

FREE

10/26

Issue 076
October 2026

SEE INSIDE FOR
OUR SPECIAL
GOING OUT,
EATING OUT
FEATURE.

Pages 37-44



Bournefree

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Peter Lindsey, Editor.

Contacts

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

Editor

Peter Lindsey
 Email: pete@bournefreemag.co.uk

Advertising

Email: gail@bournefreemag.co.uk
 Telephone: 01323 430303
 Email: harry@bournefreemag.co.uk
 Telephone: 07809 443027

Production

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

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 Eating Out: SOCIAL CUT
 Health: CODA Pharmacy
 The Arts: Maker Studio

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

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 PR & Engagement

Christmas is coming – oh yes, it is

I CAN'T believe that we are featuring Christmas events already – but yes, that time is not far away.

By **Peter Lindsey**

It's great to see that Christmas in Little Chelsea is returning on Friday December 4th. Last year's event had to be cancelled because of the weather, but this year is set to be a cracking festive evening.

Full details are on this month's *Eastbourne BID* page.

Next month's *Bournefree* will, of course, have a Christmas theme so if you want to be featured, please reach out to us.

Eastbourne Business Awards

It's been a busy September, and one of the highlights for the *Bournefree* team was Gail being one of the judges at this year's *Eastbourne Business Awards*.

The big night is October 16th – and it's sure to be a celebration of the fantastic business success we have here in Eastbourne.

Bournefree is pleased to have played its part.

It seems like an age ago that the result of the *Carpet Gardens* survey was declared. People voted in favour of the current sustainable planting, and I think that particular debate has been put to bed now. The people of Eastbourne voted – a decision was reached.

It was fantastic to see *PS Waverley* come to *Eastbourne Pier* for two sunny September days – full credit to Sheikh Abid Gulzar and his team. It was a great event for the town, and we need more positive news like this.

Five Marathons

I want to give a particular shout out to Paul Weller, who I met for this month's *Bournefree*. He's the Padel Manager at *Eastbourne Borough FC*, and he's running five Marathons in memory of his stepmum Jen, raising money for *Brain Tumour Research*.

It gave me good reason to pay a visit to the Padel facilities at the *Borough* – full credit to Simon Leslie, they are stunning.

Saffrons Fireworks

Finally a reminder that *The Saffrons Fireworks Display* is all set for November 6th from 6pm – but you must buy your tickets in advance. Don't get caught out.

That's it – Happy October everyone, and a reminder if you want to be featured in *Bournefree*, please make contact with the team.

Bournefree

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

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



gail@bournefreemag.co.uk
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Michael Gietzen.



Victoria Regan.



Rebecca Maher.



Eastbourne business leader announced as headline speaker for Eastbourne DigiFest 2026

ONE of Eastbourne's most successful business leaders has been announced as the headline speaker at *Eastbourne DigiFest 2026*, as organisers encourage businesses from across Sussex to secure their tickets for this year's event.

By **Simon Groves**, PRG

Michael Gietzen, CEO of Identity Group, will headline the one-day conference at the Kings Centre, Eastbourne, on Wednesday 14th October.

Eastbourne-born Michael has built *Identity* into one of the world's largest experiential and event management companies, delivering major business, sporting and cultural experiences for governments, world leaders and some of the world's biggest brands.

Building the future

His keynote, 'Identity: our journey and the future we're building', will explore how businesses can embrace new technology without losing the human experiences and connections that ultimately influence how people feel about a brand and the decisions they make.

Michael's appearance reflects the wider theme of this year's *Eastbourne DigiFest*, 'Working and Leading in the Age of AI', but the organisers are

keen to stress that the event isn't just for technology companies.

Now in its fourth year, *Eastbourne DigiFest* brings together business leaders, managers, entrepreneurs and professionals from across East Sussex and beyond to explore how AI and other emerging technologies are changing the way organisations work.

Bots, bias and the boss

Among this year's speakers is well-known employment law solicitor and Partner at *Loch Associates*, Victoria Regan, whose session, 'Bots, Bias & The Boss – AI & Employment Law in the Workplace', will examine some of the very real challenges employers are beginning to face as AI becomes part of everyday working life.

From using AI in recruitment and performance management to disciplinary and redundancy processes, Victoria will look at issues including discrimination, algorithmic bias, GDPR compliance and employee relations. She will also consider the growing phenomenon of AI-generated grievances and complaints and what these mean for employers.

The session aims to give business owners and managers practical guidance on reviewing their own use of AI and putting appropriate policies and governance in place, while ensuring human judgement remains at the heart of workplace decisions.

Leadership in an increasingly automated workplace will also be explored by Rebecca Maher, Corporate Banking Director at *MetroBank*.

The rise of AI and automation

Drawing on more than 26 years of experience in corporate banking and technology-enabled change, Rebecca's session, 'Authentic Leadership in the Rise of AI and Automation: Why Human Leadership Matters More Than Ever', will look at how organisations can balance innovation with empathy, data with judgement and automation with accountability.

Her talk will explore why trust is becoming increasingly important as organisations adopt AI and how businesses can create cultures in which people and technology work successfully alongside one another.

Whether running a small independent business, managing a team, working in HR, marketing or finance, or leading a larger organisation, the event is designed to provide ideas and insights that can be taken back into the workplace and put into practice.

A packed programme

Alongside a packed programme of speakers, visitors will also have the opportunity to meet businesses in the *Eastbourne DigiFest* exhibition and network with organisations and professionals from across the region. Over 40 businesses will be on hand, including sponsors such as *Switchplane*, *East Sussex College*, *Global WealthMap*, *East Sussex Growth Hub* and *Lightning Fibre*, alongside local creative and digital businesses such as *PRG Marketing Communications*, *Fountain Digital* and *M-Tech Systems*.

Eastbourne DigiFest 2026 takes place at the **Kings Centre, Eastbourne, on Wednesday 14th October, with registration opening at 8:45am.**

Tickets are available now and businesses are being encouraged to book ahead to secure their place. To find out more about *Eastbourne DigiFest* and book tickets, please visit eastbournedigifest.com

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BoXx Depot – Eastbourne's new work space

LOCATED just off Courtlands Road, BN22 8UY, we offer practical 20ft x 8ft workshop spaces within our secure warehouse facility.

By **Ryan P**

Designed for businesses looking for an affordable place to store equipment, stock and materials while having the flexibility to work directly from their own unit, our spaces provide a versatile alternative to traditional commercial premises.

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Our workshop spaces are already home to a wide range of businesses, including cleaning companies, tradespeople and businesses requiring additional workspace and storage.

We can also offer a range of additional fit-out options, including internal UPVC doors and windows,

plumbing, air extraction and more, allowing units to be adapted to suit individual business requirements.

Located directly alongside our external storage facilities, tenants can also take advantage of additional storage space should their business require it.

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Creating a fairer food system

EASTBOURNE Food Partnership works to create a town where everyone can access good food and take part in a vibrant local food culture.

By **Fiona Revell**

We bring together local people, community groups, local food projects, growers, food producers and organisations who believe that nutritious, affordable and sustainably produced food should be available to all.

Across Eastbourne, we support community-led action, and work to

strengthen our local food system and champion approaches rooted in fairness and sustainability.

As part of a growing national movement of food partnerships, we are committed to building healthier communities, resilient local economies and food systems that care for people and the planet. Working alongside partners, community groups and the local council, we advocate for a fairer food system — one that ensures everyone can afford nutrient-rich

food and that supports a strong, circular and inclusive local economy.

A key part of this work is the *Eastbourne Community Food Network*, established and coordinated by the *Food Partnership*. The Network brings together organisations providing emergency and affordable food, alongside wider support services, to help address food insecurity in our town. By connecting members, encouraging collaboration and sharing knowledge, the Network is shaping a more

coordinated and resilient approach to food support in Eastbourne.

Members meet bi-monthly to share information, updates and resources, access training, promote their activities and build their networks. Membership is free, and all organisations, groups and individuals committed to tackling food insecurity are warmly invited to join this growing community.

For more information, please go to: eastbournefoodpartnership.org.uk



The Saffrons fireworks display is back!

ON Friday 6th November and safety is key this year.

By **Harry Farmer**

The Saffrons always hosts an amazing fireworks display every year. This year for safety reasons only advanced prepaid tickets purchased online via 'onlineticketseller' will be accepted at the gate. No tickets can be bought with cash on the night.

Come for fairground rides, attractions, food and drink and a fantastic fireworks display to keep the whole family entertained.

Gates open at 6pm. Display starts at 7:30pm.

Scan the QR code to buy tickets online or visit: www.onlineticketseller.com/events/176741

Gun Brewery Taproom at *The Saffrons* will also be open throughout the evening serving craft beers and so much more.

Now open every day, pop into *Gun Brewery Taproom* for a chilled brewery X clubroom vibe and look out for their other events from dj nights, music bingo nights to quiz nights. @gunbrewerysaffrons



Christmas in Eastbourne

We are delighted to once again be coordinating many of the town's Christmas celebrations this year, including the light switch-on, Little Chelsea Festive Fun and Fireworks, and Christmas Carols at Bankers Corner.

On Saturday 28th November, come down to Bankers Corner and enjoy live music and great stalls as we get ready to turn on the Christmas lights. This year, the BID has once again invested over £50,000 in the town's light display, including additional trees and lighting, and of course the unveiling of the winning entry in our Design-a-Christmas-Light competition!



Then, a week later, the popular Little Chelsea Festive Fun and Fireworks returns on Friday 5th December from 4pm to 8pm. This event has been a feature of Eastbourne's Christmas for years, and will celebrate the best that Little Chelsea and its incredible traders have to offer.

Finally, the Farmers Market will make a one-off appearance outside the Towner Gallery on 19th December – just in time to buy fresh local vegetables for the Christmas dinner table. To get you in the festive spirit, we'll also be hosting various carol and sing-a-long acts at Bankers Corner throughout the day, from 11am to 6pm.

