

FREE

08/26

Issue 074
August 2026

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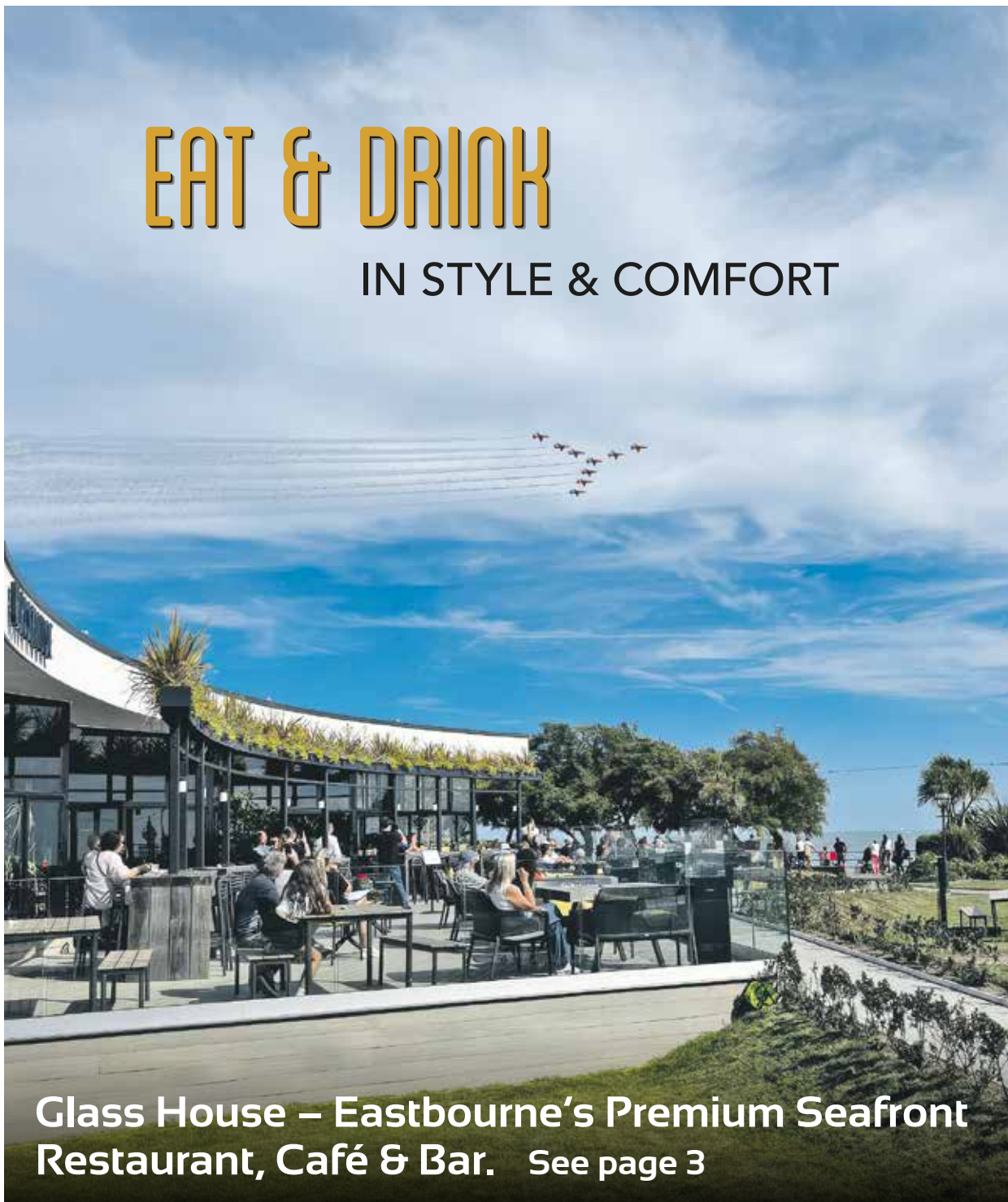


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Glass House – Eastbourne's Premium Seafront
Restaurant, Café & Bar. See page 3



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 The Arts: Eastbourne Theatres

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

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ignite
 PR & Engagement

Making a real difference

FIRST, I want to say a big Thank You to everyone who – in whatever way, big or small – played their part in making the *Eastbourne Community Awards* the huge success that it was.

By **Peter Lindsey**

I say that because the teams at *Bournefree* and *Coda Pharmacy* have now had the great pleasure of visiting the two charities who benefitted from the event.

We raised a total of £11,750 – and we said from the outset that every penny raised would go to charity, not to *Bournefree* or *Coda*.

That money has been split between *St Wilfrid's Hospice* and *SASBAH*, based in Church Street, Old Town.

Both have thanked everyone who helped raise that splendid figure – but we owe them both a huge thanks for what they do, making a real difference in our communities.

The hospitality sector is what makes Eastbourne really tick, especially in the summer months, and it was very sad to hear that Neil and Wendy Kirby have sold *The Langham Hotel* after an incredible 21 years.

Whenever I went to see Neil, he was always full of energy, talking about his books, running and his 90-plus hours a week working at *The Langham*.

Alas, no more. They left very quickly, appeared to tell very few people, and everyone will wish them well in their deserved retirement.

As for the new owner, we know little about them – *Study Stays Eastbourne*.

I did ask to speak to them, but they do not want to at this stage. They did stress all staff have been retained, there will be a new menu, and a £1.2 million refit come the start of 2027 so that sounds positive.

August sees four days of *Airbourne*, and it's an event we must all welcome. It is great for our town and a huge boost to our economy. It also brings the town welcomed positive publicity and we thank *EBC* for making sure this event remains an annual – and indeed – very successful event.

August also sees the start of the football season, and locally we have four senior clubs all hoping for success.

The *Borough* may have had a disappointing season, having been relegated, but there is a new air of positivity at *Priory Lane* and owner Simon Leslie is in good form. Let's hope his team are, I think they will be.

Both *Eastbourne Town* and *Eastbourne United* are well run clubs, and *United* in particular has seen some considerable investment in the past couple of years.

And finally, a shout out to *Hailsham Town FC*, returning to senior football with a new pitch.

Fantastic.

Happy August 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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 01323 430303



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 07809 443027

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Glass House – Eastbourne's Premium Seafront Restaurant, Café & Bar

PERFECTLY positioned on Eastbourne's stunning seafront, *Glass House* offers a unique dining experience with breathtaking sea views, stylish interiors and one of the town's most beautiful outdoor garden spaces.

By **Patrycja Dziwinska**

Whether you're joining us for breakfast, lunch, dinner or simply drinks with friends, you'll find delicious food, warm hospitality and an atmosphere to suit every occasion.

This summer, make the most of our spacious gardens, where you can enjoy seasonal dishes, refreshing

cocktails and live music events throughout the warmer months. It's the perfect place to relax and soak up the best Eastbourne has to offer.

Your Airbourne weekend starts & ends at Glass House

Start your day with breakfast or lunch before the flying begins, then head back after the displays

to enjoy delicious food, cocktails and live music in the gardens all weekend. Whether you're meeting friends or spending time with family, *Glass House* is the perfect place to relax during *Airbourne*. Book in advance to secure your table at glasshouseeastbourne.co.uk

August family offer

Throughout August, children eat FREE with every adult's main meal, making *Glass House* the perfect destination for family dining during the school holidays.

Planning ahead?

We're now taking bookings for Christmas parties, festive celebrations and corporate events. Whether you're organising an intimate gathering or a larger private

party, our team will help create a memorable festive experience.

To enquire about Christmas bookings or reserve your table, email book@glasshouseeastbourne.co.uk

We look forward to welcoming and hosting you at the *Glass House*.



ESC achieve top spot again

EAST Sussex College University Courses maintain top spot in regional NSS rankings.

By **Peter Lindsey**

For the third consecutive year, East Sussex College University Courses has achieved the highest National Student Survey (NSS) results of any higher education provider in Sussex.

The NSS is a widely respected, independent UK survey that captures final-year students’ views on their university experience. Taken by students across the country, it provides valuable insight into how learners feel about the quality of their teaching, support, resources, and overall experience.

The latest results once again highlight the outstanding experience offered

at *East Sussex College* in partnership with *University of East Anglia*, with students rating their courses highly across every theme and placing *ESC* above the national average.

Meg Sullivan, Director of Higher Education at *East Sussex College*, said: “We are incredibly proud to once again



Image by Georgina Cook, ESCG.

achieve the highest NSS results in the region. These results are a fantastic reflection of the dedication of our students and staff, and the experience we strive to create every day.”

With over 20 different degrees across Hastings & Ore, Newhaven and Eastbourne campuses, *ESC* offers a

university experience that combines expert teaching, industry connections and a supportive community.

It’s not too late to study for a degree this September. Visit the College’s website to find out more.

www.escsocialcampaigns.co.uk/clearing

NSS 2026 Themes	East Sussex College	National results	Difference
Theme 1: Teaching on my course	96.1%	88.1%	+8%
Theme 2: Learning opportunities	93.6%	85.8%	+7.8%
Theme 3: Assessment and feedback	93.2%	82.9%	+10.3%
Theme 4: Academic support	95.7%	89.3%	+6.4%
Theme 5: Organisation and management	92.7%	80.9%	+11.8%
Theme 6: Learning resources	90.1%	88.8%	+1.3%
Theme 7: Student voice	89.6%	80%	+9.6%

Awards raises £11,750 for two charities

BOURNFREE and Coda Pharmacy are thrilled to have donated a total of £11,750 to two Eastbourne charities.

By **Peter Lindsey**

That’s the total raised from the Eastbourne Community Awards 2026.

The two chosen charities are *St Wilfrid’s Hospice* and *SASBAH*, which is based in Church Street, Old Town.

Representatives from *Coda* and *Bournfree* visited both charities to hand over the money.

Andy Thomas, owner of *Bournfree*, said: “The Awards was a resounding success, and I want to thank everyone involved.

“It’s an event firmly in the town’s annual calendar now, and we are looking forward to a bigger event in 2027.

“These are two wonderful local charities making a real difference in our communities. I want to thank them for everything they do.”



