FREE

11/26

Issue 077
November 2026

UNEARTHING TREASURES

The popular *Martin Kaye Watches and Jewellery Buying Roadshow* returns to the *View Hotel.*

Pages 10–11


Returning due to a fantastic response last time!

Unearthing Treasures

WE are returning to Eastbourne. Welcoming here and old customers to our grand valuing and buying event at *The View Hotel* on the seafront.

Whether it's just some feathers flemm of gold worth hundreds of pounds, an inherited diamond ring worth thousands of pounds, or a collection of watches and jewellery worth many thousands of pounds, we welcome you on the 29th and 30th of November.

By Martin Kinchome

Publication: www.bournefree.co.uk

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LIVE ON AIR

Eastbourne Youth Radio (EYR) returns for its 26th year.

Pages 8–9

BOURNE FESTIVE

There's plenty to see and do this festive season.

Pages 35–42

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20th ANNIVERSARY HAILSHAM FESTIVAL 2026

Winner of the Children's Art Competition



Logan Watterson

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CASH FOR GOLD
SEE PAGE 13

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The Arts: Adrian Chappell.

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

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PR & Engagement

Fountain takes top honour

IT was an absolute privilege for *Bournefree* to have been involved in the judging for this year's *Eastbourne Business Awards.*

By **Peter Lindsey**

Gail, our Sales and Marketing Manager, was one of the Judges, and what a fantastic evening it was at the *Winter Garden.*

Fountain Digital was named Overall Business of the Year, and so very well deserved.

The company has a base in West Terrace, in Eastbourne Town Centre, and now has a new office in Polegate as well.

I was lucky enough to go there last week and witness some of the amazing work being done. There's even an underground cinema!

Worthy winners – and of course it goes without saying that there were many other deserving category winners as well.

Festive season

Who can believe that we are in November already, and looking ahead to the festive season, now just around the corner?

This is, of course, the most important – and hopefully – busiest time of the year for many of our businesses, including the local, independent ones.

Some shopping areas have their own special evenings, and it is important that we support them.

Meads Magic Christmas market is Friday November 27th, from 2:30pm, and it's always a great coming together.

There's a great line-up of local makers, food and artists, a children's Christmas parade, vintage carousel, music from local school choirs, bands and musicians and a visit from Santa in his grotto. It promises to be another great event.

Christmas in *Little Chelsea* is back on Friday 4th December 2026.

It includes a magical opening parade, local stallholders and independent traders, festive music & entertainment, Father Christmas, Festive Dog Show, Fireworks finale ...and plenty more Christmas cheer along the way!

Let's hope it remains dry this year and it's well supported. I'm sure it will be.

I must say the Town Centre looks impressive now the works are finally complete. That includes the area from *Bankers Corner* to *Marks and Spencer*, and then *Victoria Place* as well. There was a lot of pain along the way, but hopefully it was worth the wait. The area looks great, in particular *Victoria Place*.

Hailsham Festival Art Competition Winner

This month's cover of *Bournefree* has been dedicated to Logan Watterson, the Winner of the *Children's Art Competition* at this year's Hailsham Festival 2026.

I'm sure you'll agree that the 15 year old student from *Heathfield Community College* is a very talented artist.

Happy November!

Bournefree

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

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



gail@bournefreemag.co.uk
01323 430303



harry@bournefreemag.co.uk
07809 443027

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Eastbourne DigiFest success



MORE than 300 people attended the *Eastbourne DigiFest* held at the *Kings Centre*.

By **Peter Lindsey**

It was a resounding success and a great opportunity for the business community to come together and showcase the very best of what the town has to offer.

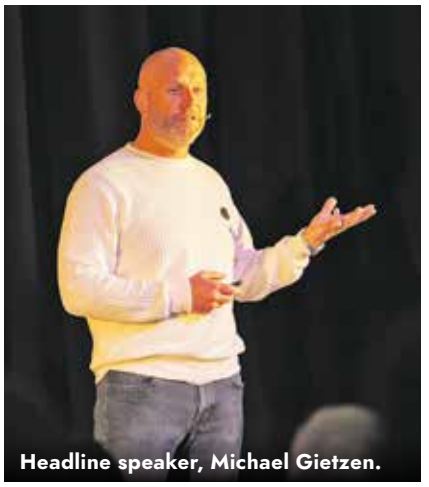
Here are some reflections from the organising team: "*Eastbourne DigiFest* is a year-long project which comes together in one day for our local community, and it wouldn't happen without some very special people.

Thank you to our speakers for sharing their expertise and making the day what it is. Likewise to our exhibitors, for bringing engaging and exciting stands to our exhibition and creating a real buzz.

And a huge thank you to our sponsors, *Switchplane, East Sussex Growth Hub, Lightning Fibre, East Sussex College, Sussex Innovation, Global WealthMAP, Agency53, University of Brighton*, and *Sussex Business Times*, for your support.

Behind the scenes: our tech team at *Kyle Partnership* worked tirelessly to make the event a success – we're very grateful to them for keeping things running smoothly; *Online Ticket Seller* helped with easy check-in; *Agency53* caught every moment on camera; and our room hosts Veronica Heaven, Rob Reaks, and Lewis Hobden hosted our rooms with aplomb."

Roll on 2027!


Headline speaker, Michael Gietzen.

From local project to national impact!

THE *Blue Heart* team had a busy *Flood Action Week* last month with the official launch of the *BeFloodWarned.uk* platform for Eastbourne and southern Wealden, and the premiere of *Missy and Stanley's Tale*, our *Aardman* animation.

By **Eleanor Lanyon**, Blue Heart

Project manager Tegan Illingworth joined Jenny Bailey, co-author of the *Missy and Stanley's Tale* storybook, at the *Houses of Parliament* for an evening to mark *Flood Action Week 2026* and the relaunch of *BeFloodReady.uk*.

Julie Foley from the *Environment Agency* gave the book a special mention during her speech, and everyone got to watch the animation together. Lovely to see Missy and Stanley getting a moment in the spotlight!


Blue Heart Project Manager Tegan Illingworth (right) with author Jenny Bailey at the Houses of Parliament with Missy and Stanley's Tale.

The story follows Missy and Stanley as an unexpected flood turns their pet basket into a raft. Their journey through flooded streets shows how quickly familiar places can change, and why being prepared matters.

Missy and Stanley's Tale was created as part of the *Blue Heart* project, which is funded by *Defra* as part of the £200 million *Flood and Coastal Innovation Programmes*, managed by the *Environment Agency*.

You can find the animation and kids activities at **befloodwarned.uk/missy-and-stanley**

Watch Emma Hardy MP, Minister for Water and Flooding, reading the story via the QR code below.

T-Level success


Training at the DGH.

EAST Sussex College is celebrating six years of T-Level success.

By **Peter Lindsey**

As one of the first FE providers nationally to deliver T-Levels, _East Sussex College_ welcomed its first students onto the qualifications in 2020 and has since become one of the largest T-Level providers in the South East.

Nearly 500 students per year have gained practical experience through industry placements and developed the skills needed to progress into employment, apprenticeships and further study.

Now one of the largest T-Level providers in the South East, the College saw nine of its T-Level courses achieve a 100% pass-rate in 2026, with an overall pass-rate broadly in line with the national picture.

East Sussex College is also one of the biggest providers of the Accounting T-Level, with students achieving results that stand among the strongest nationally.

The College's success can also be seen in the progression of former students. Rohan Doyle studied Construction (Design, Surveying and Planning) at *East Sussex College* before completing an industry placement with Sunninghill Construction. Now a Site Manager with the company, he is helping to oversee the construction of the College's new *Green Automotive Centre of Excellence* at Ore Valley in Hastings.

Rebecca Conroy, CEO & Principal of *East Sussex College* said, "T-Levels are a vital part of developing the highly skilled workforce our economy needs. By combining rigorous technical education with substantial industry experience, they give young people a powerful route into high-quality careers while enabling employers to shape and invest in the talent they need for the future. This is about creating opportunities for young people and building the skills, productivity and prosperity of our region."

East Sussex College offers T-Levels across a range of subject areas including newly launched Marketing and Cybersecurity courses, giving students the chance to develop specialist knowledge and practical skills while exploring their options for the future.

For more information visit: **www.escg.ac.uk/study/t-levels**



Scarlets Beauty Rooms celebrate 15 fantastic years



MICHAELA and Jennah would like to thank their amazing staff and hundreds of loyal customers for making the last 15 years so special.

By **Scarlets Beauty Rooms**

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Home from home at Tweed

ARE you looking for a home from home for a loved one or yourself?

By **Harry Farmer**

Finding the right care home environment is so much more than a checklist of facilities. It is a very personal experience that directly impacts quality of life, wellbeing and overall happiness.

The *Emilie Galloway Home of Rest*, known as *'Tweed'*, is a long-established, affordable care home in Silverdale Road, near *The Grand Hotel*. It occupies a beautiful, well-maintained Edwardian property with spacious rooms, and provides a comfortable and friendly setting.

The Registered Manager said, "We take special care to ensure our residents' individual needs are met, and that their preferences and personalities are considered and catered for so that everyone truly feels at home here.

"For anyone seeking a care home currently, we welcome visits by appointment to provide time to show them around, answer all their questions, and really get a feel for the Home."

Tweed Care Home
8 – 10 Silverdale Road
01323 733223
www.tweedcarehome.co.uk





"A wonderful home from home with a lovely welcoming atmosphere.



Switch your lights on and Brighten the Night!

CHRISTMAS is coming – and here's your opportunity to support *St Wilfrid's Hospice* with its *Brighten the Night* campaign.

By **Ashley Leitner-Murphy**, Community Fundraiser

Are you thinking of decorating the outside of your home, church, school or street this Christmas?

Many of us do, and we all love to look at them during the festive period. But have you thought of raising funds for our beloved hospice at the same time?

Join the *Brighten the Night* campaign 2026.

Dave Longman from *St Wilfrid's* said: "If you're planning on decorating the outside of your home this Christmas, you can help raise much needed funds for *St Wilfrid's* at the same time.

"Whether it's sparkling reindeer, inflatable snowmen, or a beautiful display of fairy lights, we want to know about it.

"Sign up to *Brighten the Night* today, and we'll send you all the fundraising tools you need."

Call the Fundraising Team on **01323 434224** or fill in the form here: **www.stwhospice.org/brighten-the-night**

Enjoy the warm glow you'll get knowing you've made a difference to local hospice care.

Your Eastbourne

Follow us:

Eastbourne gets ready to light up for Christmas

Eastbourne town centre is gearing up for a festive season full of free events, with Your Eastbourne BID investing more than £50,000 in this year's Christmas lights.

The celebrations begin on Saturday 28 November at Bankers Corner. The lights will be switched on by the winner of this year's 'Panto Light' design competition, joined by Eastbourne MP Josh Babarinde and other guests at 6pm.

On Friday 4 December, Little Chelsea hosts its Festive Fun and Fireworks, with independent traders joining in along with live music and entertainment, children's rides and a firework finale.









Saturday 19 December is a double bill. The Festive Farmers Market comes to Towner Plaza, and Christmas Carols return to Bankers Corner, again with local traders on hand.

Look out for shop windows too. Town centre businesses are competing in a Christmas Window Dressing Competition, with displays in place from 6 December until Christmas Eve. Members of the public will help judge the winner alongside the BID's directors.

For gift ideas, festive food and what's on, the Christmas Magazine returns this year. It goes out online to Visit Eastbourne's email subscribers, so sign up to make sure you receive it.

This Christmas – remember to Love Local, and Shop Local

Festive season at Skylark

We're kicking off Christmas in November with our wreath making sessions on 26th November and also one on the 3rd December! We will be serving our Christmas seasonal drinks keeping you warm while you create your very own custom wreath. To book a session, email joannatran78@gmail.com

We are serving our festive dinner menu from Friday 27th November all throughout the Christmas period on Friday and Saturday evenings. This menu is in keeping with our promise to always serve seasonal and local food, Autumn brings us lot's of incredible produce and we feel this menu celebrates it well. We will be open all day for the Little Chelsea Christmas Fair on 4th December.





Partners join forces to keep Eastbourne town centre safe

Feeling safe while you shop is a priority for everyone who uses Eastbourne town centre, and local organisations are working together to make that happen.

Your Eastbourne BID recently chaired and hosted a meeting of 20 partners, including Sussex Police, the Office of the Police and Crime Commissioner, Eastbourne Borough Council, East Sussex County Council, Pride in Place and the office of MP Josh Babarinde. Town centre businesses, including McDonald's and TK Maxx, also took part.

Stephen Holt, Chief Executive of Your Eastbourne BID, who chaired the meeting, said: "Security is a key priority for the town centre, and people need to feel safe when they visit. It was a really positive meeting, and I'm grateful to every partner who came and shared the work they are doing to keep the town centre safe."

You may already have seen the BID's Town Centre Ambassadors, who patrol from 10am to 4pm, Tuesday to Saturday. Last year they recovered more than £15,000 of stolen goods, helped Sussex Police identify suspects and assisted with arrests.

They also support town centre events, carry out regular street clean-ups and report problems such as damaged street furniture, helping keep Eastbourne welcoming for everyone.

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.

Live ON AIR!

EASTBOURNE Youth Radio (EYR) returns for its 26th year from 18th–20th November 2026 on 87.7FM and online at www.eyr.org.uk

By **Mina O'Brien**

Organised by _Eastbourne Education Business Partnership CIO_ and broadcast from the studios at _East Sussex College_ in Eastbourne, _EYR_ gives students aged 5–19 from local East sussex schools, education providers and youth groups the opportunity to take over the airwaves.