If you would like to trade at any of these events, please email luke@youreastbournebid.com.

Christmas is an incredibly important time of year for our retailers, so this year, give your high street a gift and support our businesses in town!



Celebrating Five Years of The Lighthouse Gallery

This September, we are celebrating five years since opening our doors at The Lighthouse Gallery. Over the past five years, we have proudly supported 25 local artists and makers, building a true artistic community.

We love providing a welcoming space where friends can meet for coffee, light lunches, and homemade cakes while enjoying our ever-changing selection of local art and handmade gifts. Our collection includes paintings, pottery, fused glass, silver jewellery, wood, textiles, and more—perfect if you are searching for a special gift or looking to brighten up a corner of your home.

If you believe in shopping small and supporting independent businesses, there is no better place to start. If you haven't visited us yet, come and see what we are all about!

19 Cornfield Terrace, Eastbourne, BN21 4NS
Instagram: [lighthousegalleryeastbourne](https://www.instagram.com/lighthousegalleryeastbourne)
07748 354879

Thank You for Supporting Our Markets!

We'd like to thank you for supporting our markets this year, including the new Antiques Market, which ran from April to August. We're finalising plans for next year, but if you want to pick up more antiques and brocante items in the meantime, pop down to the Farmers Market, which continues outside the Towner Gallery on the first Saturday of every month (plus a special one-off date on 19th December for Christmas).

Eastbourne Borough Market continues to offer a great variety of products too, from hot food to gifts and local produce. It runs every Wednesday, Saturday and Sunday.



If your child would like the opportunity to design the 'Panto Light' and turn on the display, scan our QR code to submit their entry, or email info@youreastbournebid.com.



Driven by business, funded by business

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

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



“Nearly 1 million young people aged 16–24 in the UK are not in education, employment or training.”

- Alan Milburn, Young People and Work review, 2026

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Eastbourne Youth Radio is back again this November

EASTBOURNE Youth Radio (EYR) get ready for their 26th annual broadcast from 18th–20th November 2026 on 87.7FM and online at www.eyr.org.uk

By **Mina O'Brien**

Organised by the Eastbourne Education Business Partnership CIO – broadcasting from studios at East Sussex College in Eastbourne, Eastbourne Youth Radio returns to give students aged from 5–19 the opportunity to present their radio shows covering a wide range of topics.

This year will see schools from all over Eastbourne and the greater East Sussex area take to the airwaves to produce a wide range of content.

There will also be a special focus on *Anti-Bullying Week* and issues around mental health and wellbeing.

Working in partnership with local businesses and organisations

Eastbourne Youth Radio is only made possible by the generous support and involvement of many local businesses and other organisations. **There are still a few opportunities left for programme sponsors!**

Championing local schools – our Lead Sponsor – VACGEN

Sarah Jenkins from VACGEN, and lead sponsor for 2026 says, "VACGEN has been developing and manufacturing ultra-high vacuum components for more than 60 years and, since moving to Lower Dicker in 2016, we have felt it is important to give something back to the community that has supported us. We are especially excited to champion the voices of young people in Eastbourne and look forward to hearing their stories and ideas. At VACGEN, we actively invest in future talent. Through our support, we hope to inspire interest in science and engineering, fields that are at the heart of what we do."

Lots of reasons to tune in & listen

Eastbourne & Lewes District Community Safety Partnership are back with Sussex Police discussing issues around knife crime.

Holding Space will be providing wellbeing support and Switchplane will be talking all things digital and their recent DigiFest event.

Many more contributions including Lansdowne Hotel, Walfinch Homecare, Up Country Stone Cross, PRG, RadioDGH, Eastbourne Chamber of Commerce, Seahaven FM and St Wilfrid's Hospice.

Eastbourne Youth Radio provides young people the opportunity to research, produce, present and perform their own material in association with businesses and community partners.

From this they will learn and develop a wide range of employability and personal skills.

Further details and the programme schedule will be included in the November issue of *Bournefree*.

A new website will for Eastbourne Youth Radio will launch early October, where you can listen online or you can tune in on 87.7FM from Wednesday 18th November 10am – through to Friday 20th November until 4pm.

For more information about Eastbourne Youth Radio – please contact: mina.obrien@eastbourneebp.org.uk





St Wilfrid's Hospice

Lights of Love

Remember and celebrate the life of someone special with a star on the Lights of Love tree.

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stwhospice.org/lightsoflove26

Lights of Love is your chance to remember and celebrate the lives of those you have loved, by dedicating a star and supporting your local hospice.

Decorate a star to hang on the Lights of Love tree at the hospice. Or make your dedication online and light up our digital tree.

You are also invited to a Lights of Love remembrance event on Wednesday 2nd December at 6pm, or Saturday 6th December at 5pm.

Find out more, download your template, or make a dedication and donation at stwhospice.org/lightsoflove26.

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St Wilfrid's Hospice

Christmas Fair

Saturday 28th November
11am to 4pm

St Wilfrid's Hospice, Broadwater Way, Eastbourne

Discover unique gifts, festive treats, and handcrafted treasures from local artisans and businesses, all in support of St Wilfrid's Hospice.

* Featuring a Father Christmas experience (booking advised).

New for 2026:
ticketed preview event on Friday 27th November.

stwhospice.org/fair

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St Wilfrid's Hospice

ART AT THE HOSPICE

16th SEPTEMBER - 14th OCTOBER

This autumn, Art at the Hospice returns to St Wilfrid's with two exciting ways to discover art to treasure.

Online auction of postcard-sized originals. Bidding opens at 9am on 16th September and closes at 10pm on 14th October. Postcards will be on display at the hospice.

Art sale at the hospice.

A selection of other artworks will be available to buy at the hospice. Choose your piece, pay and take it home to enjoy.

Find out more: stwhospice.org/art

Lightning Fibre – at the heart of the community

LIGHTNING Fibre was proud to sponsor *Langney Community Library's* activities for the *Celebration of Reading Week*.

By **Peter Lindsey**

The week featured local authors, poets and storytellers, with free events and activities for all ages, alongside the new *Eastbourne Literary Festival*, which took place from **September 25th-27th**.

Alan Shuttleworth, Chair of the Trustees at *Langney Community*

Library, said: "We are incredibly grateful to *Lightning Fibre* for sponsoring our *Celebration of Reading Week*.

"Their support means a great deal to us as a volunteer-run library at the heart of the *Langney* community, helping us continue to provide a welcoming and

accessible space for local residents and encourage a love of reading among younger generations."

Fun Day

Lightning Fibre was also one of the sponsors of *The Polegate Late Summer Fun Day* on Saturday September 19th.

Their sponsorship enabled the event to offer local children free turns on a fantastic bouncy castle and slide.



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Be flood warned and El Niño ready!

BLUE Heart has developed an online platform, *befloodwarned*, to keep us up to date with weather and flood risk.

By **Eleanor Lanyon**, Blue Heart

It brings together alerts and warnings for possible flooding and extreme weather from the Environment Agency (EA) and the Met Office, with more locally focused rain forecasts and water levels.

Anyone in the UK can get updates from the Met Office and EA by entering their postcode on the platform, but only residents in

Eastbourne and southern Wealden have access to local information collected by Blue Heart.

The platform includes advice on what to do before, during and after a flood event. There's also a section designed for kids featuring our Aardman animation, 'Missy and Stanley's Tale' from October 12th, puzzles and games, and a child-friendly guide to what might happen during a flood.

The platform is being formally launched this month to coincide

with *Flood Action Week*, an annual campaign by the Environment Agency in the UK to help people prepare for flood risks.

Keep a look out for our TV ad featuring Missy and Stanley, scheduled for broadcast on Channel 5, Sky and some streaming channels from the 12th of October until the end of November.

We're heading into the autumn, with more extreme weather than usual expected due to *El Niño*. It's good to have an eye on what to expect and



to have a plan to keep your family, home and community safe. Visit the government's *Prepare Campaign* website for advice at: <https://prepare.campaign.gov.uk>



Scan QR code to visit: [BeFloodWarned.uk](https://www.befloodwarned.uk)



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PJ achieves PAS 402 accreditation



“IT follows a year of hard work from the whole team, and we are pleased to see it recognised.”

By **Peter Lindsey**

PJ – situated at Cophall Wood Recycling Centre, Hailsham Road, Polegate – has achieved accreditation through the Green Compass Scheme.

Between April 2025 and March 2026, the company diverted 100% of the waste it handled from landfill and achieved a 73.7% recycling rate.

Those figures are what the accreditation is built on.

Where material cannot be recycled, it is processed into fuel for energy recovery rather than buried.

The actual accreditation is called PAS 402:2025 – this is a benchmark for responsible waste management.

It sets out the standards PJ needs to meet for its team, customers and the environment.

An independent inspector reviewed the business operations, including the recycling and recovery performance and the data behind it.

The inspector checked PJ met the strict requirements for quality and best practice.

MD Harriet Hamer said: “Waste is a business built on trust. Once the skip leaves, our customers are relying on us to do the right thing with what is

in it. PAS 402 puts an independent check behind that.

“A standard like this is met on the weighbridge and in the picking line, not on paper. It reflects the team doing the job properly every day of the year.”



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Recruiting now for 2028

WE’VE been working hard on *SuDS for Schools* in East Sussex and thought you might like to see some of the finished results!

By **Eleanor Lanyon**, Blue Heart

SuDS stands for Sustainable Drainage Systems; ways to capture, save and slow the flow of rainwater, whilst creating greener, more wildlife-friendly areas.

Each participating school gets a mix of planters and water butts that fit their needs, including ‘bespoke’ ones inspired by pupils’ designs, created during engagement activities.

We’re putting together a bid that would ensure full funding for projects in 2028 for participating schools. If you’re interested in being one of them, get in touch with us by October 16th.