Good news for Tweed

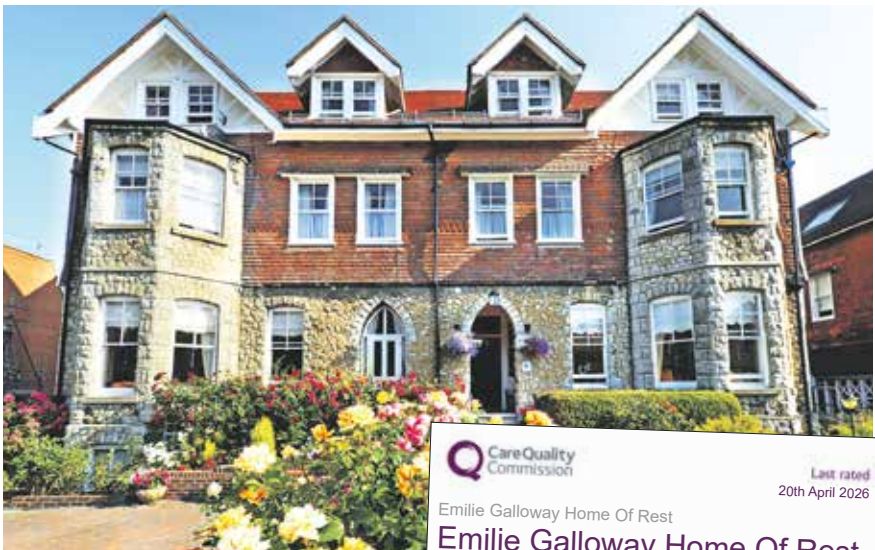
SEPTEMBER Open Day provides an opportunity to see what makes *Tweed* special.

By **Harry Farmer**

It's been a busy few months at *Tweed* during which we received confirmation that our services were rated "GOOD" on all counts following a **Care Quality Commission (CQC)** inspection in April. The residents and Trustees share the pleasure of the staff whose hard work and commitment has been recognised by the **CQC**.

On Tuesday 10th September we are holding an Open Day from 10am until 4pm. Visitors are welcome by prior booking. The event will provide an opportunity to appreciate the home setting we offer and to relax and enjoy light refreshments.

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



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

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

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

Release the Rage for charity

RAGE X-Treme offers 'a thrilling rage room experience – Release the Rage!' from its base on the *Chaucer Industrial Park* in Polegate.

By **Peter Lindsey**

And on Sunday August 30th between 10am and 5pm, it is staging something very, very special: *The Rage X-Treme Charity Car Smash*.

Ben and Amy, who run *Rage X-Treme* can't wait for the big day.

They are offering you the chance to take part in smashing up Ben's car.

Amy explains: "This is going to be one seriously BIG day... and it's all for two incredible causes! – *Children with Cancer Fund* and *Ronald McDonald House* at Brighton.

Take a swing at it!

"Ben's actual car is going to be sitting there ready to be completely destroyed... and you could be one of the first people to take a swing at it!"



"We are selling charity raffle tickets – £10 for one strip, £25 for three. Ticket winners will be drawn on the 21st August. The winners will get FIRST DIBS on the car and can choose some friends who are with them to join in.

"We're talking windows, lights and all the best bits before the rest of the car gets opened up for everyone else.

"After that, you'll be able to pay to get stuck in with a 10-minute smashing session on what's left of the car!"

There is also a:

- Food truck
- Ice cream truck
- Portable climbing wall
- Crockery smash
- Axe throwing lanes open all day
- Huge prize raffle with prizes donated by local businesses.

Go to the **Rage X-Treme** Facebook page for more information.

Get ready, Hailsham!

THIS September, the market town's beloved *Festival of Arts & Culture* marks a 20th Anniversary milestone.

By **Emma Donovan**

For two weeks, our streets, community centres, and heritage venues will transform into a vibrant canvas of creativity.

What started in 2006 as a one-week art trail has blossomed into a two-week cultural kaleidoscope. Founded by Jenny West to bring world-class talent right to our doorstep, the festival has hosted global artists

alongside legendary cultural figures. Today, current Chair Tony Biggin and a dedicated volunteer committee keep that momentum going.

"My driving passion has always been ensuring that the people of Hailsham have access to the absolute best in arts and culture," says Tony.

True to its roots, the festival's greatest triumph is inclusivity. The committee works hard to keep ticket prices low, offering plenty of free events so everyone in the community can join in.



The Festival kicks off with a free Anniversary Street Celebration on the 5th Sept (10am – 2pm) featuring HUGE dinosaur puppets, magic, samba, outdoor theatre shows, and a vibrant street market. The fun continues up to the 20th September with an ambitious programme of over 40 events that blend new creative experiences with old favourites.

An event of this scale wouldn't be possible without local support. We are incredibly grateful to welcome back community-focused broadband provider *Lightning Fibre* as our Lead Corporate Sponsor.

Don't let the best seats slip away! Support your local venues, celebrate



your community, and come together to mark 20 years of Festival fun.

Book Today at:
www.hailshamfestival.co.uk



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POP UP PARK 2026

Live Music All Summer!

Belgian Café STAGE

WED 29 JULY	4:00 – 5:30pm The Abba Girls 6:00 – 7:30pm Andy T King <i>as Elvis</i> ★
SUN 2 AUGUST	2:00 – 5:00pm <i>Dancing in the Street</i> 🧑🧒
WED 5 AUGUST	5:00 – 8:00pm Open Night Mic <i>at The Belgian Cafe</i> 🎤
SAT 8 AUGUST	2:00 – 3:30pm J. Weathers 4:00 – 5:30pm Amie Lou Shaw 🎵 6:00 – 7:30pm DJ Jenny Ruin
SUN 9 AUGUST	2:00 – 3:00pm Billy Joel his life 3:00 – 4:30pm Steve Dunnett 🎵 5:00 – 7:30pm Joanna Rose Barton and Nightflame
FRI 21 AUGUST	4:00 – 8:00pm Eastbourne Music Collective Stage ★
SAT 29 AUGUST	2:00 – 4:00pm Jonny & the neighbours 4:30 – 5:30pm Lissamore 🎵 6:00 – 7:30pm 458 Band

Qualisea STAGE

FRI 31 JULY	5:30 – 7:00pm Sam Hughes as Elton John <i>with special guest Levitare (Dua Lipa Tribute)</i> 🎵
SAT 1 AUGUST	12:30 – 1:30pm Jade Powers 1:30 – 2:30pm John R Lane 3:30 – 5:30pm Morph Ska 6 🎵 6:00 – 7:30pm Tom Fitzpatrick
FRI 7 AUGUST	2:30 – 3:30pm Carl Parsons 4:00 – 5:30pm Court Bros 🎵 6:00 – 7:30pm Hunky Dory
WED 19 AUGUST	2:00 – 3:00pm Georgie Sinclair 4:00 – 5:30pm Watson Bros ★ 6:00 – 7:30pm Andy T King <i>as Elvis</i>
SAT 22 AUGUST	3:00 – 4:30pm Helen Ward Jackson 5:00 – 7:00pm Tom Fitzpatrick 🎵
WED 26 AUGUST	5:00 – 7:00pm Watson Bros 🎵
SUN 30 AUGUST	2:00 – 4:00pm Sound of the Crowd 4:30 – 6:00pm The Abba Girls 🎵

Great Music • Good Vibes • Summer at Victoria Place!

STOP PRESS!

Pour Decisions – our exciting takeover of Mark Lane and Station Street starts this weekend, and every Friday and Saturday night until September. Enjoy great music, drink and have fun with friends and family in the area.



Fly high for Airbourne

Enjoy all the Airbourne activity from the town centre thanks to the fanzone in Terminus Road! On Friday, Saturday and Sunday of Airbourne.



Image credit: MoD/Crown Copyright 2025

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.



Become co-ordinator to CEO of The JPK Sussex

THE JPK Sussex is a revamped charity in the heart of the Learning Disability and Autism community. New direction is upon us; and we seek the right character to come on board, in a paid role, and take the lead of the vision and values of *The JPK Sussex*.

By **Luke Watts**

The role is flexible but planned to start as part time while we establish (with the right person) the future and direction; and as we build to being a powerhouse of brilliance.

As a group of Trustees and with our amazing site (in Old Town Eastbourne), we aim to progress *The JPK Sussex* to support the betterment of lives and

help our wonderful community – to have the best lives possible.

What the role involves

As trustees, we have high hopes and aims; and want to turn the site we have (in partnership with our supporters and fellow not-for-profit organizations/partners) into a thriving charitable hub for inclusion and brilliance.



The role involves being a central figure in this; with a need to flexible work to run the centre, build the charity, fund raise and work fluidly with the board.

Leading a team (when established), managing volunteers, being an inspiration, communication with various stakeholders and passion for the community of neurodivergent people and their families are all vital components for this role.

The long term role is unclear – however, will be determined based

on the candidates skills, time, drive and shaping of the charity.

Contact with Kay for an informal chat and lining up formal meetings and interviews – **07786 138940**, kelly.davis.my.pesp@hotmail.com



Elite – in every sense of the word

IT was quite a lunch – and so it should be when it's a *Elite lunch club* meeting to have fun and raise money for a good cause.

By **Peter Lindsey**

Bournefree was delighted to attend this one – at the high quality restaurant *La Locanda Del Duca* on Cornfield Terrace.

Quite simply, the food was amazing. The company wasn't bad either – it was a sell-out with around 100 people present.

Peter Owen, Chairman of *Elite lunch club Eastbourne*, said: "We started

more than 14 years ago with around six members – we now have more than 100.

"I decided to start the charity lunches in January 2025 which was our *Burns lunch*. Since that time, we have had nine Charity lunches and raised over £7,000 going to various charities.

"We go to the *La Locanda* four times per year taking over all the restaurant.



The other establishment we go to is the excellent *Langham Hotel* which is twice per year. Both offer tremendous food and service.

"At the *Langham* we have our *St George's lunch* in April and our *Christmas lunch* in December. The restaurants are always fully booked.

"We have new members wanting to join after hearing from existing members how good the lunches are, a really lovely group of people.

"There is always live entertainment after lunch with the *Watson Brothers* at *La Locanda* and the husband and wife duo *Duality* at the *Langham*."

The chosen charity for July was *Macmillan Cancer Support*, and more than £800 was raised.

It was a delight – thank you Peter.



Rosebury Vets – 100% independent and locally owned

ROSEBURY Vets is based on the *Rosebury Business Park* and offers an exceptional level of service.

By **Peter Lindsey**

The business comes very highly recommended because staff have decades of experience in first opinion veterinary medicine.

Princes are fixed from the outset – there are no hidden costs – and most likely, they offer the best value for money when it comes to Rosebury's health plans.

Other highlights include:

- Proven outstanding customer service
- Flexible finance available
- Large private car park
- and Supporting the community in a very big way.

