we were lucky enough to host our very first *Eastbourne Community Awards* – and what a night it was!**

By **Molly Graff**

**Coda Pharmacy and Bournefree brought together some of the most inspiring people from across Eastbourne.**

It was an evening dedicated to celebrating the individuals, charities and community groups that make our town such a special place to live.

The event took place at the amazing *Glass House* on Eastbourne seafront. They put together a lovely two-course meal for all of our guests.

We were lucky enough to have the amazing Ryan Millns from *Ashdown Radio* present the awards.

We were also honoured to be joined by Eastbourne MP Josh Babarinde OBE, Eastbourne Mayor Margaret Bannister, and Polegate Mayor Stephen Shing, who attended alongside our friend and Deputy Polegate Mayor, Dan Dunbar.

It was amazing to see so many people come together to recognise the

dedication and kindness that often happens quietly behind the scenes.

The awards were created as our way of giving something back to the community. Every day, there are people across Eastbourne volunteering their time, supporting others, raising money for good causes and making a huge difference to the lives of those around them. Too often, these efforts go unnoticed, so we wanted to create an event that really celebrated those unsung heroes.

One of the best parts of the evening was hearing the stories behind the nominations. From individuals overcoming challenges to help others, to charities and organisations providing vital support across our town, every winner had an amazing story worth celebrating.

More than anything, the night was a reminder of just how lucky we are to live and work in such a caring

and supportive community. We left feeling incredibly proud of our town and grateful to everyone who helped make the event such a success.

All proceeds from the night went to two incredible charities very close to all of our hearts here at *Coda Pharmacy* and *Bournefree Magazine* – *St Wilfrid’s Hospice* and *SASBAH*.

We would like to say a huge thank you to everyone who attended, nominated someone, sponsored an award, or supported the event in any way. We couldn’t have done it without you, and we’re already excited about doing it all again next year.

A special thank you to *YesPromo* for donating the beautiful trophies, *Ballooning Great* for putting together our balloon arch, *The Lansdown* for sponsoring the welcome drinks and Don McPhee for giving up his time to supply entertainment and putting together an amazing raffle and silent auction.



Rom—SASBAH, Chris—Coda, Debra Elliott—St Wilfrid’s Hospice, Colin—Coda.



Awards compère Ryan Millns.



**YOUNG RISING STAR** sponsored by P/L Homestay Hub: **Jacob and Arlo James**



**YOUTH CHAMPION** sponsored by East Sussex College: **Anna Rayner**



**GREEN SPARKS OF CHANGE** sponsored by P/ Skips: **Eastbourne Scrap Store**



**CARER OF THE YEAR** sponsored by Walfinch: **Jan Vanstone and Sarah McCay**



**BRAVERY AND RESILIENCE** sponsored by Stagecoach: **Jerry Daly**



**OUTSTANDING CONTRIBUTION** sponsored by Hallmark Willingdon Park Manor: **Mankind**



**VOLUNTEER OF THE YEAR** sponsored by Madeira Windows: **Anna and Amy at Eastbourne Menopause Support Group**



**ABOVE AND BEYOND** sponsored by Beatty Dental: **Bethany Winter at Be Gymnastics**



**COMMUNITY CHAMPION** sponsored by Eastbourne Healthcare Network: **Marie Baker at Amaze Sussex**



**HEART OF COMMUNITY** sponsored by Eastbourne Coaches: **Friends of Eastbourne Seafront**



**ARTS AND CULTURE** sponsored by Glass House: **Kali Peacock at Underwire Production**



**ROTARY CLUB EXCELLENCE AWARD** (Eastbourne AM and Rotary Club of Eastbourne) sponsored by The Beacon: **Radio DGH**



**HEART OF GOLD** sponsored by Bluebird Care: **Don, Abby and Thomas McPhee**



# Skip into Summer

**A LITTLE primary school in Firle shows that it's leaping ahead when it comes to well-being.**

By **Jessy Wilson**

**It was an absolute hop, skip, and a jump into the summer term at our gorgeous village school this week where the entire student body traded pencils for ropes in a high-energy skipping workshop day. Children and adults alike loved every second, mastering everything from basic bounces to the cross and butterfly styles.**

This old-school playground pastime is a surprising superfood for the body and mind: just ten minutes of jumping rope packs a cardiovascular punch equivalent to a 45-minute run; it builds bone density; turbocharges hand-eye coordination; and releases a tidal wave of mood-boosting endorphins.

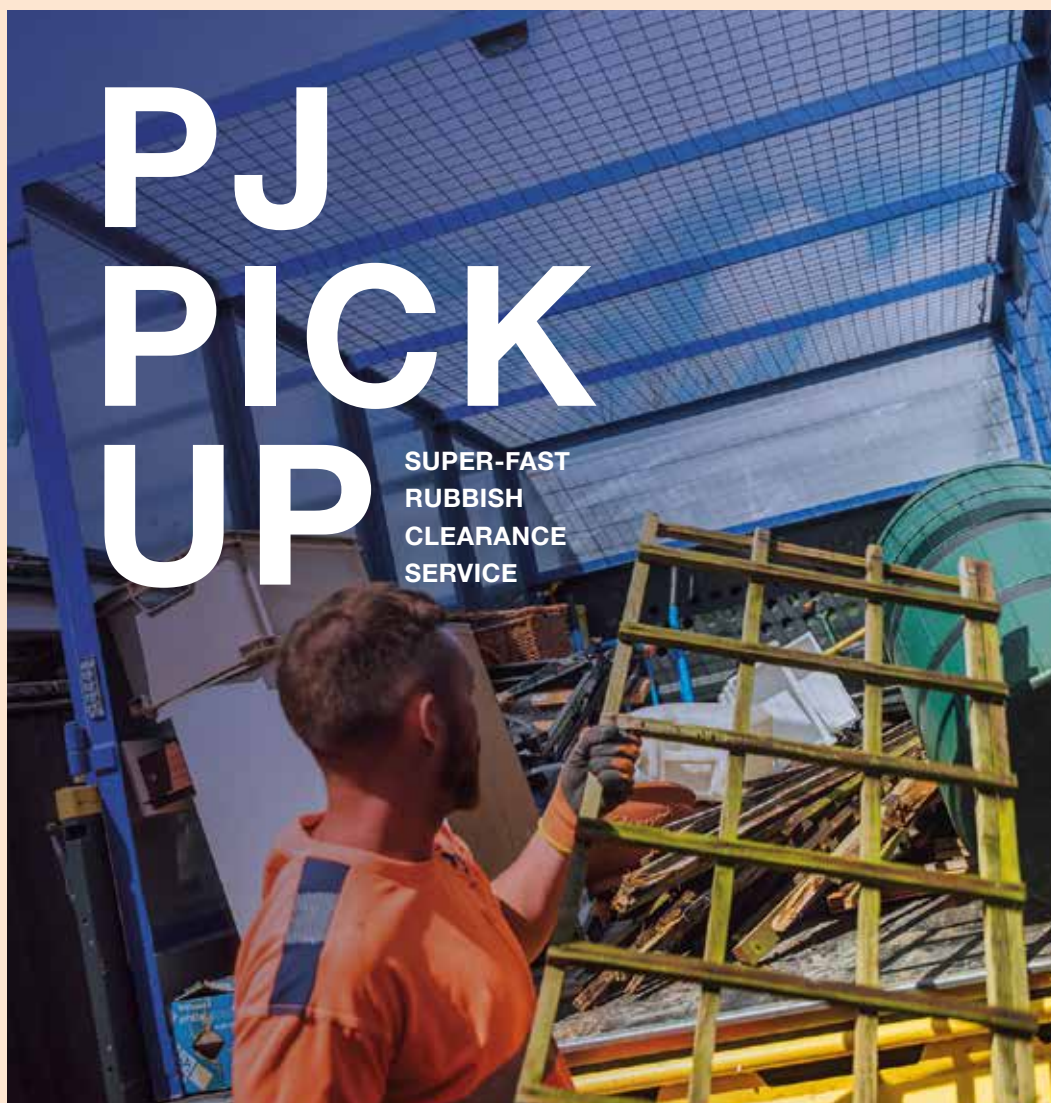
Watching the kids learn to sync their arms and feet was pure joy. Beyond physical fitness, the rhythmic motion boosts brain power, sharpening focus ready for the mental workouts of the classroom. Skipping will definitely

be added to the range of exciting outdoor activities on offer at *Firle CE Primary School* – from regular expert tennis coaching to weekly forest school...in a proper forest!

The day did wonders for the community spirit too. staff joined the fray, proving you never truly outgrow the urge to jump over a rope. *Firle CE Primary School* love any opportunity to have fun together as a community and there is nothing quite like a tangle of giggles and flying ropes to bring everyone together!



To find out more about this hidden gem of a school, call to arrange a visit. Phone: **01273 858260**



# 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](http://PJ-WASTE.CO.UK)

# Veterans walk 100 miles for The Gurkha Welfare Trust

**JANE Slater and John Wilton are both aged 84 – and decided they wanted to walk to raise funds for people desperate for water.**

By **Peter Lindsey**

**In rural Nepal, many women and children walk up to three miles each day just to collect water for their families.**

Jane and John set themselves a target of walking at least one mile each day in May to help these suffering people through *The Gurkha Welfare Trust*.

And despite illness, between them, they walked an incredible 100 miles.

Jane, from East Dean near Eastbourne, said: "It was a real challenge and a real privilege to take part in the 'Walk for Water.'

"It wasn't without its challenges – John was ill in bed for three days and then he was unwell for another three days.

"I was due to be with my son and his family in Italy, but that had to be delayed because John was unwell.

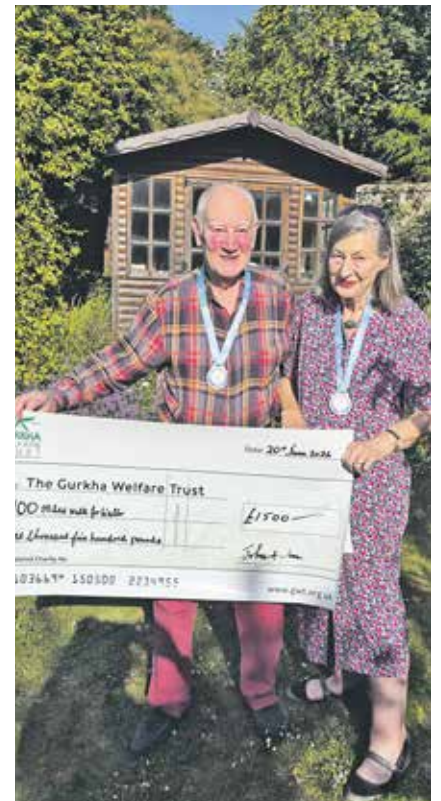
"When I finally arrived in Italy, I kept walking – sometimes up to three miles a day.

"I had to do it – it was something we had both pledged to do, and nothing was going to stop me."

John is a seasoned fundraiser. In 2008 – when he was *Rotary District Governor* – he organised a *Paul Harris Fellowship* – the highest *Rotary* accolade – to TV personality Joanna Lumley for her work with the Gurkhas.

He proudly carried the *Olympic Torch* through Bexhill in 2012, and that is when he first met his walking partner Jane.

He said: "Jane first saw me in 2012 when I let her hold my *Olympic Torch*. She knew I was a long distance walker having completed ten marathons in ten days in a previous fundraising challenge for *Stoke Mandeville Hospital*.



"We have raised around £1,500 through donations from family and friends. Next year we plan to have a bigger team and together cover 1,000 miles."

A total of 41 people took part in *Walk for Water*, raising around £9,000.

## THE LANSDOWNNE

Afternoon Tea  
*'A Day at The Beach'*

£28  
per person



Scan to book



Make afternoon tea at The Lansdownne your new tradition. *Always* a good idea.

Lansdownne Hotel,  
King Edward's Parade,  
Eastbourne BN21 4EE



01323 725 174  
[lansdownne-hotel.co.uk](http://lansdownne-hotel.co.uk)



01323 419001  
[WWW.MADEIRAWINDOWS.CO.UK](http://WWW.MADEIRAWINDOWS.CO.UK)



# The Kilkenny Crew: Two Army veterans finding recovery through hospital radio

**AT the Eastbourne DGH, two familiar voices have become a source of comfort, companionship, and inspiration for patients and listeners alike.**

By **Peter Lindsey**

**Known affectionately as *The Kilkenny Crew*, two Army veterans have turned their experiences of mental health challenges into a powerful journey of recovery through hospital radio presenting.**

Their story is one of resilience, friendship, and the healing power of connection.

Having both served in the Armed Forces, the pair understand the

unique pressures that military life can place on mental wellbeing.

Like many veterans, their transition from military service to civilian life brought challenges that tested their mental health. Rather than allowing those struggles to define them, they sought positive ways to rebuild confidence, establish routine, and reconnect with their community.

That opportunity came through hospital radio at *Eastbourne DGH*.

What began as a chance to volunteer soon developed into a meaningful



role behind the microphone. Presenting programmes, interviewing guests, selecting music, and engaging with listeners provided structure and purpose while helping them regain self-belief and develop new skills.

The duo quickly became known as *The Kilkenny Crew*, a name that reflects both their camaraderie and the good humour they bring to every broadcast. Their shows combine music, military memories, community stories, and light-hearted conversation, creating an atmosphere that resonates with patients spending time in hospital.

For these two Army veterans, hospital radio has become more than a hobby—it has become a lifeline, a community, and a testament to the strength of recovery through service to others.