SuDS4Schools@eastsussex.gov.uk



“The bird planter is undoubtedly the star of the show. The children who were involved in designing it are absolutely delighted and so proud to see their ideas brought to life in such a wonderful way. It has already become a real talking point around the school.”
– St. Leonards Church of England Primary Academy



“The students have been using them every day and asking questions, the year 7 and 8 designers are walking tall so it’s been a really successful project. We really appreciate how much planning, time and effort has gone into this from all the groups involved.”
– Willingdon Community School





CHARITY FIRE WALK

**SATURDAY 21st November 2026,
4pm onwards**

**Lottbridge Golf Club, Lottbridge Drove,
Eastbourne BN23 6QJ**

Raising funds for SASBAH. The bar will be open and a burger van will be available to purchase food from, followed by entertainment into the evening.

For more information:
Telephone or text Karen Hurst on: **07944 684631**
or Email: **kazhurst@gmail.com**

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 **SASBAH**
SUSSEX ASSOCIATION FOR SPINA BIFIDA AND HYDROCEPHALUS



Spina Bifida is a unique experience

OCTOBER is *Spina Bifida Awareness Month* – and there's an Eastbourne charity helping people all over Sussex with this condition.

By **Peter Lindsey**

SASBAH is the *Sussex Association for Spina Bifida and Hydrocephalus*, based at *The JPK Hub at 39-41 Church Street, Old Town.*

The charity supports people across the country with any disabilities, but Spina Bifida has been its main focus since it was launched in 1965.

Chief Executive Rom Sanglaji said: "It occurs when a baby's neural tube fails to develop or close properly – the literal meaning for Spina Bifida is "split spine."

"Every person who experiences Spina Bifida has a unique experience. No two cases are the same, Spina Bifida can range from mild to severe.

"The severity depends on factors such as the size of the opening, the location on the spine, and the type of Spina Bifida."

The Eastbourne charity supports its members in a number of ways.

Rom said: "We offer advice and support about everyday living, which is so important for disabled people.

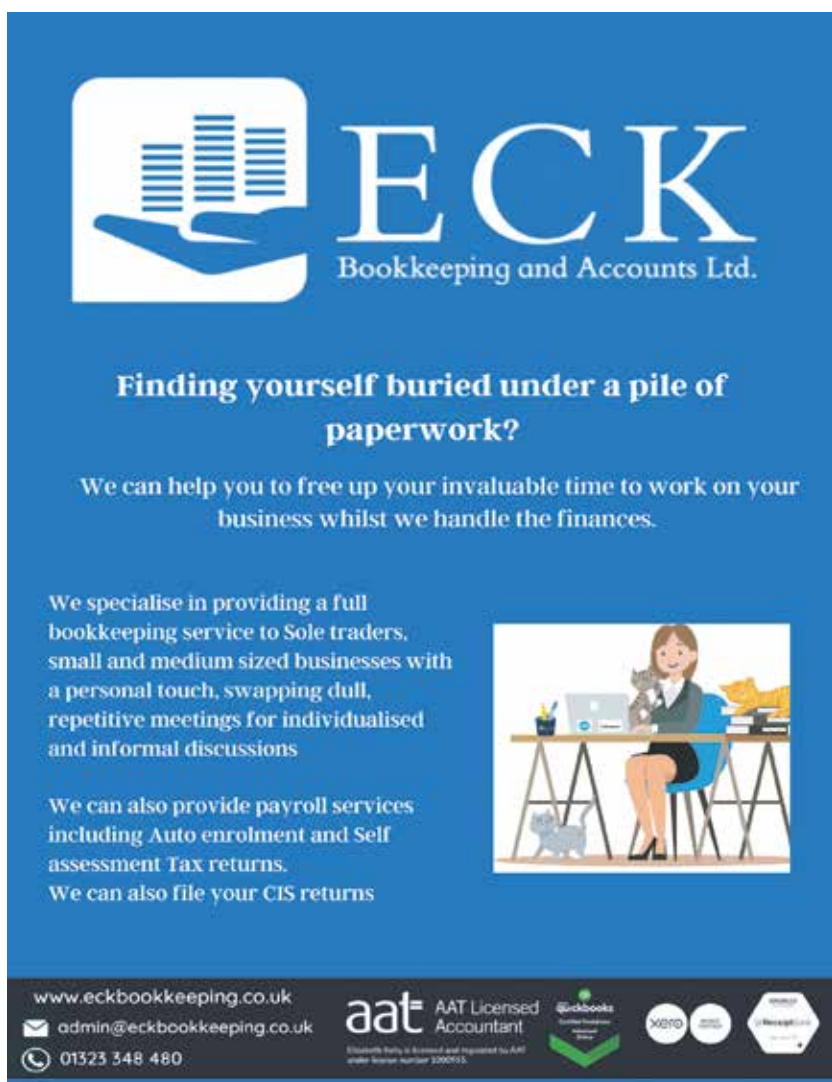
"This may be about getting out and about, work experience, health and wellbeing, and helping with benefit claims.

"We run activities all year round, and that's about giving them valuable experiences they otherwise would not have.

"We also have people coming into our centre five days a week, for work experience, which is so valuable for them. It's about interaction, having a purpose, and supporting what the charity needs as well.

"Most importantly, SASBAH is here for everyone – we are at the end of a phone call or email."

Email: **rom@sasbah.org.uk**



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Sussex Guildhall Community Hub – At the heart of Eastbourne

WHEN we began Sussex Guildhall, we had a simple idea: to create a place where people could come together, make friends, share their interests and feel part of their local community.

By **Victoria Stephens**

That idea has grown into Sussex Guildhall Community Hub, based inside Eastbourne Town Hall on Grove Road.

As a family, creating the Hub has been a real journey for us. We want it to be somewhere people can walk through the door, have a chat, enjoy a coffee and feel welcome, whether they're joining an activity or simply popping in for a visit.

There are crafts, games, family activities and community sessions throughout the week, and you don't have to join an activity to visit us. Whether you're coming with your family, meeting a friend or simply fancy somewhere friendly to sit and chat, you're welcome.

At the moment, we're busy crocheting and knitting poppies for the *Royal British Legion*. If you'd like to join us,

come along on a Thursday and bring your crochet or knitting with you.

We've also teamed up with *Ka-Zoo Exotics* to bring you a special *Creepy Crawlies* event during half term! There will be some fascinating creatures to meet, and tickets are available through our website. Spaces are limited, so don't miss out!

We'll be holding more special events throughout the year, so keep an eye on our website and social media for what's coming up.



Most importantly, we want *Sussex Guildhall Community Hub* to be a place where nobody has to feel lonely.

Come along, say hello and be part of your community!

**Sussex Guildhall Community Hub
Eastbourne Town Hall
Grove Road, Eastbourne
BN21 4UG
www.sussexguildhall.co.uk**

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12-6pm





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View new menu

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hotelcumberland.co.uk



Beachy Head Marathon returns



ONE of the biggest off-road marathons in the UK returns to Eastbourne on 24th-25th October 2026 for a 46th year!

By **Peter Lindsey**

Formerly known as the **Seven Sisters Marathon**, it is popular for its scenic and challenging route through the **South Downs National Park** countryside.

It's great for runners, joggers or walkers looking to get fit, and thousands of runners will be taking part.

There are four events:

Beachy Head Ultra –

Saturday 24th, 7:40am start

Beachy Head Marathon –

Saturday 24th, 8:45am start.

Beachy Head 10k –

Saturday 24th, 9:15am start.

Beachy Head Half Marathon –

Sunday 25th, 8am start.

They all start from *Bede's Prep School*, BN20 7XL.

The *Beachy Head Marathon* starts and finishes on Eastbourne Seafront and follows a 26 mile course over some of the most photogenic down-land in the new *South Downs National Park*. The course meanders through the villages

of Jevington, Alfriston, Litlington, Friston Forest, the Cuckmere Valley, across the Seven Sisters to Birling Gap and Beachy Head where it ends.

There's still time to enter at:

visiteastbourne.com/marathon



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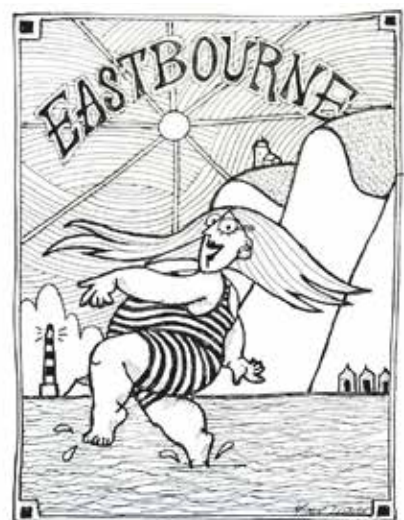
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Westminster Law Eastbourne Ltd ~ Registered Office: Wellesley House, 204 London Road, Waterlooville PO7 7AN

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

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

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



St Wilfrid's Hospice art auction and sale

ART at the Hospice has returned to St Wilfrid's Hospice and runs until October 14th.

By **Peter Lindsey**

This year's online auction celebrates the art of the postcard – small in scale, but wonderfully rich in imagination!

Contributing artists, featuring both established names and exciting emerging talent, have created original pieces with a captivating mix of subjects, styles, and media.

You'll even spot a few 'traditionally sized' original artworks donated by some of the artists.

Everyone is welcome

The entire auction collection will be on display at the hospice until Wednesday 14th October, and everyone is welcome to visit and view them!

There is also a month-long Art Sale where you can pop into the hospice and browse a beautiful collection of donated artwork, then buy your favourite pieces at the till.

<https://www.stwhospice.org/support-us/donate/art>



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WayfinderWoman celebrates major funding award

EASTBOURNE women’s charity *WayfinderWoman* is entering an exciting new chapter after being awarded a 4-year grant of £465,882 from *The National Lottery Community Fund*, which will strengthen and develop its local support for women.

