WATERLINES

Digital Newsletter of Sovereign Harbour Residents Association

Issue OL40
February 2022
(Published on-line every 2nd month)
www.shra.co.uk

Welcome to the February issue of *Waterlines* - our first edition of 2022. We hope that you find items of interest. The SHRA committee meets monthly and we continue to contact and lobby various bodies as required about concerns and issues. Your comments and suggestions are always welcome: waterlines@shra.co.uk

The local clubs listed are beginning to open up as the Covid restrictions are relaxed, but please check dates, venues and times with the organisers.

Mr CHRIS MEPHAM

The SHRA committee was sad to learn late last year of the death of Chris Mepham, a resident of Sovereign Harbour who was the SHRA chairman from May 2017 until June 2019.

Chris had joined the SHRA committee in 2010 and acted as deputy chair between 2011 and 2016. We remember Chris for all his many years of service and support to the Association. Our thoughts are with his wife, Sue, and his family and friends, to all of whom we offer our condolences.

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Our thanks to the companies below for their generous sponsorship of Waterlines for 2022

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Sea Defences Scheme



In late November last year, over 160 residents participated in a very successful online meeting with the EA and PCDL about the current arrangements for sea defences and plans for improvements. A video recording of the hour-and-a-half long event can be found on a dedicated page of the SHRA website at: www.shra.co.uk/seadefencesmeeting.html

Since that meeting, SHRA has met with Andrew Walker of The Environment Agency to discuss some further issues.

• We told the EA that we had serious reservations about their quoted number of 10,000 properties that would be at risk from flooding. We consider that it would be considerably more, and we asked the EA for more information about how the number was calculated. The EA said the number was under review and was likely to be increased. The number is important because it forms part of the basis for how much money the Treasury will allocate to the scheme.

• The EA told us that their original timetable was slipping and that, as a result, finalising the list of possible options will be delayed and may not be available for initial discussion until March.

• In the meantime, the EA is drilling several bore holes along the coast to see the structure of the underlying rock, the current level of the water table and any contaminants. The drilling is expected to last three weeks.

• Subject to obtaining permission to do so, Andrew agreed to provide a plan showing the location of the bore holes along with a detailed map of the whole project area and also a list of stakeholders and the project brief. The EA reported that ESCC has got some monies from EA to look at the water management issues in the Pevensey Levels.

Rentcharge Implications

We were concerned to read in the National Flood and Coastal Erosion Risk Management Strategy PDF that the government expects more of the costs of sea defences to be met from non-public sources. SHRA is concerned Premier Marinas may be asked to foot some of the bill at some point and we could see this extra cost transferred into the annual rentcharge. The EA is also pressing Sovereign Harbour CIC to meet with SHRA to discuss making information provided about the rentcharge more transparent. At the time of writing no date had been agreed.

The EA's Pevensey Bay to Eastbourne Coastal Management Scheme is bound to remain an important topic in the coming year, and SHRA will make sure that the views of Harbour residents are heard as the scheme unfolds. We will update residents with further information in due course. In the meantime……

Continued on page 3

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 when reading 'on-line' in your web browser, **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. Or, from a followed link press the "back" button of your browser to return to *Waterlines;* or download the PDF to your device.

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

Sea Defences - Getting Involved - Calling all SHRA members interested in the plans for sea defences

SHRA members who logged in to the informative presentations on Nov 29th asked some really great questions, so we have been thinking about ways of involving more residents in discussions about how EA's plans will impact Sovereign Harbour.

SHRA is setting up a **working group** which will gather information about possible "hard" and "soft" sea defences - what the different types are, where have these been tried and what the experience of them is. This exercise will enable us to better understand and respond to EA's suggested proposals as they emerge.

If you are a SHRA member interested in joining this working group, please drop an email to: info@shra.co.uk.

LEASE E-Learning modules.

Knowledge is strength. LEASE, the Leasehold Advisory Service, has recently launched their sixth E-Learning module for leaseholders.

Their interactive modules have been designed for leaseholders to learn more about managing their building and leasehold law.

The latest module will help leaseholders learn about leasehold disputes and the types of alternative dispute resolution (ADR) that can be used to resolve them. In the online module you will explore the various methods of resolving leasehold disputes and it will explain the benefits of alternative dispute resolution (ADR) when compared with legal proceedings in a Court or Tribunal.

If you have not already completed the other E-Learning modules from LEASE, you can go through and complete:

Module 1: Introduction to residential leases.
Module 2: Being a director.
Module 3: Financial management basics.
Module 4: Professional advisers and service providers.
Module 5: Section 20 Consultation for Private Landlords.

You will get an online certificate for each module you complete.

Find out more at: https://learn.lease-advice.org/

The main LEASE website that is packed with good advice for lease-holders is at: https://www.lease-advice.org/

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 Short Mat Bowls Club

As you would expect the Club has not been able to meet since the first Covid lockdown and any hope of resuming shortly has been dashed by the Community Centre hall being required by the NHS as a vaccination station.