Across three packed days, young people will research, produce and present their own radio programmes, covering a wide range of subjects that matter to them and their communities. Much of the content will be broadcast live, giving students the experience and excitement of creating radio for a real audience.

Programmes produced by *East Sussex College* will also feature throughout the broadcast, while former *EYR* participants will return to the studios to share their career journeys and achievements in radio, television, journalism and film. This year's broadcast once again coincides with important national campaigns, including *Anti-Bullying Week, Global Entrepreneurship Week* and *UK Parliament Week*. All three will be explored by young presenters during the busy programme schedule.

Championing the voices of young people

EYR would not be possible without the considerable support of the many local businesses and organisations featured on the listing page opposite.

Sarah Jerkins, HR Manager at *VACGEN* and lead sponsor for 2026, says: "We're proud to be supporting *Eastbourne Youth Radio! VACGEN* has been manufacturing Ultra-High Vacuum components for 60 years, and since settling in Lower Dicker in 2016, we've felt it time to give back to the community that's welcomed us so warmly. We're especially excited to champion the voices of young people in Eastbourne and can't wait to hear their stories and ideas".

Offering information and support

EYR is grateful to once again receive financial support from the *Eastbourne & Lewes District Community Safety Partnership,* in recognition of its work during *Anti-Bullying Week*.

Programmes will give young people space to discuss issues that affect their lives and wellbeing. *Holding Space, Eastbourne Foodbank* and *Eastbourne Samaritans* will also be involved, sharing important information and highlighting the support available within the community.

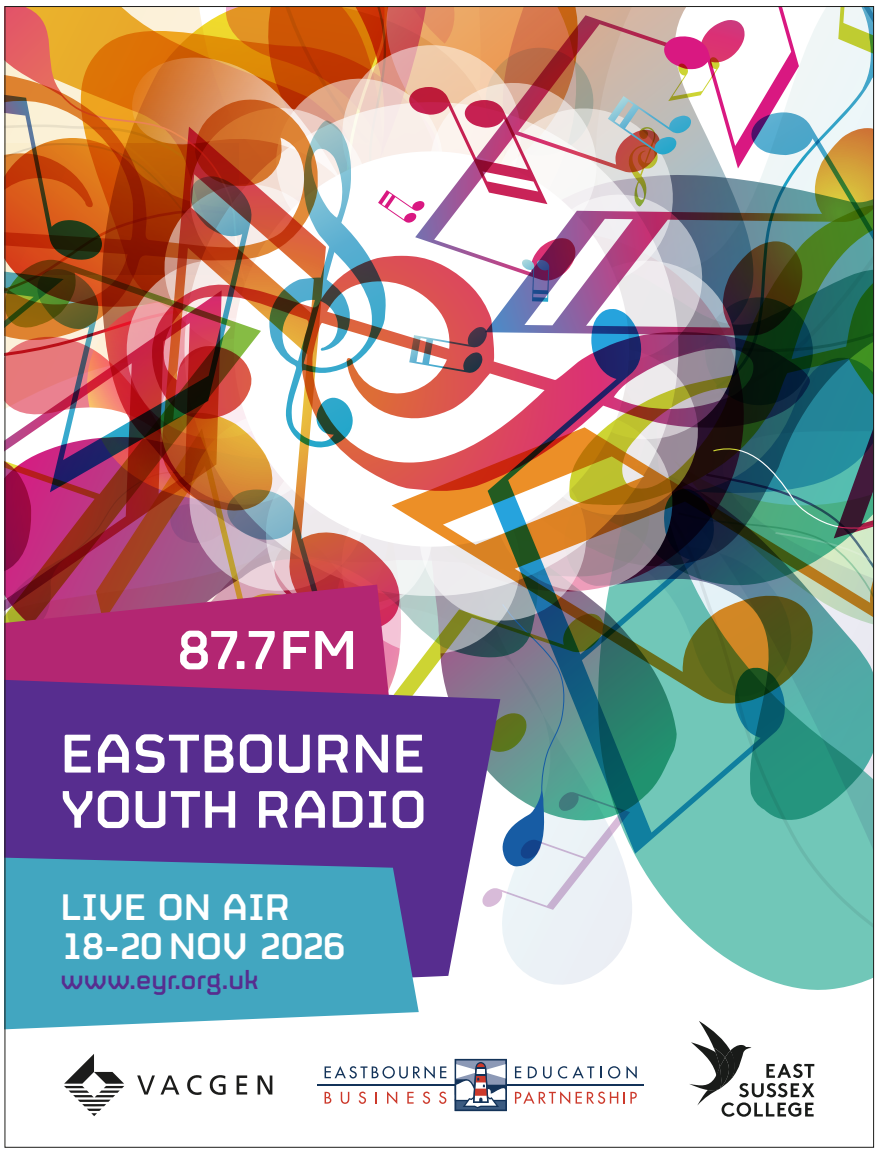
Elsewhere in the schedule, *Southern Water* will return to raise awareness of "Unflushables", while the *Lansdowne Hotel* will shine a spotlight on careers and opportunities within hospitality. *UpCountry Garden & Country Store* will bring some festive cheer to the airwaves, *Switchplane* will reflect on another successful *DigiFest, Eastbourne LitFest* will bring bookish fun – and the *Radio DGH* team will be celebrating two huge milestones in their history.

And that's only a taste of what listeners can expect over the three days.

Developing skills for the future

At its heart, *Eastbourne Youth Radio* is about giving young people the confidence and freedom to have their voices heard.

Working alongside community partners – students research, write, produce, present and perform their own material for a family audience.









Along the way, they build valuable communication, teamwork, creative and technical skills that will support them at school, in the workplace and throughout their future lives.

Most importantly, *EYR* gives young people the opportunity to talk about the subjects they care about, ask questions and share their ideas with the wider Eastbourne community.

Tune in from 18th–20th November 2026 on 87.7FM or listen online at www.eyr.org.uk

We hope you enjoy hearing what Eastbourne's young people have to say!

Programme Schedule

www.eyr.org.uk

87.7FM
EASTBOURNE YOUTH RADIO
LIVE ON AIR 18-20 NOV 2026

Wednesday 18th November

Programmes kindly sponsored by:

10:00-11:00	EYR Launch Mix	VACGEN
11:00-12:00	East Sussex College	Southern Water
12:00-13:00	Little Gate School	Brewers
13:00-14:00	St Pauls CE Primary	Eastbourne LitFest
14:00-15:00	DV8	Custard Design and Bournefree
15:00-16:00	East Sussex College	Holding Space
16:00-17:00	East Sussex College	Eastbourne Foodbank
17:00-18:00	Answer Back!	Eastbourne Chamber & EDEAL
18:00-19:00	Printers Playhouse	Eastbourne Carnival
19:00-20:00	Radio DGH	Radio DGH
20:00-22:00	East Sussex College	Brufords
22:00-24:00	East Sussex College	Firebrand
****	***Weather Reports Today***	***Media Attention***

Thursday 19th November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	East Sussex College
04:00-07:00	East Sussex College	East Sussex College
07:00-08:00	East Sussex College	Thorndale Furnishers
08:00-09:00	East Sussex College	Lansdowne Hotel
09:00-10:00	ESCG CEO's Hour	Eastbourne Rotary AM
10:00-11:00	Stone Cross	Up Country
11:00-12:00	Bede's Prep	St Wilfrid's Hospice
12:00-13:00	ESCG Meet the Media	ESCG
13:00-14:00	Polegate School	Walfinch Homecare
14:00-15:00	Heron Park PA	Trinity Homes
15:00-16:00	East Sussex College	Dominoes Pizza
16:00-17:00	East Sussex College	Dominoes Pizza
17:00-18:00	East Sussex College	Switchplane
18:00-19:00	East Sussex College	Southern Water
19:00-20:00	East Sussex College	Eastbourne Samaritans
20:00-22:00	East Sussex College	Recruitment South East
22:00-24:00	East Sussex College	Eastbourne Education Business Partnership
****	***Weather Reports Today***	***AFH Payroll***

Friday 20th November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	Eastbourne Education Business Partnership
04:00-07:00	East Sussex College	Eastbourne Education Business Partnership
07:00-08:00	East Sussex College	Bam Bam
08:00-09:00	Cavendish Secondary	PRG Marketing & Comms
09:00-10:00	Cavendish Primary	Eastbourne Borough Council
10:00-11:00	Cavendish Secondary	Southern Water
11:00-12:00	The Haven School	Madeira Windows
12:00-13:00	Skippers Hill	Eastbourne Rotary
13:00-14:00	Willingdon Community School	Seahaven FM
14:00-15:00	Bedes	Ditzy Media
15:00-16:00	EYR Close Mix	Tim Sorensen
****	***Weather Reports Today***	***Best of Eastbourne***

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VACGEN

EAST SUSSEX COLLEGE

EASTBOURNE EDUCATION BUSINESS PARTNERSHIP

Thank you to *Ditzy Media* for providing social media support and *Hawes Construction Group* for the hospitality event. ☺



Unearthing Treasures

WE are returning to Eastbourne. Welcoming new and old customers to our grand valuing and buying event at *The View Hotel* on the seafront.
Whether it's just some broken items of gold worth hundreds of pounds, an inherited diamond ring worth thousands of pounds, or a collection of watches and jewellery worth many thousands of pounds, we welcome you on the 29th and 30th of November.

Dust off your jewellery boxes, Eastbourne residents! The esteemed *Martin Kaye Watches and Jewellery Buying Roadshow* is rolling into town this May, offering a unique opportunity to discover hidden value within those forgotten trinkets and timepieces. For over 60 years, *Martin Kaye Roadshow* has built a legacy of trust and expertise, providing discerning clients with accurate valuations and competitive prices for a diverse array of precious items as well as advertising on TV, Radio and National Press.

By **Barrie Crowhurst**

Perhaps you have a cherished family heirloom passed down through generations, nestled amongst costume jewellery. Maybe a forgotten watch, tucked away in a drawer, whispers stories of a bygone era. Whatever the reason, *The Martin Kaye Roadshow* presents a chance to unlock the potential financial worth of these beloved possessions and transform them into something new.

Their experienced team of appraisers are more than just evaluators; they are passionate connoisseurs with a keen eye for detail. They understand the sentimental value attached to these objects, yet also possess the expertise to recognize intrinsic worth. Whether it's a dazzling diamond engagement ring passed down from your grandmother, or a vintage *Rolex* watch whispering tales of adventure, the roadshow welcomes all kinds of treasures.

There's no need to worry about the condition of your items. Martin Kaye is interested in everything from the meticulously maintained to the well-loved and slightly worn and even broken. Their commitment extends beyond just valuations; they prioritize a discreet and professional experience, ensuring you feel comfortable and respected throughout the process.

This isn't just about selling your old belongings; it's about uncovering their hidden potential. You might be surprised to discover that the dusty brooch gathering cobwebs in your drawer is actually a valuable antique, or the seemingly ordinary watch inherited from your father is a sought-after collector's item. *The Martin Kaye Roadshow* provides a chance to rewrite the narrative of these cherished pieces, giving them a new lease on life and potentially bringing joy to a new owner, all while putting some extra cash in your pocket.



The Martin Kaye Watches and Jewellery Buying Roadshow is more than just a place to sell your unwanted possessions. It's a treasure trove of knowledge, a historical journey, and a potential source of significant financial gain.

The Art of valuation

At the heart of the roadshow is the art of valuation. The Martin Kaye team possesses a deep understanding of the factors that influence the value of jewellery and watches. These include:

- **Rarity**: Limited edition pieces, unique designs, or stones of exceptional quality can significantly increase value.
- **Condition**: The overall state of the item, including any damage or wear, will affect its value, watches even if broken can be worth even more than if they have been restored.

“

Your Rolex, Cartier, Omega, and other fine makes, Army Watches, jewellery, diamonds and gold could be worth a lot more than you think!



“

We recently paid £5,500 for a similar non-working 1970’s Rolex Submariner.

- **Brands**: The following are of particular interest to them: *Cartier, Tiffany, Van Cleef* and *Boucheron* also of particular interest is 1960’s and 1970’s jewellery.

The appraisers at Martin Kaye are experts in identifying these factors and providing accurate valuations based on current market trends.

A potential windfall

While the roadshow is primarily about valuation, it also presents a chance to turn your treasures into cash. If you’re looking to sell your items, Martin Kaye offers competitive prices and a hassle-free process.



Why sell to the MK Roadshow

In the current economic climate more people are deciding family heirlooms and possessions which are languishing in Safety Deposit Boxes, Banks or even in their own homes can be turned into valuable cash.

So don’t let these treasures continue to languish in your draws or cupboards. Embrace the opportunity to unlock their potential value and create space for new beginnings.

To learn more about *The Martin Kaye Buying Roadshow* in Eastbourne, please visit: **www.mkwatchesandjewellery.com** or call **07885 893190** or **07966 253726**.

The Roadshow will be at the *The View Hotel*, Grand Parade, Eastbourne BN21 4DN on Sunday 29th and Monday 30th of November. 10:00am to 5:30pm.

(Waiting times are usually no longer than 15mins and parking fees are refundable).

If you can’t visit the Roadshow, arrangements can be made to visit you, just call either of the numbers above.

This is your chance to turn *forgotten treasures into something truly valuable.*











Hidden Gems

Your jewellery box could be hiding a small fortune.

On our last trip to Eastbourne, amongst a large quantity of costume jewellery we unearthed some valuable items worth many thousands of £’s, that the customer was completely unaware of.

