WATERLINES

Digital Newsletter of Sovereign Harbour Residents Association

Issue OL31
December 2019
(Published on-line every 2nd month)
www.shra.co.uk

Hello, and welcome to the DECEMBER issue of Waterlines. I hope that you find items of interest. Comments and feedback are always welcome.

Important. SHRA's *Waterlines* editor and website manager Tony Smith, plans to give up the posts in March 2020, so we are anxious to recruit new committee members who could take on those roles. Training and a hand-over period could be arranged if required, but we are always open to new ideas for producing *Waterlines* and maintaining the SHRA website. As we say in every edition, we are always on the lookout for members who would like to help run the association by joining the SHRA committee that meets monthly in Pacific House. If you are interested, please email the SHRA Acting Chair, Susan Kerrison at: chair@shra.co.uk

Contents

Eastbourne Local Plan - Change of Land Use	2-4
Pétanque Court	5
Sovereign Shines 2019	5
The Harbour W.I. (November)	6
Rotary Sovereign Harbour	7
Discounts for SHRA Members	9
News from the Harbour Medical Practice	10
Cooking with Faz Razeen	13
Harbour Friends	14
Complaint Contacts - Who to complain to	16
Sovereign Harbour Yacht Club	17
Poetry Corner	18
Polyphony Vocal Ensemble Vacancies	19
Sovereign Harbour Photo Club	20
Polyphony Vocal Ensemble Festive Fanfare	22
Christmas Craft Market 7th December	23
Royal Sovereign Suite Hire	24
Sovereign Shines Xmas Stalls 13th December	25
Christmas Wishes	26

Our thanks to the companies below for their sponsorship of Waterlines for 2019













The Eastbourne Local Plan - Change of Land Use

Eastbourne Borough Council has commenced preparation of a new Local Plan for Eastbourne, which will cover the period from 2018 to 2038. The Eastbourne Local Plan will be the key planning document that will plan and manage growth, regeneration and development across the Borough over the next 20 years.

In order to obtain views on how Eastbourne should change in the future, EBC has published a consultative report – *Eastbourne's Direction of Travel: Issues & Options for the Eastbourne Local Plan* – which identifies the key issues and opportunities that the Local Plan should address.

Residents, businesses and other stakeholders are invited to respond to all or any of the 42 questions and 30 options identified in the *'Issues & Options'* document. The responses to this consultation will inform the production of the Local Plan.

The *Issues & Options* document can be viewed or downloaded at: http://planningpolicyconsult.lewes-eastbourne.gov.uk/consult.ti/EBIOR/consultationHome. Responses can be submitted in writing or by completing an on-line questionnaire. **The closing date for making comments is Friday 10 January 2020**. SHRA has extracted all the questions and options as a separate document that you may wish to use as an aid when responding. You can download the list of questions and options from the SHRA website using this link: www.shra.co.uk/pdfs/EastbournePlanQandA.pdf

However, you may wish to delay responding as EBC is holding an exhibition on the Eastbourne Plan for residents in the Sovereign Harbour Community Centre on Thursday 5th December between 2pm and 7pm (just pop in during those times). A representative from the SHRA will be there between 2 and 4pm to hear your views.

Clearly, the most relevant of the questions are the two relating to possible change of use for land on Sites 6 and 7a at Sovereign Harbour that would allow it to be used for light industry businesses. They are:

Question 14: Sovereign Harbour Site 6

- Would Sovereign Harbour Site 6 be an appropriate and attractive location for light industrial development?

Question 15: Sovereign Harbour Site 7a

- What employment-generating uses would be appropriate for Sovereign Harbour Site 7a?

When considering these questions (and all the others) please refer to the additional points and information contained in the *Issues & Options* document.

In the 2013 Sovereign Harbour Supplementary Planning Document (SPD) both sites were identified as space for employment use. It was

Harbour Friends

Harbour Friends meet every Wednesday evening at 7.30 at the Yacht Club.

For the uninitiated, Harbour Friends is a social group of Harbour Residents, of all ages, both singles and couples, with the purpose of building friendships and generally enjoying life on our lovely harbour.

Events are open to members only so why not join. At only £15 per year this is a bargain.

For further information please visit the Harbour Friends website at: www.harbourfriends.co.uk

Rotary Club of Sovereign Harbour

The Rotary Club of Sovereign Harbour meets every Tuesday at 7:00pm for a buffet dinner in Seasons at the Sovereign Harbour Waterfront. Visitors and any prospective new members are very welcome to join us.

For more information please visit the Rotary Club of Sovereign Harbour website.

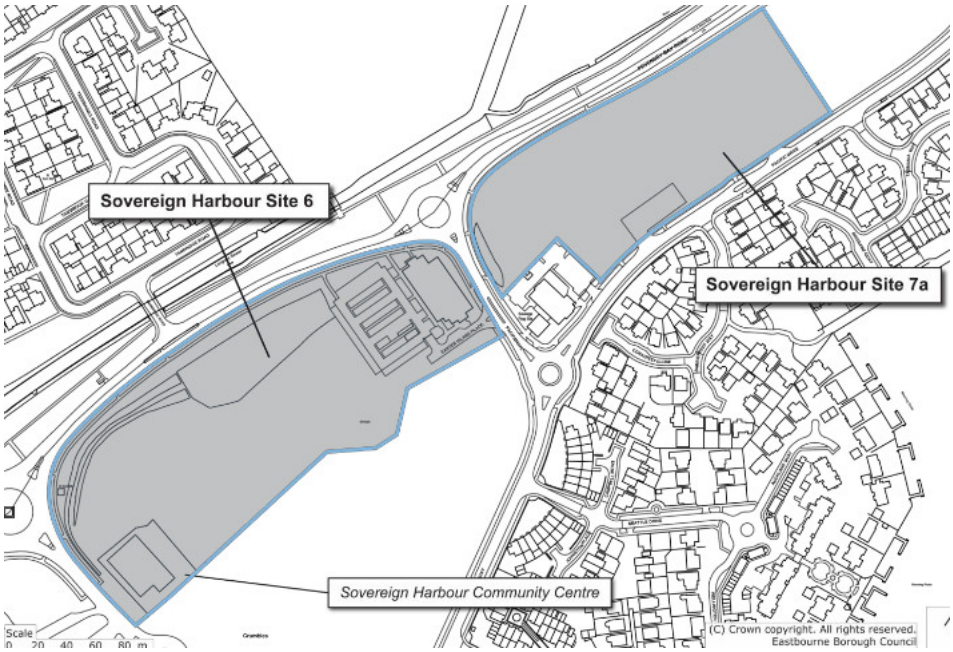
Please note that **links** from this PDF version of *Waterlines* may not always open in a new window or tab. Hovering over the link and pressing down on your mouse wheel may work. Otherwise, from a followed link press the "back" button of your browser to return to *Waterlines.*

Please consider printing copies of *Waterlines* to hand to neighbours who may not use the Internet.

considered that Site 6 should provide employment through development as a office/business park, and Pacific House is the result of the first phase of that. Two similar office blocks on the site were planned that would have filled the space between Pacific House and the Community Centre.