By **Gail McKay**

For more than a decade, *WayfinderWoman* has supported women in Eastbourne and the surrounding area, and what began in a garage, has grown into a trusted local charity which has supported more than 1,000 women.

Expanding services

The new funding will enable *WayfinderWoman* to develop and expand its Peer Support services, which includes individual and group Peer Support, as well as grow its Hidden Voices Project.

Hidden Voices will work to amplify the experiences of women who are often overlooked in existing data and services. By listening to women and understanding the challenges and barriers women face, the project will identify what needs to change and where better support is needed. By learning from lived experience, *WayfinderWoman* hopes to improve services, strengthen community

support and ensure women have greater opportunities to feel heard, valued, supported and connected.

A place where women feel heard

Founder of the charity, Laura Murphy, said “I’m overwhelmed with pride and gratitude as I look at how far *WayfinderWoman* has come. What began with my simple hope, to build a place where women feel heard, understood and less alone, has grown into an organisation that has already supported so many women. This funding means we can reach even more women, continue listening to our community, and create meaningful change.”

www.wayfinderwoman.org.uk
comms@wayfinderwoman.org.uk



BEDE’S HOLIDAY CLUB

Bede’s Holiday Club offers a multi-activity based programme for children aged 5-12. All children are welcome, whether they attend Bede’s or any other school. Now running from three locations: Eastbourne, Upper Dicker and Burgess Hill.

Upcoming Dates:

October Half Term
19 Oct - 6 Nov

Christmas
4 Jan - 8 Jan

February Half Term
15 Feb - 19 Feb

Easter
30 Mar - 16 Apr

Contact Information:

Email: holidayclub@bedes.org
Phone: 01323 356983



bedesholidayclub.org

Five marathons for Jen

THE manager at *Eastbourne Padel Club* – based at *Eastbourne Borough FC* – is running five Marathons in memory of his stepmum Jen.

By **Peter Lindsey**

Paul Weller, 40, has already raised around £70,000 for Brain Tumour Research after Jenny died from the condition four years ago.

He’s now running five Marathons as part of 54j:

- Chester October 11th
- Dublin October 25th
- Goodwood December 6th
- Brighton April 4th, 2027
- Manchester April 18th.

Paul said: “This means so much to me because Jen meant so much to me, she was a very special person.

“It’s five marathons for Jen, one for every year since she’s been gone.



Chester and Dublin are coming up in October and I can’t wait.

“Jen is of course still very much in our thoughts and hearts. and this is my way of ensuring that her legacy lives on.”

Brain tumours kill more children and adults under the age of 40 than any other cancer, yet historically just 1% of the national spend on cancer research has been allocated to this devastating disease. This is a big part of Paul’s motivation.



He is keen for people to donate, however big or small.

<https://eventmaster.ie/fundraising/pages/PW92610410>

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'Together, we can keep Pride shining brightly in Eastbourne'

PLANS are already underway for *Eastbourne Pride 2027* – and help is needed.

By **Peter Lindsey**

This summer's event was the first one held in the Town Centre, and the first under a new leadership team including *Pride Trustee* Michael Shepherd.

Michael was thrilled with how the event went, and he says it's important to look forward to 2027.

A whole town

He said: "They say it takes a village to raise a child — and it certainly takes a whole town to organise *Eastbourne Pride*."

"As we look ahead to *Pride 2027*, we want to build on the incredible success of this year."

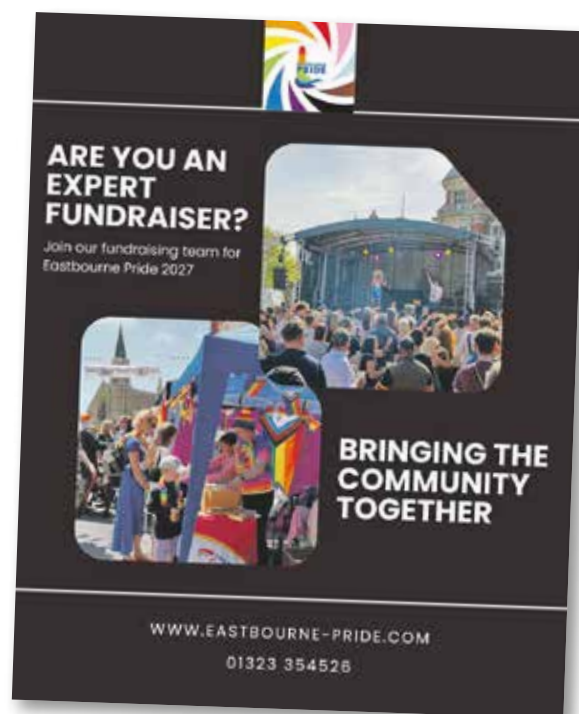
"To do that, we need to start fundraising now... and we know many of you have brilliant skills and ideas to offer."

"If you can support our fundraising efforts — whether by organising events, contacting businesses for sponsorship, or sharing any suggestions — please get in touch at info@eastbourne-pride.com"

There is also *Winter Pride*, coming to *The Winter Gardens* on Saturday January 30th 2027.

Michael says it will be 'a cosy, colourful celebration with a winter market, live music, and plenty of food and drink.'

www.eastbourne-pride.com



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EASTBOURNE is home to an incredible business community, and as *Metro Bank's* Local Business Manager, I'm proud to support the entrepreneurs, business owners and community organisations that help our town thrive.

At Metro Bank, we believe business banking should be personal. That's why local businesses have access to a dedicated relationship manager, giving them a direct point of contact who understands their goals and can provide support as they grow. Whether you're just starting out or running an established business, we're here to help.

We're also committed to being an active part of the Eastbourne community. You'll regularly find us attending networking events, supporting local initiatives and working alongside organisations that help local businesses succeed. Building relationships is at the heart of what we do.

To make banking with Metro Bank even more rewarding, we're



currently offering **12 months of fee-free banking*** for businesses new to Metro Bank.

For businesses considering a switch, the process is much easier than many people realise. Through the **Current Account Switch Service**, your payments, Direct Debits and standing orders are transferred over for you, helping to make switching simple and seamless. Eligible businesses that complete a full switch can also receive **31 months of free banking***.

If you'd like to discuss your business banking needs, review your current

banking arrangements, or simply explore your options over a coffee, I'd be delighted to help.

To find out more, please contact Jake Purcell at **Jake.Purcell@metrobank.plc.uk** or call **07720 162774**.



Little Christmas returns to Little Chelsea

LOCAL traders are invited to join the festive fun.

On Friday 4th December, the Christmas celebrations will bring Grove Road and South Street in *Little Chelsea* to life with late-night shopping, a Christmas market, festive food and drink, live entertainment, and activities for families, culminating in a spectacular fireworks finale.

To make this event special, organisers are now looking for a carefully selected range of independent makers, artists, designers, food producers, and small businesses to take a stall at the Christmas market. The aim is to create a market that reflects the character of *Little Chelsea*, with a

strong emphasis on independent and locally based businesses.

Traders will also benefit from promotional activity in the run-up to the event, with participating businesses being featured across the event's social-media channels and promotional material.

Organisers are encouraging businesses to apply early, as spaces are limited and the market will be curated to provide a varied selection of products for visitors.



If you would like to be considered for a stall at the *Little Chelsea Christmas Event*, please email **info@eideal.org.uk** for a booking form.

WHY YOU NEED TO JOIN THE EASTBOURNE CHAMBER OF COMMERCE!

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

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

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

Get to Gatwick Airport for just £3!

THIS year has seen the introduction of the brand-new bus service, route 500, which is a Metrobus service providing a direct and enhanced bus link between Eastbourne and *Gatwick Airport*, via Willingdon, Hailsham, East Hoathly, Halland, Uckfield, Maresfield, Forest Row, East Grinstead, Copthorne and Manor Royal Business District.

It is a joint project launched in partnership with *London Gatwick*, *East Sussex County Council* and *West Sussex County Council*.

This popular route makes travel easy and affordable for commuters and holiday makers alike, as well as providing a more direct link



between East Grinstead and *Gatwick Airport*.

To plan your journey, simply download the Metrobus mobile app or visit metrobus.co.uk

Concessionary passes are accepted and a maximum adult fare of £3 will be applied throughout the route.

The route was designed to better meet the needs of local communities, shift workers, and airport passengers, and so it runs 24 hours a day, 7 days a week and up to every hour.



Black History Month 2026 – A season of events

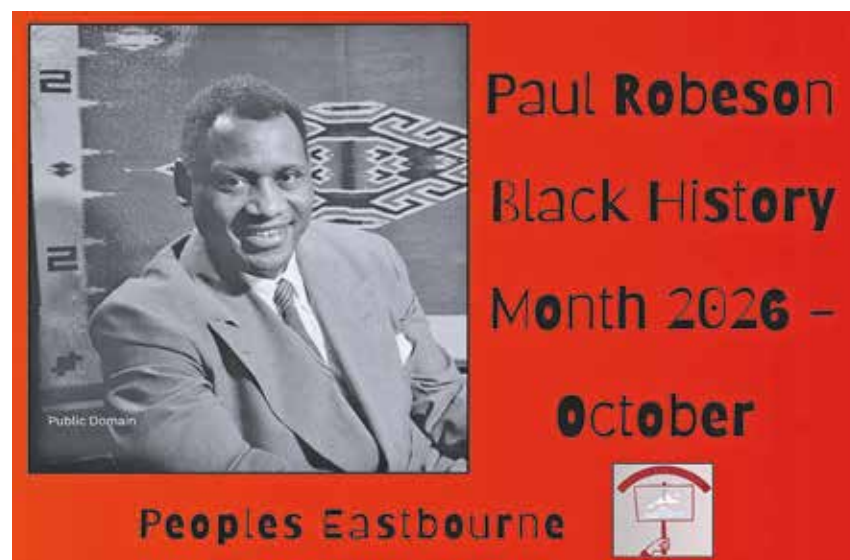
WHILE *Black History Month* offers us the opportunity to celebrate and share the contributions of black people to society, emphasis needs to rightly be on yearlong recognition and visibility.