Belvoir Castle  
Lincolnshire

**E EASTBOURNE COACHES**

Photo: Belvoir Castle

## Eastbourne Coaches – Summer Breaks

31st July – Bath & Bristol. 4 days from £441 / person

16th August – Historic Houses & Gardens of Lincolnshire. 5 days from £645 / person

24th September – The Cotswolds. 5 days from £645 / person

28th September – The Lake District. 5 days from £645 / person

Prices based on 2 people sharing a room

- Home pick ups available

Please enquire for single rooms and availability on 01323 808080 or at [www.eastbournecoaches.co.uk](http://www.eastbournecoaches.co.uk)

Ignite PR & Engagement | Communication and Engagement | East Sussex ([ignitepre.co.uk](http://ignitepre.co.uk))

## ignite

PR & Engagement

Welcome to Ignite PR & Engagement

We are strategic communication and engagement specialists with expertise in broadcast and print media, public relations and community engagement.

Innovate

Communicate

Innovate

Let us ignite your PR and engagement by working together to improve the profile and reputation of your business or cause through smart strategies, fresh ideas, and get you the media attention you deserve.

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

To find out more please contact us at: [info@ignitepre.co.uk](mailto:info@ignitepre.co.uk) and let's have a chat!

Find Us On Social Media

Email: [info@ignitepre.co.uk](mailto:info@ignitepre.co.uk)  
or call:

07751 290574 / 07710 934574

# Meet TV star at Polegate Windmill

**POLEGATE Windmill is a fascinating place to visit – and there’s an extra reason to do so on Sunday July 26th from noon until 5pm.**

By **Peter Lindsey**

**It’s the day of its summer fete, and TV personality Alex Polizzi from nearby Alfriston will be opening the event in Park Croft.**

It will be a fabulous fun day with a jazz group playing from 2pm until 5pm. The miniature steam railway is also available for rides.

The day will raise funds for the ongoing restoration and preservation

of Polegate Windmill, a Grade II listed tower mill built in 1817.

Polegate Windmill was built in 1817 and powered by wind until 1942 – it’s an absolutely fascinating place to visit.

Basically, if the volunteers are there then it’s open.

There is so much to look at and admire both inside and out.

There is now a dedicated team working to maintain and protect the windmill and its historic contents.

This includes improving museum displays, carrying out essential maintenance and ensuring the long-term future of the landmark despite limited resources.

Pay a visit – you will receive a very warm welcome.

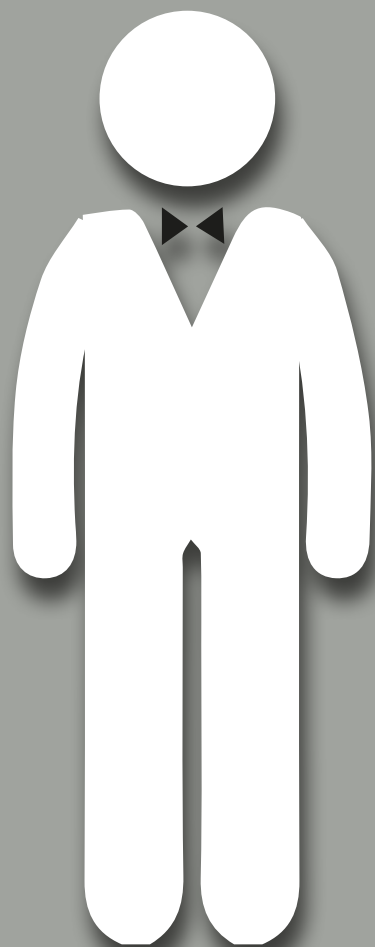


Image courtesy of Adrian Backshall. [www.polegatewindmill.org](http://www.polegatewindmill.org) (Photos).

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

# manfriday

## home services



### STAINING SHEDS, DECKING AND FENCES

Don't replace - protect and repair.  
"Improve the look, extend the life."  
Professional repairs and maintenance  
at a fraction of the replacement cost.

Call **07709 176365**



[manfridayhomeservice@gmail.com](mailto:manfridayhomeservice@gmail.com)





## Care for a life you love

with Right at Home Eastbourne & Bexhill

01323 414 658

[rightathome.co.uk/eastbourne-and-bexhill](http://rightathome.co.uk/eastbourne-and-bexhill)



# Brian's charity ride to Inspire

**HAMPDEN Park resident Brian Lambert is cycling 76 miles to raise funds for *Inspire Sussex* – an Eastbourne charity close to his heart.**

By **Peter Lindsey**

**Inspire has been supporting people with learning disabilities and their families since 1949, including Brian's sister in law.**

That – and the way that the charity has supported Julia – has led Brian to plan the sponsored cycle on Sunday September 13th.

He plans to start from Clapham Common, cycle to Brighton Marina, and from there back to Eastbourne via the A27.

Brian is hopeful that it should take six hours or less, depending on the weather.

Brian said: "*Inspire Sussex* is a wonderful charity that does just that – it inspires people like my family member Julia.

"She's not the same person compared to when she first came to the charity four years ago.

"I first took up cycling about seven years ago for health reasons, and now I'm hooked. I want to support Julia, and everyone that comes to the Hub.

"I have been riding *Oxygen Bicycles* Brand. They came to my aid when

I took up cycling. Their e-bikes have changed my life and help to becoming a lot fitter.

"Later this year, the people here are staging a *Wild West show*, and my target is £5,000, so it can make the show special.

"We need to spend money on microphones, stage equipment and lighting, everything towards the production of the project."

Brian isn't a stranger to cycle challenges – he's cycled from Land's End to John o' Groats – and now need everyone's help.

Please go to: [www.justgiving.com/page/inspiresussex-londontobrighton](http://www.justgiving.com/page/inspiresussex-londontobrighton)

There are also sponsorship opportunities for companies – £140 to have your company's logo on printed t-shirts promoting the big day.

Companies who have so far helped include: *Cycle Tech Bexhill, Oxygen Bicycles, CareStaff24, Crown and Anchor, Pure Gym, Park Flooring, St Mary's House.*

"Please help me to help inspire Sussex."

Email: [val@inspiresussex.org.uk](mailto:val@inspiresussex.org.uk) or call: **01323 722034**

## 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](http://www.hobsonandlatham.co.uk)

email: [debbie.warren@hobsonandlatham.co.uk](mailto:debbie.warren@hobsonandlatham.co.uk)



# We sell decent items at decent prices

**THAT'S** the message from the team at the **AGE UK East Sussex** charity shop at 5 Langney Road.

By **Peter Lindsey**

**It opened in February – but it does need to attract a higher level of footfall.**

Here's manager Laura Allen: "What we sell is at the cheapest end – from £2 – and I know from visiting other charity shops that we are offering excellent value for money.

"Crucially, we are selling some great items – and that is the message we

need to get across. Please come and pay us a visit, we need more people to know where we are."

On sale are clothes, Animal t-shirts, linen, books, jigsaws, bric a brac and so much more.

Laura said: "We sell lovely high end dress labels – for example we had a new Calvin Klein dress selling for £40 – here it was just £15.

"You can come to us and pick up a bargain, a good quality bargain."

It's open six days a week (not Sunday) from 9:30am until 4:30pm.

**5 Langney Road  
Eastbourne  
01323 405420**



## Araluen Restaurant - now open Hotel Cumberland



### Introducing Araluen - our new restaurant

Only a few steps from The Bandstand and minutes from the promenade, we are the perfect spot for lunch, dinner or an al fresco afternoon tea in the sunshine. It gives us great pleasure to announce the opening of Araluen - our newly restyled restaurant. Great British classic dishes in the most salubrious of settings. Welcome to relaxed dining on the seafront at Hotel Cumberland.

View new menu

**01323 730 342**  
[hotelcumberland.co.uk](http://hotelcumberland.co.uk)



# Family Law Specialists

Divorce

Civil Partnership

Cohabitation Disputes

Special Guardianship

Pre and Post Nuptial Agreements

Children matters

Grandparent Advice

Domestic Abuse

## Want to book an appointment with Tina Ripley?

To request a free no obligation initial telephone call please complete our enquiry form using the QR code or visit our website. We will contact you within 4 business hours of receipt of your enquiry.

Ivy House, Ivy Terrace, Eastbourne, BN21 4QT

0800 8494101



Tina Ripley  
[tripleym@mayowynnebaxter.co.uk](mailto:tripleym@mayowynnebaxter.co.uk)

# Proud dad takes over popular restaurant

**NATHAN Scammell felt that after 20 years working in retail he needed a change. Buying and then opening a restaurant in a popular seaside resort wasn't his original plan.**

By **Peter Lindsey**

**But now he is happily turning Massilia Bay Restaurant and Bar in Pevensey Bay into a venue that both locals and tourists want to visit.**

Nathan said: "If you'd asked me a year ago where my career was heading,

opening a restaurant probably wouldn't have been on the list.

### Taking the plunge

"I'm not one for small incremental changes, but I have taken the plunge, and I am so glad that I have.

"It's been a steep learning curve, a big shift from running someone else's business to putting your own name, time and money on the line.

"There's been a mix of excitement and nerves but I am absolutely loving it, and I'm working with a great team.

### A fantastic place

"Pevensey Bay is a fantastic place and we have a lovely beach and holiday parks, so it gets very busy this time of year.

"In fact, it's busy all year round. Pevensey Bay is a great village and has so much to offer, I'm really looking forward to becoming an integral part of the local community."

**01323 379 715**  
[www.massiliabay.co.uk](http://www.massiliabay.co.uk)

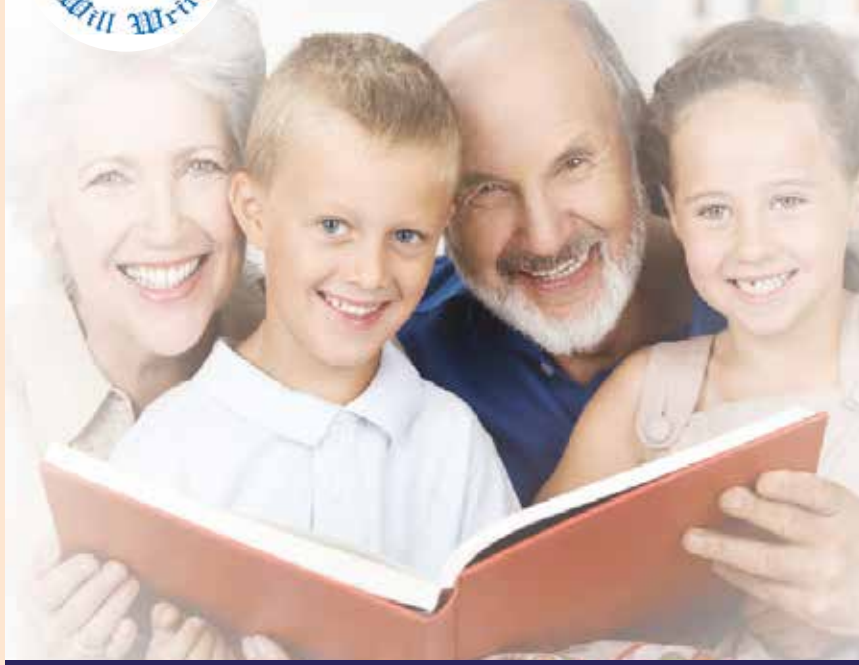


Leading the way in providing an **AFFORDABLE PROFESSIONAL** service



## 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](http://www.westminster-law.co.uk) ~ Sussex branch email: [ng@westminster-law.co.uk](mailto: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.



# ENTERPRISE

INDEPENDENT SHOPPING



## Ready to green up your home?

Green Up Your Space has everything you need to build your own indoor or outdoor jungle

- Lush houseplants in all shapes and sizes
- Beautiful pots and planters
- Compost, plant food and care essentials
- Books to help every plant parent grow with confidence

You'll find gorgeous gift ideas too, including favourites from Norfolk Natural Living and Chalk.

They also offer a handy repotting service – perfect for giving your plants a fresh start or moving them into something more stylish.

And if you've picked out more plants than you can carry, they've got you covered with local delivery straight to your door!



[greenupyourspaceLtd@gmail.com](mailto:greenupyourspaceLtd@gmail.com)



THINK LEVI'S,  
ED HARDY,  
RALPH LAUREN,  
HILFIGER,  
LACOSTE,  
CARHARTT WIP  
AND LOADS  
MORE.



Have you popped into Go Retro Threads in the Enterprise Shopping Centre's Pop-Up Shop yet – and seen what everyone's talking about?

The rails are packed with vintage American sportswear, classic streetwear and one-off gems you won't find anywhere else.

Opening Times: Tue–Sat: 10am–5pm

**Hunting for something specific?** The team can source pieces just for you.



Swing by, browse and bag something brilliant.

Find out more:  @goretrothreads



Images by Alex Read.

# Filipino Cuisine is now open at the Enterprise Shopping Centre

**BRINGING the warm, homemade flavours of the Philippines right into the heart of the town.**

By **Emily Sander**

**The moment you step inside, you're greeted with the comforting aroma of slow-cooked dishes, vibrant colours and the kind of hospitality that makes you feel instantly at home.**

Owner Brenda will be familiar to many visitors of *Eastbourne Borough Market*, where her stall has long been a favourite for freshly made Filipino food. Her passion for cooking began early. "From childhood, the aroma of sizzling garlic and adobo filled our home," she says. "Cooking was never just a task, it was my passion." While other children played outside, she was happiest in the kitchen, learning family recipes and experimenting with flavours passed down through generations.

That early love grew into a lifelong dedication. "I spent countless hours perfecting the classics," Brenda recalls, from the crispy delight of Lechon Kawali to the rich comfort of Kare-Kare. Encouraged by friends and family, she took a leap of faith and launched a small market stall, a decision that changed everything. "I just wanted to share the flavours of home," she says. "And people welcomed them with open arms."

### **A feast made with heart**

Filipino Cuisine brings the heart of the Philippines to Eastbourne with a menu of homemade dishes, all freshly cooked and full of soul. Savoury favourites like crisp, golden Lumpia, rich and comforting Adobo, flavour-packed Pancit, steaming Beef Lomi and the slow-simmered warmth of Bulalo are perfect for sharing with family and friends. You'll also find regional classics

such as Laing Sa Gata, Chicken Isaw, and the much-loved breakfast plates Hotsilog and Tapsilog — hearty, satisfying and made with real care.