We are, however, hoping to resume our Wednesday afternoon meetings as soon as the hall becomes available which may not be until January when we would welcome new members.

No previous experience is required as tuition will be given nor is any specialist equipment or dress necessary save for a pair of flat soled shoes.

If you are interested in joining us please contact the Secretary Anne Newson either by e-mail at newson17@live.co.uk or by phone on 01323 472259



SHRA's 2022 Sponsors

SHRA wishes to thank the six local companies who have generously sponsored SHRA for 2022, and whose banners feature on the front page of *Waterlines* and on our web pages. **Our newest sponsor** is Victoria Healthcare Management. Based at Sovereign Harbour, the specialist health insurance brokers can support you personally with choosing the right private healthcare policy for you and your family, and their service is provided without fee and without obligation. They can also assist businesses with providing affordable, and much valued, health insurance benefits for all their staff. If you're looking for honest, independent, and tailored advice to get the best private healthcare package, they would love to help you.

Cinema Site Application

Plans have been submitted to EBC by B&M (www.bmstores.co.uk) for a large shop on the Retail Park's cinema site with a garden centre enclosed by a perimeter fence at the rear.

Application Number: 211058.
Location: Unit 7, The Crumbles, Eastbourne.
Proposal: Change of use of former cinema (sui generis) to Class E(a) and erection of external garden centre..
(*Sui generis* is a Latin expression that translates to "of its own kind." It refers to anything that is peculiar to itself; of its own kind or class).
It is claimed that the new store would require the creation of some 48 jobs.

The application can be viewed on the EBC planning website at: https://www.lewes-eastbourne.gov.uk/planning/. Comments needed to be submitted by Friday, January 21st and a decision is expected to be made by mid-February.

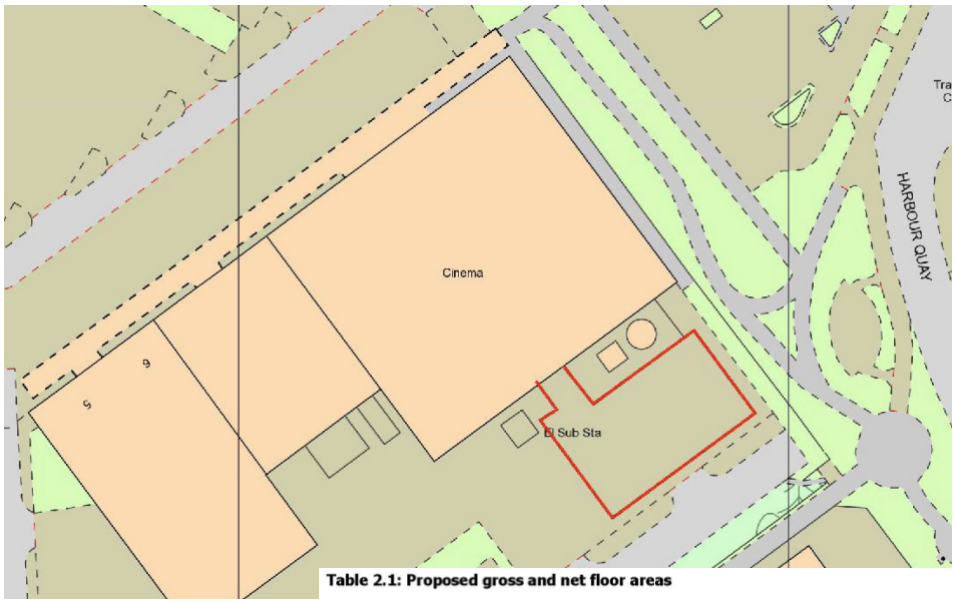


Table 2.1: Proposed gross and net floor areas

Area	Sq.m.
Gross floor area	3,448
Gross internal floor area	2,658
Net floor area	2,235
Warehouse	310
Amenity/staff	113
Garden centre	789

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/

Harbour Exercise Classes

Mari-Anne is fully insured with a MSc in exercise physiology, specialising in clinical exercise and exercising with cancer.

Currently, classes are held virtually on Fridays: 9.15-10.10am Pilates.

Contact: Mari-Anne Elder
Tel: 07748 678030.
Email:mariandy@btinternet.com

Sovereign Harbour Social Club

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

Annual Rentcharge

At the time of writing, rentcharge bills are arriving through residents letterboxes. People are upset to find that the charge has increased from about £260 last year to £317 this year – an increase of 20% or more. Looking at the reasons for this more closely, it would seem that there has been a major increase in Premiers Marinas costs for dredging, waterway repair and locks and bridges maintenance from around £420,000 last year to £542,500 in this year's bill. Note that this is not costs for sea defences but Premiers costs for maintaining the harbour.