Lightning Fibre expands network



***LIGHTNING Fibre* has expanded its Full Fibre Broadband network to 2,500 more properties.**

By **Peter Lindsey**

Around 2,500 more properties across East Sussex & Kent are now ready to connect to *Lightning Fibre*, giving more residents the chance to choose our full fibre broadband.

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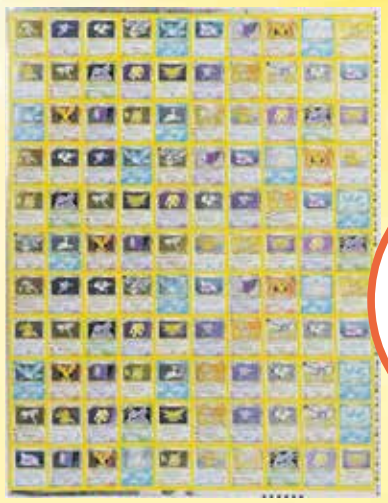
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The Wheelie Big Vehicle Rally



ORGANISED by *Morrisons* to raise funds for *St Wilfrid's Hospice.*

By **Peter Lindsey**

Sunday 6th December
5.30pm – 8pm
Start/Finish: *Morrisons* car park, Lottbridge Drove, Eastbourne
Cost: £20 per vehicle or £100 for 5+ vehicles.

This is a really big event for Eastbourne – and this year it's set to be bigger than ever.

It's organised by *Morrisons* Community Champion Kim Hatcher-Davies, and she's urging people to sign up as soon as possible.

A marvellous evening

She said: "This is a marvellous evening, raising much needed funds for *St Wilfrid's Hospice* and *Marie Curie*.

"Please come along and support us – either by entering to take part or cheering everyone up along the route."

Now in its fifth year, *The Wheelie Big Vehicle Rally* is a procession that winds its way through Eastbourne. Vehicles and drivers are dressed in their best Christmas finery and make a fabulous festive sight, as they make their way from *Morrisons*, along Lottbridge Drove, to *Langney Shopping Centre* and ultimately back to the store via Kings Drive and the hospital.

There will also be entertainment, food and a Santa's grotto for the children.

Event timings:

Vehicles arrive at Morrisons – 5pm (parked by banks men)
Food van available – 5:30pm
Santa's grotto opens – 5:30pm
Procession forms up – 5:45pm
Procession begins – 6pm
Procession ends – 7pm (parked to be judged)
Event ends – 8pm

Kim can be reached on 07875 547940



Imagination, crafted on a plate

AFTER more than 25 years in the industry, the kitchen remains the place where I feel most inspired.

By **Nobi Hussain**

An ingredient, an aroma or a remembered flavour can spark an idea. Turning that idea into a dish is still one of the most rewarding parts of my work.

When we created *Taj by Nobi Hussain*, our ambition was to bring something we felt was missing from the local Indian fine dining experience: a place where the richness of Indian cooking could meet contemporary imagination.

Respect for flavour

My cooking begins with respect for flavour. Indian cuisine has an extraordinary depth, and I want that character to remain at the heart of every dish. Working with locally sourced ingredients wherever possible, I explore how traditional methods and contemporary techniques can bring out their best qualities.



Alongside familiar favourites, our menu makes room for more individual creations – dishes that invite guests to discover an unexpected combination, a different texture or a fresh interpretation of a classic.

That process takes patience. Some dishes develop naturally; others require weeks of experimentation, tasting and refinement. A small adjustment to acidity, spice, sweetness or cooking time can transform how flavours unfold on the palate.

At *Taj*, that same care extends beyond the kitchen. The welcome,



the service, the ambience. Our ambition is to make every visit feel considered, comfortable and special.

That is what continues to inspire me: creating food with character, serving it with care and giving our guests an experience they will remember long after they leave.

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01323 657758

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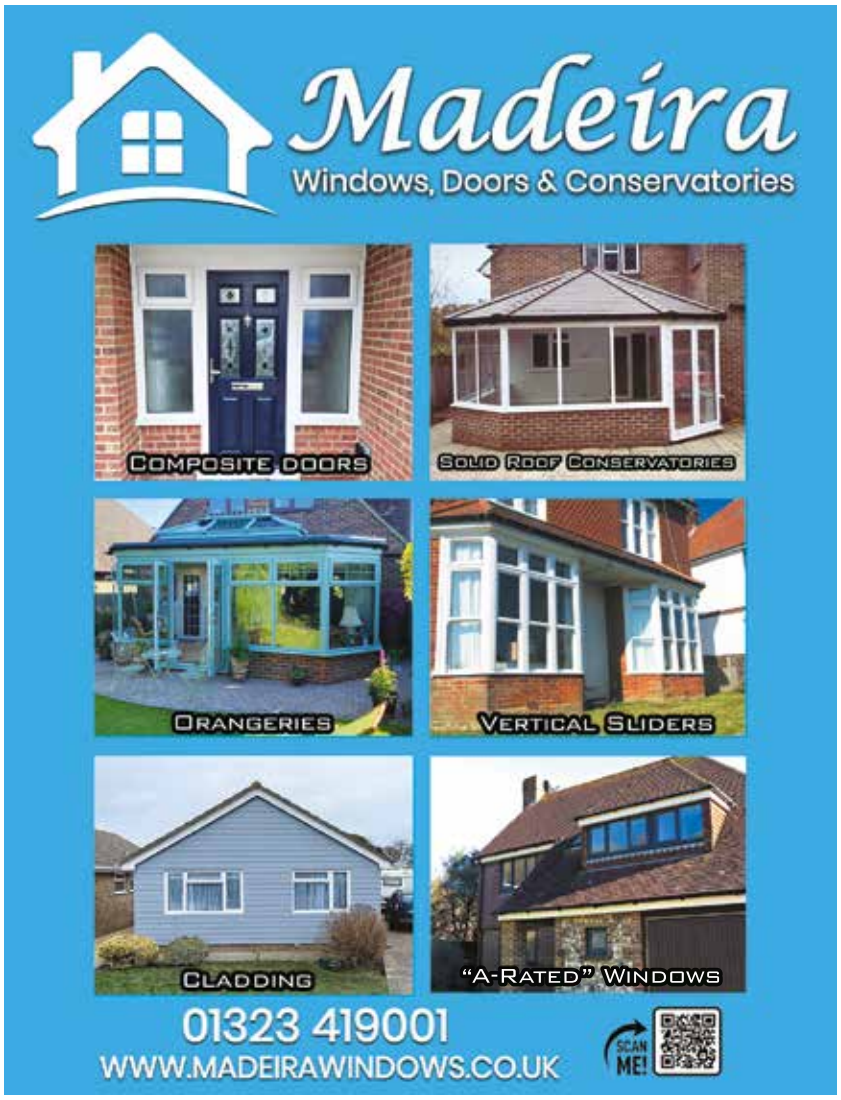
DEC 11TH, 12TH & 19TH - ARALUEN
DEC 18TH - BALLROOM

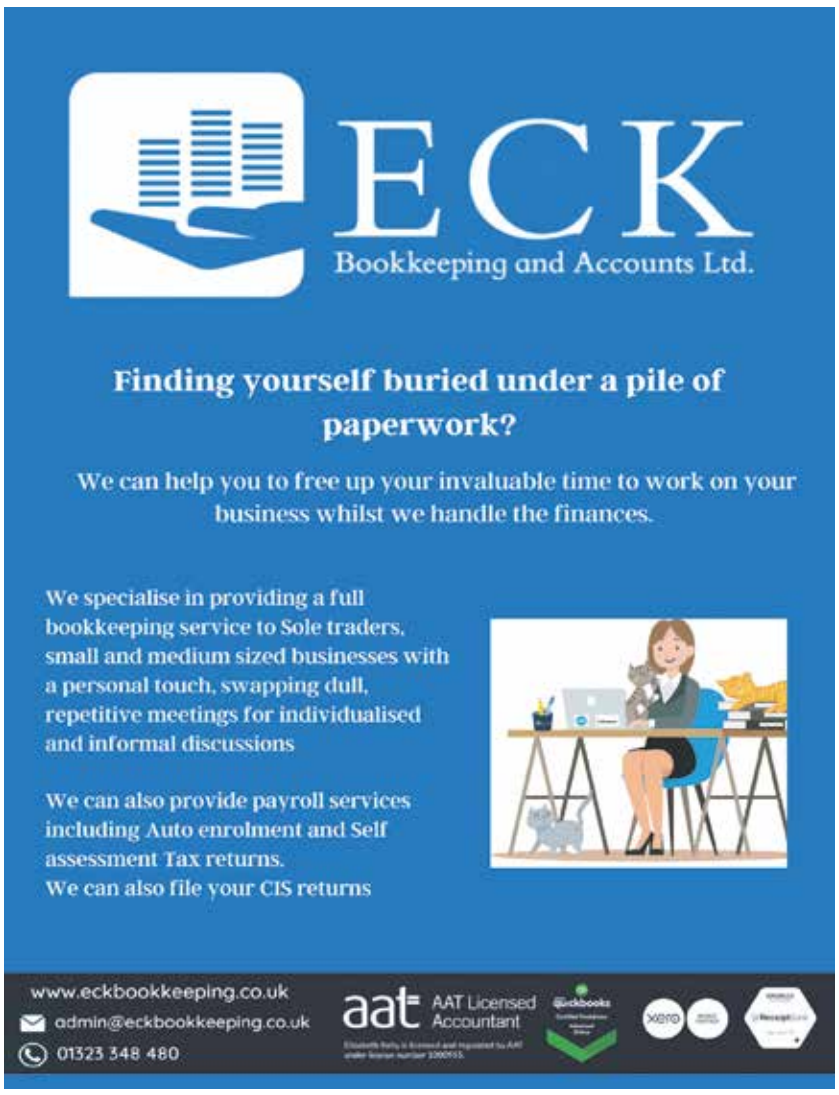


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Community Fridges:

REDUCING food waste and improving access to healthy food.

By **Fiona Revell**

***Eastbourne Food Partnership* proudly supports six *Community Fridges* across Eastbourne, helping to reduce food waste while making healthy, affordable food more accessible to residents.**

The *Community Fridge* network redistributes surplus food from supermarkets that would otherwise go to waste, giving perfectly good food a second life. This is supplemented by fresh organic produce from local community allotments. Open to everyone through membership schemes, these welcoming spaces provide heavily discounted food, helping both people and the planet.

Many *Community Fridges* are also vibrant community hubs, offering cafés, debt advice, cookery courses, community gardens, warm spaces, holiday breakfast clubs and family activities throughout the year. Together, they help tackle food insecurity, reduce social isolation and bring people together.

Behind each fridge is a dedicated team of managers and volunteers who collect, sort and distribute surplus food. More volunteers are always needed to help collect food from local supermarkets. If you can spare a few hours during the week, please contact **coordinator@eastbournefoodpartnership.org.uk**

Community Fridges can be found at *Langney Community Centre, Seaside Community Hub, Willingdon Trees Community Centre, Defiant Sport Inclusion Hub, Shinewater Family Hub* and *Victoria Baptist Church.*

Opening times vary. Visit the *Fridges'* social media pages or **eastbournefoodpartnership.org.uk** for the latest information.

By rescuing surplus food and making it available locally, Eastbourne's *Community Fridges* are helping to build a greener, healthier and more connected town. Every item shared reduces waste, supports household budgets and ensures good food is enjoyed rather than thrown away, benefiting both people and the planet.

EASTBOURNE FOOD PARTNERSHIP

Young Engineers reach for the skies

TWENTY Year 2 pupils from *Stone Cross School* and *Bede's Prep* put their creativity and problem-solving skills to the test at the *Junior Engineers Challenge.*

By **Peter Lindsey**

Kindly sponsored by *Edwards Ltd* and *Cooden Tax Consulting*, the event featured an informative and engaging workshop led by Will Farrier from *Edwards Ltd*.

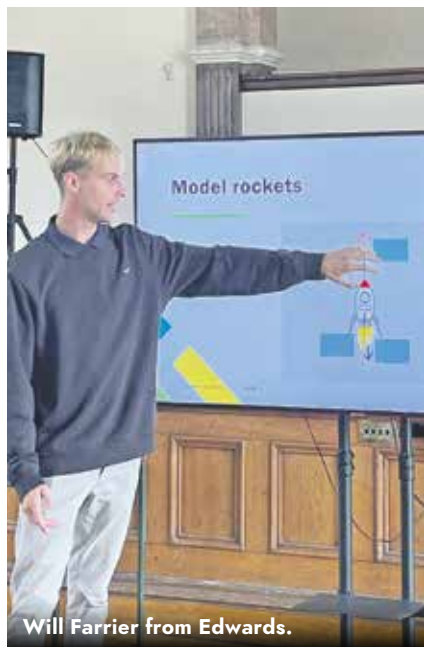
Pupils worked in teams to explore the science of flight through hands-on activities, including a paper aeroplane challenge and the design and construction of film canister rockets.

Along the way, they investigated movement, air resistance, pressure, thrust, wings, weight and lift.

The Mayor of Eastbourne joined the event to watch the exciting finale as the pupils launched their rockets.

Mina O'Brien, Programme Manager at *Eastbourne Education Business Partnership CIO*, said: "We are very thankful to our sponsors and to Will from *Edwards* for putting together such a fun and educational workshop exploring flight. The rocket challenge was a fantastic finale, and the pupils were fully engaged throughout the morning."

For more information on forthcoming *Eastbourne Education Business Partnership CIO Events*, please contact Mina O'Brien:
mina.obrien@eastbourneebp.org.uk
07958 559600



Will Farrier from Edwards.