For something sweet, enjoy a colourful Halo-Halo, creamy Mais Con Yelo, silky Leche Flan, refreshing Buko Pandan, or a slice of their soft Ube Swiss Roll or Mango Swiss Roll. Whether you're eating in or taking away, it's a true Filipino feast made with heart.

### **Flavours to take home**

Filipino Cuisine also stocks a fun and colourful range of Filipino store-cupboard favourites, perfect for anyone curious to explore new flavours. You'll find crunchy classics like Chick Boys Texas BBQ snacks, Ding Dong's savoury snack mix, Marty's Cracklin' and the ever-popular Oishi prawn crackers, alongside Cheepee corn chips for an easy grab-and-go treat.

For cooking, Mama Sita's liquid seasoning and Tiparos fish sauce bring instant depth and umami to everyday dishes, while Ligo sardines and cooked salted duck eggs are beloved staples across the Philippines. Those with a sweet tooth can try Beunas purple yam spread — a vibrant ube delight — or turn up the heat with fiery Buldak noodles. It's a little taste of the Philippines to take home.



### **Still at the market**

If you enjoy the hustle and bustle of market day, you'll still find *Filipino Cuisine* at *Eastbourne Borough Market* on Wednesdays and Saturdays from 9am to 4pm, where Brenda continues to serve the homemade dishes that first won the community over. "Seeing people enjoy my food, just as I dreamed since childhood, fills me with so much joy," she says.

Today, Brenda's journey, from a young girl experimenting in her family kitchen to a thriving entrepreneur, is woven into every meal she prepares. "Every dish carries a piece of my culture," she says. "Sharing that with Eastbourne means the world to me."

Mabuhay, Eastbourne, *Filipino Cuisine* has arrived and the team looks forward to welcoming you!





enterprise | socialise | realise



Luke Shevels, new president of the Eastbourne Chamber of Commerce.

# Down on the farm for the Eastbourne Chamber AGM!

**BUSINESS met the countryside in spectacular style as the *Eastbourne Chamber of Commerce* held its *Annual General Meeting* at the picturesque *Montague Farm*, a stunning family-run farm and wedding venue nestled in Hankham on the edge of the famous *Pevensey Levels*.**

**Set among sweeping marshland views and historic barns, the venue provided a memorable backdrop for chamber members gathering to reflect on the past year and look ahead to the future.**

It was a busy and celebratory evening as we thanked outgoing President Russell Colbran of *Colbran and Wingrove* for his successful three-year term and warmly welcomed our new President, Luke Shevels of *Home and Castle*, who shared some exciting ideas for the future direction of the Chamber.

Neville Beckhurst FCA also marked an incredible 20 years in the role of Treasurer before handing over the baton to Katy Veevers of *Dominic Hill Accountants*.

Also elected as Vice Presidents were Reeta Minhas-Judd of *RMJ Wellbeing*, Nicky Fisher of *Herron Fisher*, and Shoes Simes of *Glass House*.

The evening's elections continued with the appointment of six new Directors, all of whom have successfully completed an application and interview process over recent

months. The new Directors are Bryce Murphy of *Sussex Audiology Centre*, Jack Haffenden of *Cramp & Mullaney Solicitors*, Victoria Regan of *Loch Associates Group*, Joel Fielder of *Switchplane*, Ben Garcia of *Brighton and Hove Bus and Coach Company*, and Danni Drew of *Howdens Insurance*.

Following the formal proceedings, guests heard from the MP for Eastbourne, Josh Babarinde OBE who gave an interesting talk about his work to promote the business economy in Eastbourne.

To close the event, our host Martin Hole gave a fascinating talk about *Montague Farm* and its rich and interesting history stretching back more than 80 years. Today, the farm is recognised not only for its organic livestock farming but also for its commitment to wildlife conservation. Much of the land lies within the nationally significant Pevensey Levels wetland area, home to an extraordinary variety of birdlife.

For members of the chamber, the AGM was not only an opportunity to conduct business but also a chance to discover one of the area's hidden gems just outside Eastbourne.

For more information on *Montague Farm*, please visit [www.montaguefarm.co.uk](http://www.montaguefarm.co.uk)

## WHY YOU NEED TO JOIN THE EASTBOURNE CHAMBER OF COMMERCE!

Eastbourne *unLtd* Chamber of Commerce is the largest town-based Chamber in the South East, with access to an extensive business network, valuable support, expert advice, and growth opportunities for sole traders and larger businesses.

Annual fees start at just £75 + VAT – a valuable investment for any business wanting to grow.

Visit [www.eastbourneunltd.co.uk](http://www.eastbourneunltd.co.uk) to learn more and become a member today.

# Eastbourne hospitality academy gains national recognition after transforming local careers

**A PIONEERING hospitality training initiative born in Eastbourne is gaining national recognition after successfully tackling one of the industry's biggest challenges, the hospitality skills gap.**

**Coastline Hospitality Academy, based at The Berkeley Hotel, was founded on a simple but ambitious idea: could people be trained more effectively inside a real working hotel rather than a traditional classroom?**

Today, that idea has evolved into a nationally accredited training provider delivering recognised qualifications and creating new career pathways across Sussex's visitor economy. The academy is

now an approved *Highfield and NOCN* accredited centre, providing industry-standard qualifications designed to prepare learners for long-term careers in hospitality.

Unlike conventional hospitality courses, *Coastline Hospitality Academy* places learners directly into a live hotel environment from day one, allowing them to gain practical experience alongside professional skills, confidence and customer service expertise.



Among the academy's first learners was Diane, an experienced Head Housekeeper with more than five years in the hospitality sector. Through *Coastline's* immersive training model, she strengthened her leadership abilities and operational standards, demonstrating that professional development remains valuable at every stage of a hospitality career.

*Coastline Hospitality Academy* says its approach focuses not only on technical skills, but on helping learners understand the wider hospitality ecosystem, from growers and suppliers to housekeeping, customer service and leadership.

The academy believes this broader understanding helps businesses

access job-ready candidates while improving staff retention and raising service standards across the sector.

By embedding training within a real hotel environment and aligning learning with industry needs, the academy hopes to help strengthen Eastbourne's reputation as a leading visitor destination.

With Sussex's tourism and hospitality industries continuing to evolve, *Coastline Hospitality Academy* believes Eastbourne deserves a workforce that reflects the quality and reputation of its visitor economy and says that is exactly what it is working to create.

For more information visit [www.coastlineacademy.co.uk](http://www.coastlineacademy.co.uk)

# Helping young people build confidence and develop life skills across East Sussex.

**RAD (Rhapsody Artist Development) is a community-based singing and performance school working with young people aged 6 to 18.**

**It was set up by Kevin Thomsett to create a supportive space where children can build confidence, develop their voice, and feel a genuine sense of belonging.**

While singing is at the heart of what they do, the real impact is in confidence and wellbeing. Many young people arrive quite shy

or anxious, and over time grow into confident individuals who are comfortable performing and expressing themselves.

A big part of the *RAD* model is peer mentorship, where older students support and encourage younger members. It creates a strong sense of community and helps develop leadership as well as confidence. *RAD*



also provides regular performance opportunities, from local open mic nights through to larger festivals and events, giving the members valuable real-world experience on stage.

Kevin said, "We currently work with three experienced vocal coaches, which allows us to maintain a high standard while keeping sessions accessible and affordable for families. As a registered charity, we're able to reinvest any income or sponsorship back into the young people, helping create more opportunities, support their

wellbeing, and keep sessions as accessible as possible".

"Our Seaford seniors group is now full, and we continue to welcome new members across the wider programme. We've recently launched in Eastbourne, and I'm very keen to grow it in the same way, as I see first-hand the positive impact this has on young people gaining confidence and close friendships outside of their immediate schools".

For more information visit [www.radseaford.co.uk](http://www.radseaford.co.uk)

## NEW MEMBERS

Eastbourne Theatres • D T Decorators • Eastbourne Shutters • Hotdog Driving School • Personal Service Travel

[www.eastbourneunltd.co.uk](http://www.eastbourneunltd.co.uk) | 01323 641144

# Excitement is building for Eastbourne DigiFest 2026



***EASTBOURNE DigiFest*, the Tech Conference for Business, now in its fourth year, looks set to be the biggest and best event yet, with a host of engaging speakers, a packed exhibition hall and loads of networking opportunities.**

By **Peter Lindsey**

**This year's event focuses on "Working and Leading in the Age of AI", helping delegates understand how technology is changing the way work gets done.**

The 2026 event takes place on Wednesday 14th October 2026, so make sure you get this onto your calendar and invite your colleagues to what promises to be an amazing day spent with the finest tech and digital minds in Sussex.

The exhibition hall is filling up fast, with only a few stands remaining.

Come and meet some fantastic local digital and tech businesses and organisations, book yourself in for the networking lunch or just come and engage with them on their stands.

Sponsors *Switchplane, Lightning Fibre, East Sussex College* and the *University of Brighton* will all be on hand, along with great local businesses like *PRG Marketing Communications, Sussex Audiology Centre, Fountain Digital* and *SystemActive*.

*Eastbourne DigiFest 2026* takes place at *The Kings Centre* and offers a lively day full of insightful talks, thought-provoking sessions, and an interactive exhibition space.

Come along to gain practical knowledge and strategies from industry experts to help you and your business step confidently into the future and adapt, grow, and thrive in an increasingly digital world.

Book your ticket today at: [www.eastbournedigifest.com](http://www.eastbournedigifest.com)

If you are interested in sponsoring or exhibiting, email: [hello@eastbournedigifest.com](mailto:hello@eastbournedigifest.com)

## Outstanding care, tailored to you.



**A trip to the garden centre. A friendly conversation. Support at home when it's needed most.**

For many older adults, everyday life can become more difficult without the right support.

At Home Instead Eastbourne and Hailsham, we provide personalised home care tailored to each individual's needs, from companionship and home help to personal care, dementia support and respite care.

**We believe care should support independence, not replace it. Find out how we can help you or a loved one:**

**Call us today 01323 916901**



# Young Chef of the Year

**WILLINGDON and Cavendish schools scoop Eastbourne Young Chef of the Year 2026.**

By **Mina O'Brien**

**Students from Willingdon Community School and Cavendish School have been crowned winners of the Eastbourne Young Chef of the Year 2026, following an exciting and competitive final held at Gildredge House School.**

A total of 20 students from Years 7 & 8 and Years 9 & 10 took part in the final, where they were challenged

to prepare a main course and a dessert suitable for a family occasion. The finalists had earned their place through school heats, where they were selected as the top teams to represent their schools.

Five schools competed in this year's event: *Gildredge House School, Cavendish School, Willingdon Community School, The Eastbourne Academy and St Catherine's College.*

The standard of cooking was exceptionally high, impressing an expert panel of Judges:



James Dugan, Executive Chef, Sheraton Grand London Park Lane.

- Hrvoje Loncarevic, Executive Chef, The Grand Hotel.
- Chris Keil, Entegra.
- James Dugan, Executive Chef, Sheraton Grand London Park Lane.
- Jupiter Humphrey-Bishop, former Young Chef of the Year winner.

The Mayor of Eastbourne attended to present the awards and celebrate the students' achievements.

The two winning teams received an outstanding prize: a table for six at the iconic Sheraton Grand London Park Lane, one of London's

most prestigious hotels, offering an unforgettable culinary experience proudly supported by Entegra and the Sheraton Park Lane hotel.

Prizes for second place and runners-up were generously donated by The Grand Hotel, Eastbourne Hospitality Association, Tesco and Morrisons.

For more information about the Eastbourne Education Business Partnership CIO, please contact Mina O'Brien:

[mina.obrien@eastbournebp.org.uk](mailto:mina.obrien@eastbournebp.org.uk)  
**07958 559600**

## RAYSTEDE FAMILY LEARNING DAYS

Every Wednesday and Thursday

Throughout the Summer holidays

- 🐾 Explore and learn
- 🐾 Games and activities
- 🐾 Film show
- 🐾 Craft activities

Plus two exciting trails

Which small animal?

Animal Detectives

RAYSTEDE  
GIVING ANIMALS A BETTER LIFE

Free entry, booking essential

[www.raystede.org/FLDtickets](http://www.raystede.org/FLDtickets)

or via the QR code

Registered charity no 237696



**UPTONS**  
Sales & Lettings

# “Modern Marketing. Traditional Service.”



## Glynleigh Road, Hankham *Guide Price £1,250,000*

Enjoy uninterrupted, breathtaking countryside views with direct farmland access. Highly sought-after semi-rural setting of Hankham. Expansive, private south-facing gardens complemented by a separate paddock and field. Substantial 44' outbuilding offering excellent conversion potential. Four generously sized double bedrooms. Beautifully upgraded and re-imagined by the current owners.



## Norman Road, Pevensey Bay *Guide Price £975,000*

Individual and distinctive detached house directly opposite the beach. Glorious, panoramic, and uninterrupted sea views. Four Double Bedrooms, 28' plus Living Room. Spacious Balcony overlooking the sea. Extensively refurbished by current owners. Situated on a private road in a prime beachfront location.



## The Coach House, Hankham *Guide Price £850,000*

Delightful 18th Century Converted Detached Coach House. Beautiful Period Features. Well-proportioned Rooms. Landscaped Manageable Gardens. Sympathetically converted (2009) Grade II Listed. High Ceilings and Exposed Oak Beams. Situated in the Quiet Rural Hamlet of Hankham. Close to Pevensey and Westham Train Station and amenities.



