

Hastings Independent

Your local non-profit community newspaper



Hastings Independent Press

ISSUE 236 FORTNIGHTLY

FRIDAY 6 OCTOBER 2023

FREE

www.hastingsindependentpress.co.uk

PRIVATISATION OF WATER WAS A "MISTAKE" SAYS LOCAL MP

Jason Ellis

PAUL MCLAUGHLIN

Local MP Sally-Ann Hart expressed her "deep frustration" at the poor performance of Southern Water and now believes water privatisation was a "mistake... in hindsight."

In a wide-ranging talk with the Hastings Independent Press, as

part of a series of interviews with candidates from all the main parties who will contest the Hastings and Rye parliamentary constituency at the next General Election, the Conservative MP said she was "exasperated" at the poor levels of service delivered to its customers by Southern Water.

She said the water company's performance over the past year, from the seemingly never-ending dumping of raw sewage into the sea, the flooding of Hastings town centre and the numerous misconnections and pollution of the waters in Alexandra Park, "have not been good enough".

Her criticism came in the week when customers in Rye, Winchelsea, Winchelsea Beach, Camber and East Guldeford were left without water, in some cases for up to six days. This comes just weeks after people living in Ore and Fairlight

Continued on page 2>



4 TORY
JUMPS SHIP



7 POST OFFICE
DISGRACE



23 ATHLETE RAE
LE FAY FLIES!

THE HIP LIST >

11 4-PAGE EVENT
LISTINGS GUIDE



A LOW LATENCY
FULL FIBRE
NETWORK FOR
HASTINGS & ST
LEONARDS!



Lightning Fibre

Hyperfast Broadband



01323 380 260 | ask@LightningFibre.co.uk | www.LightningFibre.co.uk



NEWS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

A NOTE FROM THE EDITORS

It's been an exceptionally busy period in local politics with HIP at the forefront in reporting the latest news.

Mirroring the party's schisms at national level, a local Tory councillor, John Rankin, has defected citing harassment over his pro-EU views. The local MP, Sally-Ann Hart, appears to be having second thoughts regarding her former support for water privatisation. Residents in nearby Rye, without fresh supplies for nine days, are sure to agree.

As HIP went to press, the plight of Owens and its link with Tory party-donating investor Lubov Chernukhin, has made the national papers with an in-depth expose in The Guardian. Meanwhile, Hastings and Bexhill are among towns to benefit from a £20million government regeneration fund. We'll keep you posted.

Our Community pages feature examples of the single-issue citizen activism that's at the heart of the town: Grassroots campaigns on clean water, climate policy and the embarrassing dilapidation of St Leonards' privatised (that word again) Post Office.

All of which hectic activity makes our six-page arts section a welcome alternative. In this issue we focus (ouch!) on photography, art defending nature at the intriguingly named Bat Cave Gallery, and an artistic evaluation of society's relationship with disability, at the Hastings museum.

< Continued from page 1

experienced similar problems, and when the water from the taps was finally switched back on, it was discoloured and had a strong smell of chlorine. There have also been repeated problems at Bulverhythe, where a series of burst pipes flooded the beach with sewage.

Sally-Ann Hart said she has been so inundated with complaints about Southern Water that she could employ a full-time researcher just to carry out that casework.

She said water privatisation "created local monopolies without the element of true competition. This means that people living in Hastings and Rye cannot switch suppliers and must use Southern Water."

She was at pains to stress, however, that the water companies should not be renationalised. Rather, they should be "more stringently regulated". Ofwat and the Environment Agency "need to be tougher", she says.

Until very recently, Sally-Ann

Hart has taken a more lenient view of Southern Water, welcoming the company's "record investment plans" to fund improvements. She has also criticised environmental campaigners, like Feargal Sharkey, who she said was "misleading the public" in thinking that better infrastructure and tougher standards could be introduced immediately. It is also in stark contrast to the views she has expressed in Parliament where she has voted on several occasions against measures to improve water quality standards.

Paul Barnett, the Labour Leader of Hastings Borough Council, shares the MP's concerns. At a meeting of the Cabinet Committee on Monday evening (2 October), he presented a report setting out the Council's frustration at the performance of Southern Water and its failures over the last number of years.

The report details several serious incidents: in Bulverhythe in 2021; at the Pelham outfall in 2022; and, in the town centre in January



which have "caused considerable concern to our residents."

The Council Leader said Southern Water has been repeatedly pressed to provide input to the East Sussex County Council Report into the town centre flooding which, he said, was needed "as a matter of urgency" to enable a final report to be published.

He also noted that Southern Water had been asked to publish detailed plans for all current infrastructure investment taking place in Hastings. Of particular concern, he said, was the need to produce a comprehensive plan for the protection of Old Roar Gill.

