

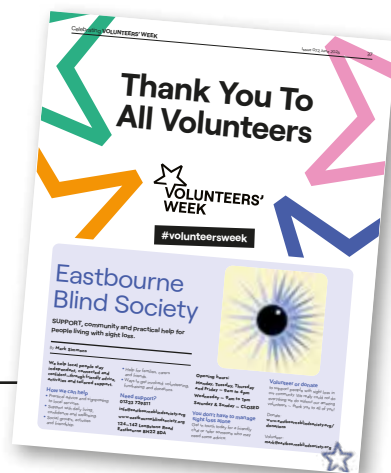
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06/26

Issue 072
June 2026

SEE INSIDE FOR
OUR SPECIAL
VOLUNTEERS'
WEEK
FEATURE

Pages 37-45



Bournefree

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2026 EASTBOURNE PRIDE

SATURDAY 13th JUNE 2026

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HOSTED BY **FONDA COX & SARAH B**

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SING WITH PRIDE WINNER

JO JO
DUA LIPA TRIBUTE

JADE POWERS
THE SONGS OF OLIVIA DEAN

KAILUN DENNIE
HARRY STYLES TRIBUTE

BiiBii

LEVITATE

JAZ ROBINSON

STORY OF STYLES

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Alternative CABARET

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CASH FOR GOLD

SEE PAGE 13

Jürgen Matthes
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Images

Cover: Eastbourne Pride
 Hailsham Eye: Trigger
 Health: Coda Pharmacy
 The Arts: Maker Studio

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

custard
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Shining a light on the best of Eastbourne

I WANT to start this month by saying a huge thank you to everyone who is involved in the first ever *Eastbourne Community Awards*.

By **Peter Lindsey**

The event – organised by Coda Pharmacy, Bournefree and Glass House – takes place on Thursday June 18th from 6pm.

It started from very small seeds – myself and the amazing Kim from Coda (and Morrisons of course) were planning what we thought would be a small event in its first year.

What became very clear very quickly was that we could probably could have filled a large hotel or conference suite.

That maybe for 2027 – for this year, we have 13 categories, 13 amazing winners and the prospect of a fantastic evening.

The aim from day one has been to shine a light on the very best of

Eastbourne, and that is what we hope to achieve.

Next, a very public thank you and well done to the wonderful Mina O'Brien, who works tirelessly for our town in a number of different areas.

Eastbourne Carnival

None more so than *Eastbourne Carnival*, which took place on Saturday May 23rd. That may have been the actual date, but Mina and her team work all-year round to bring together this very special day.

And – as ever – it was very special, bringing thousands of people together for such an uplifting day, both locals and visitors. So important to our town's economy.

Mina – take a well-deserved bow!

Eastbourne Town Hall

Here at *Bournefree*, we share news daily on our socials, and one of the developing – and very positive – stories is the future use of *Eastbourne Town Hall*.

Individual creative workspaces are now available within the Town Hall.

The Suites provide flexible and affordable co-working space offering a vibrant, creative and cultural hub, ideal for businesses, start-ups, and other creative, digital and cultural organisations.

This is very exciting – and a huge boost for our town.

Carpet Gardens

Finally, dare I mention the *Carpet Gardens*. EBC is keen for you to take part in its survey – should they be restored to their former glory?

Please do your bit, and fill in the survey online.

Happy June everyone!

Bournefree

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

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



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Polegate Fish Bar

find us at 31 High Street Polegate BN26 5AB

POLEGATE Fish Bar has a fantastic reputation serving top quality food – and this month there are two great offers for us all:

By **Peter Lindsey**

First, save 10 per cent during the month of June when you spend £20 or more. You must bring in your *Bournefree* voucher to the shop at 31 High Street, Polegate, to claim the saving. One saving per transaction.

Second, *Polegate Fish Bar* is proud of its Pollock specials, which are a cheaper and more sustainable choice instead of cod. Just £7.50 including small chips in-store, see picture.

www.polegatefishbar.co.uk



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During the month of June 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.

Missy, Stanley, and the Flood

BLUE HEART is working to reduce the impact of flooding in Eastbourne and southern Wealden.

By **Eleanor Lanyon**

It may not seem like it, but our area is at high risk of flooding.

We want to make sure that as many people as possible are aware, prepared, and confident that they can recover from flooding if and when it happens.

In that moment, it can be tricky for adults to stop and explain what's happening for children, so we asked

author Jenny Bailey to write '*Missy and Stanley's Tale*', to help children understand. It includes information that parents and teachers can talk about with kids, so they are better prepared and know what to do.

It features Missy the cat and Stanley the dog, who find themselves carried along on a curious adventure when a flood arrives at their home. Don't worry – it all works out in the end!



The book will be sent to all primary schools and libraries in the *Blue Heart* area this month. Other family-focussed organisations can request a free copy by emailing: contact@blueheart.org.uk

To find out more about being prepared, visit blueheart.org.uk and choose the Local Flooding link.



Free family tennis on the iconic Eastbourne grass courts

GET your very own taste of the grass court season this summer at the Lexus Eastbourne Open Community Day at Devonshire Park.

By **Laura Bewick**

On Sunday 28th June, following the finals of the Lexus Eastbourne Open on Saturday, Devonshire Park will be open from 11am to 3pm for a free Community Day, providing a unique opportunity to step onto the famous grass courts that will have just played host to some of the world's best tennis players.

Whether you're picking up a racket for the first time, getting back into tennis,

or an experienced player, there will be opportunities to get on court throughout the day as well as many other games and activities around the grounds to keep the family entertained.

In addition to free have-a-go activities running for all ages and abilities, grass court coaching sessions for juniors and families led by LTA-qualified coaches will be available to book for just £8.

Inclusive activities will include wheelchair tennis and deaf tennis sessions.



How do I get tickets?

Free tickets for the Lexus Eastbourne Open Community Day must be booked in advance.

When booking your ticket, you can also sign up for coaching sessions and activities throughout the day.

You will have the option to make a donation to the LTA Tennis Foundation – the official charity of the LTA, with a mission to improve lives through tennis.

Gates open from 11:00am on the day with activities starting at 11:30am.



Book your tickets at:
tickets.lta.org.uk

Eastbourne Concoures d'Elegance

NEW history book on Eastbourne's golden age of motoring between the wars.

By **Peter Lindsey**

Historian Stephen LeVine's latest book – Eastbourne Concoures d'Elegance – A celebration of automotive design on the Sussex coast, 1930–1937 – is now available on Amazon.

It reveals Eastbourne's forgotten automotive past as the country's premier host of interwar motor shows.

And it includes detailed accounts of every event, along with the complete records of winners and their cars.

The shows brought thousands of tourists and big-name drivers to the town every summer in the 1930s.

For seven glittering summers, Eastbourne was the undisputed capital of automotive elegance in England – and this book tells that story for the first time.

In the 1930s, Eastbourne hosted Britain's premier motoring event – the Concoures d'Elegance. Here, Bentleys and Delages, Rolls-Royces and Lagondas, alongside Wolseley Hornets and Singer cars, paraded before admiring crowds against the backdrop of the English Channel.

The early shows featured international and British competitors, trade participation, and organisers invited local dealers and craftsmen.

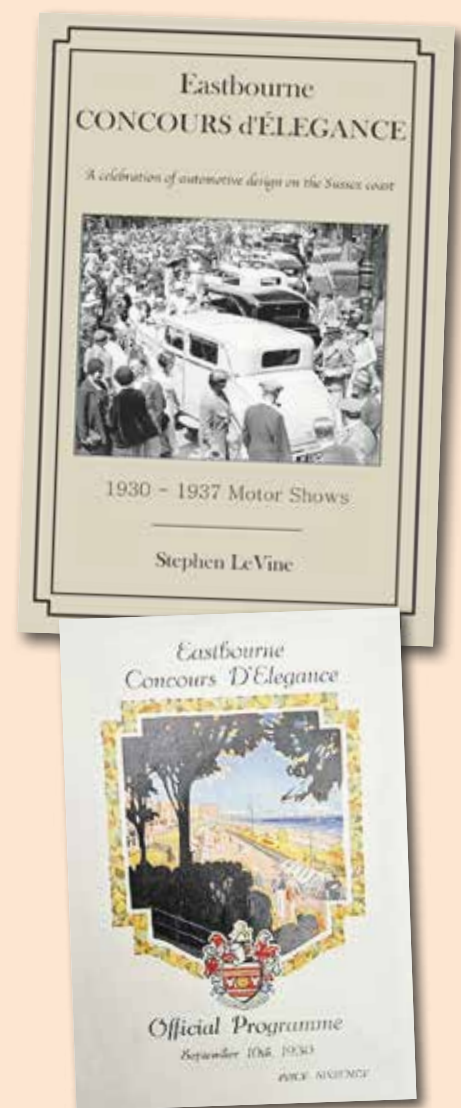
The first motor shows were held in France, then in 1928, they came to Britain and Eastbourne.

This is a portrait of those seven remarkable summers.

Stephen LeVine has published books on the history of Sussex's town halls and a Sussex army barracks, together with the history of Eastbourne's Fire Brigade. Stephen moved to Hailsham, Sussex, in 1985, and became a resident of Eastbourne in 1987. Now retired, he has become an author of local history books.

You can find the book on Amazon. It's also available as an e-book.

www.stephenlevine.co.uk





Release the Rage

HAVE you heard about the amazing *Rage X-Treme* on the *Chaucer Industrial Park* in Polegate?

By **Peter Lindsey**

It's smashing, it is extraordinary – and it's massively popular. If you haven't been yet, you really are missing out.

Amy and Ben can't believe how busy it is since they took over just a few months ago. They absolutely love it.

Unleash your fury at *Rage X-Treme*! A thrilling rage room experience—Release the Rage!

Here's Amy: "This really is something incredibly different, and people are absolutely loving it."

"Come and give us a try is all we ever say to people – and they do. And then they come back again and again."

"You are guaranteed a warm welcome, safety talk – and well, then it's over to you."

There are four Smash Rooms, three cater for up to three people and the *Room of Doom* caters for up to 10, and three axe throwing lanes – a maximum of five people per lane.

What's there to smash? Anything from a mobile phone and trays of crockery to wine bottles, TVs and glass to a washing machine, cups and pottery.

You wear PPE, helmet, gloves and goggles, and be dressed appropriately.

Anyone is welcome from the age of eight – if you are under 18,

obviously you have to be with a parent/guardian.

Ben said: "There are strict rules so that safety is paramount – for example, you can't throw items at each other."

"Each session is for a minimum of 30 minutes and prices start from £19.50 per person."

"This is the perfect opportunity to release your emotion – some people may go the gym, some come to us."

"You may feel clogged up, emotional, and just need to get rid of some of the anger and frustration. That's why we are here."

Great bonding experience

Amy says it's also perfect for young people: "Many youngsters struggle with their emotions at school, or at home, this is perfect for them. It can be a great bonding experience."



Rage & Axe bundles are coming soon so keep your eyes peeled on the website.

It's best to book online – go to www.ragex-treme.co.uk or call **01323 912990**



MEET



CHASE & MARSHALL

28TH JUNE 2026



*Chase and Marshall are joining us on
the farm at intervals on 28th June 2026*

**Book your farm trail tickets in
advance from £9.45pp***



As we enter the warmer months, we've got a packed schedule of incredible events to enjoy the Summer sun. This month, Eastbourne Pride launches in our town centre and we celebrate the return of world class tennis. Looking ahead, there's live music in Victoria Place all summer, farmers market (first Saturday of the month) and antiques fair (third weekend of the month) and of course, the return of Airbourne.

Legal advice as local as you are

Some solicitors feel like a last resort. Hart Reade feel like a neighbour.

This year, Hart Reade celebrates 116 years of helping individuals and businesses across East Sussex navigate the legal moments that matter most. Whether you're buying your first home, writing a will, going through a divorce, or settling a dispute, their specialist lawyers bring clarity to complexity. It's a promise neatly captured in two words: always approachable.

For Eastbourne residents, that means having a trusted legal team right on your doorstep — people who understand this town, its community, and the



families who've called it home for generations. With offices in Eastbourne, Hailsham and Polegate, expert legal advice has never been closer to home

For more information visit www.hartreade.co.uk or call: 01323 727321

Eastbourne Boxing Club

Eastbourne boxing club are hosting their fourth live show of the year on Saturday 23rd of May from 6:30pm at Saint Elisabeth's Church, Victoria Drive, Eastbourne.

This is a wonderful evening of amateur Boxing under England Boxing rules. There will be hot food and alcohol available to purchase and a great atmosphere anticipated supporting your local boxers.