For several months we have been trying to meet with Premier to directly raise residents' concerns. A meeting is now looking likely and imminent, once a suitable date is agreed. We will report back to members when this happens. For more information on the rentcharge visit the dedicated page on the SHRA website at: www.shra.co.uk/rentcharge.html

Greening Sovereign Harbour

As we reported in the previous edition of Waterlines, Treebourne has been awarded a major grant by the Urban Tree Challenge Fund to plant 1,000 street trees in Eastbourne over the next two years. Encouraging community involvement was a key part of the successful bid and they have invited people to suggest where the trees could be planted. They will also be launching a Tree Champions scheme giving volunteers the chance to look after the trees as they grow.

SHRA asked residents to assist in identifying suitable Harbour locations, and we are grateful to those who responded. Areas that have been suggested are;

- In Barrier Reef Way - footpath entrance to North Harbour.
- 'The Green' - Madeira Way/Santos Wharf.
- Corner of St Lucia Walk and Madeira Way.
- Patch of grass along the quay at Sovereign Harbour West.

SHRA is in contact with Treebourne who have said that they will assist us with funding for trees and planting etc. on the areas that have been helpfully identified by members. As ownership and responsibility for these areas is still retained by various freeholders and management companies we are in the process of trying to determine exactly who we need to contact for permission to plant. So, slow progress, but in the end we will get a few trees planted. Further location suggestions are welcome and may be made by email to info@shra.co.uk Unfortunately, the Atlantic Drive and Pacific Drive roadside verges are regarded as unsuitable due to underground utilities and poor soil quality.

Public Open Space at Macauley Place/Pacific Drive

Once this park is complete and open, it may be a good idea for residents to form a 'Friends of Macauley Place' (or whatever the park gets to be named) group that would occasionally meet for a community litter-pick and generally keep an eye on the space to ensure it is all kept in good order. If you would be interested in helping to form or join such a group please email SHRA at: info@shra.co.uk

Sovereign Harbour Art Group

The Sovereign Harbour Art Group classes resumed on Thursday mornings at Christ The King Church Hall, Princes Road (Langley Roundabout) between 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

Eastbourne Age Concern Walking for Wellness

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.

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

Exhibition at The Beachy Head Story

A new exhibition entitled '*Through the Aperture: The View from Here*' has opened at The Beachy Head Story this week.

The photographic exhibition – including pictures taken by members of the public and a selection of entries from last year's Visit Eastbourne photo competition – is on from Friday 15 January and runs until Thursday 31 March. It is within The Beachy Head Story, in the former Countryside Centre, next to the Beachy Head pub.

The exhibition will give visitors the opportunity to explore spectacular Downland landscapes and experience the effect of light and dark on this unique environment, while imagining the stories these scenes might hold.

Eastbourne Borough Council's Cabinet Member for Tourism and Culture, Cllr Margaret Bannister said, "This exciting new exhibition will give visitors the opportunity to explore spectacular Downland landscapes through this impressive collection of photographs, which tell of journeys through extraordinary landscapes, familiar views seen in unfamiliar ways and of moments stolen in the seconds between light and dark.

Visitors can explore more of the Downland through these photographs and get a better idea of where some of the objects on display in the Beachy Head Story were found."

Since opening, the Beachy Head Story has attracted thousands of visitors and this new exhibition will add to the great experience of discovering the stories of people who have shaped our unique landscape and learn why Beachy Head is still a must-see tourist destination on the south coast." Exhibition open: **15 Jan to 31 Mar 2022 Open 10:00 - 16:00**

Stargazing at Beachy Head Story



Explore the skies with Eastbourne Astronomical Society this winter. Using the society's telescopes, catch a glimpse of the Orion Nebulae, where stars are being born and track the Moon as it rises. Then take a break from looking up to immerse yourself in images of the wonders of the night sky taken with the world's biggest telescopes in a slideshow in the Beachy Head Story.

26 Feb 2022 Open 18:00 - 20:00
12 Mar 2022 Open 19:00 - 21:00

The Beachy Head Story exhibition space and shop will also be open. Stargazing will not go ahead if it rains but we're hoping for clear skies!

Entrance to The Beachy Head Story and gift shop is free but donations are welcome. For more information visit www.heritageeastbourne.com

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

Residents of Sovereign Harbour Facebook Group

An active group on Facebook with news, photos, information, events and other posts and discussions on local issues from Sovereign Harbour residents. www.facebook.com/groups/129998750673307/

Sovereign Harbour Community Facebook Group

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

The Waterfront 2022 Events

This month The Waterfront at Sovereign Harbour unveils its 2022 events programme.

From quarterly pop up food and drink markets to Easter egg hunts, a children's urban beach, Jubilee bank holiday celebrations with live music and Halloween scares and antics, there's something for everyone.



Plus, The Waterfront looks set to be a hive of activity throughout the year as the events programme will run right through until December, including the following:

Pop Up Artisan Food Markets – dates for your diary!

- 12 – 13 March – Spring Market
- 25 – 26 June – Summer Market
- 29 – 30 October – Autumn Market
- December - Sovereign Shines Christmas Market

Celebrating everything that's great about British food, The Waterfront food market is a collaboration between The Waterfront and Sussex food producers. Open 9am – 2pm on both Saturday and Sunday.