In 2013, Site 7 was considered suitable for a mix of use including employment, residential and public open space. Since then, the Harbour Medical Practice has been built in a corner of Site 7a. Site 7b is reserved for the public open space with plans for it currently being drawn up which will be submitted for approval soon. The first phase of residential housing on Site 7c (Macaulay Place) has been completed, and further building is in hand to provide a final total of 70 homes in a mix of houses and flats.

It was recognised that there would be a need for some flexibility in the plans for both sites to ensure viability in an uncertain and ever-changing economic and trading climate, but no consideration of light industrial use was proposed; until now.



SHRA's current thinking on question 14 and 15 is;

1. We would prefer that Site 6 remain as offices, but if this is not agreed then the council should consider a mixed arrangement – offices and light industry.

2. Site 7a is totally unsuitable for light industry as it is a relatively small area of land which lies between the health centre and the new public open space and is opposite residential properties.

Whatever is agreed for Sites 6 and 7a, it should be a condition that the appropriate infrastructure be put in place. In our view this includes additional parking on site and a separate access to Pevensey Bay Road. We do not accept the Council's view that such a change would have a minimal effect on transport. Any change of use to light industry without consideration of consequences for parking and logistics traffic would be entirely unsuitable.

Maritime Volunteer Service

The Maritime Volunteer Service (MVS) is a charity organisation which aims to promote seamanship and maritime engineering for the young and old alike through local units around the country.

Training nights are held every Tuesday evening at 19:30 in the new MVS unit within the Boat Shed. New members are always welcome, but give us a call first so we can organise for someone to greet you.

For more information, visit the MVS website or E-mail MVS or Tel: 01892-853500.

The Haven Players

The Amateur drama group based at the Memorial Hall, Dittons Road, Stone Cross. Members include Sovereign Harbour residents.

Visit their Website for details: www.havenplayers.com

Sovereign Harbour Facebook Group

An active group on Facebook with news, photos, information and other posts from Sovereign Harbour residents. www.facebook.com/SovereignHarbourCommunity

Sovereign Harbour flickr Group

The Sovereign Harbour Eastbourne Group on flickr is an on-line public gallery to view and upload photos of Sovereign Harbour. Website: www.flickr.com/groups/sovereignharboureastbourne/

On Site 7, the council may ask that if we don't want light industry or further housing there, and that there is little demand for office space, how should Site 7 be developed to provide employment opportunities?

What do you want to see on Site 7? We need to come up with some positive ideas for the site. Hotels or care homes have been suggested. Or would additional housing be more acceptable than light industry?

We would be grateful if SHRA members would let us have their views on Q14 and Q15 of the *Issues & Options* document by email **by Monday 16 December** and we'll then post a summary of them (unattributed) on the SHRA website before Christmas. You are also welcome to provide your views in the form of an attributed 'letter for publication on the SHRA website' if you so wish (please clearly indicate that your view is for attributed publication). Email your views to: webmaster@shra.co.uk Or speak to SHRA's representative who will be at the Exhibition in the Community Centre on Thursday between 2 and 4pm).

Eastbourne's Direction of Travel: Issues & Options for the Eastbourne Local Plan is an important document that is worth spending a little time on, and well worth responding to. There is much else in the Eastbourne Plan that will be of interest to Sovereign Harbour residents, including a strategy on out-of-town retail sites that may have some consequences for the Sovereign Harbour Retail Park (page 44). It also proposes policies on flood defences, public transport, the environment and global warming that will have serious implications for the future. Let the council have your views on the future of our town. Any views are strengthened by the number of similar responses received.





Sovereign Harbour Berth Holders Association

The Sovereign Harbour Berth Holders Association was formed in 1999 and is RYA affiliated. The Association benefits the berth holders as well as the harbour management.

Membership offers discounts from local trades people, free RNLI safety courses, workshops and other courses. Visit their website for more information: www.shbha.co.uk

Sovereign Harbour Bowls Club

The Sovereign Harbour Bowls Club meets every Wednesday afternoon at the Sovereign Harbour Community Centre from 2pm - 4.30pm, to play "Short Mat Bowls". At present we do not have room for new members.

For enquiries please contact:
Anne Newson.
Email: newson17@live.co.uk
Phone: 01323 472259



Fishermens Camera Club

Set up and run by Sovereign Harbour residents, the club meets on the 2nd and 4th Monday of every month, from 7-9 pm, at the Eastbourne Fishermens Club
Royal Parade
Eastbourne
BN22 7AA.

Contact: Steve Lashley on 01323-478651 for more information.

Sovereign Shines 2019

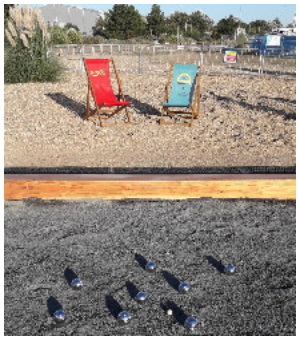
From Premier Marinas
HELP US CELEBRATE CHRISTMAS WITH A HARBOUR LIGHT SPECTACLE!
Sovereign Shines is now in its fourth year and we want to light up the harbour with bigger and better light displays on boats and houses. With fantastic prizes to be won including a lift, high pressure wash and launch, Sunday lunch for two at Sovereign Harbour Yacht Club, English Champagne and vouchers for Di'Lietos Coffee Lounge, go overboard on your Christmas lights and help raise funds for the local RNLI lifeboat.

To enter simply complete the application form on The Waterfront website [https://www.eastbournewaterfront.co.uk/sovereign-shines-2019-application-form/] and then decorate your house or boat as festively as possible, remembering to send a photograph of your masterpiece to sovereignshines@eastbournewaterfront.co.uk along with you address details and pontoon berth number if relevant. This will help us to ensure that your display is included in the judging which will take place between 10th December and 23rd December. Winners will be announced on 23rd December via email.



We ask that light displays are put up by 13th December to ensure that they are a part of the light spectacle and festivities that mark Sovereign Shines.

Péntanque Court Opens



The Waterfront Pétanque Court is officially open! A free to use facility open 7 days a week, 9.00 - 18.00. In Pétanque the objective is to score points by having boules closer to the target than your opponent after all boules have been thrown. This is achieved by projecting boules closer to the small target ball, called a cochonnet, or by hitting the opponents' boules away from the target, while standing inside a circle with both feet on the ground. Boules can be thrown in any way that the player wishes, but the traditional way is to hold the boule with the palm of the hand downwards, and then to throw with an under-arm swing of the arm ending in an upward flick of the wrist. Throwing this way puts backspin on the boule and gives the player the maximum amount of control and flexibility. Péntanque sets are available from 4 Seasons Brasserie with a £5 deposit. Follow this link for rules and scoring... The urban beach will be back next summer.

Harbour Women's Institute (WI)

The Harbour branch of the W.I. meets on the second Monday of the month at 2:00pm in Sovereign Harbour Yacht Club. It also has a Craft Club with separate meetings.