Come on down and support the club and why not bring your friends, family and colleagues. For more information contact us at Eastbourneboxingclub@gmail.com or catch us on our social media platforms.

Meanwhile, if you would like to learn how to box we have classes from five-year-olds upwards! You can find out more at eastbourneboxingclub.co.uk



Eastbourne Pride

We are delighted to be working in partnership with Eastbourne Pride to bring the fantastic event into the heart of our town centre — Little Chelsea.

You can expect live music, entertainment, stalls and games throughout the day, and vote on the best dressed Pride window in the area. Eastbourne Pride this year falls on Saturday 13th of June, and will be running from 12noon to 7pm.



Serving up an Ace Event

Your Eastbourne BID is working with the LTA to once again bring tennis into the town centre, with our fanzone at the newly pedestrianised Victoria Place.

Tennis fans can expect to catch all the action on our big screen, whilst enjoying deck chairs, swingball and of course, the fantastic restaurants, bars and shops in the area. Catch all the action from Centre Court from Monday 22nd June — Saturday 27th June.

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.



Going the distance: Lightning Fibre and Eastbourne Boxing Club

LIGHTNING Fibre is pleased to announce a new collaboration with *Eastbourne Boxing Club*, as trophy sponsor for their Live Boxing event.

By **Peter Lindsey**

The club provides affordable boxing and fitness training for people of all ages in Eastbourne, provided by highly trained volunteers, as well as a schools outreach programme.

Its recent live boxing evening at *St Elisabeth's Church*, Victoria Drive featured more than ten scheduled bouts.

Founded in 2014, *Eastbourne Boxing Club* is a not-for-profit organisation and run by a team of unpaid volunteer coaches, led by chairman and head coach Adam Haniver. It is affiliated with the *National Governing Body, England Boxing*.

Adam said: "Our club is built on a culture of Adapt, Respect and

Commit and we run sessions every week for juniors, teenagers, seniors, girls and women. We aim to give people the chance to train regularly, improve fitness and learn new skills."

If you or someone you know has ever been interested in taking up boxing, you can find details of sessions on the *Eastbourne Boxing Club* website. The club is based at Unit 10, 45a Commercial Mews North, Eastbourne, BN21 3XF – just a few minutes walk from the town centre and train station.

Emma Pearce, Head of Marketing at *Lightning Fibre*, added:

"*Eastbourne Boxing Club* is doing great work locally. We are impressed by the club's ethos of encouraging a healthy lifestyle, providing education and friendship, and being inclusive to all. Well done again to all the winners at the hugely popular live boxing event!"

www.eastbourneboxingclub.co.uk

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BiiBii being crowned the winner of *Sing with Pride* at *The Crown and Anchor* and receiving her winners cheque!

Pride comes to town — and this time, it really means town

EASTBOURNE Pride is set for transformation in 2026. After years of Pride events taking place at Princes Park—popular, yes, but undeniably distant—this year’s festival will unfold right in the heart of Eastbourne!

By **Michael Shepherd**

This is also the first major event for the newly formed charity *Eastbourne Pride*, established in November 2025. The organisation is led by three trustees — Rachel Hesterbanks, Jane Tingley and Michael Shepherd — who have a clear vision for a Pride rooted in community partnership and year-round engagement.

Pride Comes to Town will take place on **Saturday 13th June 2026**, following months of planning. The shift comes after organisers faced the possibility of cancelling the event altogether. “Funding we were promised was withdrawn just before Christmas 2025 and we were faced with the very real threat of having to cancel *Eastbourne Pride 2026*,” Rachel said. Instead of stepping back, the team stepped forward and, with superb advice from Eastbourne Council, rebuilt the event in a way that not only secures its future but strengthens its connection to the town.

Little Chelsea takes centre stage

Little Chelsea will become the hub of the festival, with Grove Road and South Street hosting the *Pride Comes to Town* street party. The Main Stage, positioned outside the old Town Hall, will feature live music from midday to 7pm. (See cover image for the lineup).

Local businesses have embraced the move with enthusiasm. Bibendum will transform into “*Bearbendum*”, *Printers Playhouse* becomes the ***Pride Cabaret Tent***, and *The Grove Theatre* will host *Pride Picturehouse*, screening LGBTQ+ films throughout the afternoon. A family-friendly area at the bottom of South Street will offer Paint Your Pet sessions courtesy of ***Gallery@42***, and lots of family friendly fun with ***Sussex Guildhall CIC***.

A Pride built with local people in mind

Organisers made a deliberate decision that hot food and bar offerings should come from existing businesses in the area. “We want to ensure Pride supports the local economy rather than competing with

it,” Jane said. Thanks to generous sponsorship and cost savings from the venue change, ***Pride Comes to Town* will be free to attend.**

Businesses throughout *Little Chelsea* are invited to take part in the ***Best Dressed Window Competition***, with the winner receiving the first-ever “*Pride on Display*” trophy.

Partnerships that strengthen the event

Your *Eastbourne BID* has partnered with *Eastbourne Pride*, offering vital support with licensing, business involvement and security. Their involvement reflects a growing recognition that Pride is not just a festival but a cultural and economic asset to the town.

The Pride team is also committed to expanding the event beyond a single summer celebration. Upcoming initiatives include ***Pride in the Garden*** at *The Alexandra Arms* on 8th August, a ***World AIDS Day*** event at *The Grove Theatre* featuring panels of the *UK AIDS Quilt*, and discussions for *Winter Pride* at the ***Winter Gardens in January 2027*** are well underway “The response has been incredible,” Michael said. “It’s been like pushing against an open door, with many local businesses and organisations not only willing, but super keen to collaborate with us.”

Full details can be found at: www.eastbourne-pride.com

Please make use of the excellent Public Transport links for *Pride Comes to Town*.



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Chase & Marshall at Sharnfold Farm

SHARNFOLD Farm is preparing for an unforgettable family event on 28th June.

By **Louise Page**

PAW Patrol favourites Chase & Marshall arrive for exciting live arena appearances throughout the day. Perfect for little fans of the heroic pups, the event promises a fun-filled countryside adventure where families can enjoy special meet-and-greet time slots alongside a full day exploring everything the farm has to offer.

Set within the beautiful East Sussex countryside, *Sharnfold Farm* is packed with attractions designed for families to enjoy together. Alongside meeting friendly farm animals, children can explore the brand-new Barnyard Burrows and Mini Maze, as well as the much-loved Adventure Playground, Willow Way, Critter Corner and themed outdoor play areas that encourage imagination, discovery and outdoor fun. Families can also enjoy mini golf, nature trails and plenty of open space to relax and play at their own pace.

The welcoming atmosphere makes *Sharnfold Farm* the perfect

destination for a relaxed and memorable day out. Visitors can stop by the onsite café for lunches, coffee and treats before browsing the shop for gifts, local produce and special souvenirs to remember the occasion.

Tickets are priced at just £9.45 each, with a family of four able to attend for only £37.80, while under 2s go free.

With Chase & Marshall expected to be hugely popular, families are encouraged to book early for a paw-some day packed with fun, adventure and unforgettable family memories.

Sharnfold Farm
Hailsham Road, Eastbourne

www.thefamilyparksgroup.co.uk/days-out/sharnfold-farm

Sharnfold Farm is incredibly proud to announce a new charity partnership with the *Children's Respite Trust (CRT)*, a truly inspiring local organisation dedicated to supporting families of children with disabilities across Sussex.



Come and meet Geoff

MANY of you will know of the wonderful Geoff Stonebanks – his monthly Gardening page in *Bournefree* is extremely popular.

By **Peter Lindsey**

Geoff is a man of many talents, and June is always a very special month for him and his amazing home 'Driftwood' at Marine Drive, Bishopstone, Seaford.

His popular, visitor favourite garden is open for the 18th year for pre-booked visitors only, from June 1st until August 2nd.

And it's a sheer delight.

You can visit through the *National Garden Scheme* – entrance is £7 per person with children free, with an optional £3 for a talk provided by Geoff about the garden's creation.

Alternatively, if you have a *BBC Gardeners' World 2for1* card, entrance is £10 per pair including the talk.

Geoff's homemade tea and cakes are £6 per person, including a pot of tea or coffee served on vintage china along with a slice of his homemade cake.



All proceeds from the opening this summer will go to the *National Garden Scheme* which raises money for nursing and caring charities.

Full details on the garden can be found at:

www.driftwoodbysea.co.uk
and bookings can be made by emailing Geoff at:
visitdriftwood@gmail.com

Sending a real smile

AFTER struggling to comfort a friend through a life-changing diagnosis, an Eastbourne midwife has built a gifting business designed to help people show up thoughtfully, when it matters most.

By **Peter Lindsey**

How do you package care or deliver love in a moment that words cannot quite hold?

This was the question that the *University of Brighton* Midwifery graduate, Vix Fuller, found herself grappling with in 2023, after a close friend received a life-changing diagnosis.

What began as a simple desire to lift her friend’s spirits quickly became an emotional search for the right way to show her love; a search that

would eventually spark the idea behind a gifting service designed to help others do the same, with thoughtfulness and ease.

“I just didn’t know what to send,” Vix said.

“Flowers felt too predictable, and everything I found barely reflected how much I cared or what she was going through. In the end, I teamed with another friend to gather all her favourite things and packed them into a box to send to her. She loved the

gift and it made her smile. It meant a lot to her, and we were really glad to have been able to curate something meaningful for her.”

Rather than let the experience pass, Vix chose to act on it. She co-founded *Send a Smile*, a gifting service designed to remove the stress and uncertainty associated with deciding how best to show support for others.

It specialises in curating thoughtful wellbeing gifts boxes, tailored to life’s more sensitive moments, from illness and recovery to grief and emotional support.



In 2025, the business became a *Small Business Sunday Winner*, providing exclusive access to networking communities and business support platforms.

Since launching, *Send a Smile* has helped to send thousands of gifts across the UK, assisting customers in curating meaningful alternatives to generic gifting, and helping turn moments of uncertainty into opportunities for connection.

www.send-a-smile.co.uk



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The background of the entire page is a dark, moody photograph of a cigar box. The box is open, revealing several cigars inside. In the foreground, a single cigar with a dark, textured wrapper and a gold band is resting on a small, round, metallic tray. To the right of the cigar is a tall, faceted crystal glass filled with a golden liquid, likely whiskey. The lighting is warm and focused on the cigar and glass, creating a sophisticated and elegant atmosphere.

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Eat well Laugh often Love a lot

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

By **Harry Farmer**

If you are looking for more than just a restaurant to eat out at, then look no further than *La Dolce Vita*. All your expectations will be met as soon as you walk through the door.

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World Cup Memories Luncheon An Afternoon with Tina Moore Sunday 14th June 2026, 2pm – £95* p.p.



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

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

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*Price includes a donation to



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World Cup Memories Luncheon
An Afternoon with Tina Moore

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Parmigiana - Oven-baked Aubergine with tomato sauce, mozzarella, parmesan and basil

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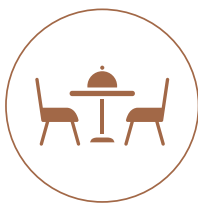
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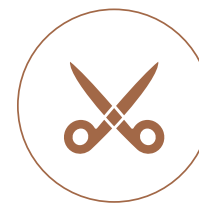
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Ben Westwood: We are Human

EASTBOURNE singer-songwriter Ben Westwood is back with his first new music in several years.

By **Peter Lindsey**

The entirely self-penned 10-track album *We are Human* showcases Ben's unique style, blending soul and folk roots with blues and alternative rock.

Ben's distinctive voice draws on classic influences – from *Motown* soul to *The Beatles* and Leonard Cohen.

He has already seen success this year with soulful ballad *Step Into*

The Light and anthemic title track *We are Human*.

The two singles have racked up more than 150,000 video views and 20,000 Spotify streams between them so far.

Both are produced by local Mark Edwards, who has worked with artists including Katie Melua and Paul Weller.

Filmed on Eastbourne seafront, *Step Into The Light's* video reflects the song's message of hope and

optimism, featuring Ukrainian refugee and now Eastbourne resident, Pilates instructor Olga Litvinova.

The song has been played on dozens of radio stations nationwide, including playlisting on Boom Radio (audience 750,000).

Watch the video here: www.youtube.com/watch?v=RjFS0-BP47c

The album is also previewed by the single *When you're Gone*, an upbeat soul-influenced track featuring a choreographed dance video.