And certainly, the *Peoples Eastbourne* campaign for a worthy commemoration of Paul Robeson in our town has been enduring all year long. In fact, it's been many years coming but at last it has arrived.

The main event in Eastbourne #BHM2026 Season is the Celebration and Plaque Unveiling at the *Winter Garden* on Sunday 25th October at 3:30pm (doors open

3pm). Paul Robeson performed regularly in the Floral Room at the *Winter Garden* from the late 1920s until 1939. With standing room audiences of 2000, and queues of disappointed fans left outside; And with rave reviews in the local papers.

As well as being a world-famous bass baritone singer, an All-American football hero, an accomplished stage and film actor, an Ivy League trained lawyer; a speaker of multiple



languages and a scholar, he was, of course, the greatest civil rights activist of his time!

Everywhere he travelled he spoke out for civil rights and working people. He joined workers on strikes, he struck up a lifelong friendship with the poverty-stricken Welsh miners after he'd heard them singing whilst on their hunger march to London. He visited Brigaders on the front lines in the Spanish Civil War's fight against fascism.

The formal *Winter Garden* celebratory event has been especially

planned to take place during *Black History Month*. *Peoples Eastbourne* wanted to give the opportunity for the wider community to get involved in a town wide celebration by hosting their own *BHM* events...and certainly, businesses and community groups have been very keen to do so.

Full details and ticket links can be found on *Peoples Eastbourne* Website Events pages: <https://peopleseastbourne.com/events>

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Helping young people into work

A CHARITY recently launched in Polegate has received a £500 donation from the *Rotary Club of Hailsham*.

By **Peter Lindsey**

Wealden Works has brought its FREE six-week employability course to Polegate from September, supporting young people aged 16–24 not currently in education, employment or training.

turning uncertainty into opportunity and helping young people build a path to a brighter future.

Rotary Club members were impressed with the work and donated £500.

This comes after more than ten years supporting young people from rural communities in Heathfield.

Pictured are Lisa Crozier (left) and 'Tora' Bowdler (right) with Rotarian Susan Sanders (centre) at the *Wealden Works* office at Tunstall House, Station Road, Heathfield.

The expansion comes thanks to three years of funding from the *National Lottery*.

Lisa Crozier and 'Tora' Bowdler from *Wealden Works* visited the *Rotary Club of Hailsham* and gave a talk about their work.

To engage with *Wealden Works*, call **07437 496651** or email lcrozier@wealdenworks.co.uk

They explained that the charity opens doors for local young people, connecting them with the business world and supportive networks.

The charity provides expert career advice and personal guidance,



A curated celebration

THIS winter, experience the magic of the season at *Towner Eastbourne's Christmas Fair*, a curated celebration of contemporary craft and local talent with a festive atmosphere.

By **Towner Art Gallery**

Held within the gallery's award-winning building, the *Christmas Fair* features over 30 independent makers and designers, both local and from further afield.

Visitors can browse a wide selection of handcrafted goods, including ceramics, textiles, jewellery, prints, and

homewares, making it an ideal time to find distinctive gifts while supporting artists and small businesses.

Alongside the stalls, guests can enjoy *Towner's Cinema*, explore *The Ravilious Collection*, or join our Christmas Card linocut making workshop, inspired by Eric Ravilious's prints of festive imagery and winter scenes (12:00pm to 4:00pm, tickets £65). Whether you're shopping for gifts, cards



and decoration or a festive treat for yourself, a stop at the gallery's shop is a must, offering a range of books, design items, and artist editions.

Towner will also be hosting a Christmas edition of the successful *Eastbourne Farmers Market* on Saturday 19th December, 9:00am to 1:00pm. In addition to the usual fabulous line-up of stallholders, enjoy mulled wine, hot food and music whilst you shop for festive delicacies.

Entry to the *Christmas Fair* is free. Visit Towner's website (towner.gallery/christmas-fair) to see the full line-up of makers involved.



FAIR OPENING HOURS:
Friday 6th November: 4:00pm to 7:00pm, Saturday 7th & Sunday 8th November: 10:00am to 4:00pm

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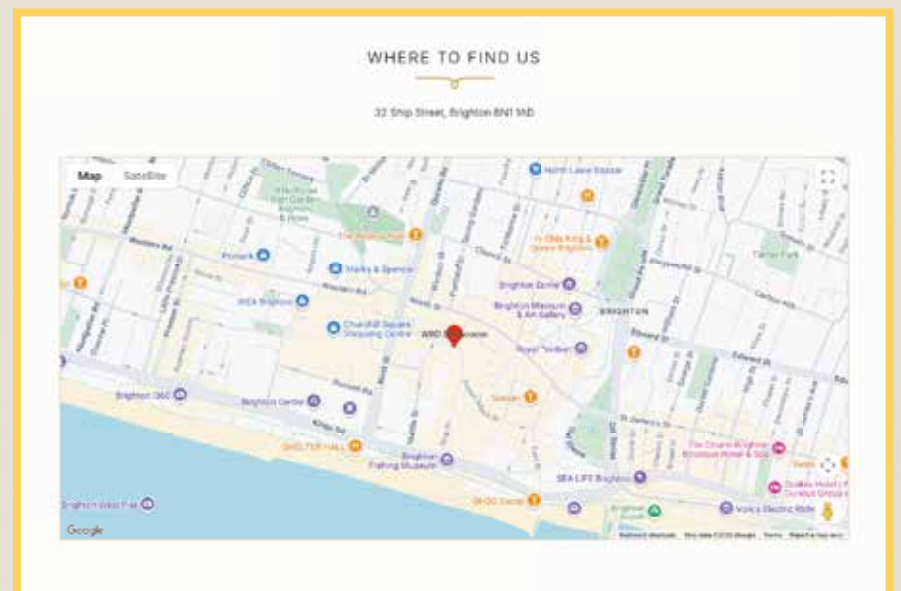
Operating for over two decades, the family-run business is based at 32 Ship Street Brighton now offers private one to one appointments for engagement rings and wedding rings.

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Customer services: **info@weddingringsdirect.com**

Contact: **01273 696515**

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Lusteds, Hankham

Guide Price £1,250,000

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



The Moorings, Meads

Offers in Excess of £400,000

Three Double Bedrooms inc. a Master Bedroom Suite with refitted En-suite Bathroom. Situated on the Third Floor with Passenger Lifts. Extensively refurbished and spacious throughout. Stunning views over Meads towards the sea and Downs. Impressive 31'plus lounge and dining room open plan with the former sunroom/enclosed balcony. Utility and shower room and separate cloakroom. Garage and communal gardens. Sought-after Meads location and close to shops, cafes, pubs and amenities. Share of freehold.



Little Foxes, Hankham

Guide Price £1,250,000

Five Double Bedroom Detached Executive Home set within one acre. Ground floor bedroom with en-suite and dressing area. Double detached garage and separate integral garage. Three large reception rooms inc. 23' sitting room with vaulted ceiling and inglenook fireplace. Private gardens and grounds. Four en-suite bath/shower rooms. Master Bedroom Suite with balcony. Generously Proportioned Kitchen and Separate Utility Room. Large, gated driveway with video entry phone system.



Chatley Dene, Westham

Offers in excess of £675,000

A picturesque, detached family home brimming with 1930s character. Three double bedrooms Five reception rooms. Impressive (over 250 ft) south-facing rear garden, beautifully landscaped and well-established. A wealth of character features. Large driveway providing ample off-road parking. Conveniently located near a train station, shops, schools, and bus routes. Perfectly situated in the charming village of Westham, Pevensy. Bedroom with en-suite shower room. Separate utility room.



Pride View, Stone Cross

New Guide Price £370,000

Three bedroom linked-detached house. Downstairs wc. Part converted garage to create a further reception room or office. Spacious lounge and dining room. Modern kitchen. Stylish family bathroom. Walk in wardrobe to bedroom one (originally an en-suite bathroom and retains capped plumbing). Double glazed with gas central heating (boiler is approx 1 year old). Popular Stone Cross location. Landscaped rear garden.



Spring Cottage, Hankham

Guide Price £385,000

Charming semi-detached house with character. Occupies secluded corner plot. Three double bedrooms. Double aspect sitting room with open fire. Cloakroom wc. Spacious reception hall. 'L' shaped modern fitted kitchen and dining room. Low maintenance landscaped garden. Conveniently located on the borders of Stone Cross and Hankham. A home office with the remaining garage space is now used for storage. Gated off street parking.



The Coach House, Hankham

New Guide Price £750,000

Delightful 18th century converted detached coach house. Beautiful period features. Well-proportioned rooms. Landscaped manageable gardens. Sympathetically converted (2009) grade II listed. High ceilings, exposed oak beams. Close to Pevensy and Westham train station, local excellent school, and amenities. Detached garage with room above and car port and driveway.



Pacific Heights, Sovereign Harbour North

Guide Price, £250,000

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There is plenty for people who prefer something less energetic. Bingo is held on Monday afternoons and a Whist Drive on Friday afternoons, while Polegate Gardeners meet on the fourth Thursday of each month, with speakers, occasional quizzes and mini-shows, refreshments and a raffle. The Centre's wider programme includes art, crafts, sewing, dancing, children's activities, health and wellbeing groups and a variety of social and support organisations.

The Centre also houses *The Windsor Club*, a separate members-only social club with its own bar and programme of entertainment.