If you are interested in taking part, please contact Frances Harrap on: 01323-472649.
Website: www.shra.co.uk/wi/

Sovereign Harbour Social Club

The Sovereign Harbour Social Club meets every Wednesday from 10:00am to 11:30am in the Simply Italian annexe at The Waterfront for coffee. There are occasional outings for lunch, theatre, places of interest. All are welcome. For further details contact please contact Betty Saunders 01323-479514. Website: www.shra.co.uk/shsc

The Haven Church

The Haven Church meets on Sundays at 10am in the Large Hall at the Haven School on Atlantic Drive, Sovereign Harbour South.

We offer a friendly welcome in a relaxed and informal setting. You are very welcome to attend our services. If you would like to know more please contact: havenchurcheastbourne@gmail.com

Harbour Exercise Classes

Held at the Sovereign Harbour Yacht Club.

Pilates - Monday 9:15 to 10:10.
Healthy 50+ - Monday 10:15 to 11:10.
Contact: Mari-Anne Elder (fully qualified and insured).
Tel: 07748 678030.
Email:mariandy@btinternet.com

The Harbour W.I. (November)

Before singing Jerusalem, the members of the Harbour WI held a minute's silence as it was Remembrance Day.

The afternoon continued with the Annual Meeting. It was a very positive meeting as the Harbour WI is in good shape. They have 104 members and 6 on the waiting list. Averages of 72 members attend each month. President Sandie Goman is prepared to serve another year with the help of her 10 Committee members and thanked everyone in her President's Address. She also thanked retiring committee member Pat Cuttell and presented her with a small gift from everyone. A new committee member, Jane Bradley, was welcomed to replace her.

Next year's programme is all ready thanks to Irene Scoble and Jackie Stevens. The Financial Report was read out by Treasurer Marion Charlton and the finances are also in very good shape.

County Chairman Gill Nokes who is a member of the Harbour WI gave the Adviser's Address before Sandie asked the Committee to introduce themselves individually. Sandie was then voted in unanimously as President.



After tea Sandie gave a report on her very enjoyable visit to the WI's Denman College for the Federation Weekend last month and Irene Scoble gave a report on the East Sussex Federation's Annual Meeting which was held at the Congress Theatre in September with several excellent speakers.

The Harbour WI continues to support their 2 charities with donations and fund raising and Sandie Goman almost single-handedly raised £421 for the British Legion with her handmade poppies!

The Craft Club continued making Christmas cards and 'bed scarves' when they met on November 18th and the 4th Monday Club meets in Simply Italian for coffee and a chat.

The Lunch Club went to the 'Thai Marina' in Sovereign Harbour for a delicious 2-course lunch and is going to Hilliers Garden Centre on the 22nd November for a light lunch and to browse the Christmas Fare!

The Harbour WI is hosting a Carol Service at St Barnabas Church

Sovereign Harbour Art Group

The Sovereign Harbour Art Group meets in the Christ The King Church Hall, Princes Road on Thursdays 10:00am - 12:30pm.

Learn to paint with acrylics, oils, watercolours and pastels with an experienced art tutor in a friendly, relaxed and enjoyable environment. Fees are £10 per person for each 2.5 hour session, which covers hall hire and tuition. Annual membership fee is £6.

For more information please phone Phone Angela on 07914-884378 or visit the Art Group's web page at: www.shra.co.uk/artgroup/artgroup

Sovereign Harbour Photoclub UK

The Sovereign Harbour Photoclub UK meets on Tuesday evenings from 7pm over coffee, in the Sovereign Harbour Yacht Club. Prospective members of all abilities, from beginners to professionals are welcome.

The objective of the club is help our members take better photographs with camera or smart-phone and to increase members knowledge and ability through projects, exhibitions and competitions, supported by talks and demonstrations. Young photographers especially welcome.

If interested in taking part, please e-mail: secretary@sovereignharbourphotoclub.uk with your name and a daytime telephone number.

Heffle Golf Society

Formed in the Heathfield area (hence the name) now based at Sovereign Harbour. We aim to provide competitive golf in a friendly atmosphere with realistic handicapping and all year round venues.
Contact: 07777 682 038
Email: admin@hefflegolf.com
Website: www.hefflegolf.com

in Langney on the 3rd December with mince pies and hot drinks; and their Christmas Lunch is at the Hydro Hotel on the 18th December.

The Craft Club and the 4th Monday Club will not be meeting again until January.

The Harbour WI meets every 2nd Monday in the month at the Sovereign Harbour Yacht Club at 2pm in the Sovereign Suite.

The December meeting will be their Christmas Party with festive food supplied by the Catering Committee and Soprano Katherine Collett entertaining them. Information is available on the SHRA website. www.shra.co.uk/wi

Rotary Sovereign Harbour

Rotary Sovereign Harbour has a had a very full agenda in recent months as we welcomed John Skillicorn, David Ogden and Ken Maynard to our number. We have enjoyed a host of varied and extremely interesting guest speakers from young Olympic hopefuls to people that support our armed forces as they leave the forces for civilian life. Interest in our club continues and we welcome prospective members at anytime; we are a modern, informal club so all are welcome.



As ever our main focus however is on community engagement, fundraising for local community groups and charities. We have included a flyer for the Garden Bar which advertises an event on December 14th. This will be a great evening with live music, a decent tombola with all proceeds going equally to Eastbourne Blind Society and Defiant Sports*.

*Defiant Sports - Recently took over the old Blockbuster Video Building to create the first fully inclusive sports hub in England. They need donations for materials, soft furnishings and sports equipment. Loretta Lock has asked us to thank those residents that have already donated money or popped by to say hello as they start the task of converting the building. She hopes to hold an opening event just before Christmas.

We continue to collect donations from our work in the community, we were recently invited by the community team at Morrison's to do a two-

Brushstrokes Artists

A friendly, informal group of local artists, with a range of abilities, working in various media, meeting from 1pm to 4pm on Wednesdays, in St. Richard's Church Hall,

Etchingham Road,
Langney,
BN23 7AX.

No tuition provided. Drop in to join, or just for an informal chat, or for more information please e-mail: jivybarry@btinternet.com

Sovereign Harbour Yacht Club

We welcome new members at any time. You don't need to own a boat. Lots of social functions and many other varied activities throughout the year.

We have great food and discounted drinks to our members and are the only club in the harbour selling Harveys beer!

Tues–Thurs 7.00-23.00
Friday-Saturday 12.00-23.00
Sunday 12.00-18.00
Call in and speak to Sarah to view the club, or contact the membership secretary, Linda Hayler. Tel: 01323 470888 membership@shyc.co.uk
Website: www.shyc.co.uk

Just Talking

FRIENDSHIP AND SUPPORT FOR BEREAVED PARENTS OF ADULT CHILDREN

Talking, or just listening, to others who have lost an adult child can help enormously in coping with your loss. Come to our monthly meetings or talk to us individually.
For more information:-
Web: www.just-talking.co.uk
Email: just.talk@btinternet.com
Tel: Jenny on 07867 751790

Continued from page 7...

day shift at their store just up the road. We are delighted (and thank both Morrisons and their ever generous customers) to have raised £710.00 which has been split into equal payments for Eastbourne Blind Society and Defiant Sports.