Ben has been writing songs since the age of 14 and studied music in London with respected artists Tom Baxter and Ben Cullum, brother of Jamie. He has played at venues including the *Brighton Dome* and *Ronnie Scott's*.

Outside music, Ben is a college lecturer, published author and former journalist, appearing regularly on TV and radio.

www.benwestwoodmusic.com

youtube.com/@benwestwoodmusic

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By **Ian Elgie**

Class is key
Prof. Terry Cannon will be speaking on the Ethical Imperative which explores the consequences of living in such an unequal world where unequal class is key to the issue not national inequality. A novel approach to some but a vital insight.

Avoiding catastrophe
Energy expert Prof. Steve Sorrell explains why the Energy Imperative which considers the speed of the energy transition is key to a safe future. The morning programme ends by addressing the Sequestration Imperative – where specialists Gonzalo Alvarez (Oceans) and Ian Elgie (Trees), speak on behalf of the United Nations Association – how to suck the CO2 out of our atmosphere

in time to avoid catastrophic global warming – a complex solution but one which has immediate effect.

Local impact
The afternoon programme concentrates on the local impact of climate change in East Sussex, with a team of experts addressing such issues as flooding, health and housing.

A free event, but registration is essential.

For free tickets please visit: www.eventbrite.co.uk and search 'Climate Change Imperatives, UNA Laser Summer Conference'



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AHM Installations becomes Living Well Bathrooms

AFTER more than 27 years of trusted service, *AHM Installations* is proud to announce an exciting new chapter as we rebrand to *Living Well Bathrooms*.

By **Sarah Symcox**

While our name is changing, the values that have defined our company since 1999 remain exactly the same.

We are still the same family run business, with the same experienced team, commitment to quality workmanship, and dedication to customer care that have earned us recognition as a *Which? Trusted Trader* and excellent reviews on *Trustpilot*.

Our new name reflects how bathrooms have evolved over the years. They are no longer seen as purely practical spaces, but as an important part of comfort, wellbeing, and everyday living. *Living Well Bathrooms* better represents our focus on creating spaces that are stylish, functional, and designed around the individual needs of each customer.

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accessibility, or creating a modern wet room, we continue to provide solutions that help make daily life easier and more enjoyable. Every bathroom is carefully designed with safety, practicality, and long term comfort in mind.

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International Piano Competition in Eastbourne

THE internationally renowned *Norah Sande Award* celebrates its 21st anniversary competition on July 4th and 5th.

By **Vicky Henley**

The award attracts exceptional entrants from around the world, and the weekend of performances have become a popular annual date in the cultural calendar of Eastbourne.

It's a chance to hear some of the most exciting young adult pianists on the brink of their professional careers.

Programmes

On the Saturday from 9:30am until 5pm, the semi-finalists perform 20-minute programmes. Entry is free and the audience is welcome to join and leave between competitors' performances.

On the Sunday at 2:30pm, three finalists will each play a full recital programme incorporating classical, contemporary and romantic pieces, none of which will have been played during the semi-finals.

Tea (included in the price) is served while the adjudicators deliberate. The results will be announced at about 5pm and the winner is presented with a cheque for £2,000 and a concerto with the ESO in October.

Tickets for Sunday's final are £15 (u18s free) and can be booked on Saturday or on the door.

Timings subject to change; please check nearer the time at: www.sande-award.co.uk



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You're having a laugh

GET your diaries out and make an appointment with merriment.

By **Gail McKay**

Here are a few dates to get you howling in June.

Comedian Cat Scully hosts *Salt Water Comedy* and she's back with a new venue, *Printers Playhouse*.

To celebrate, they have booked a fantastic lineup of comedians.

Headlining will be the one and only, Dave Thompson. Dave has performed his stand-up comedy act in fifty countries outside the UK and several cruise ships. Known for his one-liners and absurd persona, Dave has written material for many other comics, including Harry Hill, Omid Djalili, and Stewart Lee.

"The best one-liners I've heard this season." (*THE INDEPENDENT*)

"Dave Thompson is hilarious and goes down a storm with the crowd." (*DAILY MAIL*)

"Dave Thompson has a unique style and some of the best one-liners." (*THE GUARDIAN*)

Dave will be supported by four hand-picked acts: Matt Dekker, Steph Cassin, Jo Phaure and Scott Manley Hadley.

Venue: **Printers Playhouse**
49A Grove Road, Eastbourne BN21 4TX
Tickets £8: www.tickettailor.com/events/saltwatercomedy/2161606
Date: **Friday 19th June**
Time: **7pm** (note early new start)



Dave Thompson.

Jo Neary holds a regular night at *The Lamb Inn*, in Old Town.

The nights are a great opportunity to see first class comedy, on you doorstep.

Accompanying Jo Neary on stage is the brilliant, and absurd John-Luke Roberts.

"Killer gags ... delivered with glorious idiocy." (*THE GUARDIAN*)

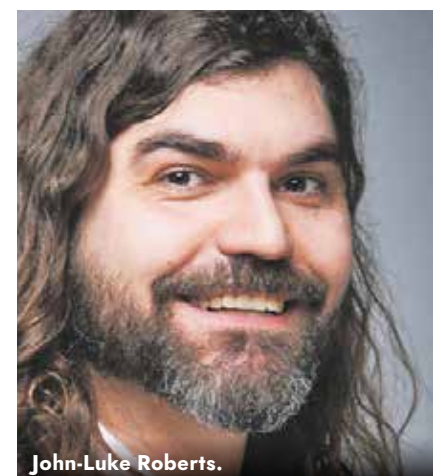
"One of the 50 funniest comedians of the 21st Century." (*THE TELEGRAPH*)

You can join the mailing list for all upcoming events:

www.joannaneary.com

Tickets at: www.wegottickets.com/f/20297

Venue: **The Lamb Inn**
36 High St, Old Town, Eastbourne BN21 1HH
Date: **Friday 26th June**
Door time: **7:15pm**
Start time: **7:30pm**



John-Luke Roberts.



Dame Kelly Holmes, Danny Garbett and members of Run Wednesday.

New Parkrun launched

347 PARTICIPANTS and 36 volunteers, turned up to run, walk and marshal *Abbotts Wood's* inaugural Parkrun.

By **Gail McKay**

Saturday 9th May was a beautiful sunny day, and the tall trees gave perfect dappled shade for the runners and walkers.

Parkrun is a free, weekly, 5-kilometre community event held in parks and open spaces worldwide and is now a global movement. It was started by Paul Sinton-Hewitt in 2004, at *Bushy Park* in London.

Positive impact

It is often described as one of the most important good health initiatives ever seen in this country.

There have been many studies on the positive impact of parkrun on individuals as well as *NHS* cost savings. One estimate puts it at £36.5M annually. There is no denying that it's a hugely positive activity for those taking part.

It is designed for all abilities, encouraging people to walk, jog, run, or volunteer in a positive, friendly, and inclusive environment.

The *Eastbourne Shinewater Parkrun*, nearby has been going since 2012.

Dame Kelly Holmes

Park Run always attracts its own 'Tourists' and visitors from Bromley, Hastings and *Seaford Striders*, came along and were thrilled to be in the company or sporting royalty, Olympic champion Dame Kelly Holmes, who was kind enough to pose for photos.

There was a fantastic atmosphere, it was a lovely sunny day, there was cake and fancy dress, A terrific debut for *Abbotts Wood Parkrun*



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Girly Gig Army

A LOCAL Facebook group created to help women attend live music events together has grown to more than 500 members in under six weeks.

By **Gail McKay**

Girly Gig Army was founded by Eastbourne resident Lucy Havard after noticing how many women wanted to go out to gigs and events but often had nobody to go with.

What started as a simple idea has quickly turned into a thriving social community, with members regularly meeting up at local music venues, festivals and social events across East Sussex.

The group has already organised several successful meet-ups including nights at *Eastbourne Bandstand*, a welcome drinks evening and the recent *Beer & Cider Festival*.

Lucy said:
"I honestly had no idea how many women were looking for something like this until people started joining and sharing their stories.

"So many women said they'd stopped going out because friends had moved away, relationships had changed or they'd lost confidence attending events alone.



"The whole idea behind *Girly Gig Army* is simple: nobody should miss out on live music because they don't have someone to go with."

Raising money for Refuge

The group has also launched branded t-shirts and badges to help members recognise each other at events, while raising money for *Refuge* through optional charity donations.

Girly Gig Army is now beginning to collaborate with local venues and

theatres, including upcoming live music and social events planned across the summer.

Lucy added:
"This is only the beginning. The atmosphere in the group has been so supportive, welcoming and positive. It's become much bigger than I ever imagined."

You can join the *Girly Gig Army* on Facebook

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Eastbourne Community Awards 2026

THE *Eastbourne Community Awards 2026* are taking place on Thursday June 18th at *Glass House* on Eastbourne Seafront.

By **Peter Lindsey**

First, we want to thank everyone who made a nomination. We were thrilled with the large response.

After the closing date, each sponsor was given the nominations for their particular category. They had to choose four to go forward to the judges.

And then, the judging took place on May 27th using a scoring matrix. Judges were our MP Josh Babarinde, Hampden Park Community Champion Ali Doyle, and Eastbourne’s Chelsea Grace from *Ashdown Radio*. Each finalist has now been invited to the big day.

And that’s how we have arrived at Thursday June 18th from 6pm at *Glass House*.

The awards are being organised by *Bournefree* and *Coda Pharmacy*, and we are thrilled at the progress.

DJ Ryan Millns from *Ashdown Radio* will comper the evening and all funds raised are going to *St Wilfrid’s Hospice* and *SASBAH*, based in Old Town.

Some people have asked about purchasing tickets. In truth, the success has taken us by surprise and we do not have the option to sell tickets to the general public. We apologise for this.

It will be a great evening — thanks to everyone who has joined us on this journey...

And — once it is all over — **MALAYALAM Restaurant** on Terminus Road is hosting a Thank You party for our sponsors and supporters. This will take place on June 28th from 1pm.

The Eastbourne community really has come together... Thank You



A big thank you to our wonderful sponsors:



The stars have landed at Greenwich

EASTBOURNE based LM Productions recently delivered a bespoke semi-permanent planetarium dome at the *National Maritime Museum*, bringing the cosmos to the heart of a *UNESCO* World Heritage Site.



There is something quietly extraordinary about lying beneath a dome of stars in the same borough where Britain first measured the heavens.

As of this month, visitors to the *National Maritime Museum* in Greenwich can do precisely that, stepping inside a custom-built, 8.5-metre planetarium dome and losing themselves in a universe of immersive visuals and spatial audio, all without leaving the ground floor of one of London's most storied institutions.

The installation is part of 'Astronomers Take Over', a new special exhibition now open in the museum's dedicated Special Exhibition Gallery. At its heart, is the work of *LM Productions Ltd*, a UK-based audiovisual specialist with more than 25 years of expertise in both permanent installations and live event environments.

A custom solution for a landmark venue

The *National Maritime Museum* is not a straightforward venue. Its

architecture is as significant as its collections, and any new installation must negotiate centuries of history alongside the very practical realities of ceiling heights, load tolerances, and visitor flow. When the museum's exhibitions team approached *LM Productions*, the brief was clear: design and deliver a planetarium that was first class, without compromising the integrity of the space or exceeding a fixed budget.

LM Productions worked closely with the museum's exhibitions

team to develop a solution that met both the creative ambition of the project and the practical realities of the space. The result is a bespoke geodesic dome, engineered precisely to the gallery's dimensions and equipped with state of the art high resolution projection and immersive audio systems, which showcases the museum's presenter lead content.

For more info on *LM Productions*, please visit: www.lm-productions.com

Conflict isn't the problem. Avoidance is

CONFLICT is part of everyday life, at home, at work, and within our communities.

Yet many of us were never taught how to handle difficult conversations confidently or calmly. Instead, we often avoid them, hope things improve on their own or react in ways we later regret.

The challenge is that unresolved conflict rarely disappears. More often, it creates stress, tension, and misunderstandings that quietly build over time. In workplaces especially, unresolved conflict can affect confidence, sleep, concentration, and overall mental wellbeing.

One reason difficult conversations feel so uncomfortable is because our brains interpret conflict as a threat. Even a simple disagreement can trigger a fight, flight, or freeze response. Some people become defensive, others withdraw completely, while many avoid raising concerns at all.

But conflict itself is not necessarily harmful. In fact, when handled well, it can strengthen relationships, improve understanding, and prevent bigger problems later on.

One of the most useful things we can all learn is to pause before reacting.

When emotions rise, slowing the conversation down — even briefly — gives us time to think more clearly and respond more constructively. Instead of assuming someone's intentions, try becoming curious. Ask questions. Listen carefully. Focus on understanding rather than winning.