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*These very special rates are only available if you are over 60 years old. Minimum spend for a free home visit is £95.
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Office of the Public Guardian (OPG) registration fee, when applicable, is not included in these prices.

Tree of Light – 28 years and still shining brightly



***ROTARY Tree of Light* – 6th december 2026.**

By **Peter Lindsey**

This is a very special event for many people in Eastbourne, taking place on Sunday December 6th at 4pm.

The *Rotary Tree of Light* is situated each year outside the *Congress Theatre* and gives comfort to many of us as well as raising funds for our community.

Last year, donations received from the public sponsoring a light for a loved one, as well as valuable sponsorship from local businesses, helped *Rotary* to raise £5,300.

Now, there is an invitation to everyone to turn up this December.

Rotarian Melanie Adams said: "It's a very special Tree for Eastbourne. Christmas can be a tough time for many and this is a way of remembering people close to us who may have passed away.

"Each December, on a Sunday afternoon, we have an upbeat service inside the *Congress Theatre* with live music and readings.

"It's always well supported, and we thank the public for coming along in such large numbers each year."



For more details, please go to: **www.eastbournetreeoflight.co.uk**



Nature recovery at Herstmonceux Castle Estate

A NEW chapter for the Herstmonceux landscape.

By **Gail McKay**

***Herstmonceux Castle Estate* is known for its medieval, moated castle, gardens, woodland, and unique East Sussex setting. Now, approximately 240 acres of the Estate grounds are being restored for nature.**

Herstmonceux Rewilding is a long-term nature recovery project led by *Queen's University* and *Bader College*, in partnership with nature restoration company *Nattergal*.

The initiative will restore ecologically depleted, low-productivity farmland and allow a richer mix of habitats to develop. It will also buffer and connect the Pevensey Levels, a Site of Special Scientific Interest and globally protected *Ramsar* site, to existing nature-rich habitats.

Rather than creating a finished landscape to a fixed design, the project will give nature more freedom to shape what happens next. Over time, we expect to see a mosaic of grassland, scrub, wetlands, wood pasture, and naturally regenerating trees.

Do you have an idea?

If you have a research proposal, educational idea, community project, partnership opportunity, or simply would like to start a conversation, we want to hear from you:
rewilding@queensu.ca

Stay connected

Scan the QR code to follow *Herstmonceux Rewilding* and find out about future news, stories, and opportunities.

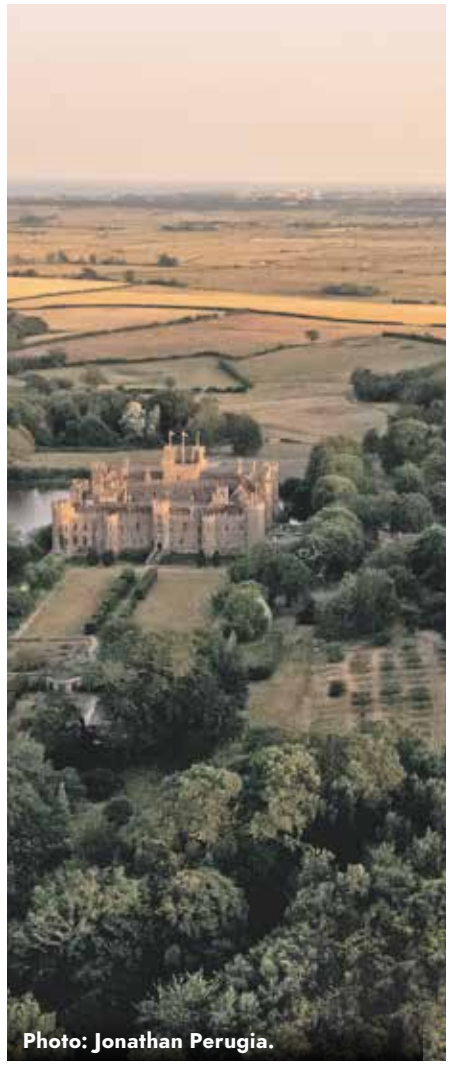


Photo: Jonathan Perugia.

Seaside Hub turns 10

COMMUNITY Hubs and Fridges are incredibly important in our communities – and the *Seaside Hub* has just celebrated its tenth birthday.

By **Peter Lindsey**

***Eastbourne Borough Council* leader Stephen Holt and Deputy Mayor joined in the celebrations.**

Deputy Mayor Cllr Teri Sayers-Cooper said: "Places like *Seaside Community Hub* really are the heart of our communities, and the dedication of everyone involved deserves enormous recognition.

"A huge thank you to Sue, Jane, the trustees and all the incredible volunteers who work tirelessly to make such a positive difference to the local community of *Devonshire West*.

For the past 10 years, the Hub has been so much more than just a place to visit. It offers vital support, friendly advice, a welcoming space to drop in for a chat and a cuppa, and, perhaps most importantly, a real sense of belonging and community."

Susan Morris from the *Seaside Community Fridge and Shop* at 125 Seaside, said: "It is not until you start talking about it that you realise how much has been achieved, and the connection to the wider town and other organisations.





"We are looking forward because we have a few changes and lots of new activities."

These include:

- **4Lite Bite Lunch Fridays 12-2pm**
- **Camerados Public Living Room (Coffee afternoon) Thursdays 12:30-2:30pm**
- **Repair Café 1st Saturday of the month 1-3pm**
- **Crafty Corner 1st Wednesday of the month 1-3pm.**

Scott's walking 99 miles in November for charity...



REHAB support worker Scott Temple from Eastbourne was diagnosed with a brain tumour in March 2020.

By **Peter Lindsey**

It followed 18 months of symptoms including extreme headrushes and numbness throughout his body.

Scott had an operation to remove his brain tumour as lockdown hit the UK, after which he contracted long COVID.

Now he is walking 99 miles throughout November to raise money for *Brain Tumour Research* – a charity close to his heart.

Scott is already well known as the man behind the Eastbourne Free Walkers – a rapidly growing group in Eastbourne.

He said: "In September 2025,a group of us walked from *Durdle Door* to the *Tower of London Door*, raising money.

"Now, I want to help this fantastic charity again. I will be setting up special *Eastbourne Free Walkers* hikes, and anyone is welcome to come and join me on any of the walks.

"I will need support to get me to the 99 mile marker before the end of November."

07579 104233
eastbournefreewalkers@gmail.com
www.facebook.com/share/p/1CCz78yTkk





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Eastbourne Family Roots



LAST year *Eastbourne Family Roots* celebrated their 40th anniversary with an afternoon tea at the *Willingdon Golf Club.*

By **Shirley Moth**

We had a slideshow, a video featuring some founding members talking about the society's journey through the years, a talk on one member's own family tree mysteries and a quiz.

One of the great joys of *Family Roots* is helping people on their own ancestral journey and there is a wealth of knowledge to be shared by our committee and indeed our members.

Finding my foundling

The speaker at our November meeting on Thursday the 5th of November is our Chair, Helen Warren, who will give a talk called *"Finding My Foundling"*.

On 10th April 1758, a baby boy was left in the care of the *London Foundling Hospital*. From the humblest of beginnings, this small child, who never knew his parents, grew up to father a family that now encircles the globe.

Family treasures

Our December meeting will be a 'bring and tell' evening where members and visitors bring items that relate to their family tree. Last year's treasures were wide ranging, and all had an interesting story to be shared.

Family Roots meet on the 1st Thursday of the month (Except July) at **Ocklynge Junior School Victoria Drive.** (entrance in Farlaine Road), **Old Town, Eastbourne BN20 8XN.**

The cost for attendance at a meeting is £1.00 for members and £3.00 for visitors.

At our meetings we have:

- Speaker talks on genealogy and local history subjects.
- A help desk where you can seek advice on your research problems.
- Transcribed memorial inscriptions on compact disks for local genealogy research.

For more information see: **www.eastbournefhs.org.uk**

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Smile with confidence this Christmas – There's a treatment for everyone


Dr Anthony Zybutz with Invisalign patient, Dean.

THE lights are up around town and the Christmas season is upon us: parties, family get-togethers and lots of photos. It's the time of year when we all want to feel our most confident, and nothing completes an outfit quite like a beautiful smile.

By **Peter Lindsey**

In a world of social media and filters, it's easy to feel there's a "right" kind of smile. But the one worth having is the smile that feels like you.

For Dr Anthony Zybutz, advanced aesthetic dentist and co-owner of *David Neal Dental*, that's what matters most. "A smile you love shows in everything you do," he says. "You laugh more freely, you stop dodging the camera, you walk into a room differently. When people feel good about their teeth, they feel good about themselves."

Small changes, big difference

Whatever you'd like to change, there's a treatment to suit. Professional whitening can safely brighten a dull or stained smile in time for the party season. *Invisalign* could be your promise to yourself for the new year, with clear, almost-invisible aligners that gradually straighten your teeth. And if you're self-conscious about gappy or crooked teeth, veneers can give you the polished smile you've been wishing for – and the confidence to show it off.

A confident new smile in one day

For some people, though, it's about much more than appearance. Missing or failing teeth, or dentures that slip and rub, can turn every meal out into a worry.

Teeth in a Day dental implants can restore a full set of natural-looking teeth in a single appointment, so there's no more avoiding the foods you love or covering your mouth when you laugh.

"There's nothing like watching someone see their new smile for the first time," says Dr Zybutz. "The confidence is instant, and it's the best part of my job."

Whether it's a little festive sparkle or a change you've wanted for years, it's worth finding out what's possible, and the practice at *Langney Shopping Centre* fits neatly around your Christmas shopping.



David Neal Dental Eastbourne, Langney Shopping Centre

Call: **01323 407817** or visit: **www.davidnealdental.co.uk/Eastbourne**

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EASTBOURNE

A fresh new chapter for hair in Eastbourne



THERE'S an exciting new chapter beginning at 19 Gildredge Road in Eastbourne. The salon formerly known as *Angel's* is now under new ownership and has been given a complete renovation and a fresh new name, *MI' AMOUR.*

While the name may have changed, the passion for beautiful hair and creating a welcoming experience remains at the heart of the salon. The friendly team of dedicated stylists is ready to welcome both new and existing clients and help everyone discover a hairstyle they'll love.

At *MI' AMOUR*, all hair types and styles are welcomed. The team takes the time to understand what you're looking for, whether you want a fresh new cut, a style refresh, a complete transformation or simply some well-deserved time to yourself.

MI'AMOUR specialises in hair extensions too, offering premium 100% Remy Human Hair. Because the extensions are made from real human hair, they can be coloured, curled and straightened, giving you the freedom to create and change your look. Whether you're looking for added length, extra volume or a whole new style, the team can help you find an option that suits you.

The new owner, Mia, recently had the incredible privilege of working as a primary hairdresser at *London Fashion Week*. She was hand-picked on the Saturday of the event to style and colour the hair of some of the models, making it an unforgettable experience! Mia said, "It's such an amazing achievement and fantastic to know that Eastbourne has a salon representing the town at *London Fashion Week*".

If you remember the salon as Angel's, why not pop in and discover its new chapter as *MI'AMOUR*, and if you find it difficult to leave your furry friend at home, bring them along! They may even be lucky enough to receive a little treat during their visit!

To book an appointment call:
01323 411946

Celebrating 14 years of Ginger & Sanders



WE at *Ginger & Sanders* were fortunate enough to celebrate our 14th Business Anniversary on 19th September and what a month it was!

We started the month by donating to one of the local charities we support, *Children With Cancer Fund*, this was in memory of our beloved business partner Zita.

We also had a night out at the *Children's Respite Trust* comedy night, not only being one of the sponsors but taking a table right at the front (slight mistake). This was followed by the traditional cake and champagne celebration at the office. To top off the month we had a delicious meal at our favourite restaurant *La Locanda Del Duca*.

We try never to take for granted how lucky we are to have been in business for fourteen years, especially in the current economic climate.

At *Ginger & Sanders*, we love what we do and enjoy nothing better than helping people with their property needs, be it Lettings, Sales, or Management. We very much look forward to the future and all it may hold.

Lastly, we would just like to say a heartfelt thank you to all our clients and contractors for their continued support which really is appreciated. We always welcome new people into our *Ginger & Sanders* family, so if you have any property requirements, please do not hesitate in contacting us on:
01323 701702
or simply pop to our office at Langney Road for a chat.

www.gssalesandlettings.com

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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 your home ready for winter

EASTBOURNE Chamber **member Aaron Humber of *Humber Architecture* has some advice regarding getting your home ready for winter.**

As the evenings draw in and the wind picks up off the Channel, now is the perfect time to give your home some attention before winter arrives. A few simple checks today can prevent costly repairs and stress later.

Start at the top. From ground level, check your roof for slipped or cracked tiles, damaged flashing and tired chimney pointing — all common causes of winter leaks. Coastal homes can be particularly exposed to salty air and driving rain. If you're not confident on a ladder, ask a professional to take a look.

Clear the gutters. Autumn leaves can quickly block gutters and downpipes, sending rainwater down walls instead of away from your home. This can lead to damp, staining and more serious damage. A clear-out now is one of the simplest and cheapest preventative jobs.

Keep the heat in. Check windows, doors, letterboxes, and loft hatches for draughts, and replace worn seals. Make sure your loft insulation is around 270mm deep and lag exposed pipes in lofts, garages, and outbuildings to help prevent freezing.

Get your heating ready. Book your boiler service with a Gas Safe engineer before the cold weather arrives. Bleed radiators so they heat evenly, have chimneys swept and check the batteries in your carbon monoxide alarms before lighting your first fire.

Let your home breathe. Good ventilation is just as important as insulation. Use extractor fans, keep trickle vents open and wipe away condensation to help prevent mould.