Recently our club President Barrie Watt, alongside club members and Airbourne organising committee members Steve Newman and Mike Barlow, presented Mark Simmons (CEO Eastbourne Blind Society) with a cheque valued at £2,529. 30% of all money raised at Airbourne is split between three local charities the other 70% is held by Eastbourne Borough Council to help fund Airbourne the following year.

We continue to volunteer in the community, most recently a number of members helped support the National Federation of the Blind as they attended their annual conference in town. Tasks involved helping them check in, guiding them through town, assisting at lunch and conference events.



Finally, we continue to support international charities. Anne Hardy and Sue Coghlin recently travelled to the Olympic Park to abseil the Orbital Tower to support "Our Childrens Home" in Mongolia. Anne and Sue would like to publicly thank residents that supported this event.

We meet at Seasons every Tuesday evening at 6.30pm, feel free to pop in or if you wish to contact us via social media leave a message on our Facebook page @rotarysovereignharbour.





Sovereign Harbour Bridge Club



Sovereign Harbour Bridge Club is a friendly EBU affiliated club where we play duplicate bridge on a Tuesday and a Thursday afternoon at the Sovereign Harbour Yacht Club. Please arrive for 13:10, play starts promptly at 13:30.

The club is going from strength to strength with at least 8 tables each session.

As we finish play at 5pm the yacht club bar opens and many of our players get together for a social drink in the beautiful bar overlooking the harbour.

Visitors are always welcome as we run a host system. Further details and information about the Club can be found on our website: www.bridgewebs.com/sovereignharbour/

Save The DGH

Working since 2006 to fight the down-grading of core services at Eastbourne District General Hospital. Core services include:

- Consultant delivered obstetrics;
- Acute medical admissions 24/7;
- Urgent surgical admission 24/7;
- Accident and emergency 24/7;
- Acute psychiatric service 24/7;
- Paediatric ambulatory service

And, all in-house services essential for the function of the core services.
Web site: ww.savethedgh.org.uk

The Columbus Point Residents Association

Looking after the interests of all residents owning or renting properties on Columbus Point, Leasehold and Freehold alike.

For more information contact thecpra@hotmail.com

Discounts for SHRA Members

The local companies listed below have kindly agreed to offer a discount to SHRA members on production of a SHRA life membership card. We hope this encourages you to support these local businesses. The usual discount is a 10% reduction. Terms and conditions may apply (e.g. may apply only to food and/or only on certain days). Please let us know of any difficulties.

• **Active Days Mobility Services**. Repairs and maintenance of mobility devices. 07591 178399 www.admobilityservices.co.uk/

• **AP-it**. Computer health-checks, upgrades, data backup. Tel: 01323 887894 www.ap-it.co.uk

• **CoCo Hair** - Hair and beauty salon. The Waterfront, Sovereign Harbour: 01323 471147 www.cocohair.co.uk

• **Curry Leaf Restaurant.** On eating-in food costs. 8 Susans Road. Tel: 01323 727900 www.just-eat.co.uk/restaurants-curryleaf-bn21/

• **David Davis.** Financial Advisor regulated by the Financial Conduct Authority. Mobile 07956 641041 or Office 01323 371989 www.sovereignmortgagebrokers.co.uk

• **Ganges Indian Restaurant.** On food costs only. 01323 479988

• **Harbour Grill.** Discount on food costs only. 01323 478151.

• **Lynley's Jewellers**. Inside Asda. Discount on normal sale of full priced items. Tel: 01323 470480. Email: enquiries@lynleys.co.uk

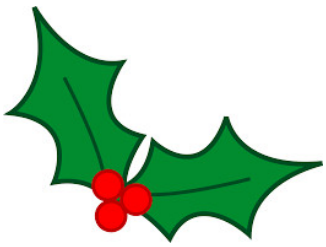
• **Listening to You.** Discount on Counselling services. Strictest confidence. 07976 399 998 www.listening-to-you.co.uk

• **Pablo's Restaurant.** The Waterfront. On food costs only. Telephone: 01323 470400. www.pablos-eastbourne.co.uk

• **Pavilion Cinema & Theatre.** Hailsham Tel: 01323 841414 www.pavilionhailsham.co.uk

• **Simply Italian Restaurant.** The Waterfront. Discount on food costs only. 01323 470911 www.simplyitalian.co.uk

• **Sea Training Sussex (STS)**. On-line, shore-based and on-water powerboat and sailing courses. Discount on some training courses. Telephone: 07713 639066 www.seatrainingsussex.co.uk





The Garden Bar Golf Society

We meet once a month for a day's golf at high quality courses. Current members cover a wide range of abilities, with handicaps ranging from 6 to 28 and, although the golf is important, the social aspects of the day are equally significant.

For more information, call in to the Garden Bar at The Waterfront, Sovereign Harbour, or send us an e-mail gardenbar@hotmail.co.uk

Pevensey Bay Sailing Club

Friendly, family orientated dinghy sailing and windsurf club, 10 minutes walk along the beach from the harbour. General sailing, training at all levels and regular club racing and social events.

We welcome beginners and experienced sailors alike and we sail at the weekends and on Tuesday & Thursday evenings in the summer. Our clubhouse offers hot food and a bar at the weekends, and a sun terrace with stunning views over the bay to Bexhill and Hastings. Do come and have a look round the club at any time or contact the membership secretary by email: membership@pbsc.eu Website: www.pbsc.org.uk

Eastbourne Age Concern Walking for Wellness

ramblers at the heart of walking

walking for health

Every Thursday morning starting at 10.30am Walk length: 75 Minutes. Meet outside Seasons restaurant at 10.30am for a vigorous circular walk of up to 3 miles around the harbour, marina and shoreline. It does you good! There is some uneven ground. Ends back at cafe for refreshments. Visit website for further details.

News from the Harbour Medical Practice

Join us for tea and mince pies on 13 December



Practice staff and the Patient Participation Group invite patients to a Tea Morning (with mince pies) on **Friday 13 December from 9.30am** to help raise funds for Save the Children.

Make sure to order any repeat prescriptions in good time for Christmas and the New Year

With the Christmas and New Year bank holidays fast approaching, remember to order any repeat prescriptions in plenty of time before the festivities.

We are requesting all routine prescription requests are submitted by 18 December. This information will be passed to local pharmacies.

You can order repeat prescriptions online. If you haven't already registered for our online services, pop into practice and pick up a form. You will be need to bring in photo ID with your completed form in order to obtain online access.

You can also use the prescription request form which is available at reception or attached to your prescription. The form should be handed in at reception, put in the prescription form box or sent by post. Please allow three full working days (this does not include weekends or bank holidays) for your request to be processed.

If you need medical advice when the practice is closed

Our opening times over Christmas and New Year are:

- Christmas Eve - emergency on the day appointments 08.30-18.30 (we strongly advise patients to call the practice with any queries as clinic times may be adjusted to meet demand)
- closed Christmas Day/Boxing Day
- Friday 27 December - emergency on the day appointments 08.30-18.30
- New Year's Eve - emergency on the day appointments 08.30-18.30 (we strongly advise patients to call the practice with any queries as clinic times may be adjusted to meet demand)
- closed New Year's Day
- Thursday 2 January – 08.30-18.30.