A simple phrase such as: **"Can we talk about what's happened?"** can often open a conversation far more effectively than blame or silence.

We don't need to handle every difficult conversation perfectly. But learning how to approach conflict with calmness, clarity, and respect can make a significant difference to our relationships, our stress levels, and our wellbeing.



Sometimes the most important skill is not avoiding difficult conversations — but feeling able to have them.

I'm running a free online taster workshop, **"Turn Conflict into Collaboration"**, on **8th June**.

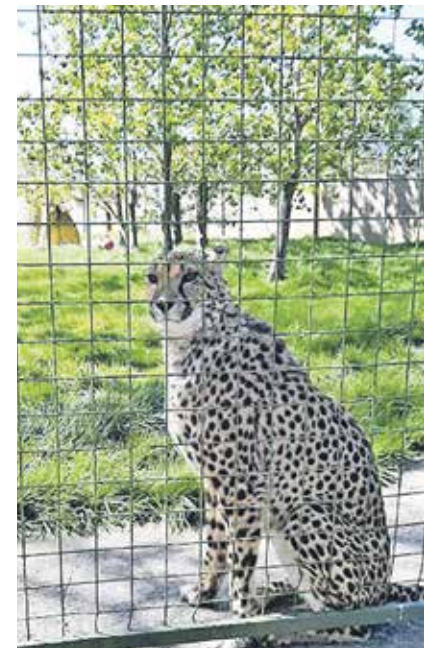
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Visit www.eastbourneunltd.co.uk to learn more and become a member today.



A Roaring Success: Chamber visit highlights big cat conservation in Kent

MEMBERS of the *Eastbourne Chamber of Commerce* were recently given the opportunity to visit *The Big Cat Sanctuary*, thanks to fellow member Peter Sanders.

Peter, who runs *Ginger and Sanders Sales & Lettings*, also volunteers at the sanctuary and helped arrange the visit.

Set within the Kent countryside, the sanctuary offers a notably different experience from a traditional zoo. Rather than prioritising entertainment, it operates as a conservation charity focused on the rescue, care and protection of endangered wild cats.

The site is home to species such as lions, tigers and leopards, many of which have been rescued from challenging circumstances, including conflict zones, illegal ownership and unsuitable facilities. Others are part of carefully managed international breeding programmes designed to preserve genetic diversity and support the survival of these animals.

Peter explained that visits are intentionally limited and must be booked in advance, with guests taking part in guided tours or specialist experiences. This approach helps to minimise stress for the animals, while also creating a more personal and informative visit. Keepers share insights into each cat's background, as well as the wider challenges facing wild populations, including habitat loss and poaching.

In addition to its work on site, the sanctuary supports conservation projects around the world, helping to protect big cats in their natural habitats. Income generated through visitor experiences, from photography sessions to overnight stays, directly contributes to these initiatives.

The Chamber members had a wonderful day at the sanctuary, and it was great to see and understand its strong emphasis on animal welfare, education and conservation. *The Big Cat Sanctuary* reflects a broader move towards more ethical and meaningful ways of engaging with wildlife.

Their current campaign is being run to help with conservation of cheetahs who in recent years have massively been in decline and so need OUR HELP.

For more information, please visit www.thebigcatsanctuary.org



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A marathon run for St Wilfrids

FORCES Veterans complete *London Marathon* and raise £14,000 for *St Wilfrid's*.

By **Peter Lindsey**

Two veterans, Simon Atkins (ex-Navy) and Simon Coomber (ex-Army) completed the *London Marathon* – and raised more than £14,000 for *St Wilfrid's Hospice* in Eastbourne.

With six decades of public service between them, the 'Two Simons' brought a touch of friendly rivalry to the challenge.

They described running the London Marathon as a 'lifelong dream, but doing it for *St Wilfrid's* made it truly meaningful.'

They said: "No-one should face the end of their life without compassion and care. The donations raised will help ensure that *St Wilfrid's* can continue this essential work for our community."

Their local pub, *The Thoroughbred Inn* in Polegate, backed them every step of the way, raising more than £10,000.

The money was raised through sweepstakes, coffee mornings, raffles and quizzes, with bands *Hunky Dory* and *Bad Mood Monkey* generously performing for free.



The pair said the support from the pub was unbelievable: "We'd especially like to thank Julie Whiting for her incredible determination, she was the driving force behind it all."

"Thanks to Julie, we didn't just meet our target, we smashed it three times over."

"We're hugely grateful to her, to Henija, Ruth and Paul Weisham, and

to everyone at *The Thoroughbred* for getting behind us. There's a fantastic community at *The Thoroughbred*, and this effort really showed it. They made this happen, we just did the run."

The ex-Forces pair are still welcoming donations until July.

www.justgiving.com/page/simon-atkins-2-and-simon-coomber

St Wilfrid's

Starlight Stroll

A walk to remember

Saturday 12th September 2026
Princes Park, Eastbourne

Light up Eastbourne Seafront, walk five or ten miles beside the sea, lay your decorated lantern in the beautiful Italian Gardens, and help raise vital funds for local hospice care.

Register today at stwhospice.org/starlight

Event kindly sponsored by

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St Wilfrid's Hospice

Cadence Cycle Club expands with new Hub

CADENCE Cycle Club is a unique community in the most awe-inspiring corners of Sussex and Hampshire with other kiosks/cafes in Eastbourne, Seaford, Newhaven and Beachy Head.

By **Peter Lindsey**

Its mission is to build bigger, stronger and more diverse cycling and outdoor loving communities to promote health, fitness and responsible enjoyment of the great outdoors.

Now it has opened a new *Station Hub* on the *Cuckoo Trail*.
The refreshment kiosk, *Cadence Clubhouse Horam*, offers toilets, water refill stations, bike pumps, and



repair tools to support cyclists, while also providing a welcoming space for the wider community to meet, eat, relax, and enjoy the outdoors.

Councillor Kelvin Williams, *Alliance for Wealden* (Liberal Democrat) and lead councillor for Public Health and Asset Management, said, “I am pleased that the *Horam Hub* has now opened to the public.

“It strengthens the Cuckoo Trail’s role as a shared community asset, supporting

healthier lifestyles, celebrating local creativity and heritage, and creating a welcoming space where people can come together.

“The design of the hub has been carefully planned to make sure that the history and the character of the railways has been kept. This is a space for cyclists, walkers, runners, families and friends to enjoy.”

www.cadencecycle.club/horam

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JUNE 2026



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SAT 6TH JUNE - FLEETWOOD MAC - FLEETWOOD SHACK
SUN 7TH JUNE (3PM) - HARMONIE CONCERT BAND
SUN 7TH JUNE (8PM) - WHITNEY HOUSTON - FOREVER WHITNEY



FRI 12TH JUNE - MADNESS - BADNESS
SAT 13TH JUNE - KILLERS EXPERIENCE
SUN 14TH JUNE - JERSEY BOYS - BIG MEN IN TOWN



WED 17TH JUNE - 1812: MID SUSSEX BRASS
FRI 19TH JUNE - SAM FENDER - SAME FENDER
SAT 20TH JUNE - TAKE THAT EXPERIENCE
SUN 21ST JUNE - SOUNDS OF THE 60S - ZOOTS



FRI 26TH JUNE - DREAMETTES - MOTOWN NIGHT
SAT 27TH JUNE - ED SHEERAN EXPERIENCE
SUN 28TH JUNE - EAGLES - ALTER EAGLES

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Exceptional four-bedroom detached home
With a separate field and a paddock
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Guide Price £650,000

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Cherwell Close, Stone Cross

Guide Price £480,000

Corner Plot
Four Bedroom Family House
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Low-Maintenance
Landscaped Garden



Penthouse, Park Avenue

Guide Price £450,000

Stunning Three Bedroom Penthouse
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Prestigious Location -
Situated on a tree-lined road bordering Hampden Park



Shipley Mill Close, Stone Cross

Guide Price £320,000

Two Double Bedroom
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Three Car Driveway
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Constable Road

Guide Price £300,000

3 Bedroom End of Terrace House
Quiet Residential Location
Spacious Lounge and Dining Room
Private South Easterly Facing Garden
Downstairs WC
No Onward Chain
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Off Road Parking for Multiple Vehicles
Garage En-bloc



Percival Road, Hampden Park

Guide Price £270,000

3 Bedroom Mid-Terrace Home
2 Reception Areas
Lounge with French Doors
Opening onto the Rear Garden
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Double Glazed with Gas Fired Central Heating, Garage En-block
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Havana Court

Guide Price £200,000 to £210,000

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weareuptons.co.uk

What an amazing year!

EACH spring, *The Arlington Bluebell Walk and Farm Trail* attracts a large number of visitors, raising a decent amount of local charities.

By **Peter Lindsey**

2026 has been different – and records have been broken.

The amount raised – during this year’s *Bluebell Walk* open from April 3rd until May 10th – is a staggering £109,054.

That is shared between 26 local charities, who manned the car park and provided the catering each day.

That means the total raised since 1972 amounts to £1,278,419.

Some highlights:

- Arlington Church Plant Stall was open every day and raised a record-breaking £9,848
- Eastbourne AM Rotary Club raised the highest amount ever over a weekend £10,294

- Two charities who moved from one day to two days were Children with Cancer Fund £6,233 and Children’s Respite Trust £6,342.

And it’s all down to owner John McCutchan: “I want to thank our visitors, more than 21,000, our charities and our supporters. A record year!

Thank You John!



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Personal Service Travel – number one for customer service

PST has moved from Grove Road into Chamber House at 49 Gildredge Road, Eastbourne.

By **Peter Lindsey**

Owner Martin Wellings has been in the business for more than 50 years – hence his vast experience and knowledge.

Bournefree Editor Peter Lindsey sat down for a chat with Martin.

In this internet age, why do people need travel agents these days?

MW:

In my opinion, some posts on the internet are very much geared to making things LOOK cheap, and above everything else can't give expert advice. A good travel agent will give FREE expert advice and make arrangements that give people 100% financial guarantee on their travel arrangements. In any case, most people would rather deal with a real live human!

After nearly 70 years in Grove Road, why did you move offices?

MW:

Two reasons. Many travel companies are no longer producing printed brochures so we no longer need the size of premises that we used to have, and the other important consideration is that much of our business is helping with the more complicated itinerary planning. So we wanted an

office environment where we could make appointments giving them more time as required without others standing waiting.

You say you don't charge for your services, so how do you make your money?

MW:

On anything we book, we receive a small commission from the tour operator or cruise line, so the price to the consumer is the same however it is booked.

You say that you can offer expert advice and I wonder how you can cover everything?

MW:

I and my colleague Nicky Taylor have over 100 years in the industry between us and I personally have been to all seven continents so can talk from personal experience.

Do any of your trips particularly stand out?

MW:

Particularly memorable ones are going with my father to see the blast off of Apollo 11; an amazing experience, flying into Washington in the cockpit of *Concorde* for an automatic landing in fog, a traditional trans-Atlantic voyage on the *QE2* into New York passing the Statue of Liberty and finally, as a pilot, renting an aircraft from Florida and flying to some of the small islands of the Bahamas.



Having seen all the countries that you have, which is your favourite?

MW:

Sorry to disappoint here, as people expect me to quote some far away exotic location, but my favourite has to be the closest country – France, which has to have everything a person could want such as some of the best beaches, historical sites, skiing, varied countryside and of course great food and wine!

How do you see travelling in the next few years?

MW:

Unfortunately, I cannot see the airport experience is going to improve as everything is getting more automated and fewer staff if ever there is a problem, and as a consequence if travelling to nearby Europe, more people are going to turn to train travel with the increasing fast services now available, and when eventually Ashford reopens in a couple of years, this will certainly help Eastbourne travellers.

Finally, do you have any tips for travellers?

MW:

When choosing a holiday and working to a budget, it is better to reduce a stay a little and getting hotel and flight you really want rather than stretching the duration, and when travelling, never assume that your baggage is going to arrive at the

same time as you do, so always take into the cabin everything you need for the next twenty four hours.

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Allen & Sons Jewellery shop is not closing – it's moving.

From August, it will be taking appointments
for its usual services in The Foundry – still in The Beacon.

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Text: **07763 014 903**



Thank You To All Volunteers



#volunteersweek

Eastbourne Blind Society

**SUPPORT, community and practical help for
people living with sight loss.**

By **Mark Simmons**

**We help local people stay
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confident—through friendly advice,
activities and tailored support.**

How we can help

- Practical advice and signposting to local services.
- Support with daily living, confidence and wellbeing.
- Social groups, activities and friendship.