Polegate Community Centre is certainly not just for Polegate residents. With Eastbourne only a few miles away and Stone Cross and Willingdon close by, it is well worth looking at the programme even if you have never been inside before. Whether you want exercise, company, a hobby, live entertainment, somewhere to volunteer or simply coffee and cake on a Saturday morning, there is a good chance something is already happening.

Polegate Community Centre: more going on than you might think

JUST off the top roundabout end of Polegate High Street and within easy reach of Eastbourne, Stone Cross and Willingdon, one of the area's busiest community centres is heading towards another lively winter.

By **Peter Lindsey**

Drive through Polegate and it is easy to miss just how much happens at Polegate Community Centre.

The Centre has served the area since 1969 and is run by *Polegate Community Association*, an independent registered charity.

More than 50 local groups use the building and the Association says more than 2,000 people of all ages pass through in a typical week.

The main hall seats more than 200, with smaller rooms, kitchens and

spaces used for clubs, classes, meetings, parties and performances.

For What's On visit polegatecommunityassociation.co.uk

For anyone looking for something regular to do, there is an impressively varied weekly programme. Saturday coffee mornings normally run from 10am to noon, hosted in turn by the Centre and local groups, with coffee, cake and usually a raffle. They are an easy way to walk in, meet people and discover what else is happening. Most Thursdays and Fridays there are coffee and tea morning too.

Keeping active is particularly well catered for. Current classes include Pilates, Yoga, Chair Pilates, Zumba Gold and Zumba Dance at different times from Monday to Friday, with beginners welcome. Badminton meets on Monday evenings during its season, while Short Mat Bowls is another regular fixture. Over-40s Table Tennis runs on Wednesdays from 1:30pm to 4:30pm and is deliberately social as well as energetic.

Wednesday mornings also bring Sporting Memories, a friendly group for older adults who enjoy talking and reminiscing about sport over a cuppa. You certainly don't need to have been a professional sportsman — an interest in sport and a willingness to chat are quite enough.



Christmas Fayre.

Polegate Community Centre
54 Windsor Way
Polegate BN26 6QF

Tel: 01323 482434
Email: polegatecc@gmail.com

Walkthrough beside the Vets at the top of the High Street, by road via School Lane then left into Windsor Way.



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22nd March 2027 – Snowdon Spectacular
5 days from £580/person

Prices based on 2 people sharing a room

- Home pick ups available



Please enquire for single rooms and availability on 01323 808080 or at www.eastbournecoaches.co.uk





Media Attention expands its advertising offer

MEDIA Attention is pleased to introduce a new range of commercial poster advertising sites at *The Beacon Shopping Centre*, giving local businesses an affordable, high-impact way to get their message in front of Eastbourne shoppers, visitors and residents.

By **Harry Farmer**

For many years, Media Attention has been known for helping local shows, theatres and events attract audiences through its digital advertising screens across Eastbourne and the surrounding area.

Now, with poster sites available throughout The Beacon, they can offer even more opportunities for retailers, hospitality venues, trades, professional services, leisure providers, charities and growing local brands.

The new poster sites are positioned in high-footfall areas including mall routes, lift areas and car-park lobbies; places where people stop, wait and take notice. Formats include A1 posters, A0 posters and larger billboard sites, with packages starting from £119 per month.

The Beacon sits at the heart of Eastbourne’s retail and leisure offer, with a major town-centre location, more than 1,000 parking spaces and reported annual footfall of approximately 17 million. Poster advertising provides a visible, consistent presence, while Media Attention’s established digital screen network remains ideal for time-sensitive promotions, changing offers, ticket sales and events.

Paul and Samara are proud to help local organisations find practical, cost-effective ways to be seen; whether that means a poster campaign at *The Beacon*, digital screens across the area, or a combination of both. Get in touch to find out how they can help your event or business.

Paul – 07871 881653
Samara – 07713 646981
paul@mediaattention.co.uk
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70 years of a very special school

WILLINGDON Community School celebrated its 70th Anniversary with a special Afternoon Tea.

By **Peter Lindsey**

Guests were also able to take tours around the school, seeing the changes and developments that have taken place over the years, while still recognising the heart and character of the school they remember.

Here's Executive Head Emily May: "What makes our school so special is that we are truly rooted in our community.

"It was wonderful to see generations of families coming together, former pupils, current families, and those whose families have been part of our school story across the decades.

"A particularly special moment was welcoming three of our original students from 1956, who joined us to reminisce about the old days and share their memories.

"Hearing their stories brought our history to life and reminded us just how much our school has meant to so many people over the past 70 years.

Our current students also played a wonderful part in the afternoon, performing acoustically throughout the celebrations and creating a lovely atmosphere for everyone to enjoy."

Emily described it as "an afternoon full of memories, music, stories and generations coming together, celebrating where we have come

from, where we are today, and the exciting journey ahead."





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The Hailsham Festival of Arts and Culture 2026

THOUSANDS of people from and around Hailsham enjoyed the Festival events between 5th and 20th September, and thanks to your support, half of our events were FREE, and of the remaining events, half were a fiver or less. This makes the *Hailsham Festival* fully inclusive and affordable for everyone.

By **Rob Reaks**

The Street Celebration (5th Sept) was a huge success, and we were blessed with clear blue skies all day!

The Festival is delivered by an entirely voluntary committee, and supported by the generosity of these organisations: *Lightning Fibre, Stevens and Carter Estate and Letting Agents, Hailsham & District Chamber of Commerce, Angela Marden Estate*

Agents, Media Attention, Hailsham News, Bournefree Magazine, Crown Wealth Management, Grove Theatre Eastbourne, Hailsham Town Council, HailshamFM, Creative Wealden, Hailsham Parish Church, insight6, Knockhatch Adventure Park, Nic Gray Associates, Hailsham Pavilion, Royal Indian, Wealden District Council, Wealden Community Lottery, Chalk Cliff Trust, Applause, and the National Lottery Community Fund.

Thank you, on behalf of the entire Hailsham Festival of Arts and Culture CIC committee.

www.HailshamFestival.co.uk



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Massilia Bay launches new autumn menu

A PEVENSEY Bay restaurant is launching its new autumn menu following the success of its first tasting evening.

By **Peter Lindsey**

Massilia Bay, situated on the seafront in Pevensey Bay, has introduced a new seasonal menu as the restaurant continues to develop its food offering and put a greater emphasis on freshly prepared, restaurant-quality dishes.

The new autumn menu introduces dishes including pan-seared scallops, ham hock terrine and crab on toast, alongside main courses such as slow-roasted pork belly with cider jus, chicken breast with butternut squash and a choice of seasonal risottos.

Tasting evening

The launch follows *Massilia Bay's* first tasting-menu evening on Wednesday 23rd September, which was fully booked.

The special evening gave guests the opportunity to experience a multi-course menu created and prepared by the *Massilia Bay* team, with each course designed to showcase a more refined style of cooking and presentation.

Owner Nathan Scammell said: "The response to our first tasting evening was fantastic. We wanted to create something that felt a little bit special and gave us the opportunity to show people what we can do beyond our everyday menu.

"It was brilliant to see the evening fully booked and, most importantly, to see people enjoying the food and the whole experience.

Dining experience

"The new autumn menu is another step in the direction we want to take *Massilia Bay*. We still want to be a welcoming local restaurant, but we also want to keep pushing ourselves with the quality of the food, presentation and the overall dining experience."

Following the success of the first event, further tasting evenings are already planned, with the next taking place on Thursday 8th October and another following on Thursday 22nd October.

Nathan added: "The tasting evenings give us the freedom to be creative and try dishes and techniques that wouldn't necessarily appear on the normal menu.

Exciting future

"We've got lots of ideas for the coming months. The first evening showed us there is an appetite locally for this kind of dining experience, so we're excited to see where we can take it."

Massilia Bay opened under its current ownership earlier this year and has been gradually developing

MASSILIA BAY	
RESTAURANT - BAR	
Autumn Menu	
STARTERS	MAINS
Crispy Whitebait <i>Homemade tartare, charred lemon, seaweed salt</i>	Sirloin Steak <i>Triple-cooked chips, confit tomato, watercress, peppercorn sauce (add garlic prawns for £4.99)</i>
Crab on Toast <i>Brown crab mayonnaise, pickled cucumber, lemon, chives</i>	Slow-Roasted Pork Belly <i>Fondant potato, garlic green beans, caramelised apple, cider jus</i>
Pan-Seared Scallops <i>Black pudding, Bramley apple, brown butter</i>	Pan-Roasted Chicken Breast <i>Roasted butternut squash, potato gratin, spinach, tarragon cream</i>
Ham Hock Terrine <i>Piccaililli, toasted focaccia, dressed leaves</i>	Slow-Cooked Beef Lasagna <i>Red wine ragù, Parmesan béchamel, rosemary focaccia, dressed rocket</i>
Halloumi Fries <i>Hot honey, pickled chilli, toasted sesame</i>	Moules Marinière <i>White wine, shallot, garlic, cream, parsley, fries, toasted focaccia</i>
Soup of the Day <i>Served with home-made focaccia</i>	Risotto <i>Wild mushroom & Parmesan or roasted butternut squash, sage & Parmesan (V) Can be adapted VG</i>
SIDES	DESSERTS
Triple-Cooked Chips	Sussex Apple & Blackberry Crumble <i>Vanilla custard</i>
Fries	Sticky Toffee Pudding <i>Butterscotch sauce, vanilla ice cream</i>
Parmesan & Truffle Fries	Dark Chocolate Délice <i>Salted caramel, crème fraîche, toasted hazelnut</i>
Seasonal Greens	Pear & Almond Frangipane Tart <i>Poached pear, vanilla crème fraîche</i>
Autumn House Salad	Sussex Cheeseboard <i>Local cheeses, apple chutney, crackers, grapes</i>
Garlic & Rosemary Focaccia	
SPECIALS	
Please ask about today's specials, including fresh fish and pie of the week	
Please speak to a member of our team about any allergies or dietary requirements	



its offering, with the new autumn menu and tasting evenings representing the latest stage in the restaurant's evolution.