Call for action – the organisers have limited spaces available for market stall holders. Please email: contact@eastbournewaterfront.co.uk for further details.

Royal Sovereign Bowls Club

Royal Sovereign Bowls Club are holding roll ups and social during the winter. We play on Friday afternoons fortnightly from January 14. We start at 1-30 and play 10-12 ends and then go into the clubhouse for a warming drink and social. Those who don't go out on the green to play stay indoors and chat over tea and cakes until the players come in. After their tea and cakes we play either Hoy Bingo which is hugely popular or have a quiz.



Everyone is welcome and if people want to play it will cost £4 per person. It's been a great success with our members as we can all keep in touch. Contact Club Secretary: Lynn Morley at sec.rsbc@outlook.co

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!

Our opening hours are:

Tues–Thurs	17.00-23.00
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

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

Soil Mound at Site 1, South Harbour

The local Liberal Democrats have leafleted residents living near to the mound with the information shown below. This is good news and it will be great to see the improvement the removal will make to the area. Some local residents were also active in pressurising EBC and the developer.

Liberal Democrats

Dear Resident,

RE: SOIL MOUND

We're writing to share some good news about the unsightly spoil mound on Site 1 at Martinique Way.

You may know that the spoil was dumped by the developer of the 10 houses at White Point, without permission or any form of approval from the owner of the land of Site 1.

Last year, your local Lib Dem campaigner Dr Kathy Ballard begun working to find a solution to remove the material.

Liberal Democrat Parliamentary Spokesperson Josh Babarinde OBE and Deidre Glasgow, your new Sovereign Lib Dem Spokesperson, have since taken up the task of finding a way forward.

We are pleased to report that, through our work alongside Eastbourne Borough Council, a solution has been found which will see a contractor - funded by the landlord - remove the material from the site.

Whats more is that rather than simply taking the spoil to landfill, we're pushing for a more environmentally friendly solution to be deployed, in which it is relocated to another site where the material can be reutilised.

The work is to begin on **14th February 2022** so we expect that you will see some movement then.

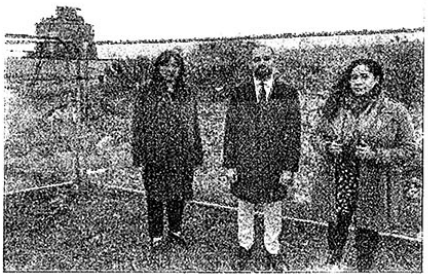
It is really good news that through the hard work and perseverance of Council staff and the Lib Dem team at the Council that this issue is set to be resolved very soon.

If there are any other issues that concern you we would like to hear about them.
Please contact Deidre on **info@sovereignward.co.uk**

Kind Regards

Dr Kathy Ballard
Josh Babarinde OBE
Deidre Glasgow

Kathy Ballard Josh D Glasgow



Pevensey Bay Sailing Club



We managed an active quarter to the end of the year enjoying a number of socials in October and November including an Oktoberfest evenings swiftly followed by Halloween and then a Bonfire night which saw an impressive beacon of fire building in front of the clubhouse. Our final event of the year, our Laying up Supper was a formal dinner and prize giving held at the Hydro Hotel and attended by 100 members. Sailing saw a busy autumn with adult and junior sailing running on to the end of October on Saturday and Sundays. Thereafter a hardy few continued until the beginning of December with our Brass Monkeys Sunday racing series.





Following our virtual AGM in January the new committee have been pressing on with planning for the forthcoming sailing season which starts at the beginning of April. In the first quarter of the year we'll be decorating the clubhouse, which will include a kitchen refit. We typically run off the water training at this time of year which will include race officer, racing rules, VHF radio and first aid, all from the comfort of the clubhouse. We'll also be attending the RYA Dinghy show in Farnborough at the end of February as a group, where some 200 dinghies will be on show.

We've a great season planned from the 3rd of April onwards, this includes sail dinghy training, sailing and racing, cruises to Eastbourne and Cooden several times in the year, three open meetings, a sail camp to Chichester in July, our Seaweek in August, where club members typically camp on our camping field and indulge in all sorts of fun on and off the water. Social events will take place once a month and as soon as the weather is warm enough will no doubt include a good number of BBQs from our balcony with splendid views of Hastings through to the harbour entrance.

We're all looking forward to getting on the water again. Do come along for our **spring open day on the 21st May, 11am to 3pm** and let us take you out on the water or contact our Membership secretary Duncan Tanner if you would more information on the club.
membership@pbsc.org.uk www.pbsc.org.uk

Sovereign Harbour Bridge Club

Learn Bridge, Play Bridge



We hold our duplicate bridge sessions every Tuesday and Thursday, in the first floor bar of the Sovereign Harbour Yacht Club.

Please arrive by 13:15, for a prompt 13:30 start. Hosts are provided, so a partner is not necessary.

We are running improvers lessons on a Thursday afternoon, starting at 14:30. It is never too late to join in with them.

Please visit our web site for more information:
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

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.