Finally, if the same room is cold every winter or damp keeps returning, it may be a sign that your home's fabric needs a closer look rather than another seasonal fix.

H·A
Humber Architecture

www.humberarchitecture.co.uk

2026 OPEN DAY EVENTS
FOR PROSPECTIVE PARENTS

OPEN MORNING and EVENING EVENT

Morning session: **Tuesday, 17th November, 9:30am – 10:30am**
Evening session: **Tuesday, 17th November, 6:00pm – 7:00pm**

Come along to one of our sessions where you'll hear from the Headteacher, meet key members of staff, meet our children, and discover everything that #TeamOcklynge has to offer.

Booking essential via Eventbrite, with link available on our website.

OPEN MORNING TOURS

Our Open Morning tours will run on:
Monday, 30th November to Wednesday, 2nd December.
9:00am – 10:30am (30 min tours).

Booking essential via Eventbrite, with link available on our website
www.ocklynge.co.uk
for both the open events and tours.

Ofsted video | Inclusion at Ocklynge | Transition video

Check out our school social media pages here:
ocklynge_juniors | Ocklynge | company/85100005

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SMALL BUSINESS OF THE YEAR (1–9 EMPLOYEES)
Sponsored by: Loch
Winner:
DYNAMIC BEAUTY SALON
Highly Commended:
SUSSEX FOOTCARE

SME BUSINESS OF THE YEAR (10–49 EMPLOYEES)
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Winner:
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Highly Commended:
COBIE VETCARE

LARGE BUSINESS OF THE YEAR (50+ EMPLOYEES)
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Winner:
BEECHWOOD GROVE CARE HOME – OAKLAND CARE
Highly Commended:
MORTAIN PLACE CARE HOME

OUTSTANDING FAMILY BUSINESS
Sponsored by: Sykes Harley-Davidson
Winner:
CORIN DUDLEY ELECTRICAL SERVICES LTD

OUTSTANDING YOUNG ACHIEVER / APPRENTICE
Sponsored by: East Sussex College
Winner:
REBECCA STEVENS & MAYA BELLE of Eastbourne College
Highly Commended:
JAKE PURCELL of Metrobank

OUTSTANDING PROFESSIONAL SERVICE
Sponsored by: HR Dept & Owen Contractors Ltd
Winner:
JAMES THOMPSON ARCHITECTURE
Highly Commended:
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Highly Commended:
CORIN DUDLEY ELECTRICAL SERVICES LTD – CDS ELECTRICAL

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CUSTOMER SERVICE EXCELLENCE
Sponsored by: Insight6
Winner:
BEATTY DENTAL LIMITED

CREATIVE EXCELLENCE
Sponsored by: PRG Marketing Communications
Winner:
PRINTERS PLAYHOUSE
Highly Commended:
MEDIA ATTENTION

DIGITAL EXCELLENCE
Sponsored by: Southern IT Networks
Winner:
FOUNTAIN DIGITAL LTD

EMPLOYER OF THE YEAR
Sponsored by: Posturite
Winner:
ZOONOU LIMITED
Highly Commended:
HR DEPT SUSSEX-BY-THE-SEA

LIFETIME ACHIEVEMENT
Sponsored by: The Beacon
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Winner:
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By **Peter Lindsey**

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2025 Community Champion Award Winner – Kim Hatcher-Davies with CEO Colin Twomey.

St Wilfrid's Charity Champions

ON Friday 13th November 2026, *St Wilfrid's Hospice* will host its annual *Charity Champions Awards*, a special evening dedicated to celebrating the outstanding local businesses and corporate supporters who have gone above and beyond in support of hospice care.

By **Jenny Griffiths**

Taking place at the *Hydro Hotel,* the event will bring together businesses, sponsors and supporters for an inspiring evening of recognition, gratitude and celebration.

Hosted on stage by Ryan Millns from *Ashdown Radio* and Colin Twomey, CEO of *St Wilfrid's Hospice*, guests will enjoy uplifting stories from the year, highlights from successful fundraising campaigns, and heartfelt thanks from the hospice team for the incredible difference local businesses continue to make.

This year's awards feature eight categories:

- **Community Champion** – A company that has raised money for *St Wilfrid's Hospice* while raising awareness of the hospice and what we do within the community.
- **New & Returning supporter** – Celebrating a business that has either come on board as a new supporter or returned to support *St Wilfrid's Hospice* within the last 12 months.
- **Creative Supporter** – A business that has come up with a quirky and fun fundraising idea.
- **Long Standing Champion** – A business that has been supporting the hospice on a regular basis for five years or more.
- **Individual Champion** – An individual from a business who has gone above and beyond with the support of their company to raise funds and awareness.
- **Digital Sustainability Champion** – Celebrating an individual or business who has embraced innovative fundraising through digital or sustainability-focused initiatives to make a positive difference to *St Wilfrid's Hospice*.
- **The Hidden Gem Champion** – This award recognises an individual or business who may work behind the scenes or often go unnoticed, but whose kindness, dedication and contribution have a meaningful impact on *St Wilfrid's Hospice*.
- **St Wilfrid's Charity Champion Award** – An individual or business who has gone above and beyond for *St Wilfrid's* this year. Nominated by colleagues at the hospice.

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Chatley Dene, Westham

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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.



Southfields Road, Town Centre

Guide Price £400,000

Being Sold via Secure Sale online bidding. Terms & Conditions apply. Starting Bid £400,000
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Pacific Heights, Sovereign Harbour North

Guide Price, £250,000

Waterside two double bedroom second floor apartment. Double doors leading to a good-sized private balcony with harbour outlook. Bedroom (master) with juliet balcony. En-suite shower room to main bedroom. Lift to all floors. Allocated parking in secure undercroft car park. Desirable Sovereign Harbour North location. Close to waterfront, retail park, seafront, school and buses. Generously proportioned 18ft lounge and dining room. Separate kitchen.



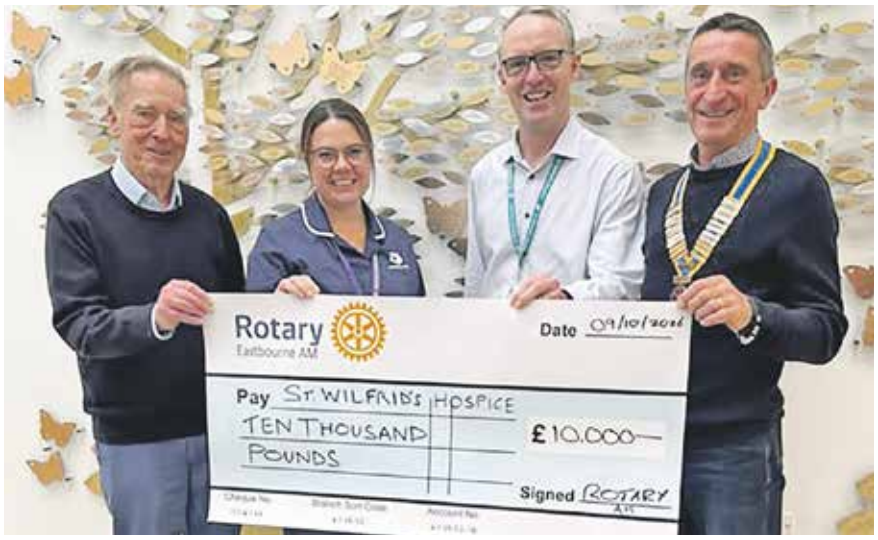
Gosford Way, Polegate

Guide Price £300,000

Two Bedroom Extended Semi Detatched Bungalow. Occupying a large corner plot with an expansive garden. In need of modernisation. Garage and long driveway. Sought-after and peaceful close in central Polegate. Only a short, level walk to local shops, cafés, and mainline railway station. Quiet Cul-de-sac location. No onward chain. EPC Rating D.

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£10,000 to St Wilfrid's Hospice

***THE Rotary Club of Eastbourne AM* has donated £10,000 to *St Wilfrid's Hospice* following the success of its annual *Lighthouse Challenge* fundraising event.**

By **Peter Lindsey**

***The Lighthouse Challenge*, a popular community fundraising walk around *Beachy Head Lighthouse* at low tide, raises funds for local good causes each year. This year, *Rotary Eastbourne AM* celebrated one of their most successful fundraisers yet, with over 1700 walkers taking part!**

Historically, part of the proceeds were ring fenced to go towards repainting the distinct stripes around the *Beachy Head lighthouse* but, with *Trinity House* now taking this on, it has allowed *Rotary Eastbourne AM* to make all of the funds available to local worthy causes.

In 2026, club members selected *St Wilfrid's Hospice* as a key beneficiary and were delighted to present a donation of £10,000 to support the charity's vital work across East Sussex. The donation reflects the generosity of participants, volunteers and supporters who took part in this year's event.

"It is an absolute honour to be President of our Rotary club, where each and every member plays a part in all that we do", said James Hookway. "Being able to pass on this amount of money to such a worthwhile organisation is very humbling. Also, it is wonderful to be able to show the participants from this year's event just what can be achieved from the money they donate, alongside the satisfaction of completing the Challenge! I thank you all".

Representatives from the *Rotary Club of Eastbourne AM* met with the team at *St Wilfrid's Hospice* during an official cheque presentation to mark the donation and celebrate the impact the funding will have for local patients and families. Present were James Hookway, President, Martin Wellings, who organises the annual fundraising event, together with Colin Twomey CEO & Danielle Curtis, Community Nurse Specialist, from *St Wilfrid's*.

"We are so grateful for Rotary's continued support" said Colin. "*Rotary AM* is such a strong local organisation and their work to support people at the end of life through *St Wilfrid's Hospice* will enable us to help more people to live well at the end of life."

The Rotary Club of Eastbourne AM has supported local charities and community organisations for many years through fundraising initiatives, volunteering and community projects. The annual *Lighthouse Challenge* remains one of the club's flagship fundraising events.

Save the date: The next *Lighthouse Challenge* will be held on Sunday 4th July 2027.







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PJ

Step through the door to Christmas magic



A MAGICAL new journey is arriving at *The Beacon Shopping Centre* this Christmas, and for children who feel a little nervous about meeting Santa, it could be just the ticket.

By **Harry Farmer**

***Doors Between* brings its immersive festive attraction, The Door to the North Pole, to Eastbourne from 24th November until Christmas Eve, inviting families to step out of the shopping centre and into an enchanting adventure.**

Join Brrrtram the snowman on a trip to meet Santa and his elves, boarding the North Pole Transit System for a journey filled with wintry wonder. Moving landscapes, cinematic sound, atmospheric lighting and special effects bring the adventure to life as you travel through frozen Ice Caverns towards the heart of the North Pole.

And waiting at your destination? Santa himself! Every child will have the chance to be seen and spoken to by Santa, with a gift for each young visitor before the magical journey home.

For families whose children find a traditional Santa meeting a little daunting, the story-led experience offers a different way to enjoy that special Christmas encounter.

Dedicated low-stimulus sessions are also available, featuring smaller groups, reduced sound, gentler lighting and fewer sensory effects, while preserving the full story and festive magic. Families can enquire through the attraction's website. Allow 35 – 40 minutes for your visit and prepare for a Christmas shopping trip with an extraordinary detour.

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Heartfelt by Caroline.

Sussex Craft & Design Christmas Fair

RETURNS to Eastbourne this November.

By **Emily Sander**

***The Sussex Craft & Design Christmas Fair* returns to the *Enterprise Shopping Centre* on 28th and 29th November, bringing together more than 25 talented makers, artists and craftspeople for a festive celebration of handmade creativity.**

Visitors can browse a wonderful selection of unique gifts, artisan crafts, jewellery, artwork, homewares and seasonal treats, while meeting the local creators behind the products. Adding an extra creative flourish to this year's event will be a special felting workshop with *Heartfelt by Caroline.*

Among the exhibitors returning for 2026 is Brighton-based *Glitter & Gem*, known for its beautifully handcrafted jewellery. Specialising in bespoke pieces featuring Australian opals and other carefully selected gemstones, every stage of production takes place in the company's Brighton workshop. From hand-cutting and carving gemstones to the final finishing touches, each piece is individually crafted, ensuring no two creations are exactly the same.

Also returning is popular local artist Lisa Parker. Inspired by seaside walks, garden daydreams and the natural world, Lisa creates vibrant prints, stationery and accessories that bring colour and character into the home. Many visitors may already recognise her work from the striking window illustration at *Ellevera*, where her designs are also stocked throughout the year. Lisa said, "I'm really looking forward to returning to the *Christmas Fair* again this year! I'll be bringing a little bit of everything, including greeting cards, prints, bookmarks, scrunchies, festive decorations and much more. I had such an amazing time at last year's fair, meeting everyone, sharing my work and seeing so many wonderful small businesses, so I can't wait to be back again this year!"


Lisa Parker.

As well as discovering the very best in local craftsmanship, visitors can enjoy a complimentary glass of mulled wine and one of *Just Baked's* homemade mince pies between 11am and 1pm on both days of the fair. The much-loved festive refreshments have become something of an *Enterprise* tradition and offer the perfect accompaniment to a leisurely browse around the stalls.

Whether you're searching for distinctive Christmas gifts, supporting independent makers or simply enjoying a festive day out, the *Sussex Craft & Design Christmas Fair* offers a lovely opportunity to get into the festive spirit.




Glitter & Gem.


Boship Green Pottery.


The Robin's Whisper.

Sussex Craft & Design Christmas Fair
28th November, 10-5pm &
29th November, 10-4pm.