## Wooller Street, Lower Willingdon *Guide Price £575,000*

Spacious Family Detached House Built in 2023 by Barratt Homes and comes with a remain NHBC warranty. Five / Six Bedrooms Open Planned Kitchen and Dining Room. Separate Utility Room. Master Bedroom with En-suite Shower Room. Located in sought after Lower Willingdon in the new Meadowburne Place Development.



## Beaulieu Drive, Stone Cross, *Guide Price £550,000*

Five/Six Bedroom Detached House. Master Bedroom with En-suite Shower Room. Further bedroom with En-suite Shower Room. Double Detached Garage. Ample off-road parking. Popular Stone Cross. Quiet Residential Cul-de-Sac



## Penthouse, Park Avenue *Guide Price £450,000*

“True” Penthouse Apartment with Spacious Accommodation. Three Good Sized Bedrooms. Private Roof Terrace With Views. Double Garage. Share of Freehold with 950 Year Lease. Newly Refurbished To A High Standard. Master Bedroom with En-suite Shower Room. Picturesque Views from all Windows. Pleasant Communal Gardens. Prestigious Location - Situated on a tree-lined road bordering Hampden Park.



## Splice Lane, Hailsham *Guide Price £335,000*

Former Show House - Three Bedroom End of Terrace. Close Proximity to Hailsham Town Centre and Amenities. Garage and Driveway. Master Bedroom with En-suite Shower Room. Gas Central Heating and Double Glazing Throughout. Good-sized landscaped rear garden. No Onward Chain. EPC Rating B.



## Pulborough Avenue, West Hampden Park, *Offers In The Region Of £300,000*

Spacious three-bedroom terraced house. Well-presented accommodation throughout. Good-sized Kitchen and Dining Room. Spacious Lounge. Driveway. Gardens Front and Rear. Close To Hampden Park, Shops, Railway Station, and Schools.

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

📞 01323 914533

✉ info@weareuptons.co.uk

🌐 weareuptons.co.uk

# If you are looking for somewhere happy to go...

**AGE Concern** is a wonderful charity situated in the heart of Eastbourne – and it's keen to boost numbers at its already popular Day Club.

By **Peter Lindsey**

**It runs every weekday from 10am until 3pm.**

It's fun, relaxed, friendly and caring.

Activities include quizzes, bingos, days out, exercise, art and crafts, and entertainers.

Day Club manager Lydia Flanagan said: "It's very much a case of choosing which day or days you want to come.

"The atmosphere really is such a caring one. We are very welcoming, we are a real friendly bunch, and I would invite anyone interested to make contact."

Perpetua started volunteering at the Day Club in 2021 after moving from Ireland to Eastbourne.

She said: "I love coming here, I would never give it up. Everyone here is lovely, it's all so friendly."

I spoke with two other volunteers – Helen who has volunteered at the Day Club for ten years, and Liz, who has just started.

They enjoy the experience – and so do the people who come to the Club. They were all incredibly enthusiastic.

There is a two-course lunch and the daily cost is £65, up to £76 for people with dementia.

Lydia said: "You may feel isolated, you may have lost your partner, or you may just want somewhere to



come that's happy and you meet other people."

All staff are dementia trained, and obviously both men and women are very welcome.

Call Lydia on **01323 405163**

# Reeve & Strutt



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

CONVEYANCING + PRIVATE CLIENT

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](mailto:eastbourne@reeveandstrutt.co.uk) [www.reeveandstrutt.co.uk](http://www.reeveandstrutt.co.uk)



# GINGER & SANDERS

ESTABLISHED 2012

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

Proud to support




Tel: 01323 701702

[www.gssalesandlettings.com](http://www.gssalesandlettings.com)  
[www.gspropertymanagement.co.uk](http://www.gspropertymanagement.co.uk)

passionate about property



Before Treatment



TEETH IN A DAY • EASTBOURNE

# A full set of fixed new teeth. In one day.

If you live with missing, loose or failing teeth, Teeth in a Day gives you a complete set of fixed, implant-supported teeth - placed in a single visit. No dentures. No waiting months. Suitable even when you've been told implants aren't possible.

*"It has made the biggest difference. It's the way your teeth look, and the confidence it gives you when people say you have a great smile."*

Mike, David Neal Dental Patient

Free Consultation

**01323 407817**  
[www.davidnealdental.co.uk](http://www.davidnealdental.co.uk)

**DavidNeal**  
DEDICATED DENTAL CARE  
EASTBOURNE

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

# “It changed my life” – Lynne’s story of new teeth, new confidence and a new smile

**FOR six or seven years, Lynne lived with a secret she kept hidden behind closed lips. Loose and missing teeth had quietly taken over her life, affecting what she could eat, where she’d go, and even how she’d start each morning.**

By **Nadia Dawson**

**“Every morning I used to check to make sure I had teeth in my mouth,” she says. “I hid my mouth.”**

## Dreading the inevitable

Like so many people with failing teeth, Lynne assumed dentures were the only answer. The prospect wasn’t a happy one. And as a very nervous patient, with difficult memories of childhood dental visits, the thought of any treatment felt daunting.

Then she found *David Neal Dental Eastbourne* at the *Langney Shopping Centre* – and everything changed.

## Asking all the right questions

Lynne didn’t hold back. As a nervous patient she had a lot of questions, and the team – led by specialist periodontist and lead surgeon Dr Michael Zybutz – gave her the time and reassurance she needed.

“Whatever the questions you ask, they answer them,” she says.

That openness and patience made all the difference. Those traumatic childhood memories of the dentist? Firmly in the past.

Same day, life-changing results. Teeth in a Day is an advanced, highly skilled surgical procedure – a complete full arch of upper or lower teeth placed in a single procedure, all done in one day. For Lynne, that meant walking in with failing teeth and leaving the same afternoon with a brand new, securely fixed smile.

## A life transformed

A year on from her treatment, Lynne is a different person. The loose and missing teeth that had cast a shadow over her daily life are gone, replaced by a confident, natural-looking smile she’s happy to show off.



“It’s amazing. It’s changed my life. I’m smiling! I’m more confident, I’m going out more socially, I’m going out for meals, eating things I haven’t eaten in years – because I’ve got teeth!”

Her advice to anyone in a similar situation is simple and heartfelt.

“Just do it. Teeth in a Day works.”

## Thinking about Teeth in a Day?

*David Neal Dental Eastbourne* offer a free, no-obligation consultation. Located at the *Langney Shopping Centre* – call **01323 407817** or visit [davidnealdental.co.uk/dental-implants-hub](http://davidnealdental.co.uk/dental-implants-hub)

“

It’s amazing. It’s changed my life. I’m smiling! I’m more confident, I’m going out more socially.





# Couple launch new YouTube channel

**LOCAL** Radio Journalist Philip Keeler is branching out from radio and onto *YouTube* with his husband, Thomas Hines.

By **Peter Lindsey**

**The couple launched their brand-new *YouTube* channel, sharing their story while raising awareness of disability and showing that family life comes in many different forms.**

Thomas has Cerebral Palsy, while Philip has Spina Bifida. Both say they have faced challenges in society, including barriers to getting a job, dating, and a lack of understanding from people who should know better.

Philip Keeler said it was important for them to use the platform to help change attitudes:

“We both might be too old for *YouTube* and have a face for radio, but we don’t care, we are going to do it anyway and have a lot of fun, trying to make people understand that people with disabilities do have a voice, do matter and quite frankly need to be treated a lot better.

“Thomas has a lot of comments towards him in the street, like people

trying to take our dog while he is out being walked, because people think he is drunk. Cerebral Palsy affects his walking and speech.”

As with all people born with a disability, they all have stories to tell about what made them the way they are.

## **Bringing people with disabilities together**

The couple say their *YouTube* channel is about bringing people with disabilities together, giving them a voice, and challenging the increasingly intolerant attitude towards difference.

They also hope the channel will encourage people to think before making judgements, recognise that words matter, and understand that everyone deserves the chance to live a good and meaningful life, with or without a disability.

Subscribe and watch Thomas and Philip at: [www.youtube.com/@ThomasandPhilip](http://www.youtube.com/@ThomasandPhilip)



# A Brighter, Greener Meads: invitation to a Public Meeting

**FOLLOWING** the January launch of the *Meads Wellbeing Working Group*, a team of local volunteers, community leaders and Ward councillors within *The Meads Neighbourhood Panel*, the project has now completed its first round of public workshops.

By **Oliver Sterno**

**In May, the group invited residents to share their ideas on how to improve wellbeing through thoughtful environmental changes.**

As the original announcement put it, “*This is a community led initiative, which means the most important voice is that of residents.*” Across two workshops held in June, residents contributed a wide range of practical, creative and forward thinking suggestions.

Ideas covered everything from **safer travel routes** and **lower speed limits**, to **wildflower verges**, **hedgehog corridors**, **better rainstorm management**, and **new or improved social spaces** that help bring neighbours together. These discussions have helped shape a clearer picture of what matters most to people living in Meads.

**Next Step: Public Meeting to Share Findings and Build Support**

The *Working Group* is now inviting residents to a follow up **public meeting**.

- Hear the themes and priorities that emerge.
- Discuss which projects should move forward first.
- Offer support for proposals that matter most to you.
- Volunteer to help shape or lead specific initiatives.

This next phase is crucial. As the earlier workshop notice explained, the group is “*looking at the ‘big picture’ of how our surroundings affect our daily lives.*” Turning ideas into action will require community backing, local expertise and hands on involvement.

## **Both Public Meeting Details**

**Date:** Wednesday 22nd July  
**Time:** 7pm  
**Venue:** The Lansdowne Hotel

**Date:** Saturday 25th July  
**Time:** 10am  
**Venue:** Meads Hall

If you can’t make the meeting contact the Working Group: [wwgmeads@emaildodo.com](mailto:wwgmeads@emaildodo.com)

# Summertime



for a warm welcome  
**CONTACT CUSTARD**

**custard**  
DESIGN MARKETING PRINT

01323 430303 [instant@custard-design.co.uk](mailto:instant@custard-design.co.uk)

# Eastbourne Airshow '26

**THE RAF Red Arrows and two aerobatic champion women aviators will lead a world-class line-up at Airbourne: Eastbourne International Airshow from 13th – 16th August.**

By **Peter Lindsey**

**The world-famous Red Arrows will perform three times at the show, and they are joined by the RAF Typhoon, Battle of Britain Memorial Flight, Tutor, Jet Pitts, The Starlings, Stampe Formation Team and the Aerosuperbatics Wingwalkers, as the confirmed acts to be announced so far.**

Seven-times French champion, 2024 British champion and the first woman to compete in the *Red Bull Air Race*, Mélanie Astles, will make her Eastbourne debut flying the Extra 330SC every day. The trailblazing aviator is one the world's top female pilots and uses her racing experience to her advantage, creating phenomenal, gyroscopic displays.

Also joining the show for the first time, the 2023 *Standard National*



Image by Rupert Kirby.

*Aerobatics Champion and Tiger Trophy Champion Isabel Rutland, will debut the P-51 Mustang 'Marinell', a WWII warbird which first arrived in the UK on D-Day in 1944.*

The line-up of champions continues with *The Starlings*, flown by *British Aerobatic Champions* Michael Pickin and Tom Cassells, and crowd favourite Rich Goodwin returns flying the world's first jet powered Pitts Special.

Flamboyant biplane aerobatics will once again dazzle the crowds from the *Stampe Formation Team*, along

with the incredible acrobatics of the *Aerosuperbatics Wingwalkers*, with both solo and duo displays planned, plus more flying displays to be announced soon.

An *Eastbourne Borough Council* spokesperson said, "Airbourne 2026 is already shaping up to be one to watch, packed with airshow favourites and some exciting 'firsts' to look forward to. From daring female pilots to the excitement of the *Red Arrows* and the awesome *Typhoon*, this year's show could be the most exciting and inspirational yet!"

**FLASH  
SALE  
25% OFF**

**13 - 16  
AUG**

**York House  
HOTEL  
★★★**

*Eastbourne*  
**AIRBOURNE**  
*2026*

**Watch the Airshow from  
York House Hotel's veranda over a  
delicious buffet lunch!**

**£39.50 per person**

Get **25% off** with the promo code: **BOURNE**  
(limited time only)



**SCAN & BOOK**

# Live at the Bandstand

**ROCK Choir** members from Eastbourne and Lewes will be performing at the bandstand this summer.

By **Peter Lindsey**

**Come and enjoy 45 minutes of wonderful singing as they perform well known pop songs for you to enjoy – you may even want to join in!**

Tickets are £3 (plus a booking fee) if purchased online in advance, or £5 on the door. Children under 5 can attend free of charge.

This year they are celebrating the 15 year anniversary of *Rock Choir* in

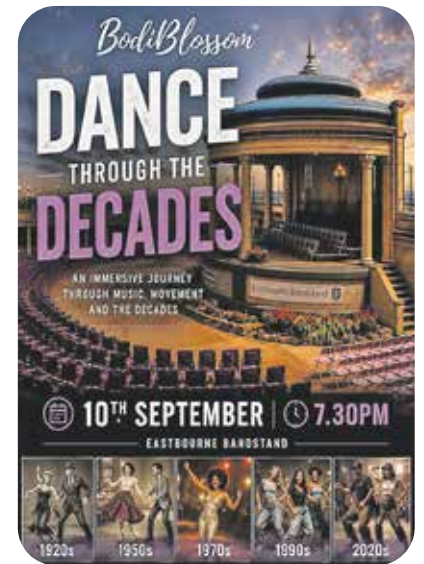
East and West Sussex and this will be a fantastic, family friendly event.

Profits from the ticket sales will also be going to the charity Action for Pulmonary Fibrosis.

Tickets can be purchased at: [www.eventbrite.co.uk](http://www.eventbrite.co.uk)  
Search for 'Rock Choir' in Eastbourne.

### Dance through the decades

Join us as we travel through over 100 years of music, movement and memories in a spectacular immersive experience at the *Eastbourne Bandstand*.