- Help for families, carers and friends.
- Ways to get involved: volunteering, fundraising and donations.

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01323 729511

info@eastbourneblindsociety.org

www.eastbourneblindsociety.org

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and Friday – 9am to 4pm**

Wednesday – 9am to 1pm

Saturday & Sunday – CLOSED

You don't have to manage sight loss alone

Get in touch today for a friendly chat or refer someone who may need some advice.

Volunteer or donate

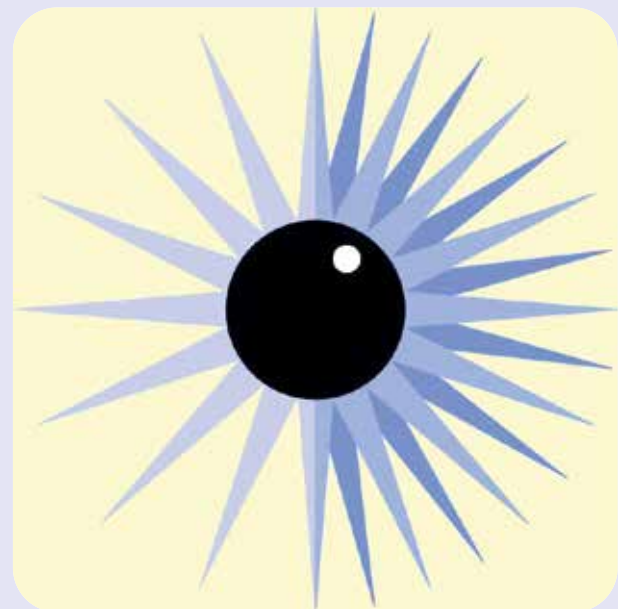
to support people with sight loss in our community. We really could not do everything we do without our amazing volunteers — thank you to all of you!

Donate:

**www.eastbourneblindsociety.org/
donations**

Volunteer:

mark@eastbourneblindsociety.org





St Wilfrid's Hospice

"TO me, St Wilfrid's is like a big family and a big hug. Every time I come in here, I just feel that warmth."

By **Madeleine Green**

This Volunteers week St Wilfrid's Hospice is saying a huge thank you to the more than 400 people who give their time to support local hospice care.

People like Louise, who regularly volunteers at events like *Starlight Stroll*, *Rainbow Run* and *Open Gardens*.

"I can't remember when I wasn't involved with the hospice now!" says Louise. "I love the fact I'm supporting something I really care about, and I really enjoy doing it. It gives me a sense of self-pride. I lost my mum many moons ago and my family never talked about it. We never had a hospice. We never had a safe place. So, emotionally, it's helped me a lot. I'm able to talk about my loss now, which I was never able to do before."



"To me, St Wilfrid's is like a big family and a big hug. Every time I come in here, I just feel that warmth. If you're thinking of volunteering, just come along, it's a beautiful place."

Vicky Ford, Volunteer Engagement Manager, said: "Volunteers like Louise make such a difference to the hospice; we simply wouldn't exist without these wonderful people. We are always looking to welcome new faces to our amazing team, so if you have some time to spare and would like to make

a difference in your local community, we would love to hear from you."

St Wilfrid's Hospice provides high quality care and support for people across Eastbourne, Seaford, Hailsham, Uckfield, Heathfield (and all points between) with life-limiting illnesses. They have volunteer roles on offer at the hospice building in Eastbourne, at fundraising events, in the local community, and across their 11 shops. Find out more at: stwhospice.org/volunteer

Matthew 25 brings people in

MAY, and despite perpetual wind, brighter, warmer and drier; a relief to Eastbourne's homeless. For most of us, wet nights mean cosy enjoyment of sofa, tea and telly before a snug snore under the duvet.

By **Pippa Oliphant**

For anybody living in a shop doorway or in some discreet corner of a park, it's cold, hungry, anxious misery, probable illness and possible death.

No fun either for our housed poor, who might have the telly but must choose between heating and food. Where to find breakfast and company next morning?

Matthew 25 Mission brings these Outsiders in. About 300 every week. People like you and me, but with histories of terrible Loss, now living broken and dysfunctional lives.

As well as providing a safe space, hot meals and drinks, emergency clothing and access to a washing machine, we have trained Key Workers who listen understandingly and help with form-filling, phone calls and direction to Services, several of which visit us weekly. With the Council, other charities

and local businesses, Matthew 25 is developing a *Moving On Project* to re-build skills and confidence, break that cycle of disappointment and learned helplessness, and return individuals to mainstream society and employment. Every success, a corresponding benefit to the Town!

We need your financial support

And we are always thrilled to welcome new Volunteers (especially in the Hall and Shop), and Trustees.

Over 18, and feel you have something to offer? Drop in one morning to see how things work. You might even decide to stay...

Brodie Hall, Christ Church, Seaside, Eastbourne BN22 7NN

**www.matthew25mission.org
01323 726960**





The Mayor joins members of SASBAH.

SASBAH: Making a real difference to people’s lives

SASBAH – situated in Old Town – is delighted to be one of the Mayor of Eastbourne’s two chosen charities for 2026–27.

By **Peter Lindsey**

The charity supporting more than 1,000 people across Sussex affected by any disability is also thrilled to be benefitting from the *Eastbourne Community Awards 2026*.

SASBAH moved into *The JPK Hub* in Church Street at Christmas 2024, and Chief Executive Rom Sanglaji is keen to raise awareness of what it does.

It stands for the *Sussex Association of Spina Bifida and Hydrocephalus*, but now also supports people with other disabilities as well.

This is what SASBAH does:

- It works with local business to provide valuable work experience for people with disabilities – members are in the office every workday and it’s a truly positive environment.

- Provides social and digital inclusion activities.
- Holidays for the SASBAH community, also meaning respite care for families and carers.
- Advisers service providing advice and advocacy on issues

such as benefits, relationships, adaptations, care provision and any other matters affecting everyday living. Never has this been more important.

- Weekly social group running each Wednesday evening in Eastbourne.
- Support groups across Sussex.

Rom said: “We are proud at what we achieve here at SASBAH. For over

60 years we have created a family-feel environment and embraced so many disadvantaged individuals.

“Please make contact if you want to be a part of our friendly community here at SASBAH.”

To find out more, go to: www.sasbah.org.uk

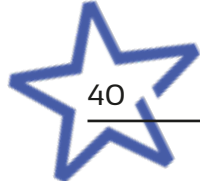
If you want to see for yourself what the charity does and the impact it makes, email: rom@sasbah.org.uk



Kim and Molly (Right) from CODA Pharmacy visit SASBAH.



Chief Executive Rom Sanglaji.



The JPK Sussex looks towards the future

THE JPK Sussex is entering a new chapter as the charity begins developing wider future opportunities for people with Learning Disabilities and Autism across East Sussex.

By **Peter Lindsey**

Following many years of involvement from Chairperson Jill Parker MBE, the charity is now moving into a future-focused phase centred around inclusion, accessibility, empowerment and community connection. Jill has played an important role in the development of supported living opportunities, advocacy and community provision over many years, including the establishment of Gow Lodge and opportunities for people with Learning Disabilities across East Sussex.

The charity now hopes to continue building on these foundations by developing a more inclusive and accessible hub for the local community — a place focused on listening, learning, collaboration and responding to what people with learning difficulties and autism — and their families — need.

Future plans currently being explored include:

- evening and weekend community groups,
- music, dance and film nights,
- sensory and wellbeing sessions,
- family support and signposting,
- consultancy and best practice support,
- employment and vocational opportunities,
- and wider community events designed to promote inclusion and connection.

The long-term vision is for *The JPK Sussex* to become a recognised Inclusion Hub for East Sussex — bringing together families, providers, professionals and the wider community in one welcoming and empowering space.

Kelsey Verlander, newly appointed Vice Chair of *The JPK Sussex*, said: "There is always room for more inclusion, more opportunity and more understanding. We want *The JPK Sussex* to continue evolving into a place where people feel safe, listened to, empowered and connected within their community."

The charity also wishes to reassure the local community that *The JPK Sussex* continues to move forward positively, with ongoing plans for growth, development and wider community involvement.

Summer Fayre – 20th June 2026

**The JPK Sussex Site, Eastbourne
10am – 3pm**

The day will bring together families, professionals, supporters and members of the public to:

- Celebrate the Learning Disability community
- Share future plans for *The JPK Sussex*
- Promote inclusion and awareness
- Explore future opportunities and community projects
- Bring people together within a welcoming and inclusive environment

Volunteers & Community Involvement

The JPK Sussex is currently looking to welcome:

- Volunteers passionate about Learning Disability and Autism support
- Community members wanting to support inclusion and opportunity
- Individuals interested in helping at events and fayres
- Support with fundraising and community engagement
- People with creative skills, hobbies or group ideas to share



Kelsey Verlander.

- Volunteers for evening and weekend activities
- Local businesses and organisations interested in partnership working
- Individuals wanting to support the future development of *The JPK Sussex Inclusion Hub*
- New Trustees who are passionate about strengthening the future direction of the charity and supporting the Learning Disability community across East Sussex

For volunteering enquiries, Trustee interest or to express an interest in getting involved, please contact: kelsey.thejpkproject@outlook.com **07724 837576**

Stay connected with The JPK Sussex

Follow *The JPK Sussex* for updates, events, volunteering opportunities and future community projects as we move into our next chapter.

For Facebook, search '**The JPK Sussex Project**'

Enquiries / Mailing List: kelsey.thejpkproject@outlook.com

The message moving forward is simple:

The JPK Sussex is still here, still growing, and still committed to creating inclusion, opportunity and meaningful community connection for people with Learning Disabilities and Autism across East Sussex.

The power of Volunteers:

Giving unpaid Carers the breaks they deserve

EVERY day across East Sussex, thousands of unpaid Carers support a loved one who wouldn't cope without their help due to illness, disability, frailty, mental health challenges or substance misuse. Their caring role is constant and demanding — often leaving little time for rest, social connection or even basic self care.

By **Jessica Robinson**

During Volunteers' Week, the Association of Carers is highlighting the incredible power of Volunteers — and the life changing difference they make by giving unpaid Carers something many rarely have: a genuine break.

In Eastbourne, the Association of Carers provides free, volunteer led respite and befriending services that allow Carers regular time away from their caring responsibilities. For Carers, even a short break can be transformative. It might mean time to do essential shopping, take a walk, enjoy a hobby, meet a friend for coffee, or simply rest without interruption or worry.

One Carer described the impact of this support:

"Association of Carers was my first experience of any kind of time off from my caring role. The gift of time is the most valuable thing you could offer to families in difficult situations."

These vital breaks are made possible entirely through Volunteers.

Volunteers do not provide personal or physical care — their role is simply to offer companionship by spending time with the person being cared for, allowing the Carer to step away for a few precious hours. Full training and ongoing support are provided, and many Volunteers say the role is one of the most rewarding things they've ever done:

"They are always so grateful. I feel we do so little, but it's exactly what a Carer needs — time to themselves with no worry."

Recently, the Association of Carers organised their first charity coastal walk from Eastbourne Pier to Hastings Pier. Volunteers, supporters and staff took on the 17 mile challenge together, raising awareness of unpaid Carers while enjoying the stunning Sussex coastline. The walk was a wonderful opportunity to celebrate the commitment of their Volunteers, support their ongoing services, and highlight how coming together as a community helps to reach and support more unpaid Carers who desperately need breaks.

Celebrating Volunteers' Week

The Association of Carers is proud to be supported by 132 volunteers, aged 18 to 94, including volunteers



who have been involved for more than 15 years. Their commitment enables the charity to support Carers across East Sussex — but demand continues to grow.

As part of *Volunteers' Week* 2026, the charity will host celebration events every day to thank Volunteers in person, from afternoon teas to fish and chip lunches. The week will also include the presentation of the annual *Julie Mercer Award*. Nominated by Carers themselves, this award honours a Volunteer who has gone above and beyond, in memory of the charity's late Manager.

Last year's winning Volunteer was nominated by the Carer she was matched to, who said:

"I had been feeling very alone and isolated. From day one she has always been like a friend. She came in cheerful and always motivated my husband to do a little bit more."

Volunteer Manager Kiki Prince said: "Volunteers' Week is a chance to recognise the incredible contribution our Volunteers make. Thanks to them, unpaid Carers get the companionship, support and respite they so desperately need. Their time

and kindness are truly invaluable — and with more Volunteers, we could help even more Carers."