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Mozzarella in Carrozza (V) **£6.75**
Crispy golden mozzarella sandwich served on a tomato sauce.

Polpette in Bianco (M) **£6.75**
Pork & beef meatball in a creamy wild mushroom sauce, served on Rustico bread & rocket.

Crocchette di Pesce (F) **£6.75**
Deep-fried cod & potato fish cakes served with garlic mayo.

MAINS

Pizza Porchetta (M) **£15.50**
Porchetta (boneless roast pork), mozzarella & smoked cheese, herby diced potatoes & caramelised onions.

Pizza Partenope (V · VG*) **£15.50**
Roasted mixed pepper, sun-dried tomato base with a squeeze of lemon, topped with roasted vegetables, mozzarella & finished with basil garlic oil.

Pizza Salmone (F) **£15.50**
Smoked salmon, mozzarella, courgettes & sun-blushed tomatoes, finished with garlic basil oil & rocket.

Strigoli San Silvestro (V · VG* · GF*) **£14.50**
Strigoli pasta in roasted pepper & sun-dried tomato sauce with lemon, finished with creamy burrata stracciata.

Pasta al Forno Natalizia (M · GF*) **£14.50**
Baked rigatoni in a creamy wild-mushroom & cheese sauce with a touch of tomato, turkey & peas, finished with parmigiano & pecorino.

DESSERTS

Caprese al Limone (GF · NP) **£6.95**
Traditional Capri-style lemon cake made with almond flour, lemon & white chocolate, with a light limoncello glaze.

Cheesecake (VG · GF) **£6.95**
Vanilla cheesecake with a caramel topping.

Brownie Affogato (V) **£6.95**
Vanilla gelato with warm chocolate brownie & hot espresso poured over the top.

Pistacchiello (V · NP) **£6.95**
Tiramisu with sweetened pistachio cream & fresh mascarpone cheese.

M = Meat • F = Fish • V = Vegetarian
VG = Vegan • NP = Nuts present.
GF = Gluten free • VG* = Vegan on request
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£5pp deposit required. Pre-orders required for parties of 6+. A service charge of 10% will be added for any party of 6+.

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Grand Flowers & Gifts.

Meads Magic

THE first major event of Eastbourne's Christmas calendar, is back for the 14th year running on Friday 27th November from 2:30pm to 7:30pm.

By **Gail McKay**

Meads Street will be lined with 45 stalls, with 10 more in Meads Hall, selling jewellery, candles, paintings, prints, cards, decorations and toys plus sweet and savoury morsels and festive food and drink – all created and produced by local artists and artisans. It really is the perfect place to buy those unique gifts and treats that make Christmas special.

Festive Fayre

Grand Flowers & Gifts with its stunning window display, will be packed full of festive fayre. Meads Street eateries *Ancient Grains, The Black Cat, Ren's Kitchen* and newcomer *Flint Owl Bakery* will be serving street food, and *The Ship Inn*, all decked out for Christmas, will be as warm and welcoming as ever.

The grotto will open its doors at 3:00pm when Mrs Christmas and the Christmas Cookie Cook will be there with a special welcome and a gift for preschool children. Then at around 4:15pm visitors can enjoy the highlight of the event – the festive parade – when local band *The Howlerz* will lead Santa and his elves down Meads Street to the *Meads Hall* and into *Santa's Grotto*.

Music

School choirs from *Bede's, St Andrew's* and *St John's* will be singing carols and Christmas songs and there will also be performances by *The Howlerz, The Remnant* (a talented local gospel trio) and three groups of dancers: *Longman Morris, RAPA Dance,* and *Harmony Steps*. Then in *Meads Hall* local choir *The Seaside Singers* will be performing more carols and Christmas songs.

If you are looking for the perfect way to get into the Christmas spirit, look no further than *Meads Magic*.


Harmony Steps.

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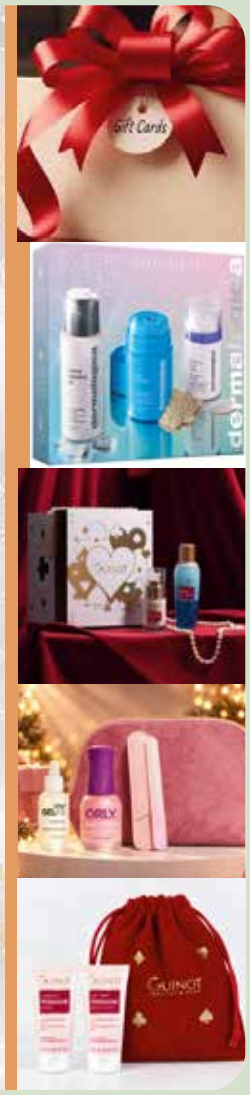
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The Langham

CHRISTMAS is coming to Eastbourne, and *The Langham Hotel* is pulling out all the stops to make this year's festive season one to remember.

By **Peter Lindsey**

The seafront hotel is preparing to welcome local businesses, families and friends for a packed programme of Christmas celebrations.

From 1st November, the hotel will be transformed with beautiful decorations, a magnificent Christmas tree and the scent of mulled wine filling the air. From 14th November, carol singers will perform Tuesday to Saturday, while Father Christmas will make special evening appearances for resident guests and private bookings.

Let's celebrate!

The Langham's 'Join the Party' evenings offer everything needed for a memorable office party. Priced at £89 per person, guests can enjoy a delicious three-course festive dinner, mince pies, mulled wine and Christmas carol singers, followed by a disco and dancing. There's an extra incentive for party organisers, too. Book for more than 20 guests and receive a complimentary overnight stay for two, including dinner, at *The Langham* in February 2027 (exclusion dates apply).



Festive dining

Throughout December, the hotel will also offer three-course festive lunches and dinners, priced at £42 per person, complete with Christmas crackers and a glass of fizz. Whether gathering colleagues, catching up with friends or enjoying a family celebration, there's plenty of festive cheer on the menu. Boxing Day lunch offers another opportunity to celebrate, with live entertainment from Paul Astor and prices from £60 per adult.

Ring in 2027

Looking ahead, *The Langham* is also planning a spectacular New Year's Eve celebration, including a gala dinner, live entertainment, a private fireworks display on the beach and a trip to see *Cinderella* at the *Devonshire Park Theatre*. Two-night packages start from £480 per person.

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www.langhamhotel.co.uk

Join the Mayor

***THE Mayor's Civic Carol Service* is taking place on Saturday December 12th at 4pm at the *Parish Church of St Mary* in Old Town.**

By **Peter Lindsey**

Councillor Margaret Bannister is enjoying her second stint as the town's first Citizen, having had a very successful first 12 months.

She was thrilled to be asked to take on the role for another 12 months, and is popular wherever she goes around town.

Her *Civic Carol Service* is a very special event for Margaret, and she is hoping the public will come along.

She said: "It will be a very traditional Carol Service, just two weeks away from the big day, so it's a chance for everyone to get in the festive mood.

"I am very grateful for everyone who will be giving their time free of charge for this very special event."

There will be a retiring collection, for the Mayor's Charities – *The Matthew 25 Mission* and *SASBAH*.

Margaret said both charities are worthy of as much public support as possible.

"Both do such great work in the town," she said.

There is no need to book – just turn up at 4pm on the day.

Enquiries to Mayor's Office at:
mayorsoffice@lewes-eastbourne.gov.uk
01323 415020

Cinderella

THE Spotlight Players* are a drama group based in Hampden Park – and this December they are staging *Cinderella* at *St Mary's Church Hall.

By **Peter Lindsey**

There are four performances from Friday December 4th to Sunday December 6th, and tickets are now available.

The panto has been written by Alan P Frayn in association with *Stage Right Creative Ltd.*

It promises to be a fun panto – *The Players* are a local group with a great reputation.

A spokesperson said: "We are an amateur dramatics group and everyone is welcome to join us. We meet weekly on a Thursday evening.

"We would love to welcome people to our team on or off the stage, whether you fancy singing, dancing, acting or whether scenery painting or help producing is your thing."

On the day of the panto, raffle tickets and refreshments will be available to purchase with the proceeds going to the 2026 chosen charity, the *Barby Keel Animal Sanctuary* in Bexhill. (these are cash only).

Approximate running time (including the interval) 2.5 hours.

Tickets are available at:
www.ticketsource.com/the-spotlight-players

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Better Together

HOW *SDHC* and *Wave Active* are bringing clinical care, prevention and lifestyle support together under one roof.

A partnership built around better health

At *Hillbrow Health and Wellbeing* in Eastbourne, a partnership between *South Downs Health and Care (SDHC)* and *Wave Active* is demonstrating what can be achieved when clinical healthcare, physical activity and lifestyle support work side by side.

Collaboration has been at the heart of *Hillbrow* from the outset. The shared ambition is to bring traditional healthcare together with opportunities for people to become more active, make sustainable lifestyle changes and improve their wider health and wellbeing.

One of the latest examples is a collaborative cardiovascular disease (CVD) and hypertension clinic, bringing together *SDHC's* clinical expertise with the lifestyle and wellbeing expertise of the *Wave Active Health* team.

By **Barrie Crowhurst**

Looking beyond the consultation room

Cardiovascular disease remains a major health challenge. High blood pressure, high cholesterol and atrial fibrillation are among the important modifiable or treatable risk factors for CVD, and identifying and managing these risks earlier can help prevent serious events such as heart attack and stroke.

The *Hillbrow* clinic has therefore been designed with both prevention and ongoing hypertension management in mind.

Patients from Eastbourne and the surrounding area are invited into the service with the involvement and consent of their own GP practice. During the appointment, *SDHC* clinicians can undertake a cardiovascular review, considering blood pressure, cardiovascular risk, relevant medical and family history, current medication and other clinical risk factors. Where appropriate, this may also include reviewing investigations and identifying whether further assessment, treatment or follow-up is required.

SDHC: clinical & medical

- Blood pressure and hypertension review.
- Cardiovascular risk assessment.
- Medication and relevant history.
- Investigations, follow-up and safety-netting.

Wave Active Health: lifestyle

- Physical activity and moving more.
- Nutrition and healthy routines.
- Smoking and alcohol conversations.
- Practical goals and onward activity support.

> The aim is simple: bring the right clinical care and the right lifestyle support together, around the person, in one place.

From advice to action

The appointment does not end with the medical assessment. Working alongside the *SDHC* clinician is a Health Coach from *Wave Active Health*, enabling patients to discuss the lifestyle factors that can make a meaningful difference to cardiovascular health.

Rather than simply being told to "exercise more", patients can explore realistic ways to become more active, improve nutrition and make changes that fit their own circumstances. The benefit of the *Hillbrow* model is that the support to make those changes is available within the same environment.

The Hillbrow approach

CLINICAL CARE
- Blood presure review
- Cardiovascular risk
- Medication and history
- Investigations and follow-up

→

LIFESTYLE SUPPORT
- Move more
- Nutrition
- Smoking and Alcohol
- Practical goal setting

→

ONE SHARED AIM
- Earlier intervention
- Better self-management
- Healthier choices
- Living well for longer

> Clinical care working alongside prevention. Healthcare working alongside physical activity. Medical expertise working alongside lifestyle support.

We are already seeing patients attending the CVD and hypertension clinics take up opportunities to join activities and classes at *Hillbrow*, helping them turn conversations about movement, nutrition and healthier habits into practical action.

A neighbourhood approach to health

The clinic also reflects a much wider change taking place across health and care. The *NHS 10 Year Health Plan* describes three major shifts for the future of the health service: from hospital to community, from analogue to digital, and from sickness to prevention. The growing neighbourhood health model similarly focuses on bringing services together locally around the needs of communities.

At *Hillbrow*, that direction can be seen in practice. A patient can attend for a clinical assessment, receive support to understand and manage cardiovascular risk, talk through lifestyle change with a health professional and discover suitable activities that can help them become healthier and more active – all within the same building.

Importantly, this does not replace the relationship patients have with their own GP practice. Instead, the model is about organisations working collaboratively, with the appropriate involvement of practices, to provide additional local capacity and opportunities for prevention and earlier intervention.

COMMUNITY
Care closer to where people live.

PREVENTION
Earlier action before problems escalate.

PARTNERSHIP
Clinical and lifestyle expertise together.

More than a health centre – more than a leisure centre

Perhaps the most exciting aspect of the partnership is that it challenges the traditional distinction between healthcare and leisure. Good health is influenced by much more than what happens in a consultation room.

Medication and clinical intervention will always be essential, but so too are physical activity, nutrition, social connection, confidence and having accessible opportunities to make healthier choices. By bringing the strengths of *SDHC* and *Wave Active* together, *Hillbrow* can offer both.



Prevention through partnership

It is still early days for the collaborative CVD and hypertension clinic, and the teams will continue to learn from the patients and professionals involved. However, the early experience is encouraging – particularly the way patients are engaging with opportunities beyond the consultation itself.

Preventing cardiovascular disease and improving the management of hypertension can make an important difference to individual health. Earlier intervention and better risk-factor management can reduce the likelihood of serious cardiovascular events and support the wider ambition to prevent avoidable ill health and reduce pressure on acute services.

For *SDHC* and *Wave Active Health*, the CVD clinic is therefore much more than another clinic. It is an example of what *Hillbrow Health and Wellbeing* is all about: different organisations working around one person, in one place, with one shared aim – helping local people live healthier lives for longer.



hillbrow health and wellbeing

sdhc GP FEDERATION

01323 407400
www.hillbrowhealthandwellbeing.org

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

Background sources: NHS 10 Year Health Plan; NHS England cardiovascular disease prevention guidance; Wave Active Health referral clinic information.