Paul Barnett said that if "a satisfactory response is not received by 31 December" the Council will consider what action might be taken. He indicated that this could include legal action against the water company to compensate the Council "for the infrastructure failures which have had a significant impact on the reputation of Hastings as a tourist destination."

Fence Following Fall

High fencing has been placed around the perimeter wall at the top of The Courtyard food court, adjacent to Source Park, following a fatal fall.

A Sussex Police spokesperson said, "Emergency services were called to White Rock in Hastings shortly before 1am on Wednesday, September 20th, to reports of a man having fallen from height. A 21-year-old man was sadly con-

firmed dead at the scene." Hastings Borough Council, which installed the fence said, 'We send our sympathies to the family and friends of those involved. There is currently an ongoing investigation so we can't comment any further.' The venue, near the pier, is the site of the Old White Rock Baths. A sign on the fencing says, "The Courtyard businesses are open as usual."

Sign up to become
a FRIEND of HIP
(for as little as £3 a month)



BECOMING A FRIEND GIVES YOU

First look at the digital edition each fortnight
Automatic sign-up to our weekly newsletter
YOUR say on all things HIP ... and more >>



hastingsindependentpress.co.uk/become-a-friend

SUPPORT LOCAL JOURNALISM THANK YOU

HASTINGS TIDES

DATE	HIGH AND LOW TIDES				SUNRISE	SUNSET	MOON
FRI 6 OCT	H4:05am	L10:44am	H4:29pm	L11:14pm	7:05	6:25	THIRD
SAT 7 OCT	H5:05am	L11:39am	H5:45pm		7:07	6:23	
SUN 8 OCT	L0:22am	H6:29am	L1:06pm	H7:30pm	7:08	6:21	
MON 9 OCT	L2:11am	H8:07am	L3:02pm	H8:57pm	7:10	6:18	
TUES 10 OCT	L3:43am	H9:15am	L6:09pm	H9:54pm	7:11	6:16	
WED 11 OCT	L4:36am	H10:04am	L4:55pm	H10:35pm	7:13	6:14	
THURS 12 OCT	L5:16am	H10:42am	L5:32pm	H11:06pm	7:15	6:12	
FRI 13 OCT	L5:51am	H11:14am	L6:07pm	H11:32pm	7:16	6:10	
SAT 14 OCT	L6:22am	H11:44am	L6:40pm	H11:57pm	7:18	6:08	FULL
SUN 15 OCT	L6:55am	H12:11pm	L7:13pm		7:20	6:06	
MON 16 OCT	H0:22am	L7:26am	H12:37pm	L7:45pm	7:21	6:03	
TUES 17 OCT	H0:50am	L7:56am	H1:03pm	L8:15pm	7:23	6:01	
WED 18 OCT	H1:19am	L8:25am	H1:33pm	L8:43pm	7:23	5:59	
THURS 19 OCT	H1:52am	L8:55am	H2:06pm	L9:14pm	7:26	5:55	

* L = LOW TIDE H = HIGHTIDE For beach safety advice visit: mli.org/safety/beach-safety

WANT TO GET IN TOUCH?

HASTINGSINDEPENDENTPRESS.CO.UK

**Editorial Enquiries
& Submissions** [info@](mailto:info@hastingsindependentpress.co.uk)

Sales Director
Helen Drake [advertising@](mailto:advertising@hastingsindependentpress.co.uk)

Newsletter Editor
Serena Ferrari [info@](mailto:info@hastingsindependentpress.co.uk)

Social Media Editor
Sally Burr & Owen Prachar
via our Instagram page

Content Coordinator
ISSUE #236 Dave Young

Art Director
Jason Ellis

Section Editors

Hugh Sullivan [news@](mailto:news@hastingsindependentpress.co.uk)

Rod Webb [community@](mailto:community@hastingsindependentpress.co.uk)

Gareth Stevens [education@](mailto:education@hastingsindependentpress.co.uk)

Kent Barker [opinion@](mailto:opinion@hastingsindependentpress.co.uk)

Susan McFie

& Sarah Milne [hande@](mailto:hande@hastingsindependentpress.co.uk)

Ben Bruges [features@](mailto:features@hastingsindependentpress.co.uk)

Nadine Hayward

& Ian Greensmith [listings@](mailto:listings@hastingsindependentpress.co.uk)

Victoria Kingham [arts@](mailto:arts@hastingsindependentpress.co.uk)

Pete Donohue [literature@](mailto:literature@hastingsindependentpress.co.uk)

Fiona McGarry [food@](mailto:food@hastingsindependentpress.co.uk)

Hugh Sullivan [sport@](mailto:sport@hastingsindependentpress.co.uk)

Dave Young [business@](mailto:business@hastingsindependentpress.co.uk)