If you need medical help when the practice is closed but it's not an emergency, don't know who to call and need information or reassurance, call 111.

Continued on page 11

Royal Sovereign Bowling Club

Situated at the bowling greens in Princes Park, there is seating for non-bowlers and spectators around both of the greens.

Open daily from the end of April until end of September each year.

New members, whether new to the game or who have played previously, are welcome. Please visit our website for more details https://royalsovereignbowls.wordpress.com/

The Garden Bar Sunday Football Team

The team plays its home games at Hampden Park, and have been champions of the Lewes and District Premiership. They have been runners-up in several knock-out cup tournaments.

For more information, call in to the Garden Bar at The Waterfront, Sovereign Harbour, or send an email to: gardenbar@hotmail.co.uk

Polyphony Vocal Ensemble

We are now named "Polyphony Vocal Ensemble", performing quality, polyphonic songs in our own formal concerts. These local concerts fund-raise for Eastbourne Blind Society. By invitation we may support other charities sharing proceeds from concerts in venues arranged by them.

A place may be available for your voice. If you are interested in being on our guest list (male or female) or becoming a full member (ladies only) please email us.

Email: time4music@uwclub.net

Website: ww.sovereignpolyphony.com

NHS 111 is a free-to-call phone number with fully trained advisors available to help 24 hours a day, 7 days a week. Depending on the situation, you'll:

- find out what local service can help you
- be connected to a nurse, emergency dentist, pharmacist or GP
- get a face-to-face appointment if you need one
- be told how to get any medicine you need
- get self-care advice.

Accident & Emergency and 999 are there for you in emergency situations. You should only call 999 or go to A&E if you need immediate care and have symptoms of serious illness or injuries that could be life-threatening.

Online consultations – a new way to get expert help and advice 24/7

The Harbour Medical Practice is helping to pioneer a new online consultation scheme via its website.

Engage Consult will give the practice's patients quicker access to expert help and advice 24/7.

The practice's preparations are well-advanced to become a local 'early adopter' of the new service.

Once launched, Engage Consult works as follows:

Step 1: Visit the practice website via PC, tablet or smartphone.

Step 2: Click on the Engage Consult logo or, if registered at the practice for patient-facing services, log in securely and select Engage Consult.

Step 3: Either choose to consult with your GP about a medical problem, send a message about an administrative issue or explore self-help resources.

Step 4: If you wish to consult about a medical problem, you will answer a series of simple questions about your symptoms. Questions asked take into account previous individual patient answers.

Step 5: A well-structured, easy to read report is sent securely to the practice and used by the clinician to choose the best course of action: see patient, phone with advice, refer or prescribe.

Every problem / query sent to the practice via Engage Consult will be triaged with administrative queries directed to support staff and medical issues assessed by a clinician and prioritised accordingly. Patients assessed as needing advice or treatment from a GP will receive a response by the end of the next working day.

Continued on page 12

The Eastbourne Historic Vehicle Club

The Eastbourne Historic Vehicle Club Ltd. dates from 1975 and resulted from the activities of a small group of transport enthusiasts.

It is a member-involved club, run for their enjoyment and benefit. Its aims are simple and straight-forward and its activities diverse within the preservation field.

The Club meets on the fourth Thursday of each Month at Langney Sports Centre. Details on our website: www.ehvc.biz

FIRST RESPONSE LEARNING COURSE

3 Day First Aid at Work
QA LEVEL 3 RQF

Nationally Recognised Certification

Hotel venue and drinks included.

16; 17; 18 DECEMBER 2019
9.30am to 5.00pm each day
£210.00 plus vat per person.

First aid for work and at home - do you know what to do in an emergency?

Please email Gerri to book
enquiries@firstresponse.co.uk

First Response Learning
www.firstresponse.co.uk

1992-2019
27th Anniversary Year of Training

GP practices already offering Engage Consult have found that approximately two thirds of online consultation requests can be dealt with remotely, without patients having to come into the practice, freeing up GPs' time to see people who need their help most.

"Engage Consult is another option for our patients to get help and advice more quickly than if they had to wait for an appointment – which might not even be necessary," says Dr Adoki, the practice's senior partner.

He adds: "Along with other practices – locally and nationally – demand for GP appointments is increasing. Engage Consult is one of ways technology can improve patients' access to services and the efficiency of our clinical and admin staff."

Flu vaccination



If you're eligible for free flu vaccine but not had it yet, please contact the practice. The flu vaccine is available on the NHS for adults and children who are considered 'at risk' as well as children aged 2 to 10 years old on 31 August 2019.

Those recommended to have the flu vaccine:

- everyone aged 65 and over
- everyone under 65 years of age who has: a heart problem; a chest complaint or breathing difficulties including bronchitis, emphysema or severe asthma; kidney disease; low immunity due to disease or treatment (such as steroid medication or cancer treatment); liver disease; has had a stroke or a transient ischaemic attack (TIA); diabetes; a neurological condition, for example multiple sclerosis, cerebral palsy or learning disability; a spleen problem, for example sickle cell disease or you have had your spleen removed or are seriously overweight
- all pregnant women at any stage of pregnancy
- all two, three and four-year-old children
- all children in school years 1,2 and 3
- everyone living in a residential or nursing home
- everyone who cares for an older or disabled person
- all frontline health and social care workers.

Staff changes

Lina Cahill has changed roles from practice manager to business manager. Her predecessor Katie Summerbell has been re-appointed practice manager.

Harbour Medical Practice Patient Participation Group

Members of the Patient Participation Group (PPG) work with practice staff and doctors to help meet patients' needs and improve the practice. The PPG is chaired by Janice Wingett. Patients interested in joining the PPG should complete a membership form available on the PPG table in the waiting room and return it to reception.

The Harbour Medical Practice,
1 Pacific Drive, Sovereign Harbour North, Eastbourne, East Sussex, BN23 6DW
Tel: 01323 470370 http://www.harbourmedicalpractice.co.uk/

Cooking with Faz Razeen

Roast Leg of Lamb with Garlic, Rosemary and Anchovy

Roast leg of lamb is one of the easiest "special occasion" recipes there is. The simple herb, lemon, and garlic marinade is all this great cut of lamb needs before it's roasted to perfection. Lamb and anchovy, odd though it may seem, were made for each other. I would say that this roast lamb recipe is a continental classic, I would also mention that the anchovy is sometimes added to this recipe in France and Italy. When it comes to roast lamb smells, this is one of the best, because as you slice the lamb the waft of garlic, rosemary, and anchovy hits you head on.



Ingredients

4 Garlic cloves for the marinade

4 Garlic cloves for incision (thinly sliced)

2-3 sprigs of fresh Rosemary

1 tbsp Olive oil

1 tbsp Butter

1 Lemon juice and lemon zest

Tin of anchovies in olive oil 50g (use half 25g of anchovies for the mix and rest for the gravy)

10g meat or chicken stock cube (make 250 ml stock])

1½ large glasses of Red wine

½ tsp Black pepper

1 tsp Red currant jelly

Method

To make the lamb marinade mix, strip the leaves from 2-3 sprigs of rosemary and chop them finely, mix with black pepper, finely chopped 4 garlic cloves, anchovy and add lemon zest and the juice, add teaspoonful of olive oil and butter, mix thoroughly to create a paste, If you have a pestle and mortar, it wouldn't hurt to give them a good bash in it, to release the pungent rosemary oils. Also, keep the rest of the 4 thinly sliced garlic cloves to insert into the lamb.