There is a 10% discount for NHS and other organisations, including local and national charities. Just ask when you enquire!

Rosebury Vets – the very best!

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A real Eastbourne business success story.

**Unit E3, Rosebury Business Park
44 Brampton Road, Eastbourne
East Sussex BN22 9AQ**

**01323 354010
www.RoseburyVets.co.uk
admin@roseburyvets.co.uk**

reception@roseburyvets.co.uk'."/>



Eastbourne Carnival Awards

THERE was a touch of carnival magic at *Dukes Bar* at *The Lansdowne Hotel* on Monday, 8th July.

By **Gail McKay**

Hosted by the multi talented Carnival Director, **Mina O’Brien**, *Eastbourne Carnival 2026* drew to a close, as the awards were handed out.

Mina also unveiled the theme for the 2027 Eastbourne Carnival!

2026 winners:

- **Best Performance** – Sweet Circus.
- **Best Float** – Ratton School Academy Trust.
- **Best Costume** – Media Attention & The Beacon.
- **Best Community** – Printers Playhouse.
- **Best School** – Langney Primary Academy.
- **Best Non-Sussex Entrant** – KAWSAY UK.



A special award went to Mark Marsden (Health & Safety Lead) who retired after 10 years of service with the Carnival team.

29th May 2027 – Theme: Travel Through Time

Get ready to step into your time machine. because *Eastbourne Carnival 2027* is inviting you to Travel Through Time!

From the roaring twenties to the swinging sixties, from ancient civilisations to far-flung futures, let your imagination come to life for a spectacular parade full of colour, costume, music and performance.

More information about this years’ theme and registration will be announced in the Autumn.

EASTBOURNE BANDSTAND AUGUST 2026



SAT 1ST AUG - SABRINA, DUA & CHAPPELL - BIG POP PARTY
SUN 2ND AUG (3PM) - BRIGHTON BIG BAND
SUN 2ND AUG - ELTON JOHN - ROCKET MAX



TUES 4TH AUG - KIDS PARTY
WED 5TH AUG - 1812: ROYAL BRITISH LEGION
THUR 6TH AUG - AN EVENING WITH THE RBL
FRI 7TH AUG - PINK - PINK-ISH
SAT 8TH AUG - LARGE 90S
SUN 9TH AUG - JIVE ACES



TUE 11TH AUG - KIDS PARTY
WED 12TH AUG - 1812: CRAWLEY CONCERT BAND
THUR 13TH AUG - GEORGE MICHAEL - ANDREW BROWNING
FRI 14TH AUG - BEE GEES - STAYIN' ALIVE
SAT 15TH AUG - LEWIS CAPALDI - LEWISH CAPALDI



TUES 18TH AUG - KIDS PARTY
WED 19TH AUG - 1812: RBL LITTLE COMMON
FRI 21ST AUG - ABBA MAGIC
SAT 22ND AUG - RUBIX 80S
SUN 23RD AUG - COLDPLAY - LIVE IN TECHNICOLOUR



TUES 25TH AUG - KIDS PARTY
WED 26TH AUG - 1812: HARVEYS BRASS BAND
FRI 28TH AUG - QUEEN - ONE VISION
SAT 29TH AUG - TAYLOR SWIFT - THE SWIFTIE ERA
SUN 30TH AUG - ELVIS LEGACY

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

EASTBOURNE BANDSTAND SEPTEMBER 2026



WED 2ND SEP - 1812: LEWES BRASS
FRI 4TH SEP - TAKE THAT EXPERIENCE
SAT 5TH SEP - MOTOWN - SOULTOWN COLLECTIVE
SUN 6TH SEP (3PM) - SOUTHDOWNS CONCERT
SUN 6TH SEP - CELEBRATION OF NEIL DIAMOND



FRI 11TH SEP - SKANDALIZERS
SAT 12TH SEP - 90S SPICE GIRLS
SUN 13TH SEP - JERSEY BOYS - BIG MEN IN TOWN



WED 16TH SEP - EASTBOURNE SILVER BAND
FRI 18TH SEP - PHIL COLLINS & GENESIS - EASY LOVER
SAT 19TH SEP - COUNTRY NIGHT - GEORGIE SINCLAIR
SUN 20TH SEP - FLEETWOOD MAC - FLEETWOOD SHACK



FRI 25TH SEP - OASIS - FAKERMAKER
SAT 26TH SEP - MADNESS - BADNESS
SUN 24TH SEP - UB40 - RATS IN THE KITCHEN



OCTOBER:
FRI 2ND OCT - QUEEN - ONEVISION
SAT 3RD OCT - ABBA - ABBA MAGIC

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



Why The Old Oak Inn, Arlington is a must-visit this summer

JUST outside of Eastbourne, close to Hailsham and nestled on the edge of the beautiful *Abbots Wood*, stands *The Old Oak Inn* in the heart of Arlington.

By **Gail McKay**

***The Old Oak* is a firm favourite for locals, visitors and holiday-makers alike, thanks to its reputation for serving consistently good food in a relaxed and welcoming setting. It's this commitment, paired with a lively community spirit and dedication of landlady Kate Maynard, that has helped the pub achieve Sussex's favourite pub in 2023 and 2024.**

Laid back charm

Visiting *The Old Oak*, whether stepping into the storied almost-300-year-old building, or enjoying the

laid-back charm of its sun-drenched garden, there's a unique atmosphere that simply can't be replicated. Food is of course very much at the centre of the experience. Whether you're stopping by for a relaxed lunch, a hearty evening meal or a nibble to eat before jumping back on the bike or horse, the menu offers something for all. Favourites such as the ever-popular *Old Oak Burger* remain a staple, while the kitchen keeps things interesting with a selection of weekly specials – giving regulars plenty of reasons to return and try something new.

Parkrun

Weekends bring an extra reason to visit, with breakfast served from 10am every Saturday and Sunday. This has proven especially popular

with runners and volunteers from the nearby *Abbots Wood Parkrun*, which takes place every Saturday at 9:00am, making *The Old Oak* the perfect spot for a well-earned post-run coffee, tea and breakfast.

English wines

Of course, no great pub is complete without an equally inviting drinks offering, and the selection at *The Old Oak* speaks for itself. English Wines are the standout choice this season, plus customers are encouraged to keep an eye out for their new spritz menu. Whether you're toasting with friends or unwinding after a long week, there's something behind the bar to suit every taste.

Events

Beyond the bread and butter, *The Old Oak* has a string of events this summer and beyond. Highlights include the monthly quiz nights on the 12th August and 9th September, where teams gather for an evening of fun, friendly competition with prizes to be won.

Sundays in August promise a summer soundtrack to remember, with live music sessions from afternoons throughout the month.

Kicking off with *Supernatural Things* on the 2nd, a local 6-piece band providing a vibrant funk, jazz rock and blues to set the tone for a fantastic month of live music.

Later on in the month, guests can enjoy live Jazz from *Dennis and Peter* on the 9th, followed by *Will Taylor* on the 16th, and *Trevor Wallis* rounding things off on the 30th, these afternoons provide the perfect soundtrack to a relaxing Sunday.

One of Sussex's most loved pubs.

Whether you're visiting for a leisurely lunch, celebrating a special occasion or fancy an afternoon of live music in the garden, *The Old Oak Inn* Arlington continues to deliver a family-friendly, quintessential English countryside pub experience, making it easy to see why it remains one of Sussex's most loved pubs.

Reservations can be made via www.oldoakinnarlington.co.uk or by calling **01323 482072**

To stay up to date with events and menu specials, visit [@theoldoakinnarlington](https://www.instagram.com/theoldoakinnarlington) on Instagram and **The Old Oak Inn Arlington** on Facebook.

**Caneheath, Arlington
East Sussex BN26 6SJ**



New social group for the over 55s

FOR single people in Eastbourne, there's a new opportunity to meet others.

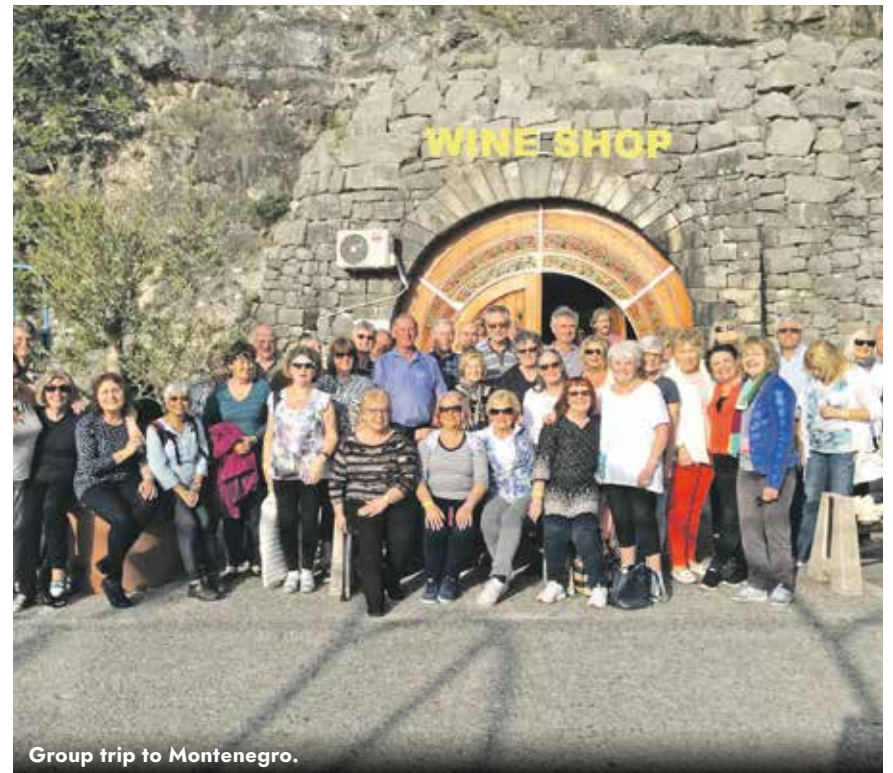
By **Peter Lindsey**

The Group – the Sussex social club for unattached men and women, aged 55+ – is to start monthly meetings in Eastbourne from September.

The Group has been bringing people together since 2006. It isn't a dating organisation and it isn't a business.

It is a volunteer-run club whose fee is just £20 a year. For that, members receive an emailed diary twice every month.

Tricia from *The Group* said: "The events on our diary are planned by the members. Want to go to an event on the diary? Contact the organiser. Turn up. That's it."



Group trip to Montenegro.