From the Charleston of the 1920s and the Swing era of the 1940s to Disco, Girl Power, Pop Icons and today's biggest dance trends, we'll be bringing the decades to life through performance, storytelling and audience participation.

This is more than a dance show...

It's a celebration of the music, moments and generations that have shaped the world we know today.

- Live performances.
- Iconic music.
- Nostalgia and memories.
- Opportunities to join in.
- A journey through the decades.

**10th September, 7:30pm**

Book your tickets now at: [www.bodiblossom.com/event-details-registration/dance-through-the-decades](http://www.bodiblossom.com/event-details-registration/dance-through-the-decades)

## EASTBOURNE BANDSTAND JULY 2026

	<p>WED 1ST JULY - 1812: UCKFIELD CONCERT BAND</p> <p>FRI 3RD JULY - STATUS QUO - QUO-INCIDENCE</p> <p>SAT 4TH JULY - BOY BAND - ALWAYS4</p> <p>SUN 5TH JULY (3PM) - GREENWICH CONCERT BAND</p> <p>SUN 5TH JULY (8PM) - DOLLY PARTON EXPERIENCE FT KENNY ROGERS</p>
	<p>FRI 10TH JULY - BRUNO MARS - JEFF DINGLE</p> <p>SAT 11TH JULY - ABBA MAGIC</p> <p>SUN 12TH JULY - T.REX - TELEGRAM SAM</p>
	<p>WED 15TH JULY - 1812: BRIGHTON &amp; HOVE CITY BRASS</p> <p>FRI 17TH JULY - MOTOWN - SOULTOWN COLLECTIVE</p> <p>SAT 18TH JULY - DAVID BOWIE - POP UP BOWIE</p> <p>SUN 19TH JULY - TEDDY SWIMS - TEDDY SINGS</p>
	<p>FRI 24TH JULY - NIRVANA - NIRVANAH</p> <p>SAT 25TH JULY - 70S DISCO - FUNK STAR 70S</p> <p>SUN 26TH JULY - MICHAEL JACKSON - FOREVER JACKSON</p>
	<p>TUES 28TH JULY (6.30PM) - KIDS DISCO</p> <p>WED 29TH JULY - 1812: EAST SUSSEX CONCERT BAND</p> <p>FRI 31ST JULY - QUEEN - ONE VISION</p>

## EASTBOURNE BANDSTAND AUGUST 2026

	<p>SAT 1ST AUG - SABRINA, DUA &amp; CHAPPELL - BIG POP PARTY</p> <p>SUN 2ND AUG (3PM) - BRIGHTON BIG BAND</p> <p>SUN 2ND AUG - ELTON JOHN - ROCKET MAX</p>
	<p>TUES 4TH AUG - KIDS PARTY</p> <p>WED 5TH AUG - 1812: ROYAL BRITISH LEGION</p> <p>THUR 6TH AUG - AN EVENING WITH THE RBL</p> <p>FRI 7TH AUG - PINK - PINK-ISH</p> <p>SAT 8TH AUG - LARGE 90S</p> <p>SUN 9TH AUG - JIVE ACES</p>
	<p>TUE 11TH AUG - KIDS PARTY</p> <p>WED 12TH AUG - 1812: CRAWLEY CONCERT BAND</p> <p>THUR 13TH AUG - GEORGE MICHAEL - ANDREW BROWNING</p> <p>FRI 14TH AUG - BEE GEES - STAYIN' ALIVE</p> <p>SAT 15TH AUG - LEWIS CAPALDI - LEWISH CAPALDI</p>
	<p>TUES 18TH AUG - KIDS PARTY</p> <p>WED 19TH AUG - 1812: RBL LITTLE COMMON</p> <p>FRI 21ST AUG - ABBA MAGIC</p> <p>SAT 22ND AUG - RUBIX 80S</p> <p>SUN 23RD AUG - COLDPLAY - LIVE IN TECHNICOLOUR</p>
	<p>TUES 25TH AUG - KIDS PARTY</p> <p>WED 26TH AUG - 1812: HARVEYS BRASS BAND</p> <p>FRI 28TH AUG - QUEEN - ONE VISION</p> <p>SAT 29TH AUG - TAYLOR SWIFT - THE SWIFTIE ERA</p> <p>SUN 30TH AUG - ELVIS LEGACY</p>

# Wildflower Meadow is back!

FOR  
4 WEEKS  
ONLY!



Pre-book your tickets now and save!  
**£7.45PP\*** UNDER 2'S GO FREE!



\*Included with all memberships. Pre-booked tickets are available until midnight the day before.

# The Beachy Head World Championship Penny Farthing Hill Climb Time Trial

**EASTBOURNE Bicycle Club 1877 presents: The Beachy Head World Championship Penny Farthing Hill Climb Time Trial.**

By **Peter Lindsey**

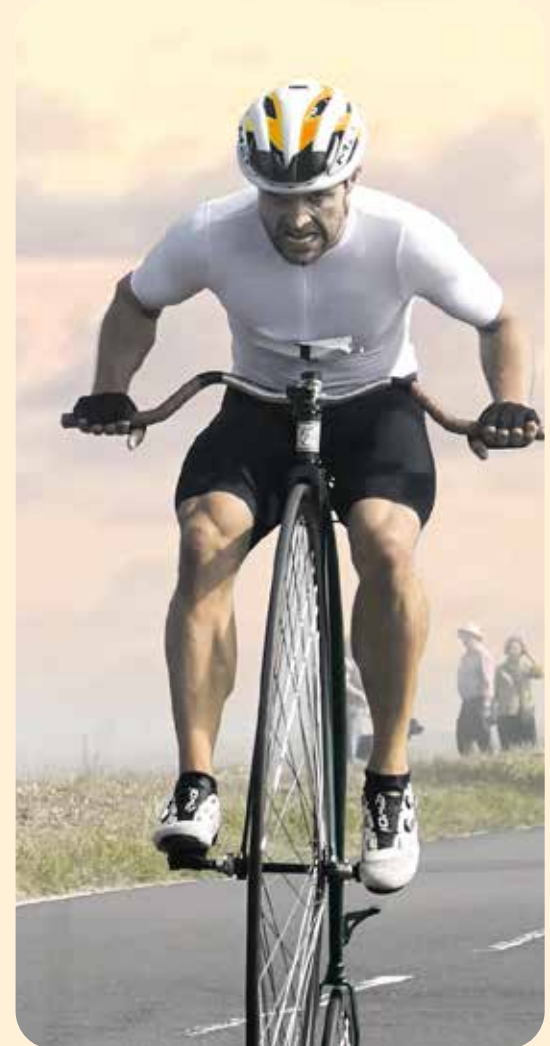
**The annual hill climb is the only cycling event of its kind in the world specifically for penny farthings. Held on an open road time trial course of 4.69km with an elevation gain of 150m, riders set out at 1-minute intervals to tackle the climb to Beachy Head.**

Starting just outside *The Grand Hotel* by the *Western Lawns*, the quickest riders take just over 12 minutes to reach the finish line at Beachy Head car park. This event is free to watch, and spectators are encouraged to cheer on the riders from the pavements along the course.

There are marshals at points along the course, and we ask that spectators follow any

instructions given by a marshal so that we can maintain the safety of both the public and the riders. This is an amateur event open to anyone with a traditional or modern penny farthing with a wheel diameter in excess of 46 inches.

**Western Lawns, Eastbourne  
Sunday 9th August 2026  
– 10am**



**E·M·S·R**  
*Adventure Park*

Open daily  
10am-5pm  
from Saturday 28<sup>th</sup> March

**emsr.co.uk**

# CRAFT FAIR

SATURDAY JULY 18TH  
10AM- 2PM  
FREE ENTRY  
ST SAVIOUR'S CHURCH HALL  
SOUTH STREET.  
EASTBOURNE BN21 4UT

LOCAL ARTS AND CRAFTS, JEWELLERY,  
TEXTILES & GIFTS. TOMBOLA & GAMES.  
REFRESHMENTS- TEA, COFFEE AND CAKE

EASTBOURNE TOWNIES WI

# PIERFEST 26

FRIDAY 4TH & SATURDAY 5TH SEPTEMBER




'LIVE MUSIC FROM 1PM  
MAIN EVENT FROM 5:30PM  
ON BOTH DAYS'

**TICKETS  
£20 PER DAY**  
Available from  
[www.seetickets.com](http://www.seetickets.com)  
415-9-2026

## Friday 4th Sept



**the Pat Butchers**  
*Music for the hard of hearing*



## Saturday 5th Sept



A two day charity Music Festival  
at the 'Drop In The Ocean' on Eastbourne Pier



TICKETS AVAILABLE FROM [WWW.SEETICKETS.COM](http://WWW.SEETICKETS.COM)



All proceeds going to Children with Cancer Fund

**STAGE SPONSORS**

# HailshamEye



Children's Art and Creative Writing Competitions. See page 43.

**need design and print?**  
**CONTACT CUSTARD**

**custard**  
DESIGN MARKETING PRINT

01323 430303 [instant@custard-design.co.uk](mailto:instant@custard-design.co.uk)

# SOUTHCOAST HOME IMPROVEMENTS



*Transforming  
homes for*

**50 YEARS**

*from Design to Installation*



**Checkatrade.com**  
Where reputation matters



**FENSA**  
APPROVED  
WINDOW & DOOR INSTALLATIONS



**TRUSTMARK**  
Government Endorsed Quality

***Start your home Improvement  
project with us this Summer,  
and turn your house into a home...***

With all trades in-house we can take care of every aspect of home improvements, making the process smooth and stress-free.

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

All trades in-house, and all work guaranteed.

*Showroom  
Open everyday*

**01273 585300**  
**www.schi.co.uk**

85 South Coast Road . Peacehaven . BN10 8QS

— upto — **EXTRA**  
**15% OFF**  
*instore*

Offer limited to select products this month



# Hailsham Festival Creative Competitions

**THE Hailsham Festival of Arts & Culture is delighted to announce the launch of its annual *Children's Art and Creative Writing Competitions*.**

By **Emma Donovan**

**Supported by local business champions including *Lightning Fibre* as Lead Corporate Sponsor. *The Children's Art Competition* is sponsored by *Knockhatch Adventure Park*, while the *Creative Writing Competition* is sponsored *Bournfree Magazine*.**

## The Creative Writing Competition

Under 16s are invited to submit original, non-AI-generated work across two categories:

- Short Stories Theme: "The Party" (maximum 500 words)
- Poetry Theme: "Dinosaur" (maximum 30 lines)

Themes for adult writers over the age of 16 include:

- Short Stories Theme: "The Tree" (maximum 500 words)
- Poetry Theme: "Discover" (maximum 30 lines)

Submissions must be saved as a Word document and emailed to Mel Martin at [pmkmartin@aol.com](mailto:pmkmartin@aol.com) with the subject line "Festival Competition". Creative Writing Deadline: Thursday 30th July 2026.

A prize-giving ceremony will take place on Tuesday September 15th.

## Children's Art Competition & Exhibition

Two inspiring themes are:

1. Prehistoric World: young artists can submit 2D paintings/drawings or 3D models with a dino theme!
2. The World Around You: this category encourages masterpieces that celebrate local landmarks, Sussex landscapes, or special spaces in Hailsham.

Local schools have all been sent information. Families can also submit and upload their young person's artwork:

<https://gallery.hailshamfestival.co.uk/upload>

Submissions must be photographed and uploaded to the online gallery by the deadline of Friday 10th July.

Judging will take place during the week of the 13th July. Artwork must be delivered to *Gallery North*, 70 High Street, Hailsham between 14th – 16th July during their opening hours (Tues & Weds 10am-1pm, Thursday 10am-4pm).

For full competition guidelines, submission requirements, [www.hailshamfestival.co.uk](http://www.hailshamfestival.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](mailto: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](http://www.barwells.com) ✉ [admin@barwells.com](mailto:admin@barwells.com) Follow Us: [in](#) [f](#) [x](#) [@](#)



- 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](mailto:info@deenjayplumbing.co.uk)  
[www.deenjayplumbing.co.uk](http://www.deenjayplumbing.co.uk)



TOP RATED ON  
CAREHOME.CO.UK

24 hour nursing care and a retained GP

# A PLACE TO FEEL AT HOME THIS SUMMER

Enjoy sunny afternoons, meaningful companionship and personalised care at **Abbots Wood Manor Luxury Care Home**.

With beautiful surroundings and a vibrant community, every day brings comfort, connection and moments to cherish.

Book your private tour today to discover more:

**01323 574183** | [enquiries@hamberleycarehomes.co.uk](mailto:enquiries@hamberleycarehomes.co.uk)

116 London Road, Hailsham, Sussex BN27 3AL

**Discover the Forget Me Not Café at Abbots Wood Manor**  
**10am–12pm | Every Third Thursday**

Connection, companionship and activities for people living with dementia and their loved ones – contact us to book your complimentary places today.