The first job is to stud the lamb and then add the marinade mix. Use a sharp pointed knife, make at least 20 small incisions all over the leg of lamb. Peel 4 garlic cloves, thinly slice them and prod a slice into each incision. Next, pull off small sprigs of rosemary and insert into the incisions. Then rub the lamb mix thoroughly all over the lamb and cover the lamb well and refrigerate. Remove from the fridge 2 hours before roasting.

Par boil the potatoes in a pan of boiling salted water, then drain and allow to steam dry. Gently toss the potatoes with a splash of olive oil in the colander, season with salt and pepper, then arrange the potatoes around the lamb. Of course, you can add any other vegetables of your choice to suit you. I like to add peeled whole carrots and onions.

Preheat the oven to Gas mark 5, 190°C, 375°F Place the leg of lamb in a greased roasting tray, place in the middle part of oven and cook for 1 hour.

Continued on page 14...

Continued from page 13

After 1 hour remove the lamb from the oven and gently turn the lamb over, pour a glass of red wine over the lamb gently and return to the oven for a further 1 hour. At the end of second hour remove the lamb from the oven and let it rest.

Prepare Gravy

While the lamb is resting, make the gravy. Pour the juice from the roasting tray into a sauce pan and add stock and half a glass of red wine, add crushed anchovy fillets, heat on a medium heat. This stock should be rich, slightly thick and have a great lamb flavour. Add anchovies to the gravy. No one will know they are there, and they boost the savouriness. Reduce it a little on the hob if you feel you want to concentrate the flavour, skimming off any fat that comes to the surface, let the gravy simmer for 10 minutes, then add 1 teaspoon of red currant jelly and mix well. If necessary, sieve the gravy into a gravy jug.

Harbour Friends

The Harbour Friends group meets every Wednesday evening at the Yacht Club from 7.30pm, and everyone is invited to come along and see what we do. We have use of the Yacht Club bar, and aim to be always friendly and welcoming. If you do come along for a look and decide you'd like to join us, it's only £15 a year, after which you can also come to any of the organised events.

Please feel free to approach any group of HF members, draw up a chair and introduce yourself, so you can join in a conversation.

If you are concerned about attending on your own, just let us know and we will arrange for an existing member to contact you and meet up at the door of the yacht club. On Wednesday evenings there will be at least one committee member present for you to speak to with, or to answer any questions you may have.

Race night, 23rd October Around 50 Harbour Friends members came along for a mini flutter at another video horse racing night, once more kindly hosted by Peter Berry and his tote team. As usual there was a whole lot of noise with everyone cheering their selections on, and plenty of gasps when there was a faller or two.

The final race was a comedy one featuring large football team mascots. Some came away a little up - some a little down, some actually broke even. All in all, another fun event in the company of Harbour Friends.





Beetle Drive Wednesday 6th November As ever this was great fun, with members enjoying a daft game and some rather odd looking beetles emerging from our pens. This was not surprising as the Bar was open, and the laughter infectious as people moved from table to table. But in the end it was whittled down to one winner and one loser - winner Gloria Craske, Special Booby prize to Mike Sinsbury.

Continued on page 15...

Continued from page 14

Our thanks go to Charles and Angela Herrod for organising and running this evening for us, which has become a special favourite with Harbour Friends.

Ten pin Bowling Wednesday 13th November. Fourteen Harbour Friends members went along to Freedom Leisure centre in Hailsham for some fun competition, and the event was a great success. After two full games were bowled, we knew who were the winners and losers.







In the ladies category, Pat Shearman was runner up with a total score of 197 taking the box of chocolates and Lynda Hawkins taking top spot with a total score of 235 taking a bottle of bubbly.

For the men's, John Gallagher was runner up with the chocolates - and a total score of 247 - and Malcolm Rose took top spot and the bubbly, with a total score of 289.



Special mention goes also to Margo Smith, who propped everyone else up with a total of 156 and was awarded a small bag of sweets as a booby prize. The staff and facilities at the venue were great, so no doubt we will be back there for another session next year.

Learn a new Game night Wednesday 20th November

Because it was essentially a learning exercise, the games were all played non-competitively, but even so it was plain to see that those taking part were reluctant to leave their tables, and most carried on playing after the initial session had come to an end!



Thanks to Dave and Lynda for organising, also to trainers for their expertise and patience. Although more learners could have been accommodated it worked out very well, with three tables complete, each with one trainer and three learners. Great idea for a happy evening, thanks Dave, with people making new friends and learning together. This being a quieter occupation than some, other conversations in the Bar – which was pretty full – were able to continue as usual. Many thanks to all who helped out on the night.

New members are always welcome and you can either email Sandie or Wendy - or simply come along on a Wednesday.
sandie.goman.@Sky.com wendymsaunders66@hotmail.co.uk
For more information on any of the above please go on to the HF website and click on Events www.harbourfriends.co.uk.

Jan Say

Complaint Contacts - Who to complain to

It is important that in the first instance residents politely complain to the relevant authority or body to properly register a complaint and to give them the opportunity to put things right within a reasonable time frame. If appropriate, a complaint should be done in writing, email or text because a laid and dated, paper-trail can be extremely helpful evidence when taking a matter further. Always keep a record or copy of your complaint noting the date and hour it was made, and to whom.

- Abandoned Asda Shopping Trolley - Contact Trolleywise
  Tel: 0800 316 1241
  Email: Trolleywise@wanzl.co.uk

- Dog Fouling - Eastbourne Borough Council (EBC)
  www.lewes-eastbourne.gov.uk/streets-parking-and-travel/litter-and-street-cleaning/report-dog-fouling-in-eastbourne

- EBC Report a Problem - EBC one-stop gateway for reporting various problems:
  www.lewes-eastbourne.gov.uk/report-a-problem/
  Tel: 01323 410000 Any problem relating to EBC may be reported on this number.

- EBC 'Report It' smartphone app. The quickest way to report environmental problems to the council when you are out and about. In just a few taps you can report the problem, give the location and include a photo. Your report then goes straight through to the right team to deal with the issue. Examples of the types of issue you can report include: Fly tipping, littering, litter bins & dog bins that need to be cleaned or emptied, dog fouling, street cleaning such as sweeping or removal of leaves and weeds, and many more. You can download the app for Android or iPhone from your phone's app store or from:
  www.lewes-eastbourne.gov.uk/streets-parking-and-travel/report-it/

- EBC - Planning & Buildings Control
  Search Planning Applications, Make a Planning Application, Trees and Hedges Protection
  www.lewes-eastbourne.gov.uk/planning-and-building-control

- EBC - Streets, Parking, Travel - Litter, Street Cleaning, Street Lighting, Car Parking, Bus Passes
  www.lewes-eastbourne.gov.uk/streets-parking-and-travel/
  Tel: 01323 410000

- Highways and lighting -East Susses County Council: www.eastsussexhighways.com/

- Parking Enforcement – NSL Eastbourne. Email: eastbournePIC@nslservices.co.uk
  Tel: 0345 6801129

- Southern Water - Complaints about odour should be made directly on tel 0330 303 0368, so that any potential issues can be systematically logged, investigated and followed up on, including going back to the person who complained with an explanation.