"Monthly meetings also take place in Lewes, Worthing, Brighton, Burgess Hill and Pease Pottage.

"We have Welcomers at our monthly club nights.

"No walking into a room feeling uncomfortable.

"The Welcomers are there to do just that – welcome you."

Take a look at:

www.thegroup.org.uk

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Exclusive Long Man of Wilmington Christmas card launch supports good causes



CHRISTMAS has come early with the launch of an exclusive festive card celebrating one of Sussex’s most iconic landmarks – the *Long Man of Wilmington*.

By **Nathan Dunbar**

Created as a limited-edition design, the card captures the timeless silhouette of the famous hill figure in a unique Christmas scene, making it a perfect choice for anyone wanting to send a little Sussex pride with their festive greetings.

Readers of *Bournefree* can enjoy an exclusive 50% discount throughout

August by using the promotional code BOURNE50 when ordering.

The offer provides the perfect opportunity to get ahead of the Christmas rush while supporting an important local cause.

Even better, 100% of the proceeds from every card sold will be donated to the *Polegate Community*

Foundation, helping the charity continue its work across the local area.

The exclusive Long Man of Wilmington Christmas card is expected to appeal to collectors, Sussex lovers and anyone looking for a meaningful alternative to mass-produced festive cards.

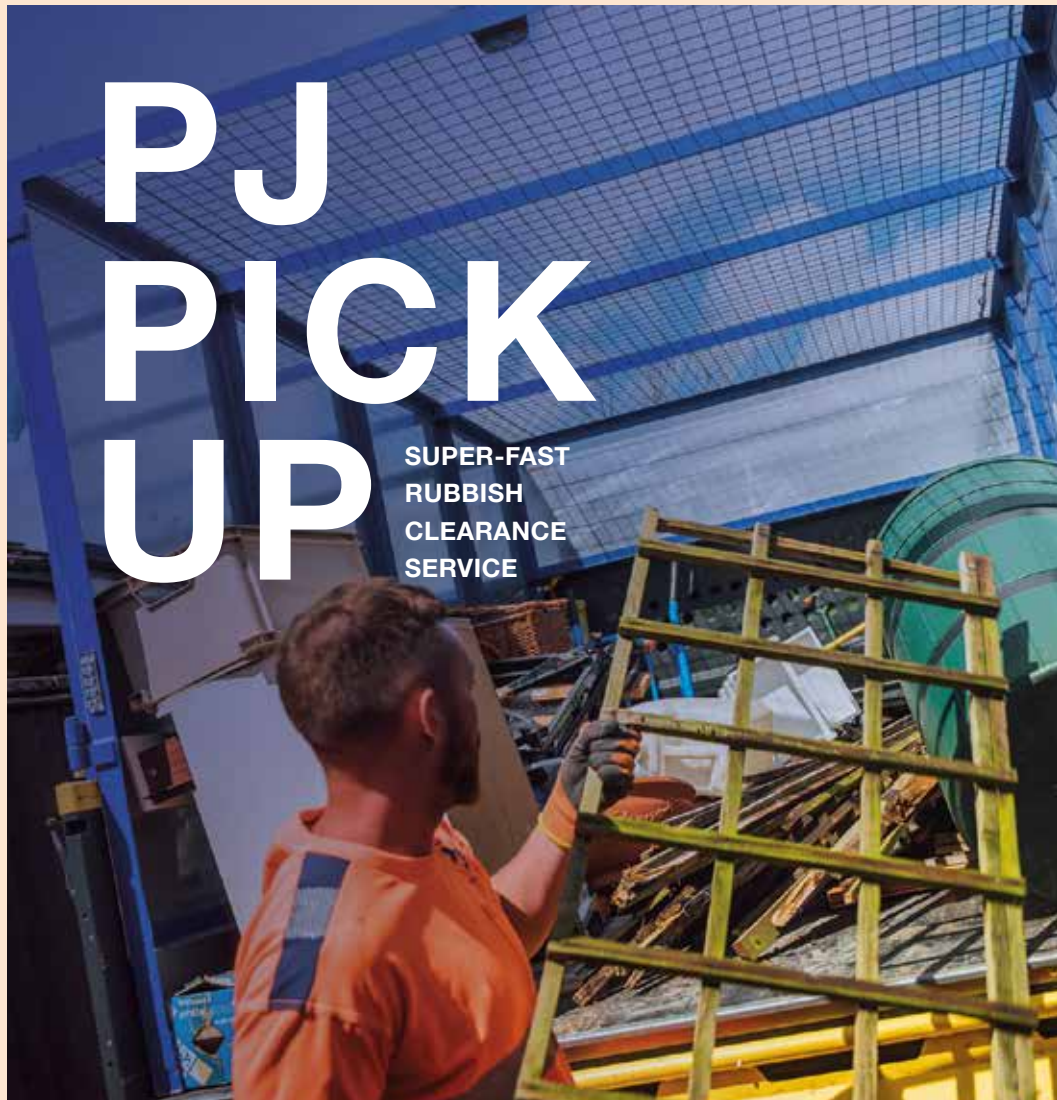
By purchasing a pack, customers are not only sending a beautifully designed Christmas greeting but also helping fund community initiatives that make a real difference in Polegate and the surrounding area.

The BOURNE50 offer is available throughout August only, so readers are encouraged to order early to

secure their discount and support the Foundation’s work.

To support the *Polegate Community Foundation* and purchase these exclusive Christmas cards, scan the QR code below or visit: <https://polegatecommunityfoundation.sumupstore.com/products>

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Pride of Polegate Awards 2026

CELEBRATING the best of the community.

By **Peter Lindsey**

The very best of Polegate was celebrated at the *Pride of Polegate Awards 2026*, an evening dedicated to recognising the individuals, businesses and organisations whose commitment, kindness and community spirit make a lasting difference to the town.

Hosted by the *Polegate Community Foundation*, the awards brought together residents, community groups, local businesses and dignitaries to

honour those who go above and beyond for others.

The winners were:

- **Volunteer of the Year:** Nadine Wallage
- **Fundraiser of the Year:** Julie Whiting
- **Young Volunteer of the Year:** Jack White
- **Young Fundraiser of the Year:** Dan Wooller
- **Carer of the Year:** Yolen Cooray



Nadine Wallage receiving the Volunteer of the Year award.

- **Community Champion of the Year:** Cuckmere Community Buses
- **Business Award:** Withers DIY

In addition to the category awards, a *Special Recognition Award* was presented to Dan Dunbar in recognition of his outstanding dedication and contribution to the Polegate community.

One award is still to be presented to a recipient who was unfortunately unable to attend the ceremony. The presentation will take place at a later date.

The *Polegate Community Foundation* would like to thank everyone who submitted nominations, attended the event, supported the awards and helped make the evening such a success.

Thanks are also extended to all sponsors, volunteers and everyone who worked behind the scenes to ensure the *Pride of Polegate Awards 2026* was a fitting celebration of the people who make Polegate such a special place to live, work and volunteer.

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Tina Whitmore rewarded for her outstanding work with British Empire Medal

TINA Whitmore has been rewarded for all the work she has done helping those suffering from rheumatoid arthritis.

By **Tony Flood**

She received a *British Empire Medal* from the Lord Lieutenant of East Sussex at Eastbourne Town Hall.

The citation praised her dedication over two decades to supporting others affected by the condition.

Tina – chairman of self-help group *Rheumatoid Arthritis Social Club and Leisure Society* – said: “I am very honoured to receive this award on behalf of my hard-working committee and my husband Richard.

“Without them all, I would not be able to run *RASCALS* as I do. The group is full to capacity at the moment, but I have a waiting list if anyone wants to enquire.”

The amazing 68-year-old Mrs Whitmore has been an inspiration to members by defying the pain she suffers herself.

She said: “Our success is reflected by the fact we have around 90 members. We help members in many ways to give them a better quality of life and provide high-quality bargains at our fetes and auctions thanks to donations by our generous supporters.”

Eastbourne resident Tina’s rheumatoid arthritis has become progressively worse, making it painful to walk because the discs have slipped in her back and neck.

But she and *RASCALS*, which was founded 33 years ago in 1993, have helped many hundreds of people from across East Sussex who suffer from RA, osteoarthritis or associated diseases such as lupus and fibromyalgia.

For more information please email: tinawhitmore.rascals@gmail.com



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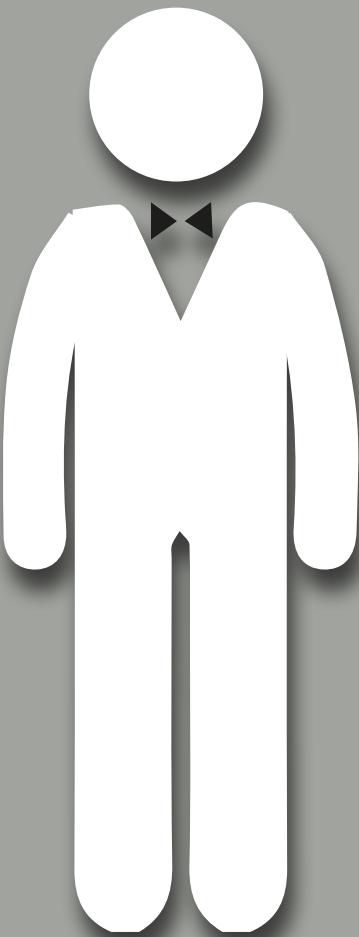


- BEAVER
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- CLOUDS
- COAST
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- FLOOD BARRIER
- FRESH WATER
- HOSEPIPE BAN
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Old Town HatFest

AROUND 200 people came together to celebrate the inaugural *Old Town HatFest*, transforming Green Street into a vibrant display of colour and community spirit.

By **Betsey Langford**

The family-friendly event encouraged people of all ages to don their favourite hats, visit Green Street’s independent businesses and enjoy a day bringing the community together th while raising money for a worthy local cause.

From young children to grandparents, visitors embraced the spirit of the day with an incredible variety of imaginative headwear. *HatFest* also raised valuable funds for the *Children with Cancer Fund*, with 100% of the event’s proceeds



being donated to the charity. The final fundraising total (in just 2 hours) is £310. Betsy Langford, one of the organisers, said: “Our aim was simply to bring people together, celebrate our wonderful community and support the fantastic independent businesses that make Green Street so special.” Mayor Margaret Bannister, Councillor Ali Dedashty, former Mayor Carolyn Heaps and Deputy Mayor Teri Sayers Cooper were there lending support.