# The Big One Hundred comes to Wealden

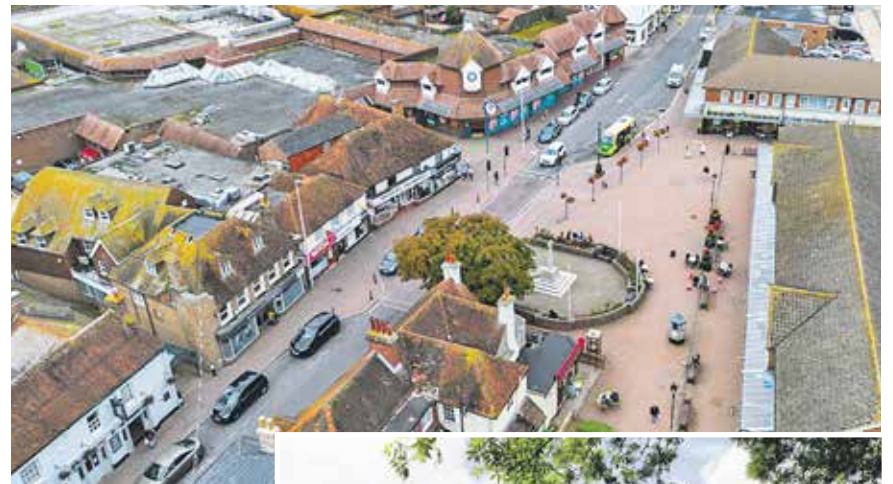
**THE Big One Hundred is the major cultural celebration happening this summer for the centenary of Winnie-The-Pooh in Ashdown Forest, – and it's coming to both Hailsham and Herstmonceux Castle.**

By **Peter Lindsey**

**It kicks off in Ashdown Forest – home of the Hundred Acre Wood – on July 18th and 19th, and audiences are invited to immerse themselves in nature on an Explorer Day.**

These Days are a series of nature-based events and activities including interactive performances from the giant puppet creature inspired by the endangered species in the Forest.

Marking 100 years of A.A Milne's beloved Winnie-the-Pooh stories, the giant puppet and explorer activities will tour Hailsham Town Centre on



26th July, Sheffield Park and Garden on 1st August, Uckfield's Weald on the Field on 8th August and Herstmonceux Castle on 22–23rd August.



Whilst all of the cultural celebrations are free to attend in all locations, tickets will need to be booked in advance.

The giant puppet creature will be operated by 8–10 people simultaneously, an ambitious and

rarely attempted approach that pushes the boundaries of live performance, costume and puppetry.

Please visit [www.thebigonehundred.co.uk](http://www.thebigonehundred.co.uk) for further details and bookings.

# Countdown to Hailsham's Festival of Arts and Culture

**HAILSHAM is set to welcome an inspiring and diverse programme of artistic talent this September as it hosts the annual Hailsham Festival of Arts and Culture.**

By **Peter Lindsey**

**Running from 5th to 20th September, the festival celebrates its 20th anniversary this year and will once again showcase the region's vibrant creative community.**

It brings together artists, performers and audiences from across the Southeast and beyond.

## Eclectic programme

The event offers an eclectic programme of music, theatre, dance, literature, film, workshops and lively street entertainment.

The theme is *The World Around Us*, with a special focus on environmental awareness, sustainability and the steps we can take to protect our planet for future generations. This theme will be reflected across a range of events and activities.

Among this year's highlights are the murder mystery supper *Murder on the Morlington Express*, a screening of *The Rocky Horror Picture Show*, *The Music of Paul Simon* performed by *The Brighton Beach Boys*, *Henry VIII* starring Tony Harris, and the

welcome return of the popular *Volya Voices Ukrainian Choir*.

Additional attractions include *Death by Chocolate: Some Victorian Female Poisoners* as part of the Talking History series, performances and workshops from the *Cable Street Cats Puppet Theatre*, and a *Mad Hatter's Tea Party Quiz* in support of *Demelza Hospice Care for Children*.

A full schedule of events is now available online at: [www.hailshamfestival.co.uk](http://www.hailshamfestival.co.uk)



# Hailsham & District Chamber of Commerce

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

## Charity Mixed Team Football Tournament set to bring community together at Eastbourne Borough FC

Football enthusiasts, local businesses and community groups are being invited to lace up their boots and take part in a **Charity Mixed Team Football Tournament** taking place at **Eastbourne Borough FC** on **Sunday 2nd August 2026**.

Teams will compete in a mixed 5-a-side tournament while raising money for a worthwhile cause.

In addition to team entries, local businesses are being offered the opportunity to support the event through sponsorship. Event sponsorship packages are available for £50 and include social media promotion before and after the tournament, as well as inclusion on the sponsor board displayed throughout the day.

Anyone interested in entering a team or becoming an event sponsor is encouraged to get in touch with the organisers as soon as possible, as places are expected to fill quickly.

### Charity Mixed Team Football Tournament

**Date:** Sunday 2nd August 2026

**Time:** 10:00am – 3:00pm

**Venue:** Eastbourne Borough FC

**Team Entry:** £105 per team

**Maximum Teams:** 14

## Hailsham Chamber of Commerce proud to support 20th Anniversary Hailsham Festival

The **Hailsham Chamber of Commerce** has announced its support for the **20th Anniversary Hailsham Festival** in 2026 as an official **Hospitality Sponsor**, reaffirming its commitment to supporting the town's vibrant community and local economy.

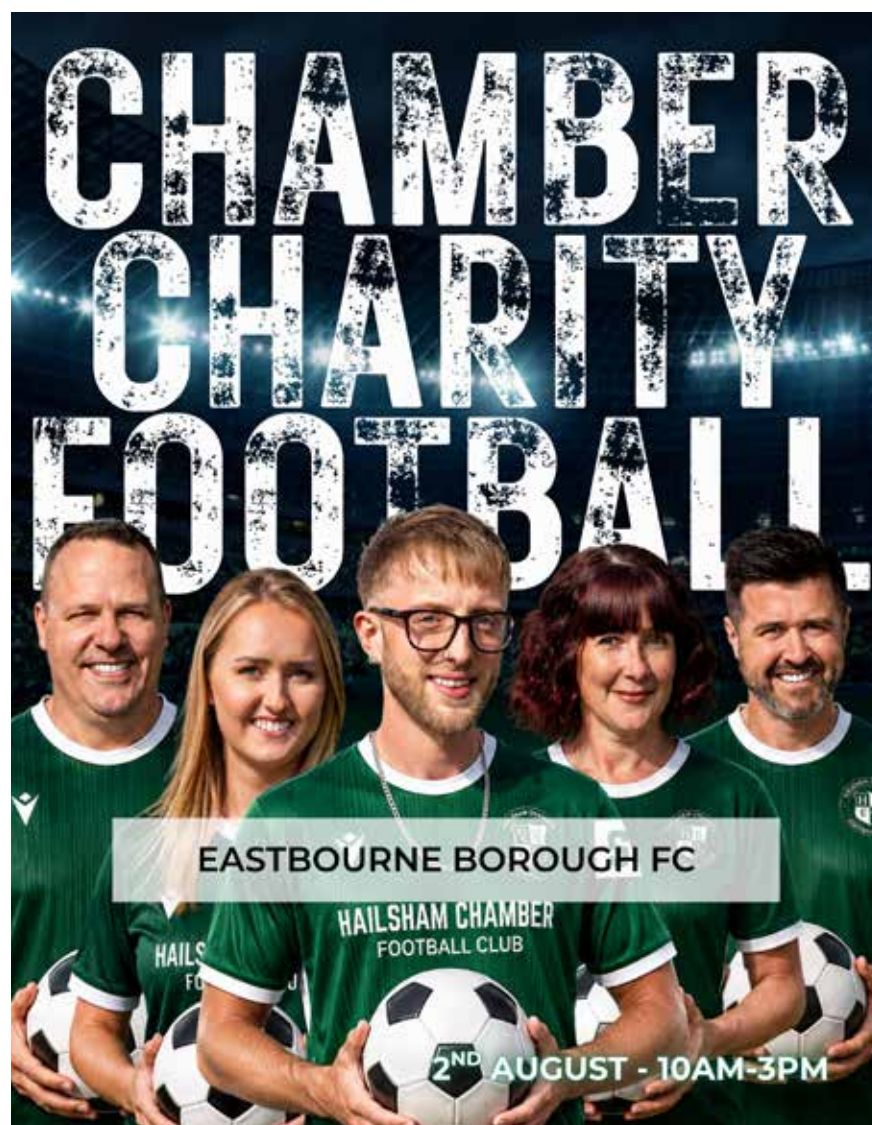
*Hailsham Festival* has become one of the town's most anticipated annual events, bringing together residents, visitors, artists and businesses in a programme that showcases the very best of local talent and creativity.

## Vote for Hailsham's Most Monstrous Window Display this July

**Hailsham High Street has been transformed into a trail of weird and wonderful creations as local businesses take part in the Hailsham Window Monsters Competition, and now the public is invited to choose their favourite.**

Organised by the *Hailsham Chamber of Commerce* as part of *The Big One Hundred* – a celebration marking 100 years of *Winnie-the-Pooh* and the magical *Ashdown Forest*.

Public voting is open until 25th July, with the winner to be announced by the Mayor on 26th July.



The celebrations continue on the 26th July with a special event in Hailsham town centre, where visitors will have the chance to see Poppet, the enchanting new creature created for *The Big One Hundred*, parade through the streets of Hailsham.

For more information about *The Big One Hundred* visit: [www.explorewealden.co.uk](http://www.explorewealden.co.uk)

To vote for your favourite Window Monster display visit: [www.hailshamchamber.co.uk](http://www.hailshamchamber.co.uk)



# Health & Wellbeing



CODA  
PHARMACY

## LIMITED TIME OFFER!

10% off for EASTBOURNE Residents Seeking  
Weight Loss Treatment



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

Speak to our clinicians.

If you are eligible, mention “Bournefree” and receive 10% off your first treatment

Sign up today



[codapharmacy.co.uk](http://codapharmacy.co.uk)



01323 924038



## FREE Home Delivery of Your NHS Prescriptions

Order and manage your NHS prescriptions anytime and anywhere

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



# Sussex Footcare celebrates two years of growth, Innovation and community care

**THIS summer, *Sussex Footcare* proudly celebrates its second anniversary, marking two years of providing high-quality podiatry services to patients across Eastbourne and the wider community.**

By **Peter Lindsey**

**Founded by podiatrist Andrew Albon, *Sussex Footcare* has grown significantly since opening its doors to its new clinic in 2024. What began as a vision to deliver accessible, patient-centred foot healthcare has developed into one of the area's leading podiatry practices, serving a growing number of clinic, home visit and care home patients.**

Over the past two years, the practice has continued to invest in the latest treatments and technologies. One of the most significant additions has been the introduction of Swift Microwave Therapy, an innovative treatment for stubborn verrucae that has helped many patients avoid

more invasive treatment options and achieve successful outcomes.

The clinic has also become the first in the South of England to introduce Curacorn technology, further strengthening its commitment to offering patients access to the most advanced and effective treatments available in modern podiatry.

Alongside clinical innovation, *Sussex Footcare* has expanded its work within the care sector, adding several new care and nursing homes to its portfolio. This growth reflects the increasing demand for specialist foot care services and the practice's commitment to supporting some of the most vulnerable members of the community.

"Reaching our second anniversary is a fantastic milestone," says Andrew. "The last two years have exceeded our expectations. We've been fortunate to support so many wonderful patients and build strong relationships within the local community."

Andrew is quick to acknowledge the people behind the success.

"None of this would have been possible without the dedication and support of our incredible team. Their professionalism, compassion and commitment to patient care have helped shape *Sussex Footcare* into what it is today. I am extremely grateful for everything my team do."

With patient numbers continuing to increase and new opportunities emerging, the practice is already looking towards the future.

"We're excited about what comes next," Andrew adds. "We're currently exploring opportunities to expand further, allowing us to help even more people across Sussex while continuing to invest in the latest treatments and technologies."

As *Sussex Footcare* enters its third year, the focus remains unchanged: delivering exceptional podiatry care,

embracing innovation, and helping patients stay active, comfortable and independent.

The team would like to thank all of their patients, care home partners, healthcare colleagues and the wider Eastbourne community for their continued support over the last two years.

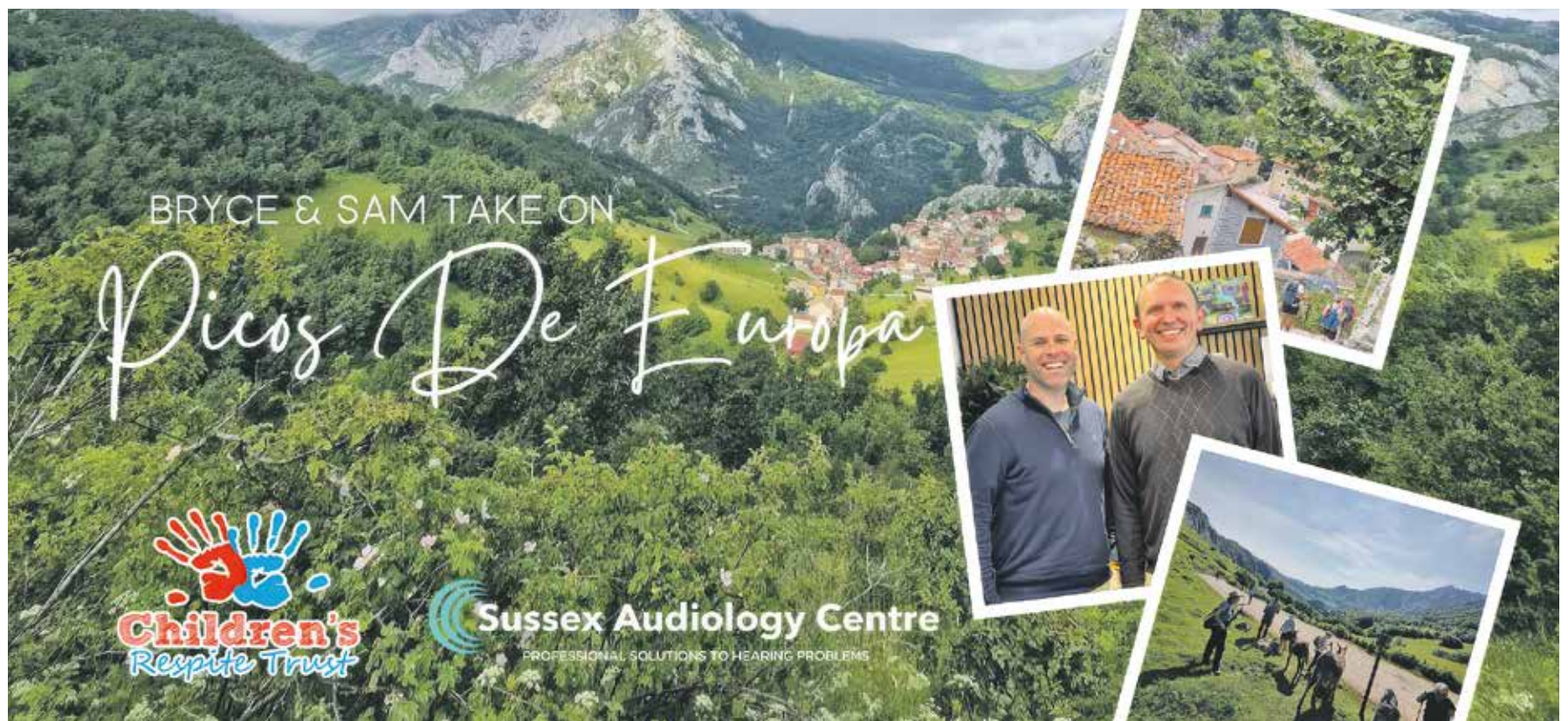
Here's to the next chapter of the *Sussex Footcare* journey.