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3b Meads St, Eastbourne, BN20 7QT

Ooh, what's that smell?

SOMETIMES it's unidentifiable – when there has been heavy rain following a dry spell, the scent of autumn, that cold smell after a heavy fall of snow, or even clean air without any car fumes – I'm sure scientists could give us an explanation, but I certainly can't!


Walking through wild garlic (Photo by John Hancock).

By **Theresa Hancock**, Polegate Ramblers

To me, autumn smells of freshly cut hay or grass, and damp leaves underfoot when walking in the woods.

I always think of spring as smelling of bluebells in ancient woodland, the coconutty smell of gorse when the sun is shining on it, or the not-very-pleasant smell of alexanders or oil seed rape, both of which can be a bit overwhelming if walking nearby. Wild garlic has a love-it or hate-it odour, but it is a real harbinger of spring with its lovely spear-like leaves followed by dainty white flowers that you smell before you see.

Some things are best not smelled, like a farmyard full of slurry that you have to try to cross, a pile of odorous manure or a field with lots of cow dung. What's even worse is having to clean the stinking mess of your boots when you get home!

At the end of a hot walk you may have smelly feet and socks, but there may also be that lovely café to entice you in for a reward of a cuppa and a cake, or even a pub for a nice cold refreshing drink.

Polegate Ramblers meet every Thursday with a range of walks to suit all abilities. Email Secretary Lindsey for more details: **polegateramblers@gmail.com**

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Safe, trusted weight loss: why Coda Pharmacy puts your health first

SEARCHING online for weight loss support can often leave you feeling unsure about which websites to trust.

By **Molly Graff**, Coda Pharmacy

With so many providers online, patient safety must come first. As an *NHS*-regulated pharmacy, *Coda Pharmacy* ensures you receive genuine medication, thorough clinical checks, and ongoing support from qualified professionals throughout your weight management journey.

How to spot an unregulated supplier

To protect your health, watch out for these red flags when searching for weight loss treatments online:

- **No Consultation Required**: Legitimate GLP-1 treatments, including our needle-free semaglutide tablets, require a thorough clinical assessment by qualified professionals.
- **Missing GPhC Details**: Always check for a *General Pharmaceutical Council (GPhC)* registration number and a verifiable UK address on their website.
- **Unrealistically Low Prices**: Excessively cheap offers often indicate counterfeit or unapproved medication.

More than just medication

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Disclaimer: Results vary. Weight management depends on individual factors. This service is not a substitute for medical advice. *Coda Pharmacy* is *GPhC* registered.




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Mary, care home resident
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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

care UK

Are you powering through burnout?

THE hidden signs midlife women ignore.

By **Jane Long**



Many midlife women and burnt-out professionals do not always look exhausted on the outside. There is a particular kind of exhaustion that does not manifest as a collapse, but rather as coping, functioning, and holding everything together with a smile. Beneath the surface, however, your system feels heavier, slower, and deeply depleted.

Survival mode

Burnout builds quietly over time. What begins as waking up tired, relying on caffeine, or feeling emotionally flat often turns into a pattern of overriding your own boundaries. Life rarely stops demanding your time – work, family, and invisible mental loads persist, forcing your nervous system into survival mode. You may find yourself wired but tired, holding tension in your jaw and shoulders, or feeling guilty the moment you try to rest. Midlife amplifies this pressure as hormonal shifts, caregiving, and evolving careers coincide.

True restoration

Ignoring these signals often prompts the body to speak louder through physical tension, disrupted sleep, and emotional numbness. True recovery is not about quick fixes, optimization, or pushing harder. It is an invitation to create safety, soften, and listen to your body's needs. Through gentle practices like reflexology, facial tension release, and nervous system calming techniques, true restoration becomes possible. Stopping the habit of powering through is not a failure, it is the essential first step toward coming back to yourself.

Through treatments such as reflexology, facial reflexology and Zone Face Lift, Jane offer women dedicated time to step away from the demands of life, relax and reconnect with themselves.

www.janelongwellbeing.com

ChickBox brings Eastbourne women together

MORE than 55 women attended ChickBox's *Understanding Your Hormones* event, highlighting the importance of accessible and specialist women's health education, strength training and personalised menopause support.

By **Gail McKay**



Dr Ginny Ponsford, Jo Sullivan, Rachel Bateman, Leeanne Smith from ChickBox.

More than 55 women came together at *Foundry's Breakwater Conference Suite*, in the *Beacon Centre* on Thursday 16th October for *Understanding Your Hormones*, an evening of menopause education hosted by *ChickBox*, Eastbourne's female specialist strength training and coaching gym.

The event featured Dr Ginny Ponsford, Menopause Specialist at *King's College Hospital London* and *The Women's Hormone Clinic*.

Conversation also touched on the wider picture of women's health, including ADHD and neurodivergence, and how hormonal fluctuations during perimenopause may affect symptoms and day-to-day experiences. Conditions such as PMOS, PMDD and Endometriosis were also explored.

ChickBox works with women at every stage of life, combining personalised coaching, strength training, nutrition and mindset coaching and community to help women feel stronger, healthier and more confident.

ChickBox, said:

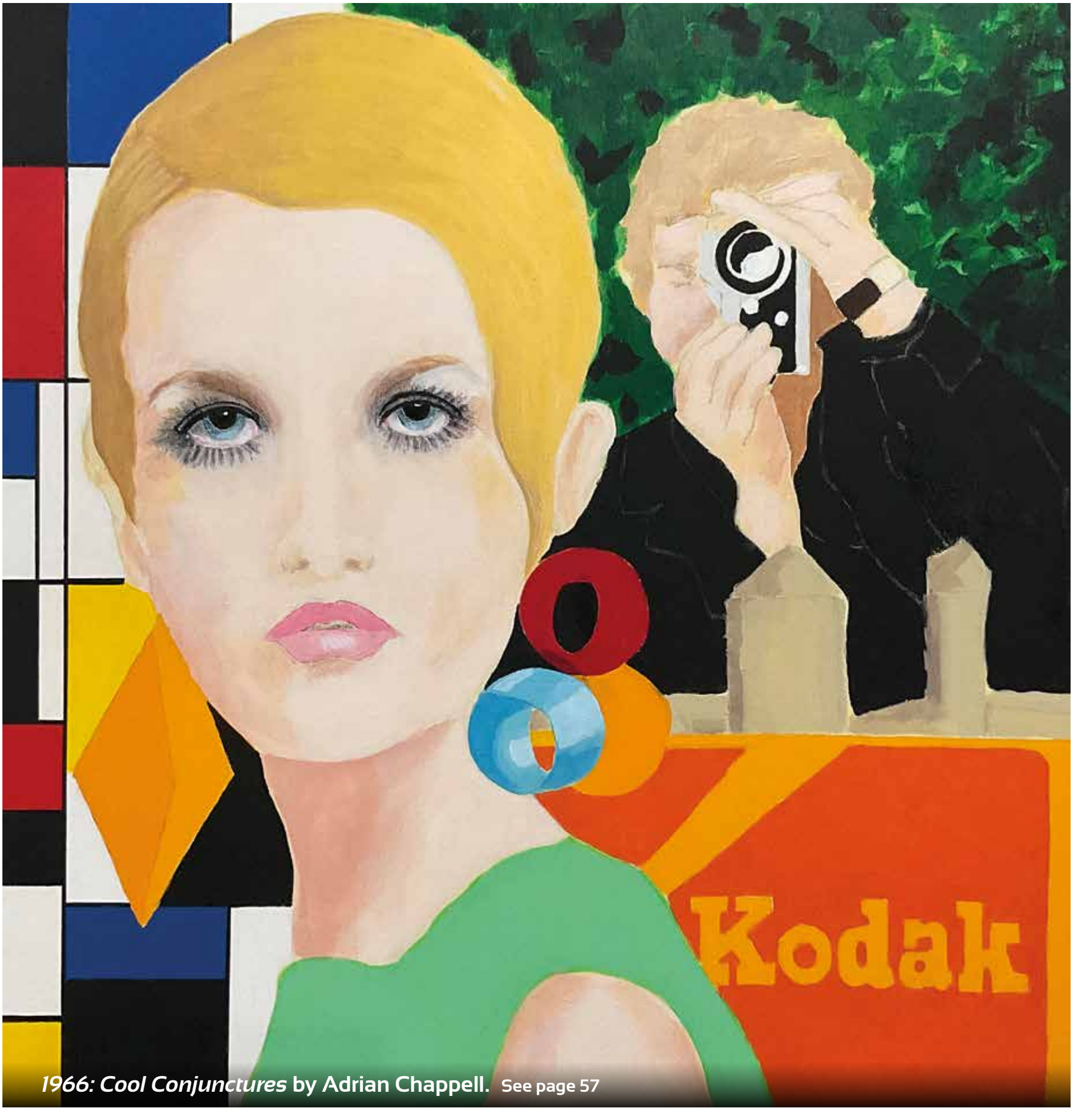
"Women deserve access to the right information, support and tools to make informed decisions about their health. Bringing women together with a trusted expert like Dr Ginny is a powerful way to help women feel heard, understand their options and realise they don't have to navigate this stage alone."

Further women's health and wellbeing events are planned, with *ChickBox* committed to creating more opportunities for women in Eastbourne and the surrounding areas to access trusted information, feel empowered and build a stronger future together.

www.thechickbox.co.uk

142 Langney Road
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The**Arts**



1966: Cool Conjunctures by Adrian Chappell. See page 57

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Maybe:









Ryan Gander











14 November 2026 to 11 April 2027





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Free for Towner Members and Under 25s

Advance booking advised

Ryan Gander, *Closed systems* [details], 2024. © Ryan Gander; Courtesy the artist and Esther Schipper. Photography by Andrea Rossetti. Ryan Gander, *Know not your place in the world / Explorations in agency (Chase)*, 2023. © Ryan Gander; Courtesy Lisson Gallery. Ryan Gander, *When the shadows started to go the wrong way (1979)*, 2024. Courtesy the artist and Mennour, Paris. Photo: Archives Mennour. Ryan Gander, *The story teller: The sense that you are a part of a flow of a thing*, 2025. © Ryan Gander; Courtesy the artist and Lisson Gallery. Photography by Ryan Gander Studio. Ryan Gander, *A Biography (They will only encourage you to perform the script)*, 2024. Courtesy the artist and Mennour, Paris. Photo: Archives Mennour. Ryan Gander, *Your nostalgia*, 2014. Courtesy the artist and Mennour, Paris. Photo: Ryan Gander Studio. Ryan Gander, *Two hundred and sixty-seven degrees below every kind of zero*, 2014. © Ryan Gander; Courtesy the artist and TARO NASU, Tokyo. Photography by Ryan Gander Studio.

At Towner

IT'S a packed month at *Towner Eastbourne* with two exciting new exhibitions, the gallery's popular *Christmas fair,* and the latest edition of *Towner Lates*.

By **Towner Art Gallery**

Opening on 14th November, *Maybe: Ryan Gander* is the first UK solo show in nearly 20 years from internationally acclaimed artist Ryan Gander. Known for incorporating humour into his practice, Gander creates accessible points of engagement that invite us into the often exclusive world of contemporary art.

The exhibition includes a fully mirrored room containing *Closed systems* (2024), an expansive floor installation of colourful, repurposed toys. Alongside this is a new body of work, For I am a Sign (2026) – a series of paintings made by Gander in collaboration with his autistic, non-verbal son. *I've felt everything I'm going to feel – The Unspeakable World* (2026), is the latest work in a celebrated series of animatronic mice that have captivated audiences around the world. The storytelling mouse, voiced by the artist's daughter, appears from the debris of a hole in a wall to deliver its philosophical monologue.

Opening on the Ground Floor on 21st November, *The Practice of Liberation* is a new exhibition by acclaimed contemporary artist Michaela Yearwood-Dan. It centres on a series of 14 paintings and six ceramic vessels presented within an installation designed by the artist and accompanied by a bespoke score by composer Alex Gruz. Drawing on the aesthetics and symbolism of the Catholic church, Yearwood-Dan examines the intersection of the histories of colonialism and institutional religion through the lens of her own memory and experience.

Check out both exhibitions and more at the latest edition of the gallery's late-night series *Towner Lates* on 20th November. The autumn edition features the audio-visual duo *Mermaid Chunky* bringing their pastoral electronica to *Towner's Studio 1*, supported by Elisha Edwards and Liz Overs.

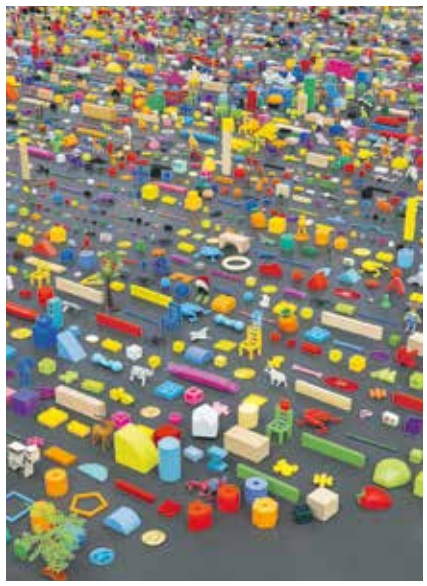
Also, don't miss Towner's popular Christmas fair on 6th, 7th and 8th November, and of course, the beautiful *Ravilious Collection* which is open year round.

Towner Christmas Fair
Friday 6th November,
4:00pm to 7:00pm.
Saturday 7th and Sunday 8th November, 10:00am to 4:00pm.
Free entry, booking advised.