Local photographer Rupert Kirby captured the day’s celebrations, with a gallery of photographs now available online. Images may be downloaded free of charge, with visitors invited to make a voluntary donation to the *Children with Cancer Fund*. Download photographs here: <https://rupertkirby.smugmug.com/HAT-FEST-2026->



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Langney Community Library launches Reading Celebration Week

LANGNEY Community Library is inviting families from across Eastbourne to celebrate the joy of reading during its first-ever *Reading Celebration Week*.

By **Gail McKay**

It's taking place from 26th September to 3rd October as part of the *National Year of Reading 2026* and in partnership with *Eastbourne LitFest*.

The week-long programme of free events has been created to inspire

children to discover a lifelong love of books through storytelling, creativity and imagination. Families can enjoy interactive author events, storytelling sessions, competitions and activities, while also discovering everything their local community library has to offer.

Local children's author Nicola Baldwin will present interactive readings of her debut picture book, *'What are you looking at?'*, encouraging

children to celebrate differences, build confidence and remember the message: Be Kind. Be Brave. Be You.

Award-winning author Clare Helen Welsh will also visit the library with a storytelling workshop inspired by *Together Street*, exploring kindness, teamwork and community through games, music and collaborative artwork.

Alan Shuttleworth, Chair of Trustees at *Langney Community Library*, said: "Our library is much more than somewhere to borrow books. It's a welcoming community space where people of all ages can learn, connect and be inspired. We hope *Reading Celebration Week* will encourage more families to discover everything their local library has to offer."



Author, Nicola Baldwin.

All events are free, although booking is recommended for some sessions. Everyone is welcome to come along and celebrate reading, creativity and community.

Join in at *Langney Community Library* on 26th September to 3th October. For more information contact: langneycommunitylibrary@outlook.com

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Eastbourne Business Awards 2026

NOMINATIONS and applications are open until Sunday 9th August.

Visit: www.eastbournebusinessawards.co.uk to apply or nominate a business you love.

By **Christina Ewbank**

The Awards will take place on Friday, 16th October at the Winter Garden, with an exciting new host to be revealed soon. Watch this space!

Celebrating innovation, leadership and community spirit, join us as we recognise outstanding achievements and the people and organisations helping to shape our region's future.

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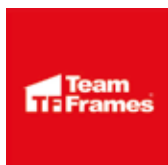
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Ladies support St Wilfrid's

EASTBOURNE Sovereign Inner Wheel Ladies have been proudly supporting St Wilfrid's Hospice over the past year.

By **Peter Lindsey**

They have held events such as afternoon teas, luncheons, coffee mornings, and attended various markets, including East Dean, when they organised a fundraising a tombola.

Inner Wheel is one of the world's largest women's voluntary service organisations.

It was founded in Manchester in 1924, and the group is closely affiliated with the *Rotary Club*.

Service to the community
It has more than 100,000 members across more than 100 countries and Inner Wheel clubs have an outstanding record of service to the community.



In this country, they support refuge centres, hostels, hospices, child centres drop-in centres and much more.

They also knit, sew, and collect tonnes of useful goods for the needy, which is all then sent abroad.

Eastbourne Sovereign IW holds its meetings once a month at *Chalk Farm Hotel*. They have two coffee mornings a month and they often meet socially for trips to the theatre, to the cinema, afternoon teas, and day trips.

One of the objectives of *Inner Wheel* is to promote true friendship, and to have fun. At *Eastbourne Sovereign* they do exactly that... they have fun and great friendship...

If there are any ladies in Eastbourne or the surrounding areas who might like to meet us, find out what we do, might like to join us, then please do get in touch... pop along to one of our coffee mornings enjoy our friendship, you will be most welcome...

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Inspiring Eastbourne's young futures

THE Eastbourne Education Business Partnership CIO (EEBP) continues to play a vital role in shaping the futures of young people across Eastbourne, delivering a lively programme of events that connect local schools, employers and the wider community.

Building on more than 30 years of success, our local charity brokers meaningful partnerships between education and business — enriching the school curriculum, raising aspirations and helping thousands of young people gain the confidence and skills they need for the world of work.

This summer, *Young Chef of the Year 2026* saw twenty students from five local secondary schools compete at *Gildredge House School* for the town's top young chef title. Winning teams were from *Cavendish School* and *Willingdon Community School*.

The standard of cooking was exceptionally high, impressing an

expert panel of Judges: Hrvoje Loncarevic, Executive Chef, *The Grand Eastbourne*, Chris Keil, Entegra, James Dugan, Executive Chef, *Sheraton Grand London Park Lane*, Jupiter Humphrey-Bishop, former *Young Chef of the Year* winner.

The event was supported by the *Eastbourne Hospitality Association*, *The Grand Eastbourne*, *Tesco* and *Morrisons*.

Back in April, *The BIG Futures Show 2026* — East Sussex's largest employability, skills and careers event — welcomed more than 2,000 students from 23 schools to *Eastbourne Sports Park*, alongside the Lord-Lieutenant of East Sussex and the Mayor of Eastbourne.

Looking ahead, *Eastbourne Youth Radio* returns for its 26th year from 18th–20th November 2026, broadcasting live on 87.7FM and online from *East Sussex College*. Students aged 5–19 will once again take to the mic to present shows, interview guests and gain hands-on broadcasting experience — supported by local businesses and community sponsors.

Our programme of events for the rest of 2026/27 is being drawn up and will be available soon.

To find out more, sponsor an event or get your school involved, please contact Mina O'Brien at mina.obrien@eastbourneebp.org.uk or call **07958 559600**

You can also visit:

www.eastbourneebp.org.uk

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Local favourite 'Xing Fu' continues to delight Eastbourne diners

IN a town blessed with a wide variety of places to eat, one restaurant continues to earn a loyal following for its authentic flavours, welcoming atmosphere and commitment to quality.

Situated in the heart of Meads, Xing Fu (which means happiness in Chinese) has become a popular destination for both local residents and visitors looking to enjoy traditional Chinese cuisine prepared with care.

The restaurant's extensive menu showcases dishes inspired by several regions of China, offering

everything from delicate dim sum and classic favourites to richly flavoured regional specialities.

What sets *Xing Fu* apart is not only the quality of its food but also the warm hospitality that greets guests from the moment they arrive. Whether it's a family gathering, a meal with friends or a quiet evening for two, diners can expect



attentive service in a relaxed, comfortable setting.

Many customers return time and again, praising the freshness of the ingredients, generous portions and consistently high standards. Positive word of mouth has helped establish *Xing Fu* as one of Eastbourne's best-loved Chinese restaurants.

For anyone yet to discover this

Meads favourite, there's every reason to pay a visit. Whether you're trying authentic regional dishes for the first time or returning for a much-loved classic, *Xing Fu* offers a dining experience that's well worth enjoying.

As Eastbourne's food scene continues to flourish, *Xing Fu* remains a shining example of what an independent local restaurant can offer, excellent food, genuine hospitality and a warm welcome that keeps customers coming back.

To view the menus and book a table please visit www.xing-fu.co.uk

Copylink Digital champions local business as it expands its services

EASTBOURNE-based Copylink Digital is encouraging businesses to think local when choosing their suppliers, as the company expands its range of services to provide further support to organisations across Sussex.

The family-run business has been operating for more than 35 years and is well known for providing managed print and document solutions. Built on long-term relationships and reliable service, Copylink has become a trusted partner for many local businesses.

The company is now broadening its services to include hosted voice, business mobiles, connectivity, IT support and business energy solutions. This gives businesses the opportunity to access a wider range of essential business services through one local trusted provider.



Copylink believes choosing local suppliers offers significant benefits – Faster response times, better rates, more personable support from dedicated individuals, and helps to reduce environmental impact.

Buying local also helps keep money within the community, supporting local jobs and strengthening the wider Eastbourne economy.

Alongside its growth, *Copylink Digital* remains committed to giving back. The company has proudly supported local initiatives, churches, charities,

schools, sports clubs and community projects, and this will continue to be an important part of its values.

As part of *Copylink's* expanded services campaign they are offering free discovery sessions to discuss how they can help improve any of your current services, with the chance to win Brighton & Hove Albion Football tickets for the upcoming Premier League season.

To book a free discovery session please contact Alex Fielder via email alexfielder@copylink.co.uk

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Large 90's.



Rooster Tail.



Sound of the Crowd.

The Sound of the Summer: Why PierFest 26 is Eastbourne's must-attend event

THIS September, Eastbourne will blend the electrifying sounds of live music as one of the town's most iconic landmarks prepares to host the event of the season.

By **Andy Thomas**

PierFest 26 is officially on the horizon, promising a spectacular two-day celebration of live performance and charitable giving. Taking place over the weekend of Friday 4th and Saturday 5th September 2026, this highly anticipated festival will take over 'The Drop in The Ocean' venue, situated right at the end of the Eastbourne Pier.

PierFest 26 is not just about entertainment; it is a dedicated fundraising initiative raising vital funds for the *Children With Cancer Fund*. Every ticket purchased and every partnership formed will directly contribute to supporting young people and families navigating the immense challenges of cancer treatment.

Event organiser Simon Cosham is the driving force orchestrating this amazing weekend: "It will be a two-day music festival on the pier with a diverse range of acts to suit

every musical taste. We want to bring the community together for an unforgettable weekend while backing a cause that means so much to all of us."

The line-up so far

The festival lineup is already shaping up to be a powerhouse of talent. Already confirmed to hit the stage are **Large 90's**, known for their nostalgic anthems, alongside the synth-driven 80s tribute act **Sound of the Crowd**. Other acts also confirmed: **Venn5**, **Rooster Tail**, **DJ Wobble Wob** and **The Pat Butchers**.

Opportunities for local talent and businesses

PierFest 26 is deeply rooted in community collaboration, and the organisers are actively looking for fresh talent, hands-on help, and corporate backing to make the event a resounding success.

Sponsor a band: Local businesses have a unique opportunity to boost their visibility. The festival is seeking partners to sponsor individual bands on the main stage. During these performances, the venue transforms

into your bespoke 'Your Company Stage', offering prominent logo placement, event banners, promotional printing, digital marketing campaigns, and regular overhead announcements throughout the weekend.

Volunteer: If you want to experience the festival from behind the scenes, volunteer roles are available to help keep the weekend running smoothly.

For all performance, sponsorship, or volunteering enquiries, you can contact Simon Cosham directly at underthecosham@outlook.com

Secure your tickets today

With momentum building rapidly across Eastbourne and beyond, tickets are selling fast.