Discounts are offered at the the discretion of the proprietors. A usual discount is a 10% reduction. Terms and conditions may apply (e.g. may apply only to food or eating in and/or only on certain days). Please let us know of any difficulties.

• **Active Days Mobility Services**. Repairs and maintenance of mobility devices. 01424 532620 www.activedaysmobility.co.uk

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

• **Boatshed Brighton** - 10% off brokerage through Boatshed, Sussex' most highly rated yacht brokers. 079200 22540 timkingston@boatshed.com https://brighton.boatshed.com

• **CoCo Hair** - Hair and beauty salon. The Waterfront, Sovereign Harbour. Also require proof of Harbour address. 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/

• **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

• **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

• **Waste-Hub** provide a hassle-free solution for the collection of your loose domestic or commercial waste. With one-off or regular collections available. £10 off a waste collection for SHRA members (single item collections not included). 01323 654 655 or 07470 868 101 www.waste-hub.uk

www.shra.co.uk/join

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

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

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/

Cooking with Faz Razeen

Chicken Piccata

Chicken Piccata is a simple yet super impressive dish with chicken breast, dredged in flour, browned, and served with a butter and lemon sauce including capers and garlic.

Ingredients



4 boneless sliced skinless chicken breasts

½ cup of grated Parmesan cheese

½ cup plain flour

½ tablespoon capers

2-3 tablespoons butter

2-3 tablespoons olive oil

Salt and pepper to season



3 lemons - (2 make juice - 1 sliced cooked with chicken breasts)

3-4 garlic cloves finely grated

½ cup of chicken stock

½ glass white wine

Handful of parsley chopped

Method

Slice the chicken breast halves horizontally, if necessary, cut them into two pieces.

Wrap them in cling fling and pound them thinly with the back of large knife or a meat hammer.

Mix and rub chicken slices with the flour, salt, pepper, and grated Parmesan. Dredge them thoroughly in the flour mixture until well coated.

Heat olive oil and 2 tablespoons of the butter in a suitable pan on medium high heat. Add half of the chicken pieces, add sliced lemons and garlic, do not crowd the pan. Brown chicken well on each side, about 3 minutes per side. Remove the chicken from the pan and place onto a baking tray.

Cook the remaining sliced chicken slices in the same manner, remove from pan. Place the sliced chicken on a baking tray in the oven, keep warm around gas mark 1 or 140c/120 fan or electric oven while you prepare the sauce.

Using the same pan, melt butter. Add the remaining wine and lemon juice and immediately after mixing bring to the boil and reduce and then add chicken. Serve with sliced lemons, capers and parsley.

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 Bob Stanborough (club secretary) at: shpcuk@outlook.com with your name and a daytime telephone number.

Royal Sovereign Bowls 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 royalsovereignbowls.wordpress.com

Harbour Friends Social Group Update

Firstly, I would just like to introduce myself as the new publicity officer for the Harbour Friends Social Group, having recently taken over from Jan Say.

Our last special event of 2021 was the Christmas party night bash at The Hydro Hotel, which was attended by around 70 members. After having to cancel the party in 2020 and with everyone having such a depressing time, the 2021 party proved to be a great tonic and a wonderful evening was had by all.



Unfortunately, with steeply rising cases of the new Omicron Covid variant, it was decided that Harbour Friends should suspend the regular Wednesday night meetings during January.

It has since become clear that the majority of new cases are fairly mild and mostly in younger people. With that in mind, the HF committee has decided to re-start the **regular meet ups, commencing on Wednesday 2nd February from 7.30pm in the main yacht club bar.** A committee meeting will also take place just before, to discuss the events programme for the year ahead and make plans for the upcoming AGM.

The first Harbour Friends special event of 2022 has already been finalised and will be the celebration of the 17th Birthday of the group's formation way back in 2005. This will be held in the Royal Sovereign Suite on the top floor of the yacht club with arrival from **7pm on Wednesday 23rd February**.



As usual there will be wine and Birthday cake for all members attending and from 7.30pm onwards, I (Dave Hawkins of Sovereign Entertainments) will be hosting one of my "Variety Cash Bingo" evenings. As the name suggests, this will not be your usual UK number bingo, but instead we will be having fun variants, such as HOY Bingo, Knockout Bingo and Music (Singo) Bingo. Cost to join in will be just £5 per person to cover the evenings games.

The next event will be the groups 2022 AGM to be held in March with date still T.B.A. The exact date will be decided at the upcoming committee meeting and all members will be advised by email as usual. As in previous years, we will be holding the AGM first and as soon as that is finalised, we will then move on to a fun event afterwards. At time of writing, details of what type of event are yet to be decided.



Hopefully, as things in respect of the pandemic continue to improve, we will be able to put on a great selection of fun events for our members over the course of the year. These are likely to include Video Race Nights, Quizzes, Table Game Nights, Skittles, Croquet, Tenpin Bowling, Guided Walks, Treasure Hunts, Day Trips to name but a few.