Why more volunteers matter

Right now, several Eastbourne families are waiting for respite and befriending support. Each additional Volunteer means another unpaid Carer can receive a regular break — reducing isolation, preventing burnout and improving wellbeing for entire families.

By volunteering with the Association of Carers, a few hours of your time goes directly to give an unpaid Carer the time they need to rest, recharge and look after themselves. If you've ever considered volunteering, *Volunteers' Week* is the perfect time to find out more.

Find out more
Volunteer Information Drop In
The Beacon Centre, Eastbourne
Thursday, 25th June 2026
10am – 2pm

To learn more or get involved:
01424 722309
info@associationofcarers.org.uk
www.associationofcarers.org.uk/volunteer
YouTube: **"Volunteering and Carers"**



Help us help them help you



FoEH Open Gardens Team

BY far one of the biggest undertakings in the fundraising calendar, the Friends of Eastbourne Hospital are now underway with this year's Open Gardens programme, offering a selection of local gardens for visitors to enjoy over the summer.

By **Amy Williams**

Thanks to a wonderful team of volunteers and the hard work of the garden owners, visitors can spend time admiring these gardens, then sit back and enjoy refreshments with some homemade cake or scones. All gardens have a selection of stalls for visitors to browse, and each will have a raffle.

Like everything the *Friends* do, the gardens could not go ahead without the dedication of the volunteers, and we are blessed with the support of a fantastic team who enable us to stage this summer-long event every year.

People often ask at the gardens how they can get involved and support the hospital by volunteering and we are always keen to hear from anyone that would like to join our team. There are lots of ways you can help. If you fancy getting

involved with the Open Garden team itself, then please do come along and have a chat with some of the volunteers on the day. You may prefer something on a more regular basis throughout the year and therefore like to help in the *Friends* shops or on the trolley rounds.

There are several options available so either ring the Friends Office for an informal chat or pop into the shop in the main entrance of the hospital and speak to the duty manager. There

are also other one-off fundraising events throughout the year where extra help might be needed so if this is something that might suit you more, do come forward.

The motto of *Friends of Eastbourne Hospital* is 'Help us, help them, help you'. Whether you would like to volunteer, or simply support us by attending an event, please do contact the *Friends* for more information on www.friendsdgh.org.uk
01323 749503
esh-tr.friendsdgh@nhs.net

For full details on the Open Garden programme this year, please visit www.friendsdgh.org.uk/events/open-gardens-2026



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Cuckmere buses



Volunteers Required

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

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

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

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



Hello from Radio DGH!

NOW, we fully appreciate that we maybe new to some of you reading this so allow us to introduce ourselves properly.

By **Len Fisher**

We're Radio DGH, the radio station for the District General Hospital and local community. Based at the DGH we're on the air 24 hours a day, seven days a week broadcasting to the patients, staff and visitors to the DGH plus those who listen online in the local community and beyond powered by a team of dedicated volunteers.

Our aim is simple, to make a difference to those staying and working within the DGH plus those in the local community through the power of music and chat based shows.

Programme controller Shaun Crowhurst says: "You can expect to hear a huge variety from Radio DGH. We've music from the 60s through to today plus a focus on specialist genres too, from jazz to country, soul and motown to indie and everything in between. We also



Programme controller Shaun Crowhurst.

have a selection of chat shows as well, where we invite people into the studios from the local area to tell us about anything and everything. We've had the pleasure of meeting fundraisers, volunteers, community groups and good samaritans from all walks of life and to be able to give them the opportunity to share their stories with us and our listeners means so much."

This year Radio DGH creates a small piece of history, celebrating two huge milestones – 50 years of Radio DGH and 75 years of the birth of hospital radio in Eastbourne and we've many events lined up to celebrate.

www.radiodgheastbourne.com or follow us on Facebook and Instagram – just search Radio DGH.

Seafront community

FRIENDS of Eastbourne Seafront have over 100 volunteers working on the seafront on a weekly basis.

By **Gaynor Sedgwick**

Our three Gardening Teams work in World Gardens, the Bandstand, along the seafront and around Western Lawns. Weeding, maintaining, watering and purchasing plants and planting them up.

Our litter picking team clear the beaches, promenades and car parks twice a week.

Welcome Team

Our Welcome Team, now in its fourth year, work seven days a week, on the seafront from Splashpoint to the Western Lawns, talking to people, giving help, information and directions.

Our Events and fundraising team organise events to raise funds for Friends of Eastbourne Seafront.



If anyone is interested in joining us, we would be delighted to meet you. Make friends, get involved with our seafront community, and make a difference.

Contact Gaynor at **Volunteer@friendsofeastbourneseafront.org.uk**



Preserving the past

FRIENDS of Ocklynge Cemetery was formed in 2021 by a small group of local people. They saw a need for tidying and clearing graves so as to improve the ambiance of the cemetery.

By **Danielle Wilson**

Regular work parties are held comprising a team of volunteers. We are always looking for more volunteers to help with this. Jobs can be varied: from digging up weeds to reveal buried headstones to cutting back ivy obscuring the headstone inscriptions. There's a job for everyone!

We meet, generally once a week, in the better weather (March to October/November). Volunteers are asked to bring their own tools. We try to work in small groups where possible.

Graves are cleared of overgrowth, then photographed and loaded onto *Find A Grave*. Hopefully this will preserve them for many years to come. It is also of great help to genealogists and descendants all over the world to find the final resting place of their ancestors.



The Friends offer a free service to locate graves in the Cemetery.

We participate in *National Cemeteries Week*, *Eastbourne Heritage Open Days*, *Anzac Day* and *Remembrance Sunday*.

We offer guided walks through the Cemetery, sometimes focussing on war graves, other times on interesting/notable graves. Dates and times are available at: <https://www.fooc.org.uk/new-page-2>

Talks are given 3–4 times/year on a variety of death/cemetery related topics.

You can follow the Friends on FaceBook at: www.facebook.com/groups/416039670286740

Much more information is contained on our website: <https://www.fooc.org.uk>

Please consider joining a work party to help clear graves. All ages and abilities are welcome.

Showcasing the beauty of Beachy Head

IT'S a well-known place to many people and the Beachy Head Ambassadors exist to promote the benefits of this wonderful area.

By **Peter Lindsey**

The scheme – funded by Public Health East Sussex – is led by Beachy Head Ambassador Coordinator Anna Hoad with the help of 37 volunteers.

It has run for two years under the hat of *Community Action East Sussex* and has now received funding for three more.

Anna said: "It's all about showcasing the best of *Beachy Head* and together with our

amazing volunteers, we share information with visitors, promote various walking routes and encourage safe and responsible use of the area.

"We work in pairs and we are all in uniform so people can easily identify the team. Our aim is to enhance the visitors' experience wherever possible."

The Ambassadors organise various activities, including group walks, history talks, Bootcamp fitness, yoga and Groove (dancing however you want). These are free, you just need to sign up first via *Eventbrite*.

Anna said: "Health and wellbeing is so important to us all, and many people forget the beauty of this area so close to their doorsteps. It is a truly beautiful place.

"Our role is to showcase its best parts. In effect, we're that friendly face when you arrive.

"The majority of people coming here are not local, and it's normally a one-off visit. They come from all over the world, including Europe, Canada, Japan, and South America.

"We are now trying to encourage more locals to come here and be active. Some of us may take for granted what we have on our doorstep. On Friday 19th June, we are encouraging locals to come and volunteer to help create a bit of a picnic area and we have musicians from the *London Philharmonic Orchestra* coming to play at the same time.



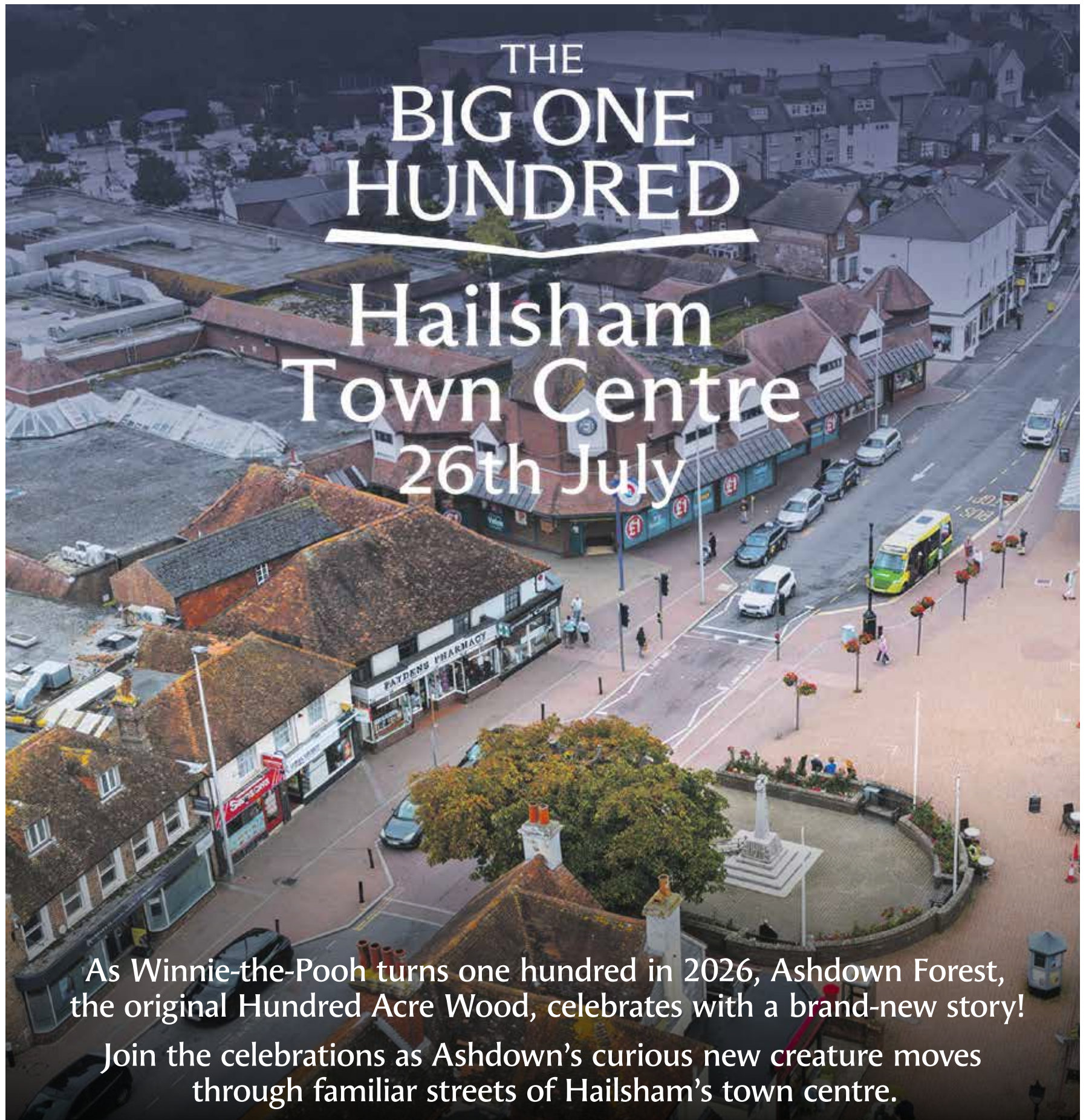
"I love my job – it's the best there is, it's sociable meeting so many people and working with such dedicated volunteers. I'm all about positivity and have always enjoyed getting out at *Beachy Head*."

Anna said: "This is a true community project – bringing people of all ages together."

communityactioneastsussex.org.uk/bha

[f](#) [@](#) [beachyheadambassadors](#)

HailshamEye



As Winnie-the-Pooh turns one hundred in 2026, Ashdown Forest, the original Hundred Acre Wood, celebrates with a brand-new story!

Join the celebrations as Ashdown's curious new creature moves through familiar streets of Hailsham's town centre.

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Special screening of feature film at Hailsham

*THE East Sussex School of Circus Arts (ESSCA) and Knockhatch Adventure Park on the A22 at Hailsham were the main locations for the feature film **Charlie Shaw’s Revenge**.*

By **Peter Lindsey**

Renato Pires – founder and CEO of ESSCA – joined community leaders, including the Mayors of Hailsham and Polegate, at a special screening of the film.

This was at *Hailsham Pavilion* as part of the 10th anniversary edition of the *Crossing The Screen Film Festival*.