- Sovereign Harbour Neighbourhood Panel (SHNP)
  On-going issues may also be brought to the attention of the SHNP who regularly meet with council officials and members of other bodies to discuss a range of neighbourhood issues.
  Email: shnp21@hotmail.com

- Tidiness of paths & roundabouts, weeding, litter, graffiti
  EBC Neighbourhood First. Zone 3 covers Sovereign Harbour.
  Email: Customerfirst@eastbourne.gov.uk

- Waterways, bridges, boating - contact Premier Marinas.
  Tel: 01323 470 099. Email:
  sovereignharbour@premiermarina

Sovereign Harbour Yacht Club



SHYC has continued to be a busy and flourishing club. We ended the summer with the most amazing Celebration of Land and Sea over the August Bank Holiday Weekend. This was our 3rd year and was definitely the best, mainly due to the 'wall to wall' sunshine over the four days. The marquee buzzed with live bands, including Charlie Fowler, a top David Bowie Tribute act, Ian Gallagher (Rat Pack, Michael Buble and Tom Jones), Rock Choir and Living Young, to name but a few. There were quizzes and music from our resident DJ Keith Bateman. The Harvey's bar was busy from late morning until late at night.



The car show attracted a lot of interest with 18 different local car dealers being represented, bringing about 70 cars between them. We were delighted to welcome back the Harvey's Dray Horses which are always popular, Swoove sessions each lunchtime, face painting and taster dinghy sessions from Buzz.

We also had our annual Commodore's Sail Past, where boat owners dress up their boats with flags and acknowledge the Commodore by dipping their ensign flag. The theme this year was 'Film' and James Bond, The Wild West and The Lion King were amongst the films that were used.

Five yachts set sail for Le Treport (via Dieppe) in September. We are 'twinned' with Le Treport and have an annual Entente Cordiale 'get together' with Le Treport Sailing Club. They welcomed us royally with breakfast in the Chamber of Commerce, drinks with the mayor in the Town Hall and an amazing meal in their little yacht club. All washed down with copious quantities of French wine, pastis and brandy and as always they plied us with gifts. (*Photos on page 18).*



Several members enjoyed a brewery tour to Harvey's Brewery in Lewes in October and in November Harvey's came to the club and gave us a splendid port and cheese tasting evening.

We are now looking forward to a very busy December with a children's Christmas party and a visit from Santa, Christmas themed quizzes, a grand Christmas raffle, Christmas lunch with music from the highly talented acoustic singer/guitarist, Mel Hayes and an evening of carols, mince pies and mulled wine.

The club now has over 800 members and 60% are NOT boat owners. It is a very SOCIAL club. So if you would like to become a member please contact Linda Hayler by emailing her at membership@shyc.co.uk

Sovereign Harbour Yacht Club would like to wish all 'Waterlines' readers a very Happy Christmas.
.*Ros Saunders* (Social Secretary)

Continued from page 17





Poetry Corner

Broke Alone

A poem by John S. Langton

At this time of year
It's the season of good cheer
I stand at the window and shout
But the people that walk about
They do not see or hear
It's the season of good cheer

I must decide, do I eat?
Or warm my feet?
I get my pension today, So who do I pay?
Some people don't care, How cold it is out there
But I live in fear, How cold it is in here
It's the season of good cheer

As I trudge through the snow
All I want is someone to say "Hello"
It's the season of good cheer

ⓒ John S Langton December 2014



Love singing? Read music?



Many local choirs offer many vocal choices

Are you ready for something different or still seeking the right choir?

Focus, find friendship, feel good, further your fitness, fundraise, enjoy challenging, diverse, close harmony music of varied genres; who with?

Polyphony Vocal Ensemble

We offer music to give you pleasure, escape from the mundane, soothe your soul, uplift your emotions & promote mind wellness.

DON'T MISS A CHANCE TO JOIN US; ACT NOW

www.sovereignpolyphony.com

Find details online to make contact by email about our limited places

Meet us, hear us & change your view.



Now recruiting

it's a good time to ask about membership.

Polyphony Vocal Ensemble

Take your part & make a difference!

Sovereign Harbour Photo Club

I think we have all suffered from the unbelievable amount of rain encountered over recent weeks and it's certainly effected our photo club. Even during the winter we try to get out on our club evenings to capture pictures, usually based on a set theme, but, boy oh boy, have we been stuck indoors.



Endless grey skies, which are not the photographers best friend have tested our abilities and even with the addition of a colourful rainbow, as can be seen from the shot at north harbour beach, it's not the most impressive shot.

Maybe we should have set a competition based around "rainy days", but hindsight is a wonderful thing !

We did start off with best intentions with 'autumn inspirations', as our topic and I have included a beautiful picture by Carl Slezacek of a woodland walk. (Landscapes being something of a forte of Carl's.)

We also had two kind invitations from a neighbouring photo club 'Eastbourne Photographic society', who allowed our members to go along to presentations by, David Jenna, who is renown for his pictures of day and night, whereby he has panoramic shots, half in daytime and half in night time, transitioning across the picture. Very clever but very painstaking, to get a final but very impressive result.



There was also a talk by wildlife photographer, Chris Weston, who was needless to say very inspirational. We now have no excuses, for not getting the best wildlife pictures possible.

Still maintaining the 'Hobson choice', indoor options, one of our members (Roger), gave a presentation on how best to evaluate your pictures. Our club has a long running policy of 'constructive critique', of each other's pictures, which is a great way to see if others appreciate what we have captured in a picture, albeit, we all hope we've got it right.



Like any artist, we are almost always the most critical and unsatisfied with our own achievements.

Outside of our club meetings, our members are of course always snapping away, often on our smart phones, if we don't have our cameras to hand and I have included some examples of those, which share on our club Facebook site.

We have a web site which is open to the public (www.sovereignharbourphotoclub.co.uk) and two Facebook sites, one public and one is a closed group for members only.

We'd love you to look at the public sites to see more of what we are about.

Coming up is an evening of taking 'Christmas Bokeh', pictures.