Maybe: Ryan Gander
14th November 2026 to 11th April 2027.
Pay what you can £5/£8/£11/£14.
Free for *Towner* Members and Under 25s.
Advance booking advised.

Towner Lates
Friday 20th November,
7:00pm to 10:00pm.
£6 in advance/£12 on the door.

Michaela Yearwood-Dan *The Practice of Liberation*
21st November 2026 to 14th February 2027.
Free entry.



Ryan Gander, *Closed systems*, 2024. © Ryan Gander; Courtesy the artist and Esther Schipper. Photograph by Andrea Rossetti.



Towner Lates. Photo by Mike B Design.



Michaela Yearwood-Dan: The Practice of Liberation. Installation view, the Whitworth. Images courtesy the artist and the *Whitworth, The University of Manchester.* Photography: Michael Pollard.



The Rattonians Christmas spectacular



***THE Rattonians* – so well loved in Eastbourne and beyond – are once again staging their Christmas celebrations later this month.**

By **Peter Lindsey**

A Christmas Spectacular takes place at *The Royal Hippodrome Theatre* from November 18th-21st.

And spectacular it will be.

Expect a fabulous evening packed with show songs, festive favourites and plenty of Christmas cheer – the perfect way to get into the spirit of the season!

Mel Adams from *The Rattonians* said: "We all look forward to putting on our Christmas shows every year.

"Highlights will include sparkling dance routines, dazzling costumes, and plenty of Christmas cheer for the whole family to enjoy.

"There will be a mix of nostalgia, glamour, and feel-good entertainment, and this show is guaranteed to have you singing along and feeling great!

"And of course, no Christmas Spectacular would be complete without a special visit from Father Christmas himself!"

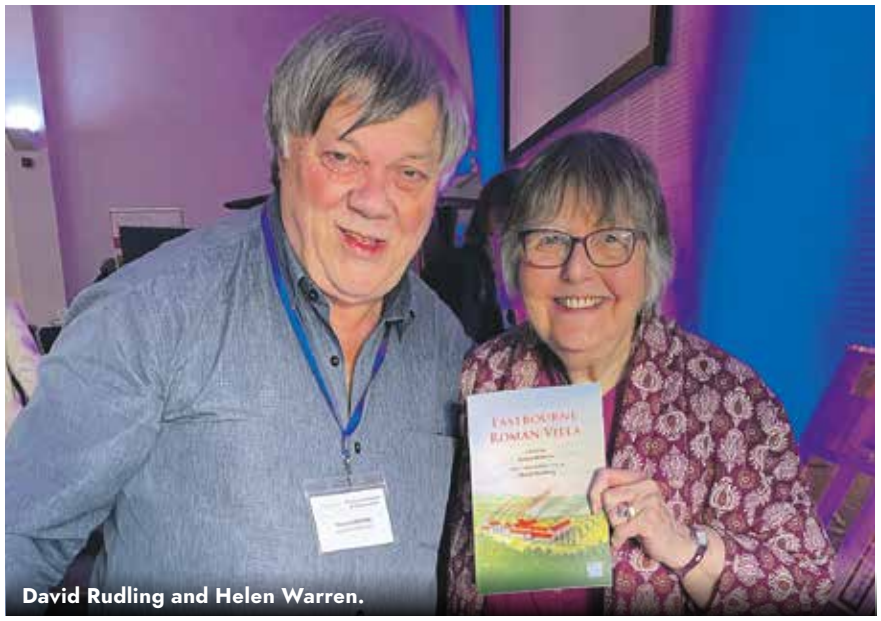
Book your seats here: **www.royalhippodrome.com/event/the-rattonians-a-christmas-spectacular**



Eastbourne Roman villa

DID you know that Eastbourne once had an impressive Roman villa on the seafront?

By **Gail McKay**


David Rudling and Helen Warren.

Evidence was first noticed in the early 18th century when stone foundations, pottery shards and tiled pavements (mosaics) were discovered. Sadly, all has now been lost apart from a few finds in museum collections.

It is exciting news that *Eastbourne Natural History and Archaeology Society* have with publishers *ArchaeoPress* produced a new book about the villa. Edited by Helen Warren, secretary of *ENHAS*, and with new contributions by David Rudling.

Artist's impression

Included is the original *ENHAS* booklet from 1973, with additional coloured images, an illustration of what the villa may have looked like. We now know that the villa was far bigger and grander than previously assumed, more of a palace than a villa. We also have dates for its construction and demise. Helen Warren's painting, an artist's impression, gives an idea of what it may have looked like with its many rooms, pleasure gardens and sea views.

Speakers

The book which costs £12.00 is now available and will be on sale at the next meeting of the *Eastbourne Natural History and Archaeology Society* on Friday 27th November at 7:30pm when Lisa Fisher, an expert in researching historic buildings is speaking.

Visitors very welcome. £4 at the door.

The venue is:
***St Saviours Church Hall*, Spencer Road, Eastbourne BN21 4UT**.

Or the book can be purchased by contacting Helen Warren at: **enhas.info@gmail.com**.

For more information please visit: **www.eastbournearchaeology.com**

1966: Cool Conjunctures

EXHIBITION and book launch at *Patterson Gallery, Lansdowne Hotel* BN21 4EE

By **Gail McKay**

One of the artists exhibiting work in this November's *Artist Open House* is Adrian Chappell. He is showing his work at the *Patterson Gallery, Lansdowne Hotel* across two weekends (November 21st/ 22nd, and November 28th/29th 10:00am – 5:00pm).

1966: Cool Conjunctures

In April 1966 London was immortalised in an article written by *Time* magazine, declaring "Swinging London" was here in the capital. It was the place to be and the place to be seen.

Adrian's exhibition combines a series of paintings with his new book of short stories titled *1966: Cool Conjunctures*. These portray some of the key events of 1966 to capture the optimism and turbulence of that pivotal year in London's history.

Drawing on the aspirations and energies of young people, a powerful set of "cool conjunctures" took shape in London at that time. These emerged through music, fashion and art to pose a new creative challenge to the post-war status quo. And soon these conjunctures impacted into all areas of cultural, social and political life, inducing for some a moral panic that young people were driving society in a dangerously hedonistic direction.

Presentation: Saturday 21st November, 3:00pm

Adrian's exhibition and book is a combination of his own personal reflections, historical analysis and creative story-telling based on 1966. He will be giving a talk about *1966: Cool Conjunctures* on Saturday 21st November at 3:00pm in the *Patterson Gallery, Lansdowne Hotel*. Refreshments will be available afterwards.

For further information please contact:

Peter Patterson:
peter@pattersongallery.co.uk
or
Adrian Chappell:
adrianchappell47@gmail.com





Patterson Gallery
Alfriston Room
Lower ground floor
The Lansdowne Hotel
King Edwards Parade
Eastbourne BN21 4EE

Farley's largest ever exhibition

***THE Farley Arts Trust* has announced the launch of its eleventh biennial *Farley Arts Awards & Exhibition*. This year's exhibition will showcase a record-breaking collection of over 70 works by emerging young artists.**

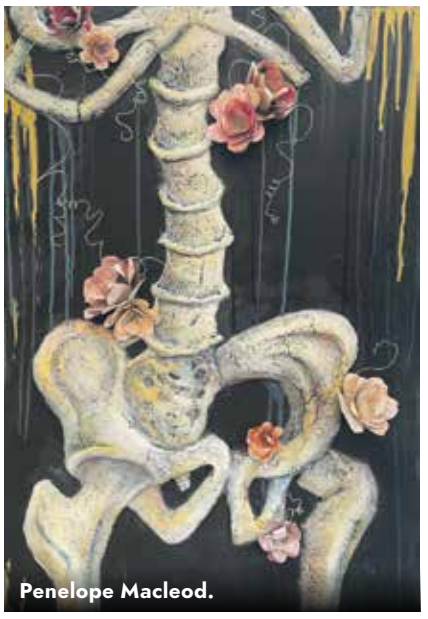
By **Gail McKay**

A total of 19 state schools, colleges, and academies across East Sussex are participating in the 2026 event.

Rooted in the unique surrealist legacy of Lee Miller and Roland Penrose, the *Farley Arts Trust* was established over twenty years ago to inspire and engage young people in the visual arts and bring them and their art works together through collaborative exhibitions and activities.

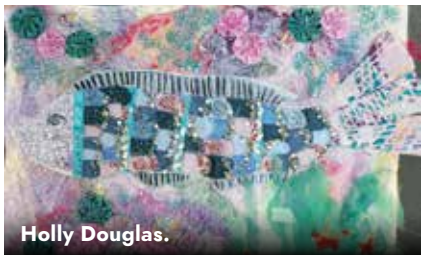
In addition to the usual category prizes, regularly funded by local companies and organisations, in 2026 there will be several prestigious special awards:

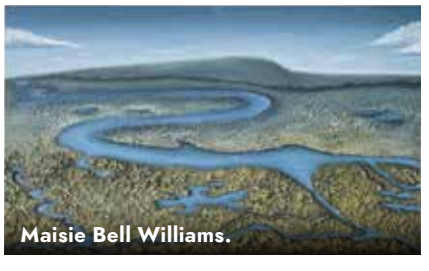
- **The Surrealist Award**: Art works by one or two of the students will be placed on public view at Farleys House for two seasons.
- **The Sylvia Tidy Award**: Awarded to a student displaying a clear awareness of issues of great personal or community concern.
- **The Free Painters and Sculptors Award**: New for 2026, this will be given to a student demonstrating a highly individual approach to how they conceive and execute their work.
- **The Arts Society Eastbourne**: Two students will be selected to receive a bursary to further their art interests.


Penelope Macleod.

The exhibition is free to enter and open to the public on Sunday 15th November 2-4pm at:
The Lee Miller Gallery
Farleys House & Gallery
Muddles Green
Chiddingly BN8 6HW


Bronwen Williames.


Holly Douglas.


Maisie Bell Williams.



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Friday 6 November



UK Queen
Saturday 7 November

RHT
Royal Hippodrome Theatre



Comedy Hypnotist & Mind Reader
Friday 13 November



The Marley Experience
Saturday 14 November



An Evening with Harry Redknapp
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Saturday 28 November



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Green and pleasant

NOVEMBER is here, the clocks have gone back, the leaves are falling and it's getting colder and wetter. As autumn turns to winter, the main jobs in the garden are mostly about protecting plants and structures from the wilder weather which will inevitably arrive. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping them. Remember winter can be a tough time for birds in terms of water and food, so keep supplies well topped up.

By **Geoff Stonebanks**

Have you thought about a real Christmas tree for next month? Dare I say, it's not long now and lots of companies are taking orders. I've had a real tree in the house most years as I love the smell. The last few years I've also placed one in the garden with fairy lights on too. Time this month to make a decision!

Fireworks in the garden

With Bonfire Night on the horizon, there are quite a few plants that are very reminiscent of fireworks. One in particular, Allium Schubertii, is the firework allium par excellence, with vast wonderful dark pink, spiky flowers. It is very eccentric and showy while flowering and great when dried too. Schubertii is a bulbous perennial producing bright-green, strap-shaped leaves in spring, which die back before the flowers appear. These consist of 50 or more star-shaped, pinky-purple florets on stems of differing lengths producing a starburst effect up to 30cm across. So maybe this month is a good time to plant some in your garden for great results in 2025 and beyond!

Another firework inspired planting might be Pennisetum setaceum 'Fireworks' (ruepplli) which makes a lively addition to bedding displays and patio containers. The fluffy seed heads can be also cut to make elegant dried flowers. The colourful foliage of this fountain grass emerges with bold stripes of red, pink and green, before maturing to a rich shade of burgundy. From mid-summer to autumn, the showy purple flower spikes rise above the arching foliage in a spectacular architectural "bonfire" display.

Preparing for the first frost

It is always difficult to get the timing right, ensuring everything is safe and sound in the garden prior to the first frosts every year! Prime tasks should be to lift and store dahlias, cannas and begonia tubers that are planted out planted in flower beds or containers. All the guides say lift after the first frost and store the tubers carefully. The experts say dahlia tubers must remain dry but not dry out completely. Place in a dry, frost-free environment, evenly spaced in a tray or box and fill with sawdust, spent dry compost or vermiculite.

November tasks

Here's a few suggestions on things to do in the garden this month providing the weather is in your favour! If, like me, you have potted chrysanthemums in the garden, keep them moist and do remember to deadhead them regularly in order to keep the flowers coming as long as possible. If growing cyclamen, remove leaves that are yellowing, along with the faded flowers, by pulling them from the corm. To prevent leaves from turning yellow it is best to keep them in a cool and bright place. Check on your potted plants that are kept for flowering over winter and ensure they have enough water. For dormant plants being overwintered in a frost-free place you will need to cut down on the watering.

I've already picked all my fruit growing in the garden but if you have yet to collect yours, now is the time to do so. Pick ripe apples and, depending on the variety, either eat or store in a cool, dry place for later in the year. I tend to peel and poach all mine, then freeze in containers for use throughout the winter months, in pies and crumbles. I've also got a conference pear tree and have done the same with them.

Grasses

This time of the year is a great time to cut back many grass flowers or tatty seed heads. The flower and seed heads of ornamental grasses play a vital factor in providing winter interest and look wonderful covered in frost or snow, but there's a good chance they are looking a bit untidy now as they collapse and break away. In this case, the best thing to do is to cut them back to the base with secateurs. The front beach garden at *Driftwood* is awash with many grasses, my favourite of which is stipa tenuissima or pony tails grass. It is a wonderfully impressive plant, with its evergreen base clump of leaves topped in summer with an array of flowering spikes, which turn from silvery green to gold.

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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