Writer/Director John Langridge attended with members of the cast



Hailsham Mayor Cllr Bryant , Polegate Mayor Cllr Dan Dunbarn, Actor John Locke, Actress Aaliyah-Monroe, Producer/Actor Renato Pires, Writer/Director John Langridge, Actress Keri Martin.

and crew, taking part in a post-screening Q&A with the audience.

The screening brought together local audiences and film supporters to celebrate the festival milestone and to spotlight East Sussex’s growing creative sector across film, performance and live circus arts.

Renato said: “Events like this matter. They bring the community together, celebrate local achievement, and show young people that creative

careers in performance and film are real and achievable.

“We’re proud to support the festival and to stand alongside our local mayors in championing arts and culture in East Sussex.”

East Sussex School of Circus Arts is a specialist circus arts centre and sixth form college based in Hailsham.

info@eastsussexschoolofcircusarts.co.uk

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Stand Proud in Hailsham

HAILSHAM Town Council is pleased to confirm its support for *Stand Proud 3*, which will take place at the *White Hart* (Horsebridge) on Saturday 27th June, from noon until midnight.

By **Peter Lindsey**

Held in recognition of *Pride Month*, the event aims to celebrate diversity, promote inclusivity and demonstrate solidarity with the LGBTQ+ community. In support of these objectives, the Town Council has part-funded the event with a contribution of £1,750.

The programme will feature a diverse range of live entertainment throughout the day and evening. Performers include rhythm and blues act *Moss Casa*, acoustic duo *The Management*, cover band *School's Out*, and rock, indie and pop group *Nightflame*. Popular drag artist *Fonda Cox* will return as the headline performer, following highly successful appearances at previous *Stand Proud* events.

Additional activities will include children's entertainment provided by *Awesome Alfie*, alongside *Sweet Circus Experience*, *Name That Tune* and *Rainbow Bingo* hosted by *Sam*. Food and refreshments will be available from *Sparkles by the Pond*, and face painting will be offered by *Char*.

An itinerary of entertainment and activities has been confirmed:

- 12pm–12:30pm | Neil Povey & Town Crier (event opening)

- 12.30pm–1pm | The Management (acoustic duo)
- 1:30pm–3:30pm | Awesome Alfie (children's entertainer)
- 3:30pm–4pm | Name That Tune with DJ Neil Povey
- 4pm–5pm | School's Out (cover band)
- 4pm–5pm | Sweet Circus Experience
- 5pm–5:30pm | Rainbow Bingo with Sam
- 5:30pm–7pm | Nightflame (rock, indie and pop)
- 7pm | WATERSHED (all under 18s depart)
- 7pm–7:30pm | Nightflame (rock, indie and pop)
- 7:30pm–8:15pm | Naughty Nineties with DJ Neil Povey
- 8:15pm–9pm | Moss Casa (soft rock, upbeat jazz and blues)
- 9pm–10pm | Fonda Cox (drag performer and comedian)
- 10pm–11pm | Moss Casa (soft rock, upbeat jazz and blues)
- 11pm–12am | Pink Povey Club with DJ Neil Povey

Following the strong attendance at last year's event, organisers are encouraging visitors to bring picnic chairs and blankets to ensure sufficient seating throughout the day. A watershed will be in place from 7pm to help maintain a safe and welcoming environment for all attendees.



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The winning CTEC golf team.



Representatives from the chosen charities.

Hailsham Chamber of Commerce raises over £4,000 at first annual Charity Golf Day

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

The Hailsham Chamber of Commerce celebrated a successful first annual Charity Golf Day at Wellshurst Golf & Country Club, with businesses and local professionals coming together for a day of competition, networking and fundraising.

The event raised more than £4,000 for the Chamber's chosen charities, with players enjoying a fantastic day on the course while supporting important local causes.

Taking the top spot with an impressive 60 points was the CTEC team, made up of Alex, Neil, Ciaran and Jack. The Bree Prenton team secured second place, while the Design Lab team finished third overall.

Individual competitions throughout the day also saw some standout performances. Closest to the Pin winners were Dave Terry on the 5th hole, Stephen Hiller on the 9th, Andrew Fenner on the 12th and Edward Pitt on the 18th. Ben Parker claimed the prize for Longest Drive.

Organisers thanked everyone who took part, sponsored the event and

supported the day, helping to make the inaugural tournament such a success.

Following the strong turnout and fundraising achievement, plans are already being discussed for next year's event, with hopes of making it even bigger and better.

We're proud to announce that this month's Charity of the Month is Hailsham Foodbank

Providing emergency food and support to local people in crisis, Hailsham Foodbank works tirelessly to ensure no one in our community has to face hunger alone. As part of the Trussell network, they offer three days' nutritionally balanced emergency food parcels alongside compassionate support and signposting to additional services for those who need it most.

Run with the help of dedicated volunteers and local churches, the charity continues to make a real difference across Hailsham and the surrounding areas through community support, donations and volunteering.

We're looking forward to supporting their incredible work throughout the

month and helping raise awareness of the vital services they provide to our local community.

To find out more, donate or get involved, please visit:
www.hailsham.foodbank.org.uk

Start your July with great connections, fresh ideas and inspiring local stories at our next Big Business Breakfast

Join us at Wellshurst Golf & Country Club from 7:30am on Thursday 2nd July for a morning of networking, conversation and insight with fellow local businesses.

We're delighted to welcome guest speakers from Custard Design Marketing & Print and Little Gate Supported Employment, who'll be sharing more about their businesses, their journeys and the incredible work they do within our community.

Whether you're looking to grow your network, discover new opportunities or simply enjoy a productive start to the day, this is a fantastic chance to connect with local professionals in a relaxed setting.

Wellshurst Golf & Country Club From 7:30am Thursday 2nd July

We look forward to seeing you there!



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About Us

Wave Active Health has been created to inspire and support those living with health conditions to live more active lifestyles.

Our programme of innovative health promotion and prevention activities, supports those within our local communities living with health conditions, to lead more active lifestyles and exercise safely.

Providing opportunities to meet a range of physical and mental health needs, our specific health condition-based classes and courses are delivered by our expert team. Our Health Improvement Practitioners and Health Coaches offer expert guidance and support, empowering people to gain, regain and maintain their health and well-being.

Our Service

We work in partnership with local health and social care providers, community groups and voluntary organisations, who refer their clients into our services. We also work with those individuals who choose to self-refer for health improvement.

We will provide a free individual Health Improvement Assessment before advising the best exercise plan for your needs. This may include an introduction and demonstration of how to appropriately use our fitness equipment, for the benefit of your health.

What we Offer

We are passionate about inspiring positive behavioural change and invite people of all abilities to join our wide range of activities!

We offer over 30 weekly classes and courses across the Lewes District and Eastbourne Borough including;

- Cardiac Rehabilitation
- Functional movement assessments and personalised support
- Chair-based exercise (including yoga)
- Low Intensity Cardio and Functional Fit
- Strength and balance Improvement
- Pilates
- Pregnancy Yoga
- Yoga, Mindfulness & Meditation
- Menopause Course
- Weight Management Course
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GET IN TOUCH TO FIND OUT MORE!

An exciting new chapter for Coda Pharmacy

WE'RE excited to begin a new chapter at *Coda Pharmacy* with the launch of our brand-new *Coda Pharmacy Hub*.

By **Molly Graff**

Patient care has always been at the heart of everything we do, and we look forward to supporting our community in even more ways from our new premises.

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

Many patients told us they had struggled with inconsistent supplies, limited guidance, and a lack of ongoing support from other providers. In response, we are proud to now offer structured weight loss support for patients using clinically approved weight loss pens, ensuring they have access to safe treatment and a pharmacy team they can trust throughout their journey to better health and wellbeing.

Alongside this, we created our *Facebook* group, *Coda Transform*



Club – a safe and supportive space where people using weight management medication can connect, share experiences, and receive advice. Members also benefit from weekly motivation and expert nutrition guidance from our team.

We've recently introduced our *Coda Talks* initiative, inviting members to join us for group walks. We look forward to continuing these on a monthly basis.

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

This month, we're excited to host the *Eastbourne Community Awards 2026*, a collaboration between *Coda Pharmacy* and *Bournefree*. Taking place on 18th June at the *Glass House*, we can't wait to celebrate with everyone there.

Follow *Coda Pharmacy* on *Facebook* and *Instagram* [@codapharmacy](https://www.instagram.com/codapharmacy) so you don't miss a thing!

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Dementia awareness

***PRINCES Park Patient Participation Group* will be hosting this event on the 16th June, timed sessions are as follows:**

By **Pamela Gibbs**

10:00–11:00am, 11:30–12:30am, 1:00–2:00pm, 2:30–3:30pm.
Early booking is advised due to the size of the venue room available.

To book a place on one of the sessions please email: park.ppg@aol.com. This event is only bookable via this email address. Please ensure you state which session you would like to attend.

Venue is *Princes Park Health Centre*, Warling Road, BN22 7PG.

This event will be by way of an informative talk covering symptoms, diagnosis, and what support is available. There will be time for any questions you may have. This talk is being given by Jenny from the *Alzheimer's Society*.

We look forward to welcoming you to this event.

Are your feet summer ready?

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

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

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

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

Archies flip flops and sliders

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



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

The impact of heat and humidity

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

Management plans

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

Minefield of treatment options

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



Hydration and skin care

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

5-minute fungal test

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

The benefits of testing at Sussex Footcare Clinic

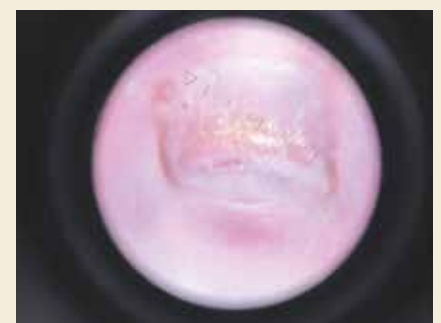
- 97% accuracy for peace of mind. Quick, painless and affordable.
- Avoids unnecessary treatments and costs.
- Allows targeted treatment from day one.
- Professional advice from trained podiatrists.
- Ideal if you want healthy nails for summer, holidays or big events.

Think you have tried all treatments and given up?

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

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

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



Treatments on offer include:

- Clinic Treatments
- Callus & Corn removal
- 3D Footscan gait analysis
- Phits 3D printed orthotics
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- Fungal nail treatment
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- Diabetic foot assessments
- Home Visits
- Care & Nursing home specialists
- Sports injuries



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f Sussex Footcare

Who are the Polegate Ramblers?

THE easy answer is that we are a random group of people who enjoy walking for both companionship and exercise.

By **Gill Mattock**

Our members come from all walks of life, many are retired but others are still working and have managed to free up Thursdays to join one of the two groups who meet every week.

But as we wend our way through fields and woods we inevitably find

out more about each other and it is fascinating to learn about the varied lives we have all led and skills we have acquired along the way. Dave always knows the names of flowers and plants that we come across while Marian can identify birds and their calls. Lindsey is always ready to share a historical fact or two while

Patience, our retired vet, is brilliant when faced with a herd of cows. And where would we be without the retired teachers who keep us in order when crossing roads? Anyone with IT experience is always popular as we casually seek advice while walking along and Alex is always keen to share his juggling skills with us!

However, arguably the most useful skill is baking and birthdays are regularly celebrated with

the appearance of a plastic box containing something delicious. There is nothing to beat a slice of home made cake that unexpectedly appears during a coffee stop.

Why not come and share your life experience with us. More information about our walks can be found on our website:

www.polegateramblers.org.uk



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Couch to 5K

OVER 65 women turned out for the launch of the inclusive *'ChickBox Couch to 5K' Run Club* on Eastbourne Seafront.

By **Gail McKay**

Sunday (26th April) marked the inspiring launch of a new community-led female only **Couch to 5K Run Club**, designed to change the way women experience running. Organised by Female-only Personal Training Gym **ChickBox**, the first session welcomed more than 65 women, many completely new to running, and some even arriving with prams in tow.

ChickBox's idea for the run club began simply: to create a space for women who don't consider themselves "runners"... yet.

With over a decade of coaching women, the *ChickBox* team recognised a common theme, many women have a complicated relationship with running. For some, it feels intimidating; for others, it's something they've never quite had the confidence to begin. But the team also understands the powerful impact running/daily movement can have when introduced in the right way.

"The energy was incredible," said *ChickBox* founder Jo Sullivan. "To see so many women come together, supporting one another, moving at their own pace, and simply giving it a go, it was really special."



The free 9-week programme will now continue every Sunday at 8:30am, guiding participants through a structured, beginner-friendly progression toward a 5K run on 28th June.

Women across Eastbourne and the outskirts are invited to join at any stage of the programme.