To book your spot at the music weekend of the year, head directly to www.seetickets.com and search for '**Pierfest**'. Tickets **MAY** be available on the door, £25.00 for Friday and £25.00 for Saturday.



Scan for tickets.



The Pat Butchers.





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Winter Pride at The Winter Gardens

EASTBOURNE Pride is gearing up for something completely new — *Winter Pride*, coming to The Winter Gardens on Saturday January 30th 2027.

By **Peter Lindsey**

New organisers took over the event for this year, and now they are staging other events in the town as well.

Here is *Pride* Trustee Michael Shepherd: "We may be the Sunshine Coast, but even we can't rely on a balmy day in January.

"So this time, we're heading indoors to one of Eastbourne's most iconic event venues.

"*Winter Pride* is planned as a one-off pilot event, but if it proves as popular as *Pride Comes to Town* was in June, it could easily become a new annual tradition.

This is what you can expect — a cosy, colourful celebration with a winter market, live music, and plenty of food and drink.

"The *Winter Gardens* will be serving a range of hot and cold dishes, alongside soft drinks and a full bar — perfect for warming up a winter afternoon.

"And now we want to hear from you. What should the theme be for Eastbourne's first *Winter Pride*?

"Please message: info@eastbourne-pride.com

"Thank You."



Nicki French and Michael Shepherd.



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Making a real difference to the LGBTQ+ community

LIBBY King navigated her way around a heteronormative health care service with little to no information on how to get pregnant or where to go for support.

By **Peter Lindsey**

Throughout this journey, Libby felt lonely and isolated. After a long pathway to pregnancy, she didn't want anyone to feel alone during this process.

So, she decided to do something about it – and created *Bourne This Way – LGBTQ+ Parent Support Group* six years ago.

The group is for anyone in East Sussex who identifies as LGBTQ+ and wants to start a family or have children.

The mission is to create a warm, inclusive atmosphere where families can feel fully supported.

It offers regular health and wellbeing meet-ups to connect, support and empower our community.

Libby said: "It can be a minefield for the LGBTQ+ community to start a family.

"It can feel emotionally and financially exhausting at times. Being LGBTQ+ should not be a barrier to having a family and I want to see a world where LGBTQ+ people are able to access fertility treatment equally.

"I am a gay solo parent, and I felt alone at times, especially in a small town like Eastbourne. So I put up a post on *Facebook*, arranged a meeting in a coffee shop and it went from there.

There is a community to support them

"The important focus is that people in a similar situation can now feel there is a community to support them.

"The structure of the *BTW* is around the five steps to health and wellbeing, and addressing the needs of the family. It's about connecting as a community and peer to peer support.

"Mental wellbeing is also crucial, and that's why we utilise nature like meets in parks, farms on beaches. We have

our popular *BTW* annual camping trip, which gives us a chance to connect for longer as a group, sharing our stories over the campfire and making memories with our children.

"We support local Prides and gather together standing proud, remembering how important the grassroot Prides are and where and why it all began.

"We are able to fund gym sessions, personal trainer sessions, and counselling if needed. We have some family fitness sessions lined up over the summer too!"

There are now around 90 members of *Bourne This Way – LGBTQ+ Parent Support Group* from across East Sussex.

Libby said: "People don't need to explain themselves to us, they may have to sadly in other life situations.

"We also offer LGBTQ+ training awareness to organisations and offer support for schools and colleges.

"There is still a lot to do when it comes to the LGBTQ+ community and educating society but times have changed.

"I wanted to create a safe space that will help others, and we are lucky to have recently received funding from the *Sussex Community Foundation*, *MIND* and the *Chalk Cliff Trust*.

"My son Sonnie is now five and the group really is all about love and making people feel part of an extended family."

My Safe Spaces

BTW also runs the *My Safe Spaces* initiative in Eastbourne. If you are a business or organisation and want to sign the pledge to become a safe space please get in touch.

Or if you are an LGBTQ+ parent or looking into starting a family, you are very welcome to join one of the meet ups.

DM Libby on socials or email: bournethisway.lgbt@hotmail.com

Or visit: <https://bournethiswaylgbtparents.co.uk>

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Herstmonceux Bowls Club enjoys thriving season

HERSTMONCEUX Bowls Club is enjoying growing membership, competitive success and continued involvement in the local community.

By **Peter Lindsey**

The club has welcomed 14 new bowlers following a highly successful Open Day, bringing its playing membership to around 50 members.

The increase reflects the club's commitment to providing a friendly and welcoming environment for bowlers of all ages and abilities.

Monday Club Evenings continue to attract excellent support, with coaching and practice sessions helping both new and experienced players develop their skills.

There is also the club's annual American Tournament, where eight pre-selected teams compete over seven weeks for one of the club's most sought-after trophies.

Internal competitions are also well underway, with seven trophies to be contested throughout the season before reaching their conclusion during Finals Weekend at the end of August.

Thanks to the generous sponsorship of Christopher Bean Solicitors, *Herstmonceux Bowls Club* has donated more than 80 surplus club shirts to *KitAid*. For more than 20 years, the charity has collected and recycled pre-loved sports clothing and equipment before distributing it to children and adults in some of the world's poorest communities.

Herstmonceux Bowls Club welcomes new members throughout the season. Anyone interested in taking up the sport or finding out more about the club is invited to contact Richard Thomas on **07813 676577**.

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Fundraising community run

THE Hailsham & East Sussex ADHD Support CIC is a non-profit organisation providing free or low-cost support for neurodivergent adults.

By **Peter Lindsey**

Founded by ADHD coach Nic Gray, the CIC was created to address the lack of accessible, local support for adults navigating ADHD, whether diagnosed or self-identified.

It needs funds so Nic — from Hailsham — set up a fundraising page for the *Hailsham Community Run 2026*.

Nic and her gang ran the 3k — and she says “the heat didn’t stop us.”

Nic said: “It was a great event and thank you to the organisers for putting on such a great day.”

Through monthly in-person support groups, practical guidance, and community connection, *Hailsham & East Sussex ADHD Support CIC* aims to reduce isolation, improve wellbeing, and empower individuals with tools to better manage everyday life.

The CIC is actively seeking funding and grant opportunities to expand its



services, with plans to offer 1:1 coaching, counselling, workshops, and structured support programmes to reach more individuals across the community.

As a *Community Interest Company*, all activities are legally committed

to delivering social impact, with any surplus reinvested into supporting the local community.

To donate, please visit:

<https://gofund.me/73e558aa2>

John takes over as Rotary President

ON a hot July afternoon, many *Rotarians* and friends attended a barbecue in Arlington to mark the handover of the presidency of *The Rotary Club of Hailsham*.

By **Peter Lindsey**

Outgoing President 2025/26 Ron Wickson (pictured right) thanked everyone for their support and their efforts during his enjoyable year as club President.

He mentioned the many social occasions that had been held as well as the organising of events that had raised funds.

These included *The Rotary Santa Sleigh*, *The Bluebell Walk*, a *Quiz Night*, a *Golf Day* and help with the *Beachy Head Marathon*.



During the year the *Rotary Club of Hailsham* has made donations to many charities:

Beachy Head Chaplaincy, *Staan Dance Academy*, *Hailsham Academy Dance Club*, *Shelter Box*, *Bushy Wood Hailsham*, *St Wilfred's*, *Medi Trust* (for a lifting chair) *SASBAH* breakaway for young people, and also to the local schools and sports organisations who had kindly assisted with the *Santa Sleigh*.

Incoming Rotary President 2026/27 John Nuttall (pictured left) immediately proposed a grant of £1,000 towards the purchase of a ‘Shelter Box’ that may be used by the victims of the recent Venezuela earthquake, and this was approved.

John’s chosen charity for his year will be *The Demelza Hospice Care* for children and young people with serious or life-threatening conditions.



Hailsham businesses got creative for The Big One Hundred Shop Window Creatures Competition

HAILSHAM town centre was transformed into a trail of colourful, imaginative and wonderfully unusual creatures as local businesses took part in the *Hailsham & District Chamber of Commerce Shop Window Creatures Competition*.

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

Organised as part of *The Big One Hundred* celebrations, marking 100 years since the publication of the first Winnie-the-Pooh stories and celebrating the area's special connection to Ashdown Forest, the competition invited businesses across Hailsham to get creative and bring their shop windows to life.

Taking inspiration from the mysterious creatures appearing as part of *The Big One Hundred* celebrations, participating businesses were challenged to design their very own window creature using their products, displays and plenty of imagination.

The results certainly didn't disappoint!

Throughout July, shoppers and visitors to Hailsham could discover creatures hiding in windows across the town, each with its own personality and creative twist. From clever uses of everyday products to bold and imaginative displays, businesses embraced the challenge and created a fantastic trail for the community to explore.

The competition was about much more than creating an eye-catching window. It was also a great opportunity to encourage people to explore Hailsham town centre, discover local independent businesses and see just how much creativity exists within our local business community.

Members of the public were invited to get involved by visiting the participating businesses, exploring the different window displays and voting online for their favourite creature through the *Hailsham & District Chamber of Commerce* website.

A huge thank you goes to every business that took the time to get involved and create a display. The effort, creativity and enthusiasm that went into the competition helped make the town feel part of a much wider celebration taking place across the area.

Thank you also to everyone who visited Hailsham, explored the shop windows and cast their vote. Community involvement is what makes initiatives like this so worthwhile, helping to create a buzz around the town while encouraging more people to shop, visit and support local.

The competition formed part of *The Big One Hundred*, a major celebration inspired by the centenary of Winnie-the-Pooh and the stories' famous connection to Ashdown Forest and the surrounding area. Hailsham was proud to play its part in the celebrations and bring some of that creativity and imagination into the heart of the town.

The winner of the *Hailsham Shop Window Creatures Competition* has been announced on Facebook (after we went to press), Congratulations!

The Hailsham & District Chamber of Commerce would like to congratulate the winner and once again thank every business and member of the community who took part.

The competition was a brilliant showcase of what can happen when local businesses and the community come together, bringing creativity, fun and a little bit of magic to Hailsham town centre.

Hailsham & District Chamber of Commerce

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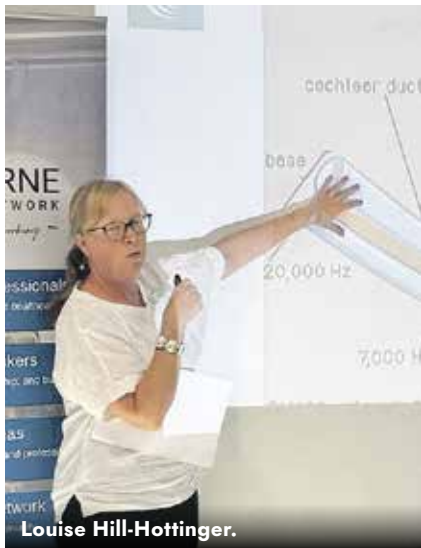
By **Peter Lindsey**

This is the *Eastbourne Healthcare Network* which has only been running for a few months.