To book your table please visit:
www.massiliabay.co.uk
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SCAN ME



A creative, culinary and cosmic festive season at the Enterprise

WITH the festive season just around the corner, the *Enterprise Shopping Centre* is beginning to sparkle with anticipation.

By **Emily Sander**

From hands-on workshops to indulgent dining and magical family experiences, our independent businesses have been busy preparing a celebration filled with creativity, flavour and a touch of wonder.

Festive creativity with Flowers of Eastbourne

For those who love to make something beautiful with their own hands, *Flowers of Eastbourne* is bringing two fabulous workshops to *Ninkaci* — the *Enterprise's* stylish wine and cocktail bar that transforms into the perfect creative studio after dark.

On Wednesday 14th October, 6:30–8:30pm, guests can enjoy a relaxed evening of pumpkin decorating, complete with expert tuition, all materials, nibbles and a drink. At £55, it's a joyful way to welcome the autumn season and head home with a unique creation for your home.

Then, as December approaches, *Flowers of Eastbourne* returns with their much-loved *Christmas Wreath Workshop* on Tuesday 1st December. At £65, this festive favourite includes everything you need to craft a beautiful wreath just in time to adorn your front door. These workshops sell out quickly, so early booking is highly recommended.

And if you're planning a seasonal get-together, *Ninkaci* is also the perfect spot for festive parties. For enquiries, call **01323 573528**.

A delicious festive menu at Pebbles Eastbourne

Pebbles Kitchen & Wine Bar has unveiled its Festive Menu — and it's a celebration of comfort, elegance and seasonal indulgence.

For starters: Carrot & Butternut Squash Soup for those who love winter warmth, alongside refined favourites such as Devonshire Crab Cakes and Pan Fried Scallops with crispy pancetta. Mains bring real festive flair, from the melt-in-the-mouth Braised Short Rib

of Beef to the delicate Confit Cod Loin with saffron and white wine sauce. A fragrant Wild Mushroom Tagliatelle offers a standout vegetarian option.

Desserts are pure seasonal joy — Sticky Toffee Pudding, a stunning Vanilla Bavaiois, or a trio of Sussex Cheeses for a savoury finish.

With 2 courses for £30 or 3 for £35, plus a festive cracker for every guest, *Pebbles* is ready to make your seasonal gatherings cosy, delicious and memorable.

Dates for your diary

The Sussex Craft & Design Festive Fair returns to the *Enterprise* on 28th & 29th November, bringing over 25 stalls of handmade gifts, artisan crafts and seasonal treats. A special felting workshop with *Heartfelt by Caroline* adds an extra creative flourish. More details can be found at: enterprise-centre.org/events

And this year, Santa is going intergalactic. Families can climb aboard *Santa's Space Rocket* for a



cosmic festive adventure guided by his mischievous ELF ONAUT. Expect fun, selfies, personalised Space Passports and a magical journey through stars and planets before landing at the North Pole for a cinematic meeting with Santa himself.

Santa will be at the *Enterprise* from 28th November — 24th December.

Opening Week Special (28th Nov — 4th Dec): 35% off all bookings. Tickets available at: onlineticketseller.com/events

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www.enterprise-centre.org

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Christmas Parties at The Lansdowne

THE party season is coming, and *The Lansdowne* is getting ready to celebrate.

By **Gail McKay**

Disco Party Nights
Arrival from 7:00pm for prompt 7:30pm sit down. Includes 2-course dinner in Lawns and Martello Rooms with festive swing set by Chris Anderson (excludes 17th December) while dining, and dancing until Midnight in Duke's.**

Friday 27th November £44* per person.
Friday 4th, 11th & 18th December £54* per person.
Thursday 17th December £40* per person.

Band Party Nights
The South of Saturn – Arrival from 7:00pm for prompt 7:30pm sit down. Includes 2-course dinner in Lawns and Martello Room and dancing until midnight in Duke's.



Saturday 28th November £49.00*per person
Saturday 19th December £59.00*per person.

The Normans – Arrival from 7:00pm for prompt 7:30pm sit down. Includes 2-course dinner in Lawns and Martello Room and dancing until midnight in Duke's.

Saturday 5th December £59.00*per person.
Saturday 12th December £59.00*per person.

**Please note Duke's is located on the lower ground floor. You will be required to move rooms to attend the evening entertainment following your meal. No reserved seating in entertainment area.

*T&C's apply. Please see website for details:

www.lansdowne-hotel.co.uk

To reserve call: **01323 745485**
or email: events@lansdowne-hotel.co.uk

Bombay Avenue's authentic flavours continue to delight

FOOD lovers now have even more reason to come and dine, with a £15 discount voucher.

By **Harry Farmer**

With its new location in Eastbourne, *Bombay Avenue* has quickly become the standout Indian restaurant with local food lovers and tourists alike, perfectly situated for pre-theatre dining to experience and enjoy the many dishes on the menu.

Inspired by traditional recipes and regional flavours, from aromatic curries to freshly prepared vegetarian specialities and street food favourites, *Bombay Avenue* promises something for everyone.

To celebrate the 28th *National Curry Week* from 5th to 11th October 2026, you can now enjoy a £15 discount voucher off your meal when you spend £100.

This offer runs until January 2027 and only applies at *Bombay Avenue* at *The Devonshire Park Hotel*.

For reservations, diners can call **01323 379156** or book via www.bombayavenue-2.co.uk

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Coda Pharmacy provides safe, NHS regulated weight loss

AT Coda Pharmacy, we often meet patients who come to us after searching online for weight loss support and feeling unsure about which websites they can trust.

By **Molly Graff**, Coda Pharmacy

With so many providers offering weight loss medication online, it's important to know that you're receiving genuine medication, appropriate clinical checks and support from qualified professionals.

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Walking – a personal view point

WHEN I was asked to write an article for *Polegate Ramblers* it made me reflect on how I got into walking as it wasn't something my parents did.

By **Esther Wagstaffe**, Polegate Ramblers

When I met my future husband we walked everywhere and enjoyed it. We would walk from Willingdon to Jevington along the road (something I would advise against to-day) to join friends for a drink at the pub and hoped to get a lift back.

After an evening of dancing at *Kings Country Club* (which was near to where *Asda* is now) we would walk back to Willingdon which was memorable as we used to stop at *The Crusty Cob* bakers at Hampden Park to buy a loaf of bread at 2am. The smell was tantalising and difficult



John and Esther.

to pass by. The bread would all be eaten before we reached home!

On our first Rambler's day walk I remember how my feet ached and was advised to buy walking socks which I didn't realise were as important as a comfortable pair of boots.

Having been a very keen gardener and vegetable grower for 53 years on Club walks I look at plants, shrubs and trees along the way and

particularly vegetable plots to see how mine are growing in comparison. My fellow ramblers are often very knowledgeable on flora and fauna of the countryside, the sounds and sightings of birds and they are always happy to share their knowledge.

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

Check out their website:
www.polegateramblers.org.uk

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The C.A.C.L. difference: Where every goal and flip ends with a smile!

THE local sporting scene is buzzing following a 45-year milestone summer for C.A.C.L. Football and Gymnastics Coaching.

By **Peter Lindsey**

C.A.C.L. Sports has now successfully delivered 90 coaching camps over the past 45 years throughout the school holidays, with more to come this October Half-Term! C.A.C.L. continues to cement its reputation as a cornerstone of youth development in Eastbourne and the surrounding areas – a role it has proudly held for over four decades.

C.A.C.L.'s 90th Football and Gymnastics Camp this Summer supported 120 young sports

enthusiasts. The C.A.C.L. Coaching Teams have coached more than 5,000 children locally, including a satellite Gymnastics Club in the Hailsham Community which they have run for the past 40 years. With a weekly attendance of more than 400 enthusiastic young athletes, C.A.C.L. continues to be a crucial part of youth sports in the area. Whether a child is just starting their journey or looking to refine elite skills, the programme prides itself on inclusivity. Chris and Cheryl Pinch – Directors of Sport – say: "We are incredibly proud of the progress all our young

people have made, over yet another year. Our goal has always been to provide a supportive environment where every child can thrive, regardless of their starting point."

The C.A.C.L. Coaching Teams are now gearing up for next school year, with sessions set to resume in September. C.A.C.L. welcomes children of all abilities, from 4–15 years, offering tailored guidance, ranging from recreational fun sessions to high-level performance training and competitive match play.

"Football Friends" for beginners.

C.A.C.L. also runs Saturday morning, "Football Friends" sessions, for those

just beginning to play which takes place indoors, in the large Sports Hall at the *Hillbrow Well Being Centre* in Meads, Eastbourne. The sessions are for children age four years and above.

Parents and Carers interested in securing a place in the Football and Gymnastic weekly sessions, or the October Half-Term Camps for their children are encouraged to contact C.A.C.L. Sports on **01323 730467** or make contact via the website at: www.caclsports.co.uk

With professional coaching and a focus on development, C.A.C.L. Sports remains dedicated to nurturing the next generation of sporting talent.

It's always worth talking...

MEN Who Talk Wealden is a charity which provides free, non-judgmental peer support groups for men in East Sussex.

By **Peter Lindsey**

Its weekly drop-in sessions at Hailsham Community Centre offer a safe space for men to connect, share challenges, and find mental health support.

Now, it has changed its name to *The Wealden Community Project*.

Here's the organisers Lewis and Jon: "When we first started, our primary focus was creating a safe and welcoming peer-support space for men. Since then, the project has grown far beyond anything we originally imagined.

"As we listened to our community, it became increasingly clear that the need for accessible support extends much further. We are now approached by men, women, young

people, families and individuals facing mental-health difficulties, isolation, bereavement, relationship problems, disability, housing concerns, financial pressures and many other challenges.