#### 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](mailto:andrewalbon@yahoo.co.uk)**  
**[www.sussexfootcare.co.uk](http://www.sussexfootcare.co.uk)**  
** Sussex Footcare**



# Local Business takes on Mountain Challenge to support disabled children

**TWO members of the *Sussex Audiology Centre* team are preparing to push their limits this summer, all in the name of a cause close to their hearts.**

By **Francesca Matteini**, Sussex Audiology Centre

**Bryce and Sam, from the well-regarded independent hearing specialist with a clinic in Haywards Heath, are taking on the Picos De Europa Challenge: a demanding 65-kilometre trek across multiple days through one of Spain's most spectacular mountain ranges.**

Their goal? To raise vital funds for the *Children's Respite Trust*, a Sussex-based charity that provides essential respite care for children with profound physical and learning disabilities and their families.

The *Children's Respite Trust*, based in Uckfield, supports families across East and West Sussex, parts of Kent, Surrey, Brighton and Hove. With no government funding to rely on,

the charity depends entirely on community fundraising to deliver its services, including day care sessions, home-based support, holiday clubs, and sibling groups. As the Trust puts it, they believe no family should have to care for a disabled child alone.

To help fund their adventure and support the charity, Bryce and Sam have launched a community raffle, with some genuinely impressive prizes up for grabs, all generously donated by local businesses. Top of the prize list is a *BMW* or *MINI* electric car for the weekend, courtesy of *Group 1 Hailsham*, followed by an Afternoon Tea for two at the five-star *Grand Hotel* in Eastbourne, donated by the hotel itself, and a pair of *Archies Flip Flops* from *Sussex Footcare*.

Tickets are just £5 each, or five for £20, and winners will be drawn on 31st August 2026.

This is a wonderful opportunity to support two dedicated local professionals as they take on a genuine physical challenge, while making a meaningful difference to some of the most vulnerable children and families in our community.

To enter the raffle and support Bryce & Sam, please scan the QR code below.



# Eastbourne Free Walkers soar

**WALKING** can be so good for you in a number of ways – and the *Eastbourne Free Walkers* are currently soaring in popularity.

By **Peter Lindsey**

**Scott Temple started the group three years ago. It was very low key and the number of walkers was three, four, up to eight.**

Now, in the past month, the number of social media followers has almost doubled to 1,200, and two recent walks saw 35 and then 25 walkers.

## The more the merrier

Scott couldn't be more pleased, and he wants more people to make contact and walk.

He said: "Because of my work rota, it's two Sundays on and then two off. We normally aim for one shorter walk a month, and one longer.



"It's all about joining together, making friendships young, old and from all walks of life, meeting other people and helping one's mental health. We also welcome disabled people.

"A lot of people walk on their own, but would quite like some company, I know I did. We provide that company."

"For some, it is difficult to take that first step and join us, they may be

nervous, but I urge people to take that first step and join us. Be free with the world."

**We Walk • We Talk • We Lift Eachother**

For more details, go to the *Eastbourne Free Walkers Facebook* page.

You can email Scott at: [Wellbeinglifecoach23@gmail.com](mailto:Wellbeinglifecoach23@gmail.com)

READY TO REDEFINE  
YOUR FITNESS GOALS?  
SIGN UP FOR ONE OF  
THE TASTER PACKS  
TODAY

STARTER  
PACKS  
AVAILABLE

**BOOK YOUR CLASS NOW**



**APT HEALTH  
& WELLNESS STUDIOS**

39 HIGH STREET  
POLEGATE  
BN26 5AB

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

☎ 01323 364 673

☎ 07851 350 970

Email: [info@advancepersonaltraining.com](mailto:info@advancepersonaltraining.com)  
Web: [www.apthealthandwellness.co.uk](http://www.apthealthandwellness.co.uk)



# What's standing between you and better health?

**MANY of us live with health concerns that affect our confidence and quality of life, yet we often put off seeking help!**

By **Peter Lindsey**

**Whether it's the uncertainty about treatment options or simply feeling uncomfortable discussing personal issues, delaying support can prevent us from feeling our best.**

Three of the most common concerns affecting adults today are weight management, hair loss, and sexual health. While each condition is different, they all have one thing in common: early support and expert guidance can make a huge difference!

### Weight management

Achieving and maintaining a healthy weight is about far more than appearance. It can help reduce the risk of serious health conditions, including type 2 diabetes and heart disease. With the right treatment and ongoing support, sustainable, long-term results are possible.

### Sexual health

Many people struggle with sexual health concerns in silence. Whether

it's issues affecting performance or overall wellbeing, professional advice and appropriate treatment can provide effective solutions and valuable peace of mind.

### Hair loss

Hair loss can have a massive impact on confidence and self-esteem. Understanding the underlying cause is the first step towards finding the most suitable treatment and achieving the best possible outcome.

At Coda Pharmacy, we believe healthcare should be accessible and tailored to you. Our pharmacy team provides private consultations, trusted advice, and access to safe, effective treatments, supporting you every step of the way. If you've been putting off seeking help, now is the perfect time to take control of your health and wellbeing.

Start your journey today at: [www.codapharmacy.co.uk](http://www.codapharmacy.co.uk)

**Clearwell mobility**  
Making Life Easier

**Mobility Scooters from £749**



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



**FREE Brochure** SULVG

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_

Post to: FREEPOST CLEARWELL MOBILITY



**SCAN TO SHOP NOW**

[clearwellmobility.co.uk](http://clearwellmobility.co.uk)  
\*Prices exclude VAT & are available to people with a long term medical condition.



MORTAIN  
PLACE

BARCHESTER HEALTHCARE



Your loved one is **unique**.  
So their **care** should be too.

When considering care 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.

To arrange a visit call **01323 402 081**  
or visit **[barchester.com/MortainLM](https://www.barchester.com/MortainLM)**



Mortain Place Care Home, Pevensey Bay Road, Eastbourne, BN23 6JF

Residential care • Dementia care • Respite care & short breaks

# Keep your eyes open!

IT is all too easy to focus on the path in front of you rather than what is around you when out and about.

By **Theresa Hancock**

**We live in a beautiful area with the Cuckmere River snaking its way to the sea, the woods and the farmed landscape of crops and animals.**

So pause and look around and even look back as you may see things you hadn't noticed before. It is also worth

looking upwards at the amazing cloud formations which may warn you of pending rain, or the sun may suddenly break through the clouds to reveal a wonderful vista.

You may walk the same route again and again but you will see different things as the seasons progress and



the weather changes. On the hilltops there are grass covered mounds that are tumuli, ancient burial sites, proving that people have lived here for many thousands of years. Originally they would have been chalk-covered, bright white and very obvious in the landscape. I wonder if some of the paths that we use today were walked by these ancient peoples.

Occasionally you come across sculptures in the middle of nowhere,

or a horse or dog cemetery in a field. On the *South Downs Way* there is a sign indicating where the meridian line is and so you can have one foot in the western hemisphere and the other in the eastern hemisphere – just like you can at Greenwich.

*Polegate Ramblers* meet every Thursday with walks to suit all abilities. Check out their website: [www.polegateramblers.org.uk](http://www.polegateramblers.org.uk)

# Funding boost for Polegate projects

TWO schemes in Polegate to boost physical activity and tackle health inequalities have received new funding.

By **Peter Lindsey**

**They are:**

- *The Association of Carers*, Polegate – to deliver monthly sessions focused on balance, posture and core strength, helping residents to improve mobility.
- *BreatheEasy* – to expand its Pulmonary Rehab exercise maintenance programme in Crowborough, while also

providing services in Polegate, in response to growing demand. The programme helps residents living with respiratory conditions to stay active, improve their quality of life and better manage their long-term health concerns.

The funding is through phase 4 of the *Tackling Inequalities Through Physical Activity Funding Programme*.

The funding comes from *East Sussex Public Health* and is provided to



*Wealden District Council* to support groups and organisations in Wealden.

This funding programme has successfully supported 23 targeted health activities and interventions since the programme was launched in 2022.

Councillor Kelvin Williams, *Alliance for Wealden* (Liberal Democrat) and lead councillor for Public Health and Asset Management, said, "The amount of funding that has been awarded so far in this programme is doing amazing things for our district and the people that live in it.

"We have already seen the positive impact this funding is having within our communities."



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

# Your Shoulder to Lean on.



We know that experiencing dementia can be scary for you, and your loved ones. Pop along, meet our bighearted team, & discover how we can support you.



## Navigating Dementia Together

Thursday 16<sup>th</sup> July,  
10.30am - 12.30pm or 2 - 4pm

### What's Planned:

Advice from our dementia care team  
Tips on supporting loved ones  
Drinks, nibbles & a warm welcome



## HALLMARK

WILLINGDON PARK MANOR  
LUXURY CARE HOME

---

Book today, visit [hallmarkcarehomes.co.uk/willingdon-park-manor](https://hallmarkcarehomes.co.uk/willingdon-park-manor)

Willingdon Park Manor, Eastbourne, BN22 0AB | 01323 306 286

# Dementia support event

**FAMILIES** across Eastbourne are invited to a special dementia support event at *Hallmark Willingdon Park Manor* on Thursday 16th July, offering practical advice and reassurance for anyone affected by dementia.

By **Verity Prentice**

**Hosted by Dementia Practitioner Mark Arrowsmith, the event is designed for anyone living with dementia, caring for someone who is, or seeking guidance on available support. It offers an informal opportunity to connect, share experiences and gain useful information in a welcoming environment.**

Guests will hear expert insights, including a short informative video from Dr Isabelle Latham, *Hallmark's* Researcher in Residence, followed by an open Q&A session with the team. Refreshments will be served, and attendees can tour the award-winning home to see how the environment has been designed to support people living with dementia.



One previous attendee reflected on the value of these sessions, saying: "I wish someone had shown me this video years ago and helped me navigate this journey then."

*Hallmark Willingdon Park Manor* provides relationship-centred care, placing residents and their loved ones at the heart of everything they do. The home combines specialist dementia care with thoughtfully designed surroundings that promote comfort and independence,

including landscaped gardens, welcoming communal spaces and a homely café.

**The event takes place on Thursday 16th July at 10:30am and 2:00pm. Attendance is free, but booking is required.**

To register or find out more, please visit: [www.hallmarkcarehomes.co.uk/willingdon-park-manor](http://www.hallmarkcarehomes.co.uk/willingdon-park-manor)

# Eastbourne Shed officially opens – it's a great place

**THE official opening of the Finmere Road Men's Shed** took place on Friday June 19th.

By **Peter Lindsey**

**After 10 years in Fort Lane, Myrtle Road, the new shed is four times bigger at 4,000 square feet, with more machines, more tools and more space.**

All organisers need now is more people to join them.

There are three *Sheds* in Eastbourne – all run by *Age Concern* – at Langney Priory, Hampden Park and Finmere Road.

John Trainor, Chief Executive of *Age Concern Eastbourne*, said: "Men are often not as sociable as men, but all three are for both men and women.

"The message is very simple – they are friendly places, please come and pay a visit. The Finmere Road *Shed*



tends to focus more on DIY, tools, making things, but you don't have to be brilliant at any.

"In fact, it may be that you want to come and just have a chat, enjoy company, enjoy the banter and have a cup of coffee.

"It's about people of a certain generation spending time together. A barrier can often be having the bravery to make that initial contact with us – please do."

Neil Peters, Community Engagement for *Eastbourne Borough Council*, spoke at the launch.

He said: "Energy, creativity and a sense of community defines the *Eastbourne Shed Project*.

"It does something magical for people aged 50 and over. It's a place where skills are shared, personal projects come to life, and community projects are born."

Contact Name: **Vitus Sukoco**  
Telephone: **01323 692 485**  
Email: [витус.сукосо@ageconcerneastbourne.co.uk](mailto:витус.сукосо@ageconcerneastbourne.co.uk)

Award  
winning care  
homes

Bowes House care home, Hailsham  
**Hawaiian family fun day**

Saturday 25th July, 11am - 4pm

We're opening our doors to our wonderful local community for a summer party, and we'd love you to join us. Come along for some Hawaiian-inspired family fun. There'll be live music, mocktails, a barbecue, and much more.

To attend please call 01323 306131 or email  
[lisa.phillips@careuk.com](mailto:lisa.phillips@careuk.com)

Inspected and rated

**Good**

Care Quality  
Commission

Trusted to care

**care UK** 

# TheArts



Towner's series of late-night events is back on Friday 31st July.

bringing your art to life?  
**CONTACT CUSTARD**

**custard**  
DESIGN MARKETING PRINT

01323 430303 [instant@custard-design.co.uk](mailto:instant@custard-design.co.uk)



# Towner's late-night series

Photo by mike b design.