Many thanks for taking the time to read through this update and if you are not currently a member of the group, why not arrange to come along and meet with us, by prior arrangement one Wednesday evening. After all, the membership cost is just £15 per person per year and we really are a friendly bunch.

Continued on page 13 …

For further details please visit our website at www.harbourfriend.co.uk from where you can also make contact with our membership secretary Sandie Goman by using the contact form. Sandie can then arrange for herself or one of the committee to personally welcome you and the very first visit is always considered to be just a taster, with no obligation or pressure at all to join.



Finally, I would just like to mention that we have recently relaunched the Harbour Friends Social Group Facebook page, which will now be regularly updated with news and events in respect of the group. The page is public, so can be viewed by anyone and no Facebook account is needed. The page can be found at the following weblink: www.facebook.com/harbourfriends/

That is about it for now and I would just like to take the opportunity to wish everyone well for the year ahead.
Dave Hawkins

Local Cardiology and Ophthalmology Services Consultation

People in East Sussex are being asked for their views on plans to change the cardiology (heart) and ophthalmology (eye) services at hospitals in East Sussex via two public consultations.

Sussex Health and Care Partnership

They say the proposals aim to improve the care available in East Sussex and cut waiting times, and also enable staff to develop their skills and expertise so more patients in East Sussex can benefit from new medical treatments and technologies.

The two separate sets of proposals have been developed over the last year by hospital doctors, GPs and other health professionals. They looked at feedback from people who use and work in local services alongside evidence of what works well elsewhere in the NHS.

For cardiology, clinicians want to create new cardiac response teams at the emergency departments (EDs) at Conquest Hospital and **Eastbourne District General Hospita**l, and to concentrate the most highly specialised cardiac services at one or other of the hospital sites. We have not identified a preferred site at this stage because we feel that either of our hospitals – Eastbourne DGH or Conquest Hospital, Hastings – could accommodate the most specialist cardiac services we are proposing to base on a single site.

Clinicians believe that specialist heart teams based at each ED would mean emergency patients start receiving specialist care more quickly. For patients who need the most complex treatments, concentrating highly specialist care at one site would enable staff to develop greater expertise in new treatments, making them available to all East Sussex patients who need them.

For ophthalmology, clinicians want to consolidate the services currently provided at **Eastbourne District General Hospital**, Bexhill Hospital and Conquest Hospital into two sites at Eastbourne District General Hospital and Bexhill Hospital. This would enable patients to have quicker access to tests and treatment and more input from the most senior clinicians. It would also enable one-stop clinics, reducing the number of appointments patients need to attend.

The cardiology and ophthalmology proposals are not linked, so will be consulted on separately. Both consultations will run for fourteen weeks **from 6 December 2021 to 11 March 2022**. You will find the consultation's background information, documents and how to comment on the following webpage: www.sussexhealthandcare.uk/get-involved/cardiology-ophthalmology-east-sussex/

News from Sovereign Harbour Yacht Club



Christmas and New Year came and went and were so much more festive than last year with a children's Christmas party with Anna from Frozen and later Father Christmas by boat.

An evening of fantastic music with Sam Hughes as the youngest Sir Elton John tribute act in the country.

And a delicious Christmas lunch followed by an incredible Giant Raffle. Our staff worked their socks off to give all the club members the best time.











2022 event dates are getting filled up fast. We have live music from bands such as The Pearly Cubes, Highway 24, Back in the Room, Starlight Duo, Mod Legacy and Free World. Sam Hughes as Sir Elton John has been booked again for the end of the year by popular request.

We have an evening of wine tasting with Harvey's of Lewes and our day of music, Deckfest 22, will be returning at the end of September.

The club are organizing **a flotilla out to the Royal Sovereign Lighthouse on 5th March** to give this iconic landmark a good 'send off' before it is decommissioned and dismantled. The flotilla will be led by our Commodore, Gary Mead and his team, on his fishing boat *Well Plumbed*. Lots of yachts, cruisers and fishing boats are joining in and we hear that quite a few local people have booked some of our local charter boats to go out so that they can be part of this adventure. It will be a memorable day.



You can follow the event, the planning, up to date news and the history of the lighthouse on our Facebook page here…

The Club always **welcomes new members** (at £7 a month - payable with a year's subscription of £84) and is great value for money. So come along and see what we do, have a drink and pick up a membership form the bar.

Ros Saunders
Social Secretary and Event's Organizer

Sovereign Harbour Photoclub UK

With the Christmas and New Year break having passed, we started a new chapter of our Photoclub on 18th January with our first meeting of 2022 as part of the Yacht Club family.