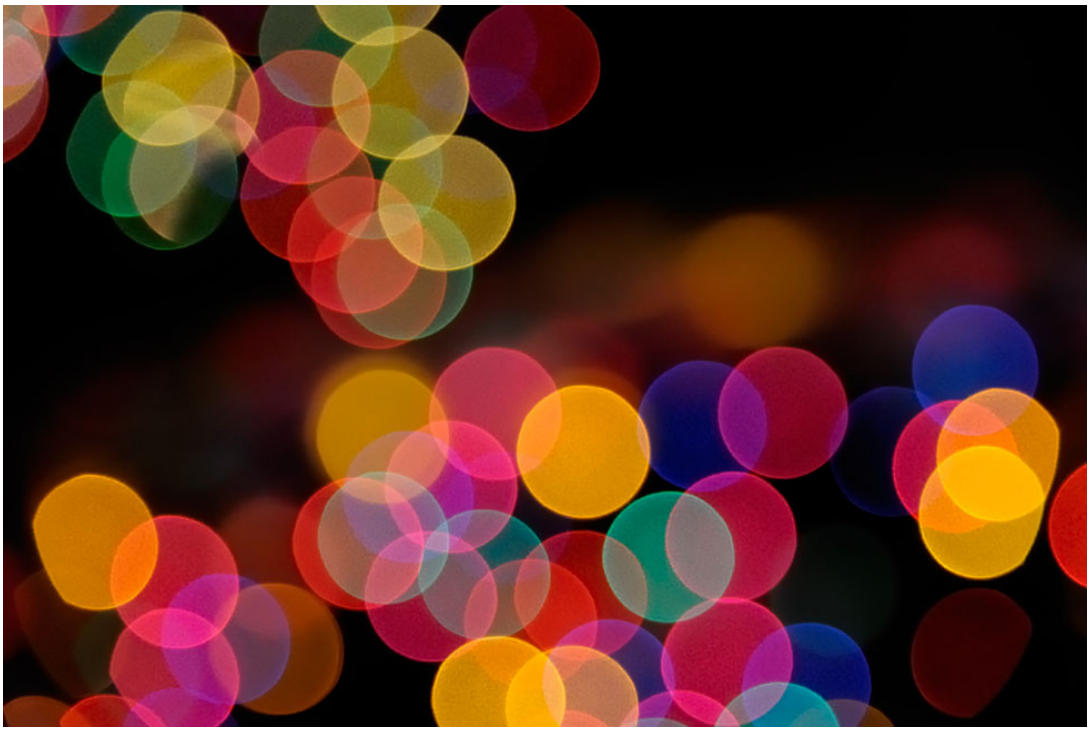
I have shown an example of Bokeh, which is where the background to a picture is 'out of focus',

usually with lights.

As always, if anyone would like to come along to one of our club evenings, which are most Tuesdays, at 7pm (Sovereign Harbour Yacht Club), drop me an email (secretary@sovereignharbourphotoclub.co.uk), and we would love to see you there. We are a friendly club, with the mutual love and interest of photography, albeit with a smart phone or high end digital SLR camera.

Keeeeeeep, snapping !

Bob Stanborough
Secretary



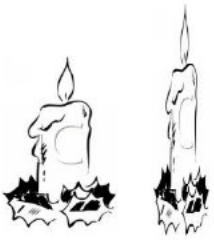


"A FESTIVE FANFARE"

SAINT SAVIOUR'S

SOUTH STREET - EASTBOURNE

Sunday 15th Dec. 7.45pm



Christmas





POLYPHONY

VOCAL ENSEMBLE

"In giving we receive; touch another soul at Christmas"

Tickets £5.50

Bonners Music Store, Vocal Ensemble or Eastbourne Blind Society

Door tickets £7.50 at St Saviour's Church from 7.15 pm.

Ticket sales will aid the Eastbourne Blind Society 729511

Also available



Champagne raffle & refreshments



We have a huge range of individually handmade items to discover:



- Artwork
- Babywear
- Baby teething necklaces
- Bears
- Books & Journals
- Botanical Fusion Bags
- Bunting
- Christmas cards
- Christmas tags & wrapping
- Christmas decorations
- Christmas stockings
- Chutney & Pickles
- Cordials
- Crochet items
- Cushions
- Dairy and gluten free bakes
- Decoupage
- Dog accessories
- Doggie treats
- Face masks
- Face Painting
- Fairy jars
- Felt creations
- Festive bakes and treats
- Festive floral bouquets
- Framed photography



- Fused glass
- Garden ornaments
- Greeting cards
- Hand-painted silk creations
- Jams and marmalades
- Jewellery
- Knitted goods
- Mosaic
- Oils, Dressings & Vinegar
- Origami
- Painted bottles
- Pebble art
- Pewter designs
- Pottery
- Pyography
- Scented candles
- Scottish treats
- Sewing creations
- Soap
- Stained Glass creations
- Teacup candles
- Tote Bags
- Vegan bakes
- Wooden gifts
- Wreaths (foliage & chocolates)

Also joining us will be:
THE HARMONIA LADIES CHOIR
10.45-11.15am (doors open at 11am)
Raising the festive cheer in aid of Eastbourne RNLI.

THE EASTBOURNE ACADEMY CHOIR
12 noon to 1pm
Singing their festive repertoire in aid of Eastbourne RNLI.

LOCAL EASTBOURNE CHILDREN'S AUTHOR and illustrator Mark 'Bonesy' Jones will be signing copies of his series of children's books from 1pm.

MUGSHOTS POP-UP CAFE selling yummy homemade festive treats, mulled wine and hot chocolate & breakfast and lunch time favorites.

Fresh Christmas trees to purchase or to order for delivery - 3ft and upwards.

Calling all Sovereign Harbour residents…

…why not organise a large, family get-together in 2020 and turn it into a REAL event?

Did you know that you can hire the stunning Royal Sovereign Suite at Sovereign Harbour Yacht Club for a range of special occasions for much lessthan you think?

Ask us for available dates and details today and discover our great new price deals.

Go on, do something special this year and have a party to remember in The Royal Sovereign Suite -
THE venue on the harbour!

For more details please email: enquiries@shyc.co.uk
Or call us on: 01323470888

www.royalsovereignsuite.co.uk



Sovereign Shines Christmas Stalls
Friday 13 December 16:00 - 20:00
A Festive Family Evening Raising Funds for the RNLI

Inspired by the Artisan Food Market hosted at The Waterfront back in May, stall holders are coming back to offer Sovereign Shines visitors the very best locally sourced produce and hand-made gifts – all with a festive twist! Come along to find sweet treats, cured meats, craft gin and rum, jewellery, art gifts and much more...·from the following stall holders·



Doofleys Deli – Sussex cheeses and other delicious festive deli items including stuffed peppers and olives· Plus, a range of vegan cheeses and pies – all locally sourced·

Sussex Gourmand – award-winning artisan cured meats, canapé kits and gift boxes that reflect the Sussex countryside· Perfect for starters and Christmas and New Year parties·

Harley House Distillery – selling a variety of artisan gin gift sets including Pure Sussex Gin, which is made up of 15 botanicals from a base of juniper through to frankincense and a flower that can be found growing on the South Downs·

Mrs McGoo Scottish Tablet - It's NOT fudge...it's Mrs McGoo homemade Scottish Tablet!

Rumbustian - come and say hello to the small batch spiced rum company crafting rum in Old Town Hastings. Selling Rumbustian, a blend of aged Caribbean rum infused and blended by hand with all natural whole spices to create a unique spiced rum.

Sugar Rush - plain and simple, they deliver puddings, cakes and treats to your door including scrumptious cheese cakes!

South Coast Castaway - Rustic, eclectic and very woody craft products.

Plus, along with children's face painting, Santa will be making an appearance to help raise funds for the RNLI lifeboat.



The SHRA Committee wish SHRA members and all Sovereign Harbour residents...

A very

JOYFUL CHRISTMAS

and a very HAPPY NEW YEAR!