**TOWNER'S** series of late-night events is back on Friday 31st July with a fantastic line-up of live music, workshops, cinema & food.

By **Towner Art Gallery**

The summer edition features music from *big long sun*, whose 8-strong live band bring their psychedelic art-pop compositions to *Towner's Studio 1*, along with Gilroy Mere performing a new album inspired by the works of Eric Ravilious.

Called 'one of the most effortlessly inventive groups on the UK circuit' by culture magazine *Far Out*, *big long sun* will be sure to bring their frenzied folk pop, along with dreamy projected visuals.

Spearheaded by midlands-born, Brighton-based poet, painter, filmmaker, baker and musician Jamie Broughton, the band have released two acclaimed albums and an EP in little over 12 months. In that time, their 8-strong line-up has formed and hit up *The Great Escape*, toured the UK, performed a live session for *BBC Radio 6Music* (New Music Fix) and journeyed across seas for debut European dates at *Left of The Dial*.

Throughout the rest of the building, explore site-specific interventions



and drop-in workshops by multidisciplinary artist Ruby Campion and dancer and choreographer Yanaëlle Ritter. Delve into themes of mutual aid, interdependence and interconnectedness through workshops that will include printmaking and puppet making along with a special performance by Yanaëlle.

Drop in to *Towner's Cinema* where you'll find a playlist of three unique artist films, curated by *Devonshire Collective's Volta Artists' Moving Image*.

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



## TOWNER Eastbourne

**Friday 31st July**  
**6:00pm to 10:00pm**  
**£5 advance/ £10 on the door**

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

Ticket price includes free entry to *Comrades in Art: Artists Against Fascism*, which will be open until 8:00pm alongside two free exhibitions *The Ravilious Collection* and *Cecilia Fiona Spirals Gathering, Time Breathing*.



Light.

# New music nights put Eastbourne’s talent in the spotlight

**THERE is a lot of musical talent in and around Eastbourne – and a new evening in the town centre has been built to show it off.**

By **Peter Lindsey**

**Open Sessions Live held its first session in June at Turkuaz Wine House & Bar on Bolton Road. The sessions run on the 1st and 3rd Wednesday of every month. Entry is free.**

This is an open mic with a difference. Instead of first-come-first-served, each evening pairs five to eight short sets — folk, singer-songwriter,

blues, jazz, pop, rock and beyond — arranged so every set leads naturally into the next.

Performers get a PA, a free first drink, and photos and short video clips of their set to take away.

Applications come in from across Sussex, and every one is read. The room itself is part of the charm: a cozy, welcoming Mediterranean wine bar where you can eat and drink well while the music plays — not a concert hall, and all the better for it.



The audience plays its part too. At each session, the room votes for the acts they want to hear more of, and each month one performer is named Featured Artist, returning for a longer headline set.

And there is a bigger ambition behind it. If Eastbourne takes these evenings to heart, the plan is to crown the year with a festival in 2027, built from the Featured Artists the town itself has voted for.

Nothing is booked yet — that part depends on how the town responds.

Turkuaz can also be considered a new music venue with live music every Friday and Saturday.

For information about playing visit: [www.opensessions.live](http://www.opensessions.live)

# Tony’s fourth thriller now on sale

**BEGGARS Belief is a crime thriller which sees a murder committed by a gunman, disguised as a beggar, in Seaside Road.**

By **Peter Lindsey**

**He waits for his victim to leave his office and then kills financial wizard Timothy Marshall in cold blood.**

That is the start of Tony Flood’s highly-praised new thriller, aptly named *Beggars Belief – Deadly Disguises and Web of Lies*.

Tony lives in *Sovereign Harbour*, and this is the fourth in his series.

*Beggars Belief* is available on [Amazon.co.uk](http://Amazon.co.uk) and other sites.

Tony said: I’ve written in other genres, including a fantasy adventure called *Secret Potion*, containing a lot more magic, post *Harry Potter*.

“And, as a former Fleet Street journalist, and Controller of Information at *Sky Television*, it was natural for me to write a celebrity book, *My Life With The Stars – Sizzling Secrets Spilled!*”

“I am now chairman of *Anderida Writers*. We meet at the *Hydro Hotel*, Eastbourne, usually on the second Tuesday of the month, and would be happy to help existing authors, would-be authors, and those just wishing to write for fun.”

Email: [tflood04@yahoo.co.uk](mailto:tflood04@yahoo.co.uk)

## Patterson Gallery

at

The Lansdowne Hotel

# ‘7 + Men Artist’ Exhibition

\*\*\*\*\*

Every Saturday and Sunday throughout July.

10am until 5pm.

By appointment during the week.

\*\*\*\*\*

Tel: 07970 549873 | [peter@pattersongallery.co.uk](mailto:peter@pattersongallery.co.uk)  
[www.pattersongallery.co.uk](http://www.pattersongallery.co.uk)

*Invest in art that you love*

# design print marketing

**custard**

# '7 + Men' at the Patterson Gallery

**EVERY Saturday and Sunday throughout July. 10am until 5pm. By appointment during the week.**

By **Gail McKay**

## **SAMUEL PEACOCK**

Exchanging the traditional paintbrush for a roller and a blow torch, Peacock's unique take on art has made him one of the most sought-after contemporary landscape artists of our time.

## **JOHN BALL**

John, a retired architect, lives in Eastbourne and uses inspiration from the natural environment for his drawing and painting, mainly in oil and watercolour.

## **PATRICK GOFF**

Patrick lives in Seaford and has developed a working method combining photography and sketchbooks, which he still uses today.

## **CHRISTOPHER OSBOURNE**

He is self-taught and his fine oil paintings display a sensitive observation of the quiet countryside, its moods, seasons, and weather.

## **SIMON DESMOND**

Simon has painted throughout his life. He has recently moved into abstraction, continuing with his use of dramatic texture and colour.



Sam Peacock – Penline Way.

## **ALISTAIR MURDOCH**

Alistair, a retired Architect, has a keen eye for a fine elevation or an interesting interior; as an artist he can plan a tight composition that is eye-catching and original.

## **DICK SEGAL**

His work reflects the difficult discipline of creating highly depicted realism in a surreal or fantasy setting.

## **MICHEAL AYRTON**

"My aim is to create bold, often puzzling images which are, above all, different."

**Patterson Gallery**  
The Lansdowne Hotel  
King Edwards Parade  
Eastbourne BN21 4EE

[peter@pattersongallery.co.uk](mailto:peter@pattersongallery.co.uk)  
**07970 549873**



# Salt Water Comedy proudly presents...

**SALT Water Comedy** is thrilled to have acclaimed comedian and writer James Dowdeswell headlining Friday 17th July at *Printers Playhouse*.

By **Gail McKay**

James is the author of *'The Pub Manifesto: A Comedian Stands Up for Pub,'* a very funny ode to pub life.

His friendly manner and fantastic stories will be perfect for a night of comedy in Eastbourne.

He has been a headline act at top comedy clubs and has a long CV

of TV credits including: *Extras* (BBC), *Russell Howard's Good News* (BBC) and Jimmy Carr's *Celebrity Deal Or No Deal*. James will be supported by four more handpicked acts, all storming the comedy scene.

Last month's show was hugely successful, with a full room, so get your tickets for quality comedy at an intimate venue!

**Printers Playhouse**  
49A Grove Road  
Eastbourne BN21 4TX

**Tickets: £8**  
[www.tickettailor.com/events/saltwatercomedy/2266914](http://www.tickettailor.com/events/saltwatercomedy/2266914)

**Doors 6:30pm**  
**Show STARTS 7pm.**  
**Instagram: @saltwatercomedy**

"Excellent line in comedy."  
– *Guardian Pick of The Week*

"Intelligent and inventive."  
– *The List*

"This is feel good comedy with a capital F."  
– *Three Weeks*



Let There Be Love  
Every Wednesday



Super Troupers  
Thursday 2 July



Celebrating Celine  
Friday 3 July



The Ultimate Commitments  
& Blues Brothers Experience  
Saturday 4 July



A.B. Stage School  
Sunday 5 July



# RHIT

Royal Hippodrome Theatre



The Carpenters Voice of The Heart  
Sunday 12 July



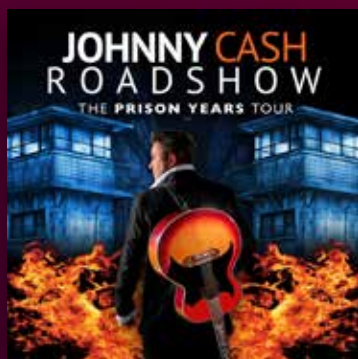
CODA Led Zeppelin Tribute  
Friday 17 July



Lake Academy of Dance  
Saturday 18 July



Bond School of Dance  
Sunday 19 July



Johnny Cash Roadshow  
Friday 24 July



Blingo - Hip Hop Bingo  
Saturday 25 July



Come From Away  
29 July - 1 August

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



# Green and pleasant

**SUMMER is moving on at a pace and July is often one of the hottest months of the year. It's the perfect time to sit out and enjoy the fruits of your labour in your garden with family and friends. Remember to keep your plants looking good by regularly dead-heading to ensure you enjoy a much longer display of fantastic blooms. If you've recently put some new plants and shrubs, make sure you keep them well-watered, remembering that you can use grey water as well. This time of year, you can expect lots of weeds, which thrive in the sunshine, so keep on top of them!**

By **Geoff Stonebanks**

**I am finding watering much easier this year after all the changes I have made in recent years! The use of more drought tolerant plants, along with my large collection of succulents and geraniums has meant much less watering which goes down really well, especially in times of drought and hose pipe bans. We've had quite a few visitors through June but there is still time to book a visit until 2nd August.**

## National Garden Scheme

If you want to get out and visit some gardens this month, there are a couple of great trails in Seaford and Winchelsea and the gardens of *Herstmonceux Castle*.

Seven gardens will open in Seaford on Sunday 5th from midday to 5pm with a combined entry of £8. Each garden offers its own unique charm, with a huge range of different planting styles, making this a truly inspiring group of gardens to visit. Enjoy tea, ice cream, plants, and artwork for sale at various gardens. Tickets and maps are available from any participating garden on the day.

Winchelsea's secret gardens open on Saturday 18th from 11am to 5pm with a combined entry of £10. Old favourites return with new owners, and the group expands to thirteen mostly cottage style gardens large and small. Set in the historic Cinque Port of Winchelsea with its picturesque townscape and long unspoiled sea and country views. Explore the town with its magnificent church.

*Herstmonceux Castle Estate* in Wartling Road opens on Wednesday 22nd from 10am to 6pm with entry £12 and children £6. The estate has formal gardens, woodland trails, meadows and lakes set around a majestic C15 moated castle. The gardens and grounds first opened for the NGS in 1927.

For full garden descriptions and details, visit [www.ngs.org.uk](http://www.ngs.org.uk)

## Sea Lavender

As summer heats up, so do the plants in the garden. Sea lavender is a beautiful summer stunner, many visitors are not familiar with it and often ask its name. Also known as marsh rosemary and lavender thrift, it is a perennial coastal plant that can often be found growing in both salt marshes and along coastal sand dunes. Despite its name, it is not actually related to the lavender plant. The plant creates leathery, spoon-shaped leaves, red-tinted stems, and delicate purple blooms that appear in summer. These plants are easily recognizable as a result of their dense, cloud-like sprays of tiny, paper-like lavender flowers.

They are primarily grown for their beautiful floral displays; though its large green paddle-shaped basal rosette leaves will also create an attractive ground-cover in the early spring, until the plant flowers in the summer. Part of what makes sea lavender a somewhat unusual perennial is that the leaves are so close to the ground, and long flower stems will develop from this grouping of foliage.

## Driftwood

A feature was recently published by *The English Garden Magazine* on 11 of Britain's most extraordinary coastal gardens every garden lover should

visit. The boat in my beach garden is pictured in the header. Imagine my amazement to find my garden was listed as number 9. The description given was this! A very pretty seaside garden, this award-winning plot has been featured on *Gardener's World* and *George Clarke's Beautiful Builds*. *Driftwood Garden* is a popular garden to visit as part of the *National Garden Scheme* in Seaford. It cleverly uses a drought-tolerant planting and coastal textures in marvellously artistic ways. The landscape has been inspired by the Mediterranean and is a masterclass in sustainability, too. If you're searching for inspiration for a contemporary coastal planting scheme, it offers it in abundance.

So, if you've not yet seen *Driftwood*, why not book a visit before we close on 2nd August this year? You can visit either with the scheme (entry £7) or through the *BBC Gardeners' World 2* for 1 scheme too (£10 including talk for 2 persons). While visiting you can enjoy a slice of my home-made cake served on vintage china on trays in the garden. Additionally, there are seven local artists displaying their work for sale too, more importantly the garden accepts individual visits as well as larger groups, just email [visitdriftwood@gmail.com](mailto:visitdriftwood@gmail.com) to make a booking.

Read more of Geoff's garden at [www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk)

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.

# SELF-REFER FOR A HEALTH ASSESSMENT

*No GP referral needed*



## What We Support With:

- Living with long-term health conditions
- Joint or muscle pain
- Recovering after injury
- Improving strength, mobility, and fitness
- Building confidence to exercise safely

## Delivered By:

- ✓ Qualified Health & Wellbeing professionals
- ✓ Personalised exercise prescription
- ✓ Ongoing structured support

## Get in Touch

✉ [referral@waveactive.org](mailto:referral@waveactive.org)

☎ 01323 408857

📍 Hillbrow Health and Wellbeing,  
1 Denton Road  
Eastbourne  
BN20 7SS

## Scan to Self-Refer

### Try It for Yourself

Enjoy a FREE DAY PASS at Hillbrow health and Wellbeing and discover everything included in membership.

We'll contact you to arrange your appointment.