It is a partnership between *Sussex Audiology Centre*, *Sussex Footcare*, and *St Wilfrid’s Hospice*.

There’s one meeting a month – the third Wednesday – between 6pm and 8pm. Cost is £10 with every penny going to *St Wilfrid’s*.

There are three speakers – in July they were Louise Hill-Hottinger from *Sussex Audiology Centre*, Emma Jennings from *Willingdon Park Manor* and Christina Ewbank from *Eastbourne UnLtd Chamber of Commerce*.



Louise Hill-Hottinger.



Emma Jennings.

Bryce Murphy, Operations Director at *Sussex Audiology Centre*, said: “We always aim to bring the best from our community together for an evening of learning and connecting!”

“Our focus is on connecting minds, sharing expertise, and building better healthcare.

“If you’d like to come along next month, keep an eye on our socials for the upcoming dates. See you there!”



Christina Ewbank.

www.stwhospice.org/giving/corporate/eastbourne-healthcare-network



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Picos De Europa Challenge

BRYCE and Sam from *Sussex Audiology Centre* are lacing up their boots and taking on the *Picos De Europa Challenge*, an epic 65km multi-day hike through the breathtaking mountains of northern Spain and they need YOUR support!

By **Peter Lindsey**

All funds raised go directly to the *Children’s Respite Trust*, a truly vital local charity that provides respite care and support for children with profound physical and learning disabilities, and their families, across Sussex and parts of Kent and Surrey.

No government funding supports this work, it relies entirely on the generosity of communities like ours.

Every ticket you buy gives a family in our community a much-needed break, and gives YOU a chance to win some seriously fantastic prizes, generously donated by local businesses:

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Clearer nails, faster:

Sussex Footcare Clinic launches same-day fungal nail testing

**ARE you embarrassed to show your feet?
You're not alone.**

By **Laura Ross**

Fungal nail infections affect millions of people in the UK, causing nails to become thick, yellow, brittle and unsightly — and they rarely go away on their own.

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

Why this matters

Until now, diagnosing a fungal nail infection has often been a guessing game. Clinicians can misdiagnose the condition by sight alone, and sending nail clippings to a laboratory can take weeks — sometimes even months — to come back, and those results can still be wrong, since standard lab tests have sensitivities as low as around 50–60% in some cases

Studies show that fungal nails are only diagnosed correctly by appearance 67% of the time. That means almost 1 in 3 people could be using the wrong treatment.

But with this new test, *Sussex Footcare Clinic* can provide results the same day — often while you wait in the clinic — with a proven accuracy of 97%, using advanced dermatophyte detection technology.

"Patients often come to us frustrated," says Laura, podiatrist.

"They've spent money on over-the-counter treatments without a confirmed diagnosis. This test gives clear answers immediately — so we can begin the right treatment straight away."

What is the test and how does it work?

- **Painless & Non-Invasive:** A small sample is taken from the affected nail or skin — no needles, no discomfort.
- **Same-Day Results:** Results are available during the appointment or later the same day.
- **Highly Accurate:** Scientifically shown to be 97% accurate, compared to visual diagnosis at 67%.
- **Detects the presence of common dermatophyte fungi,** confirming whether a fungal infection is present so the right treatment can be started.

Why getting tested is so important

Fungal nails (onychomycosis) can be stubborn and easily spread to other nails or skin if left untreated. However — and this is key — not all damaged nails are fungal.

- Up to 50% of nail problems are caused by trauma, psoriasis, eczema, lichen planus or bacterial infection, not fungus.
- Treating the wrong condition can waste time and money and delay proper recovery.
- Early diagnosis prevents the infection from worsening and helps treatment work more effectively and quickly.

Common signs you may need testing:

- ✓ Yellow, brown or white nail discolouration.
- ✓ Crumbly or thickened nails.
- ✓ Nails lifting from the nail bed.
- ✓ Foul odour or flaky skin around the nails.
- ✓ Persistent athlete's foot or itchy, peeling skin.



Fungal nail under dermatoscope.

If you recognise any of these signs — especially if the problem isn't improving — it's time to get it tested.

The benefits of testing at Sussex Footcare Clinic

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Your feet deserve expert care

Whether you've struggled with fungal nails for years or just noticed early signs, help is now faster and more accurate than ever. This new test ensures you get the right diagnosis and the right treatment — the first time.

To book your appointment or for further information, contact *Sussex Footcare*, where our friendly and professional team are here to guide you towards healthier, happier feet.



Laura Ross — Podiatrist.

Treatments on offer include:

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f Sussex Footcare

Walking and talking is great for your health – both mental and physical...

AND with summer is in full swing, so too is Coda's Walk & Talk.

By **Peter Lindsey**

They are regular events open to the whole community, and the first was an evening stroll from Holywell Cafe to the Bandstand and back.

Bistrot Pierre kindly opened their shack for refreshments on the way back.

Colin Dang from *Coda Pharmacy* said: "Thank you to everyone who joined us for our first *Walk & Talk* of the summer.

Regular event

"We are so excited to make these a regular event for our community.

"Whether you're looking to get active, meet new people, or simply enjoy a friendly chat, everyone is welcome.

"Follow our page for updates on the route, timings, and everything you need to know.

"Or join our official *Walk & Talk* group!

<https://www.facebook.com/groups/4541151566211960>

Bournefree joined the first walk – it was a lovely evening, so we would encourage others to join the future ones.



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WEIGHT loss tablets are now available at *Coda Pharmacy*, offering a new needle-free option for people looking for additional support on their weight loss journey.

By **Molly Graff**

Wegovy tablets are an oral version of a GLP-1 weight loss treatment. They work in a similar way to the well-known weekly injections, but are taken as a tablet rather than an injection.

The active ingredient is semaglutide, the same medicine used in Wegovy injections. It works with your body to help manage appetite, so you feel fuller for longer and find it easier to eat less.

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Mary, care home resident



At Care UK's Bowes House in Hailsham, every resident is supported to live their life the way they choose. Our experienced team takes pride in offering quality residential, nursing, dementia and respite care.

Mary, a Care UK care home resident, shares how the home's quality care has made her feel cared for and secure after a life-changing fall shook her confidence.

‘They're trained to a very high level’

Mary moved into a Care UK care home after experiencing a life-changing fall. She recalls being met with tender care and concern. “I feel safe with the care team and other colleagues. I trust them implicitly,” she says. “They set very high standards of honesty, and I also feel that they're trained to a very high level.”

Care UK's approach to quality care is marked by some of the highest quality ratings of the UK's larger care providers, and its status as the most awarded care home group. In Mary's experience, high-quality care has been the standard from day one. “It's wonderful having a team around me to know that if I'm in trouble they will come.” But beyond this, a warm, family feeling is what makes it feel like home. “The team become friends, which is wonderful because you leave your home,



and life is totally different,” Mary says. “They're all so friendly and caring.”

‘A wonderful, safe feeling’

At 88, Mary lives with COPD and has difficulty walking, but she manages well because of the dedicated team's round-the-clock support. “It's a wonderful, safe feeling. At home, there wouldn't be anyone around because I was alone. Here, I get a wonderful feeling of security.”

Mary's family feel she is in good hands too. Her two children who live abroad don't have to worry about her living

alone anymore, and her daughter who lives nearby is also kept up-to-date and enjoys popping into the home frequently. “Everybody is incredibly happy that I'm here.”

Trust us to care

Our approach to quality care is based on best practice and the latest evidence, so you can trust your loved one is safe and comfortable.

Care UK is a leading independent care home provider with some of the highest quality ratings of the UK's larger care providers, and over 40 years' experience of delivering high-quality care to older people.

For more information about Bowes House in Hailsham, call 01323 306131 or visit careuk.com/bowes-house

Fancy a long walk?

HAVE you ever thought about following one of the named paths around here?

By **Theresa Hancock**

The shortest local route is the Jubilee Way which goes from Willingdon to Eastbourne seafront. It's only six miles long, but can be quite challenging with ups, downs and fallen trees.

The longest is the England Coast Path which, at 2,700 miles, could take you away from home for quite a few months if done as a continuous walk!!

Of course, you don't need to do the whole thing, and can start from anywhere along the coast and finish when you have had enough. Going towards Brighton from Eastbourne seafront is hilly, but eastwards along the beach is quite flat – until you get beyond Hastings.

The South Downs Way is 100 miles long between Eastbourne seafront



and Winchester. Some people have taken a year or more to do it in sections, using two cars with one at the beginning and the other at the end. You can also do it in a week if you are fit enough – there is a company that will ferry you to the start point and pick you up from the designated end point each day.

The 1066 route runs from Pevensey Castle to Rye with Keith Pettit's Bayeux Tapestry wood carvings along the way. It is 31 miles long, but can easily be split in half at Battle.

There are also some shorter 1066 Link paths that go from Jevington to Pevensey, Battle to Bexhill, and Hastings to Doleham.

Polegate Ramblers meet every Thursday with walks to suit all abilities. Check out their website: www.polegateramblers.org.uk

New head and neck radiotherapy service now available in Eastbourne

HEAD and neck cancer patients living in and around Eastbourne can now receive radiotherapy treatment in their local community.

By **Peter Lindsey**

This is a new service at Eastbourne Radiotherapy Treatment Unit, launched by University Hospitals Sussex NHS Foundation Trust.

The highly specialised treatment pathway is being delivered by a multi-disciplinary team of clinicians, nursing and allied health professionals.

Malcolm Baulch, a mouth cancer patient, described the relief of being able to access treatment closer to home during an already worrying time:

He said: "For my wife, being told I had cancer was hard enough, but the thought of driving me to Brighton and back for daily treatment put enormous pressure on her.

"Having treatment locally will make the world of difference as we can get there in under an hour, without the stress or expense of a long journey. It's also much easier to get help from friends and neighbours if we need it."

Dr Angus Robinson, Radiotherapy Lead at *University Hospitals Sussex*, said:

"This represents a significant milestone for cancer care in Sussex. The specialist team at the *Eastbourne Radiotherapy Treatment Unit* will provide expert, personalised care locally for people living in and around Eastbourne."