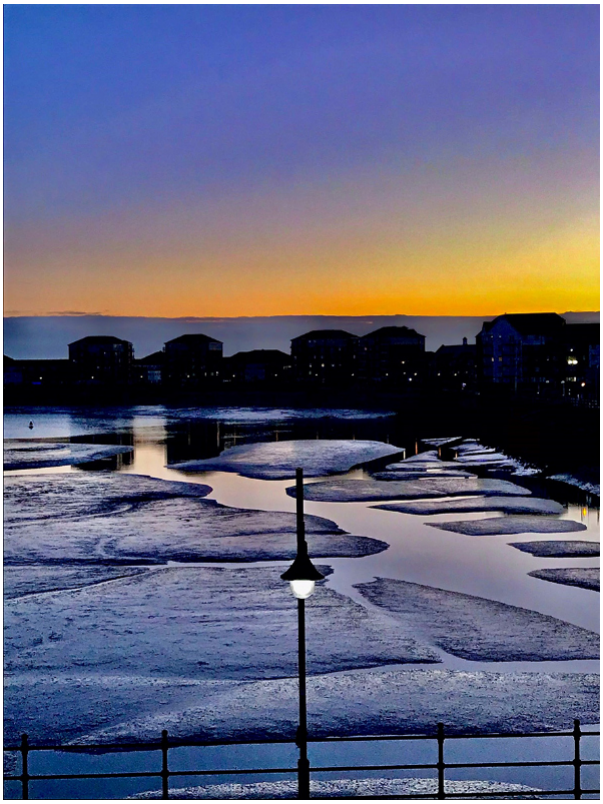
Our meetings are usually in the 'chart room', off the 1st floor bar and we were pleased to welcome some new members to our club for the first time on Tuesday.

We had a review of each other's 'favourite' pictures and viewed a tutorial on mobile phone photography, learning a great expanse of the potential, that many of us didn't even know existed, built into that little piece of modern technology.

A couple of members examples are shown below, with a great 'macro' shot from Roger of another of those ugly but fascinating faces.

I am personally endlessly surprised by the view from my own apartment balcony in north harbour and found the below picture irresistible one evening this week, after a bright sunny day led into a chilled crisp evening sunset (taken with iPhone 7).





We don't have to go far to get a good picture here, as our member Dave discovered on a walk around the outer harbour where 'Sammy the seal" was soaking up the rays.



As the weather improves, we will be looking to go on local excursions (photo shoots) and with many of our new members preferring to use their smart phones to take pictures, we look forward to helping them get the very best from that.

The club has its own Facebook page "Sovereign Harbour Photoclub", where members, (or anyone for that matter), can post photos and share with others or ask for help if required. Why not check it out! If you like any one in particular register a 'like' against it and the picture with the most likes at the end of the month has their picture posted as the page 'header' for the following month, all just a good fun challenge.

We also like setting projects and this month is to take a picture of a 'flower', 'leaf' or fungi, using a torch as a backlight, (using a mobile phone or camera).

Each week we will be watching a 'tutorial video' on a wide range of photographic topics and with a wide range of experience amongst the members, there is always someone who can give critique or advise.

If this sounds interesting to you and you would like to join us, please come along on a **Tuesday evening, 7pm at Sovereign Harbour Yacht Club** and join a group of like-minded enthusiasts. You are welcome to come as a guest for a couple of weeks, but ultimately you would need to be a member of SHYC to join us full time.

You can e-mail me (Bob Stanborough) at SHPCUK@outlook.com if you need more information.

Happy snapping!

St Richard's, Langney



Your parish church, St Richard's, Langney (located on the corner of Etchingham Road and Priory Road), warmly welcomes all Sovereign Harbour residents to join us at any of our forthcoming events:-

Sat 26th February – 2.00-4.00pm – Pancake Party – fun and games for children and adults alike (further details on Facebook/website – www.strichardeastbourne.org.uk).

Wed 2nd March (Ash Wednesday) – 10.00am & 8.00pm – Holy Communion

Sunday 10th April (Palm Sunday) – 10.00am – meet on grass in front of Hampshire Court/the Etchingham Rd Community Centre & shops to process to St Richard's for Holy Communion.

Monday 11th April – 9.00am Morning Prayer, 9.00pm Compline

Tuesday 12th April – 9.00am Morning Prayer, 9.00pm Compline

Wednesday 13th April – 10.00am Holy Communion, 9.00pm Compline

Thursday 14th April (Maundy Thursday) – 9.00am Morning Prayer, 8.00pm Holy Communion vigil until midnight

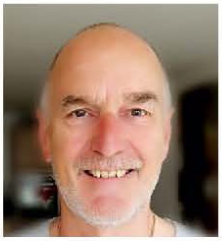
Friday 15th April (Good Friday) – 9.30am-12.00pm Children's Easter Craft Workshop, 1.00pm At the Foot of the Cross Service

Saturday 16th April – 8.00pm Easter Vigil & Service of Light

Sunday 17th April (Easter Sunday)– 8.00am Holy Communion, 10.00am Family Communion.

If you are unable to join us over the Easter period, then you are very welcome to attend our regular services on a Wednesday at 10.00am and Sunday at 8.00am or 10.00am.

Reader *John Langton* has sent us this pictorial quiz - name the ten flowers.