"We therefore needed a name that represented the whole community and reflected the wider support we are developing."

The key focus areas now are:

- Men's talking groups
- Women's talking groups
- Spaces for young adults 16+
- One-to-One Peer Support.



For more information please call:

07384 303249

or email:

info@

thewealdencommunityproject.co.uk



Sussex Healthcare Expo 2027

EARLY Bird Tickets now available!

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

Join us on Thursday 25th and Friday 26th February 2027 at the East Sussex National Hotel for the Sussex Healthcare Expo, a two-day conference dedicated to professional development, collaboration and innovation across the healthcare sector.

Featuring expert speakers, practical Clinical Skills Workshops and an exhibition hall showcasing healthcare providers, suppliers, services and organisations from across Sussex, the Expo offers a fantastic opportunity to learn, network and discover the latest developments in healthcare.

With a range of ticket options available, attendees can tailor their experience to suit their interests, from inspiring presentations and valuable networking opportunities to hands-on clinical workshops designed to enhance professional skills and improve patient care.

Whether you're looking to expand your knowledge, raise your professional profile, generate new business opportunities or connect with like-minded healthcare professionals, the Sussex Healthcare Expo is an event not to be missed.

Even better, all proceeds from the event will support *St Wilfrid's Hospice*, helping to fund its vital services and care for people across our local community.

Take advantage of our Early Bird ticket offer and secure your place at a reduced rate before 31st October 2026!

Book early to make the most of this fantastic opportunity and be part of two days celebrating the future of healthcare in Sussex while supporting a local charity.

For more information and to book your place please visit:
<https://events.stwhospice.org/event/stw-expo/home>
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conference@stwhospice.org



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Abstract visions

PETER’S new exhibition in the *Patterson Gallery* at the *Lansdowne Hotel* focuses on abstract paintings, sculpture and ceramics.

By **Gail McKay**

Featuring **Paul Crocker, Gina Southgate, Simon Desmond, Alan D Peace, Stephen Johnston, Janet Bell, Sam Peacock, Krupa Vaja, Susan Lynch, Liila Robertson and Leila Godden.**

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

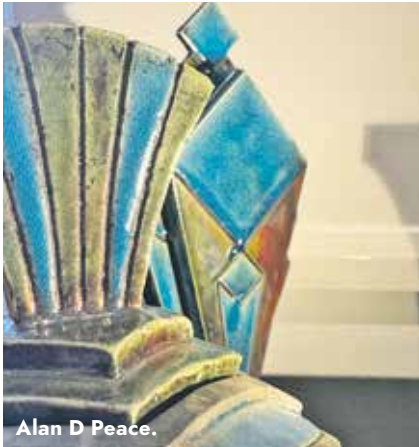
**peter@pattersongallery.co.uk
07970 549873**

The exhibition runs until 8th November.

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Alan D Peace.



Gina Southgate.



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Author’s talk at The Saffrons

THE Gun Brewery Taproom at *The Saffrons*, Eastbourne has secured quite a coup on Thursday October 22nd with a talk from acclaimed author Christopher Sandford on a brief visit from his home at Seattle.

By **Peter Lindsey**

He has worked as a film and music writer and reviewer for more than 20 years, and frequently contributes to newspapers and magazines on both sides of the Atlantic.

Chris Westcott, co-organisier, said: “Chris primarily writes about music, with biographies ranging from Kurt Cobain to The Rolling Stones, Springsteen, Clapton, Sting and Bowie.

“However, he is a lifelong cricket fan and has also written a number of cricket books, including ‘*The Final Innings: The Cricketers of Summer of 1939*’, which was the joint winner of the 2020 MCC/Cricket Society book award.

“This is a rare opportunity.”

There is no admission charge and the evening starts at 7:15pm.

The hour talk with be split evenly between his books on music and cricket, with time at the end for Q&A.

The Stepmother

BESTSELLING local author, Sheila Bugler, published her eleventh novel, *The Stepmother*, on September 24, 2026. To celebrate the release, a formal book launch will take place on Friday 2nd October at 7pm in the *Lansdowne Hotel*, King Edwards Parade, Eastbourne. This free event is open to everyone.

By **Gail McKay**

The story follows Sarah, who arrives at the school gates to pick up her beloved stepchildren, Izzy and Patrick.

But when the twins don't run out to meet her like normal, Sarah knows something must be wrong. Sarah can't believe what she's hearing when the teacher informs her that their father, Mike, removed them from school earlier in the day. All of Sarah's calls to Mike go to voicemail.

Worse is to come when Sarah is told by police that as she and Mike are not legally married, and he is the children's father, there is nothing they or Sarah can do.

Then she receives a text message from Mike: Don't go home. It's not safe.

What has Mike been hiding? Where are their children? How can Sarah get her family back? Before it's too late...

About the Author

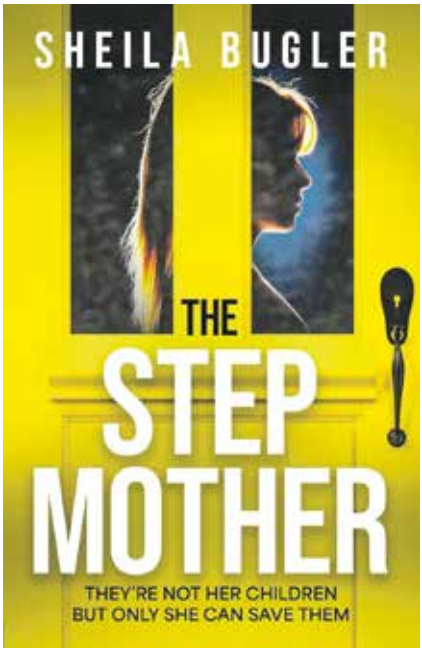
Sheila is an acclaimed Irish crime writer, known for her Eastbourne-based Dee Doran series and several stand alone novels.

She is married with two adult children and lives in Eastbourne.

You can find her on *Instagram* ([@sheilabuglerauthor](https://www.instagram.com/sheilabuglerauthor)) and on *Substack* (<https://substack.com/@sheilabugler>) where she shares valuable advice and writing tips for aspiring authors.



The Stepmother is available on Amazon. Visit www.amazon.co.uk and search 'sheila bugler' or scan the QR Code.



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Green and pleasant

OCTOBER is definitely the time for clearing up – greenhouses, ponds, gutters and water butts may all need cleaning out, if there is any water in them. Wooden garden furniture will need covering or storing for the winter and terracotta pots may need bringing inside, so that they don't freeze and crack. If you don't already have a compost heap or bin, October is a great time to start one, with all the leaves and cuttings to be disposed of!

By **Geoff Stonebanks**

Saturday 31st October is Halloween and the clocks go back on Saturday 25th, giving everyone an extra hour in bed! If you have children, you may have a go and creating lanterns from pumpkins purchased at the supermarket or perhaps you've grown some yourself! They look great displayed in the garden or by the front door.

Chrysanthemums

A very common plant to have in the garden at this time of year is the ever-popular chrysanthemum or "pot mum". They are perfect to be placed in containers and bloom well into autumn and beyond. You can find them for sale everywhere in a large variety of colours. Care of container grown

mums is relatively easy. You may want to repot it as soon as you get it home to give it room to grow. If you are careful and keep it well watered, you should be able to enjoy their blooms throughout the autumn months and possibly even the next spring.

Charity fundraising at Driftwood

Little did I know, when I opened the garden gate for visitors, back on 1st June, that the upcoming season would be one of the most challenging in the 17 years since I began, back in 2009. Despite the intense heat, 401 visitors pre booked to see the garden, this number would have higher, but for the cancellations of bookings, ahead of planned visits, due to the high temperatures.

Over 40 people have subsequently written glowing 5 star reviews of their visit on *TripAdvisor*, despite the

immense difficulties encountered keeping it looking its very best. Whilst the first half of the season was slow going, as the final closure date of 2nd August approached, there was a real rush to get to see the plot.

The reconciled income from the garden entry, payment for garden talks and the proceeds from tea and cake sales came to a magnificent £4,502.50 raised for the *National Garden Scheme*, bringing the running total raised for all charities since 2009 to a whopping £186,548.

Grape vine

If, like me, you have a grape vine in the garden you've probably got a bit of a crop on it by now, image in header. I've got two in my garden that are not really there to provide the fruit, as weather conditions can vary so much each year. I've used them as good cover for garden buildings, so fruit is a real bonus. This year there is a plentiful supply of grapes but they are all rather small, but have ripened nicely. In the past I have turned it into grape jelly which has gone down well. There would never be enough to make wine, but they can also be turned into a delicious drink. I tend to leave mine for the birds.

National Garden Scheme

There's a treat in store this month as *Bates Green Garden* in Tye Hill Road, Arlington is opening for the scheme on Sunday 4th October between 10:30am and 3:30pm with entry £8 and children £4. This plantswoman's tranquil garden provides interest through the seasons. See the woodland garden created around a majestic oak tree, the colour themed middle garden and courtyard gardens with seasonal

container displays. It's an autumn joy with coloured stems and leaves of cornus and salix. This naturalistic garden has been owned by the McCutchan family since 1921 and was developed and skillfully planted by Carolyn McCutchan when she moved to the property in 1968. The garden was renowned for its colourful imaginative planting. Since Carolyn's death in 2019, the garden has been undergoing a period of restoration by a small team of gardeners. Full details at www.ngs.org.uk

Falling leaves

Autumn is a beautiful season in the garden, with many perennials, shrubs and trees providing some stunning colour. But once the leaves have fallen, they will need clearing up, especially from lawns, where they will smother the grass, and from paths and patios, where they may become slippery. It's also a good idea to remove leaves from gravel, otherwise it will become messy. You can make the sweeping and collection process a lot easier by using a combination of different tools and methods, but I favour doing it all by hand in my garden, due to its size and layout.

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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