"When the doctor told us we could transfer to a radiotherapy service in Eastbourne, my wife burst into tears.



Kate Evans, Dietician, Bethan Scrivens Speech and Language Therapist, Robyn Payne Lead Nurse, Giada Mancino Advanced Clinical Practitioner trainee, Dr Katy Bradley, Clinical Oncologist.

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LitFest: celebrating stories by the sea

FROM September 25th to 27th, the first-ever Eastbourne LitFest is taking over venues across our town.

By **Gail McKay**

Sponsored by East Sussex College, this three day celebration will pack in over 50 events, with something for everyone from tots and teens to adults of all ages.

The festival is backed by patrons including Dame Jacqueline Wilson, Lucy Mangan, and local MP Josh Babarinde OBE, who praised it as “a fantastic way to experience the joy of getting lost in a good book.”

The lineup features Eastbourne’s own Jenny McLachlan (*The Land of Roar*), and a huge list of writers across crime, suspense, historical fiction, poetry and non fiction.

Hands-on workshops are a major focus. Festival director Jane Branson said: “For those who want to give writing a go, we’ve got workshops to inspire us in everything from comic books and verse novels to poetry and Shakespeare.”

Book early bird tickets today at www.eastbournelitfest.org or use the QR code on the advert below.



Photo: www.christinabaldwin.co.uk

Poetry Competition

Are you aged 16–25 and writing poetry? Enter the *LitFest* competition and help us celebrate poetry – on the page and the spoken word.

You can submit written poems (page poetry) or Spoken word (video or performance-based work).

A small number of poets will be shortlisted and invited to perform or present their work live at *Eastbourne LitFest* (25th–27th September 2026).

The competition is open to writers aged 16–25 at the time of submission and is free to enter. Up to two poems per person.

The winner will receive a cash prize of £50. One runner up will receive £25.

Entry deadline is Monday 31st August 2026, 11:59pm.

Email your entry to: competitions@eastbournelitfest.org

www.eastbournelitfest.org/our-competitions



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A new celebration of stories by the sea in venues across Eastbourne

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Some of our LitFest authors



Jacqueline Wilson



Dean Atta

Photo: Thomas Sammut



Lucy Mangan

Photo: Stylist Magazine



Henry Normal

25 – 27 September 2026

For more information and to book tickets at early bird prices, visit eastbournelitfest.org



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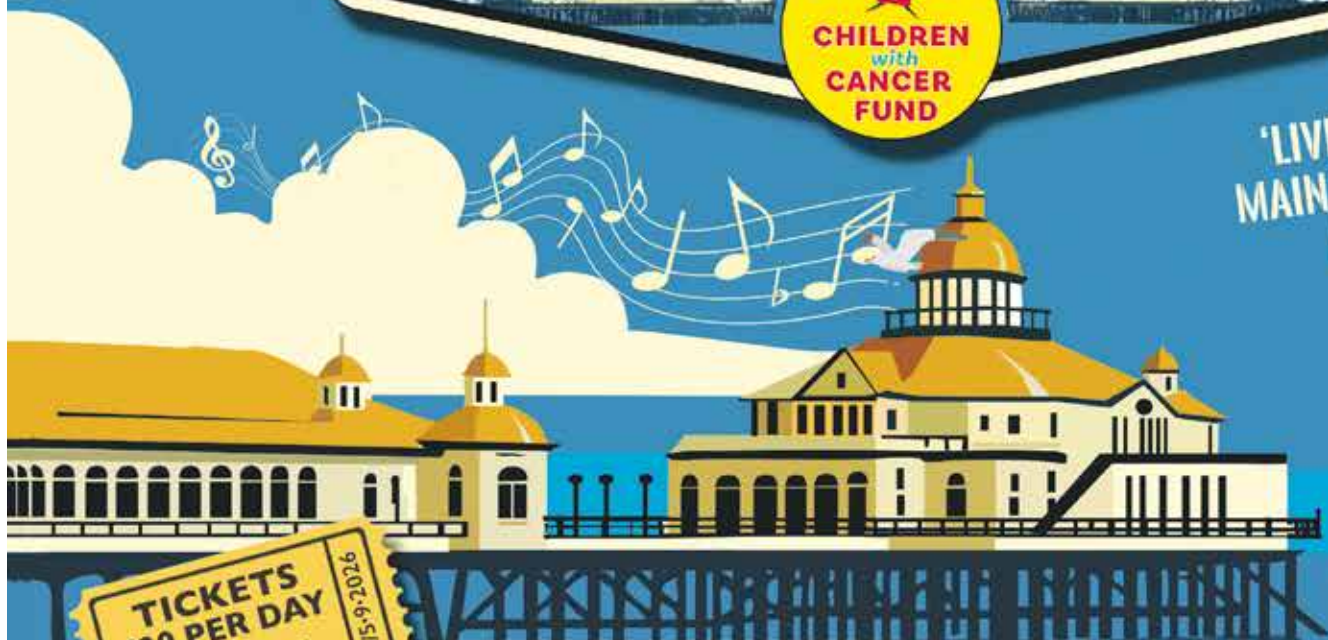
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Eastbourne gallery turns ten and launches a national tour

DEVONSHIRE Collective has marked ten years in Eastbourne by launching a national touring exhibition from its gallery **VOLT** on Seaside Road.

By **Peter Lindsey**

Tessa Boffin: Where We Touch the Archive runs until **September 5th** with free entry, before travelling to Nottingham, Brighton and Portsmouth through to early 2027.

The exhibition celebrates Tessa Boffin (1960–1993), an artist and activist whose photography challenged ideas about gender, sexuality and visibility.

It brings her work together with new commissions and collective works by *Queer Grounds*, DC's LGBTQ+ photography club, made by people here in town.

Edward Ball, Director of *Devonshire Collective*, said: "Launching a national tour from Seaside Road says a lot about how far this organisation has come in ten years.

"The project was made here, with partners across the country, and Eastbourne sees it first."



VOLT is open Wednesday to Saturday, 12–5pm, and entry is always free.

www.devonshirecollective.co.uk

Kiss and Tell, Drawing the Line, 1990, S.F. Camerawork. UCA Tessa Boffin Archive. The estate of Tessa Boffin/The Gupta+Singh Archives and Hales, London and New York.

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Background image: Felicity Crawshaw.

Green and pleasant

AUGUST is usually one of the hottest months of the year meaning lots of watering required. Try to use grey water wherever possible, your water butts may be running low despite lots of rain this year. August is traditionally holiday-time, so you might need to enlist the help of friends and family to look after the garden while you are away. When you are at home, take the time to prune Wisteria and summer-flowering shrubs such as lavender once they've finished flowering.

By **Geoff Stonebanks**

Most flowers lose their attraction as they fade, thereby spoiling the overall appearance of your beds, borders and containers. Not only does regular deadheading improve the appearance, it also directs energy into stronger growth and more flowers. Once the flowers are pollinated, seed heads, pods or capsules will form at the expense of further growth and flower development.

Summer pond care

Ponds are a lovely addition to any garden and can provide a rich habitat for a range of wildlife. However, without care they can soon become an eyesore with overgrown plants, weeds and water that is unhealthy for fish and other wildlife. Occasional cleaning

and regular maintenance are required. Water evaporates during windy or hot weather, leading to the water level dropping. The reduced surface area can be damaging for fish, as there's less oxygen available, so top up the pond if necessary. Ideally use rainwater from a butt. If you do have to use tap water and you keep fish, add the tap water gradually in small amounts to prevent the cold liquid shocking the fish in the pond. Installing a water feature to keep the surface bubbling gently is generally a good idea. Floating weeds can quickly cover the surface of a pond if left unchecked, so twirl these out with a stick or use a net to scoop them out. Leave weeds and algae on the side of the pond overnight, so that larger creatures can return to the water.

National Garden Scheme

How about becoming part of history in 2027? *The National Garden Scheme* is calling for more

exceptional gardens to open in their 100th year, 2027. Dr Richard Claxton, Chief Executive of the scheme says "If your garden is packed with quality, character and interest, and is admired by friends and family we would love to hear from you." The charity is inviting garden owners across the county to open their gates in 2027 to celebrate the landmark centenary year. Founded in 1927 to support district nurses, the Scheme has spent a century transforming private passion into public good.

Dr Claxton adds: "Whether you have an historic estate with rolling acres, a country cottage, an enthusiastic village of gardeners, a tiny urban sanctuary, or community allotments, we're asking garden owners across Sussex to help raise vital funds for some of the UK's leading health and nursing charities and to make 2027 a record-breaking year."

So, why consider opening in 2027? Well, you'd be joining a legacy by becoming a part of a uniquely British tradition that began with King George V opening the gardens at Sandringham in the inaugural 1927 season.

Additionally, you'd be supporting essential health charities across the UK too. Whether your space is a wildlife haven, a productive veg plot, or a country idyll, the primary criteria are quality, character, and interest. So, if you think this might be you, prospective garden owners should contact the local Sussex County Organiser as soon as possible to arrange a time to visit during the current growing season.

In East Sussex, the organiser is Irene Eltringham-Willson. You can reach her at irene.willson@btinternet.com or on **01323 833770**.

All gardens must complete their official registration by mid-September to be included in the centenary publications. The centenary is a celebration of the generosity of garden owners over the last 100 years." By opening your garden in 2027, you won't be just sharing a beautiful space – you will be providing a lifeline for nursing and health charities that need our support more than ever."

I have been opening my own garden, *Driftwood*, for the scheme since 2011 and have loved every minute of it. You will soon get a passion for sharing your plot with others. For more information on how to open your garden visit the dedicated page on their website www.ngs.org.uk

This month, you could visit *Butlers Farmhouse* in Butlers Lane, Herstmonceux on the 22nd and 23rd, from 2pm to 5pm for £8, where there will be live jazz in the garden. You can take your own picnic, along with a chair or rug, to sit and listen to the music in the meadow. *Limekiln Farm* in Chalvington will open on the 29th and 30th from 2pm to 5pm and entry is £8 as well.

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

Geoff is a member of the Garden Media Guild and multi-award-winning garden owner, garden writer & broadcaster. *Driftwood* has appeared twice on BBC2 Gardeners' World and was a finalist in Gardeners' World Magazine Best Small Space. See the amazing 5-star reviews on TripAdvisor. Read all about Geoff's work for the community, appointment as a Coronation Champion and trips to Buckingham Palace including two Royal Garden Parties, in 2018 and 2023. Read the many published features on the garden in national, local and worldwide media, including TV.

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