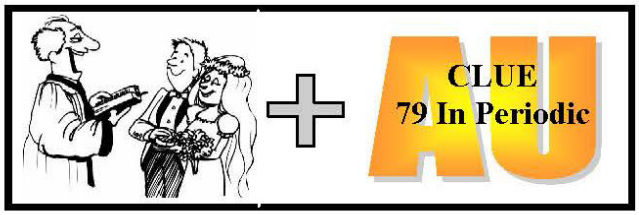


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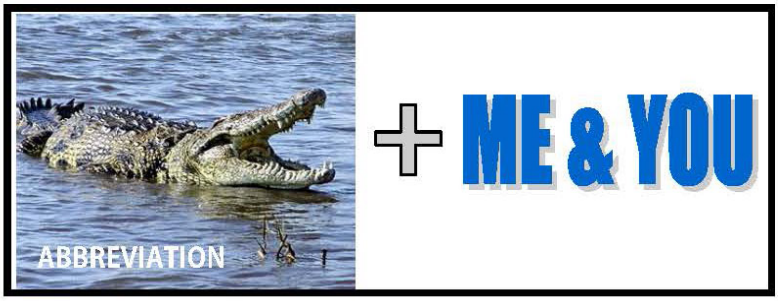
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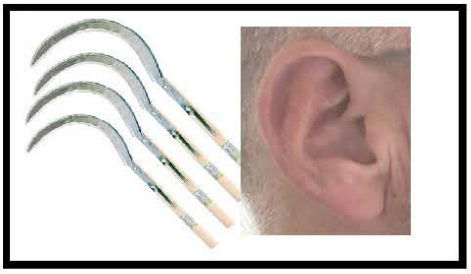


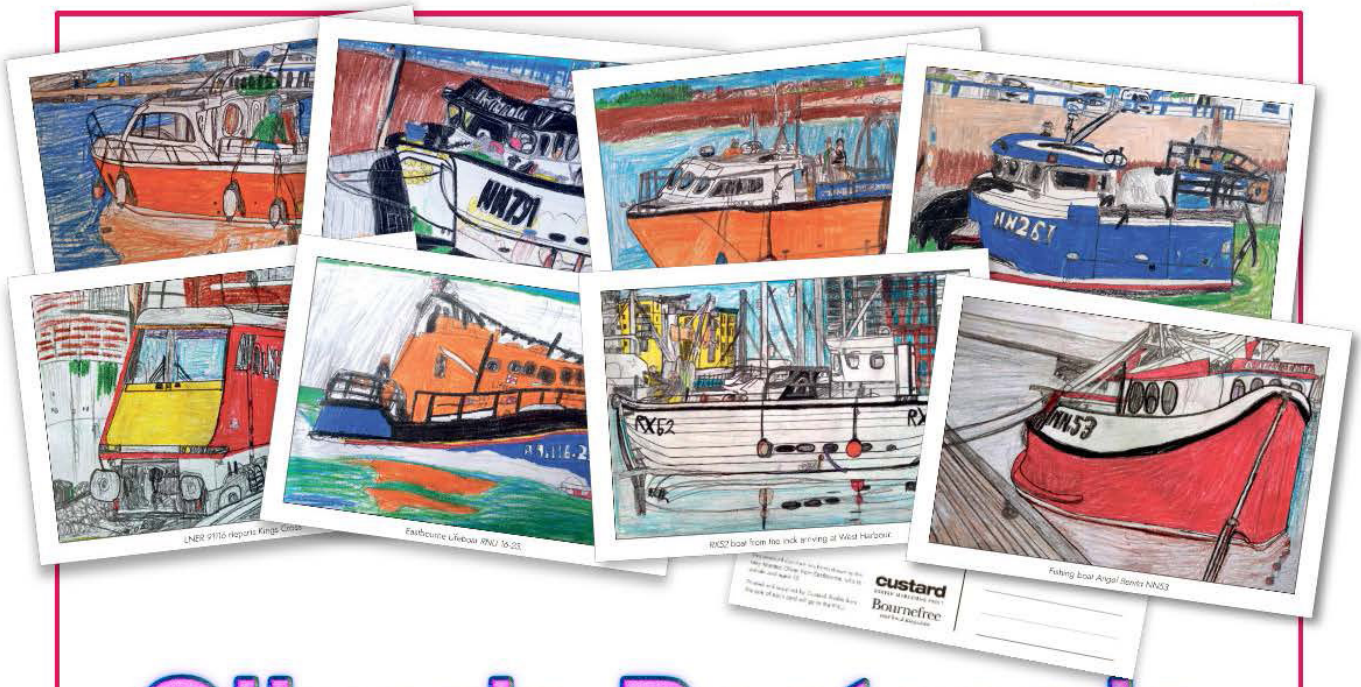












Oliver's Postcards

A set of eight professionally printed postcards for a £10 donation to Eastbourne RNLI

The colourful images have been drawn by the very talented Oliver from Eastbourne, who is autistic and aged 12.

Available from Langney Community Library or send an email to

pete@bournefreemag.co.uk

Also available from The Garden Bar at The Waterfront

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