Sundays, 8:30am (45-minute sessions) Eastbourne Seafront, Wish Tower.

**26th April – 28th June 2026
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<https://thechickbox.hub-fit.com/chickboxrun>

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Hailsham**

Let's talk about dementia

Tuesday 26th June 2026

2pm - 3.30pm

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

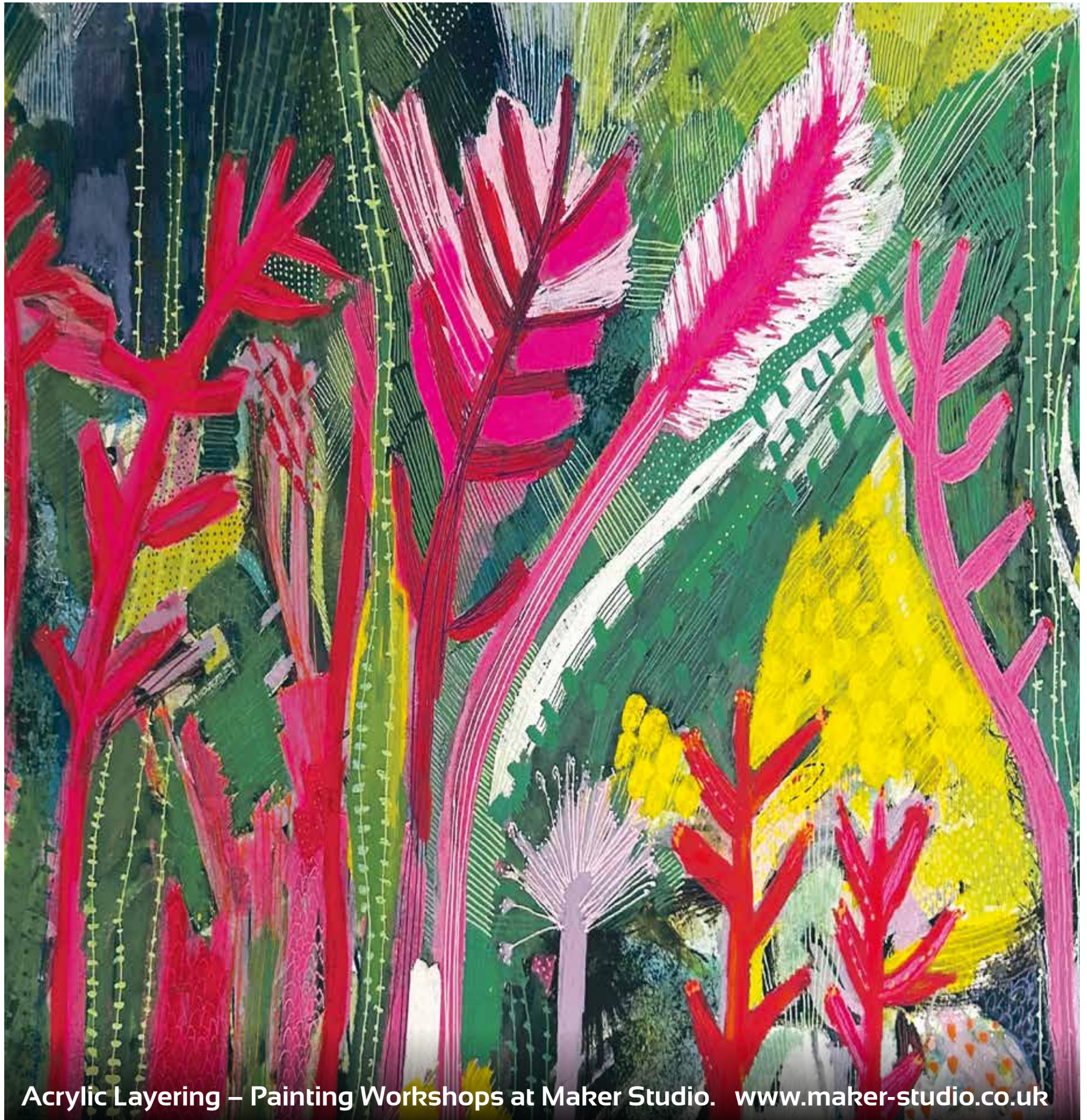
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By **Noemi Miranda Zak**

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YOUR next theatre adventure awaits.

By **Aimee Pugh**

It's hotting up at the *Congress* and *Devonshire Park Theatre* this summer with plenty of tempting treats! Choose from musicals including *Mamma Mia* (14 – 19 July) to comedy with Tom Davis (14 June) and Alan Ayckbourn's *Time and Time Again* (28 July – 1 August). Plus there's supernatural chiller *2:22 A Ghost Story* (29 June – 4 July), heartwarming feel-great theatre *Stepping Out* (13 – 29 August) and of course plenty of one night music tributes, dance and so much more.

Stepping Out at the *Devonshire Park Theatre* will leave audiences on a high! This positive and heartening show is the ultimate ticket to happiness, actress **Lucy Benjamin** (*EastEnders*, *The Detectorists*) will be joining **Karen Hauer** (*Strictly Come Dancing*'s longest running female professional dancer) in a brand-new revival of Richard Harris's comedy from the creative team behind *The Invisible Man*, *The Play What I Wrote*, *The Hound of the Baskervilles*, and *39 Steps*.



Over at the *Congress* the sun drenched and exhilarating smash-hit musical *Mamma Mia* returns! Set on a Greek island paradise, this story of love, friendship and identity is cleverly told through the timeless songs of **ABBA**.

This irresistibly funny show has been thrilling audiences all around the world, there's never been a better time to see this unforgettable musical in Eastbourne.

To see a full list of what's coming up or to book any shows see eastbournetheatres.co.uk or call **01323 412000**.

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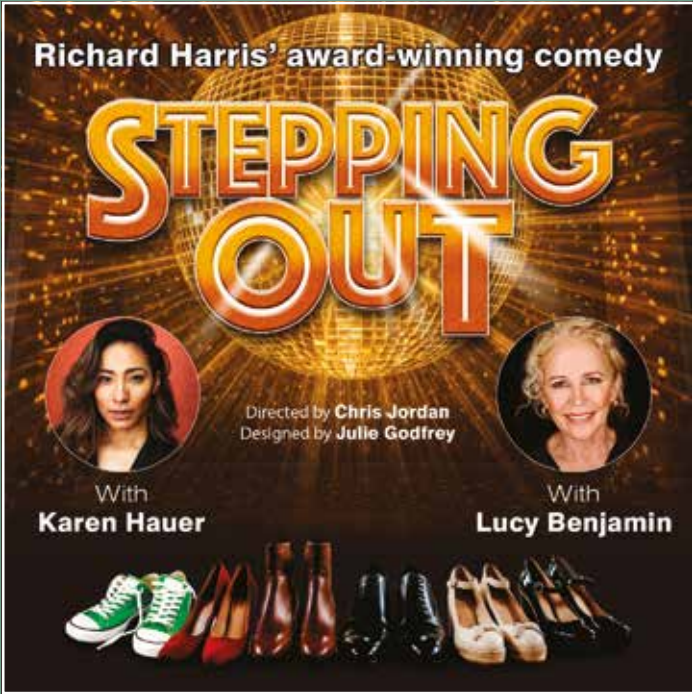
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Mamma Mia
14–19 July • Congress Theatre



Stepping Out
13–29 August • Devonshire Park

For Full Whats On Listings visit eastbournetheatres.co.uk
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P*ssed Up Panto: Cinderella
Thursday 4 June



Soul2Soul - Clairvoyance
Friday 5 June



Day By The Sea
Saturday 6 June



Sing-A-Long Movie Night
Sunday 7 June



The Searchers Experience
Thursday 11 June



RHT

Royal Hippodrome Theatre



Sugar Pie Honey Bunch
Friday 12 June



Fantasy - Celebrating Mariah
Saturday 13 June



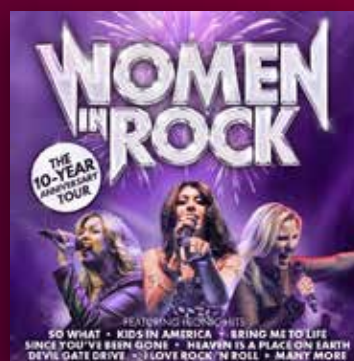
East Sussex College Dance & MT
Monday 15 & Tuesday 16 June



The Irish House Party
Friday 19 June



Screaming Blue Murder
Saturday 20 May



Women in Rock
Friday 26 June



A Vision of Elvis
Saturday 27 June

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



Green and pleasant

THIS month delivers the longest day of the year, which falls on Sunday June 21st, bringing, we hope, warmer temperatures and extra sunlight and ultimately, more time out in the garden. Flowers are blossoming, there's lots to harvest in the vegetable garden, and keeping on top of bolting plants is a priority. Make sure you keep on top of the weeding too. Your plants shouldn't have to compete for precious water, light, and nutrients.

By **Geoff Stonebanks**

June also marks, probably the busiest month of the year to visit open gardens. It is certainly the *National Garden Scheme's* busiest few weeks, which means we can all get out and enjoy those venues that open their garden gates for us all to share. With the worrying trend in the last few years of scorching summers and the inevitable hosepipe bans, many gardeners are having to think very carefully about their plots, this year maybe the time to consider what plants to use this summer and go for more drought tolerant options.

Coping with a drought

Climate change will continually present garden owners with the challenge of using much less water, thereby

forcing them to choose plants to suit their growing conditions becoming far more paramount. Gardening through the use of drought tolerant plants enables us to do our bit for the environment with the resulting reduced water use. Not to mention the reduction on household bills, if metered. It has been said that around two-thirds of domestic water used on hot summer days goes on gardens, which is going to be extremely hard to sustain. We all experienced the low rainfall, with a hosepipe ban here in Sussex for several months, meaning water companies asking gardeners to reduce their water consumption or inevitable enforcing bans.

Beautiful displays are still possible by utilising succulents such as aeoniums, mangave, agave, sedums and sempervivums, all of which are great drought resistant plants with some lovely varieties available that equally attract bees and other pollinators.

They are able to store water in their fleshy leaves and stems during wetter spells, and draw on that moisture when needed. Another great option is the aloe striatula, pictured in the header, which will easily withstand our winters, without protection.

Geraniums

Geraniums are popular summer plants in the UK. They add fragrant foliage and bright blooms wherever they're planted, whether that's in pots, planters or containers. They love bright sunny climates and moderate to regular watering, as long as they are planted in well-draining soil. They're relatively low-maintenance and are excellent choices for container gardening. Geraniums tend to thrive when they're contained in pots and can also be easily moved to ensure they are receiving enough bright sunlight. Some geraniums grow best with a bit of afternoon shade as well. You can find them with blooms in vibrant orange, brilliant red, and eye-catching coral. The ivy geraniums bloom in white, red, coral, rose, and lavender hues too and you can get upright or trailing. All in all, a great choice for your garden this summer. Both hardy geraniums (cranesbill) and pelargoniums (common annual geraniums) are considered drought-tolerant once they are established too.

National Garden Scheme

Kitchenham Farm in Kitchenham Road, Ashburnham, near Battle, opens for the scheme on Saturday 6th from 2pm to 5pm with entry £6. Visit a 1-acre country house garden set amongst traditional farm buildings with stunning views over the Sussex countryside. See a series of borders around the house and Oast House along with lawns and mixed herbaceous borders including roses and delphiniums.

Over in Hellingly near Hailsham, their annual garden trail takes place on the 7th from 11am to 5pm with a combined entry of £8. Seven gardens are opening and visitors can enjoy a pretty walled cottage garden with a summerhouse and sunny terrace, a garden entered via a bridge over a large pond, perfect for wildlife, with countryside views. There's also a charming cottage garden overlooking the C12 Church of *St Peter and St Paul* plus so much more.

Seven gardens open in Seaford on both Sunday 14th and Sunday 28th 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. For full garden descriptions of all the gardens and location details, visit www.ngs.org.uk

Read more of Geoff's garden at www.driftwoodbysea.co.uk or follow both him and the garden on social media. His garden is now open until the 2nd August for pre booked visitors only. You can book your slot by emailing visitdriftwood@gmail.com or by calling Geoff on **01323 899296** to arrange your visit, for individuals or groups of up to 25. Full details on his website.

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.



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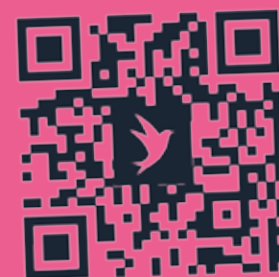
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