Sub Editors

Rod Webb, Fiona McGarry,
Lucy Brown, Celia Partridge

Contributors

Lorna Watts | Nicky Torode
Sonja Colman | Grace Lally
Jen Rouse | Julia Van Coevorden
Barbra Echlin | Tim Barton
Felicity Steven | Jemia De
Blondeville | Merlin Betts
Paul McLoughlin | Gary Willis
Charlotte CHW | Robert Ralph

Have Your Say [letters@](mailto:letters@hastingsindependentpress.co.uk)

Hastings Independent Press CIC
57 Linton Road Hastings TN34 1TN
Telephone 01424 559085

EMAIL US [@hastingsindependentpress.co.uk](mailto:info@hastingsindependentpress.co.uk)
 @HastingsIndependentPress | @HastingsIndependent



Sally-Ann Hart

PAUL MCLAUGHLIN

The marginal parliamentary constituency of Hastings and Rye is a bellwether seat, which tends to elect an MP from the party that goes on to form the government. During the New Labour years between 1997 and 2010, it was held by the popular Michael Foster and then until 2019 by the former Home Secretary Amber Rudd, albeit with a small majority of just 346 in 2017. Sally-Ann Hart retained the seat for the Conservatives in 2019 with a majority of 4,043.

With just over 12 months to go before the next General Election must be called, the eyes of the political world will be looking towards Hastings and Rye and the intriguing contest that looms between the two women selected by Labour and the Conservatives to face each other in the contest to represent our constituency in the new House of Commons.

The electoral contest between Sally-Ann Hart and Labour's Helena Dollimore will be a fascinating clash of contrasting styles and policies. In this edition, we interview our sitting Conservative MP. A profile of Labour's Prospective Parliamentary Candidate and all other candidates will follow in future issues.

At first glance, Sally-Ann Hart

is an unlikely MP. She is quietly spoken and exudes an easy charm. She professes to having little interest in climbing Benjamin Disraeli's fabled greasy pole, preferring instead to "focus on helping her constituents". She also insists that she is not a tribal politician and that she is prepared to listen to all shades of opinion "to make things happen". She is also quick to express favourable opinions of local political opponents, such as Helena Dollimore and Julia Hilton of the Greens.

It is apparent that the former corporate finance lawyer has an inner steeliness and a determination to succeed. After her stint working in the City of London, she moved down to Hastings with her husband and raised their three children. Working locally as a solicitor with a particular focus on family law, she then became a magistrate and cites this experience as being a key motivator for propelling her into politics.

Since her election, she has dedicated much of her time to supporting initiatives to improve the support available to and the outcomes for children and families. She has been very supportive of East Sussex County Council's network of family hubs across the county insisting that "they are a part of the solution to many national and local issues", and "now

more than ever [they] are vital to many of our local communities."

The thing she is most proud of, however, is her success in steering her Private Members' Bill through Parliament and onto the statute book. Her *Child Support Collection (Domestic Abuse) Act 2023* received royal assent in June. The act enables the collection of child support maintenance in cases involving domestic abuse. It changes the law to allow the Child Maintenance Service to intervene in cases where abuse is evident, using its powers to collect and make payments.

Very few private member's bills are passed each year and it is a testament to Sally-Ann Hart's determination and resolve that her bill is now law. Anyone with experience of the arcane procedures of parliament will understand this is no mean feat, and she rightly deserves plaudits for this achievement.

Her record in other areas of her parliamentary work has not been as solid. Regular readers will recall the firestorm that engulfed her at the time of her election in 2019 when she made controversial comments regarding the employment expectations of people with learning disabilities. She was also subject to a Conservative Party investigation for alleged Islamophobia after "liking" a Nazi phrase on Facebook and sharing an anti-semitic slur.

Her election as our local MP also coincided with a period of severe political turbulence with Prime Ministers coming and going in as-

tonishingly quick succession. Few would disagree that the chaos within the Conservative Party (and therefore the government) damaged public trust, debased our institutions and undermined the country's international reputation.

Sally-Ann Hart has said very little publicly about this period. She was, however, a long-time supporter of Boris Johnson, even when it was increasingly obvious that he was losing support of key political allies and the (largely) Conservative-supporting mainstream media, let alone the public. Her support finally drained away with the allegations of sexual misconduct by the former Conservative Party Deputy Chief Whip, Chris Pincher, and the botched explanation by Downing Street.

She supported Rishi Sunak in the race to succeed Boris Johnson and kept largely quiet about the brief interlude of Liz Truss' premiership and the infamous mini-budget, which wreaked havoc both on the money markets and on individual household finances.

Her support for Rishi Sunak was evident again this week when she was asked for her view on his plans to significantly water down key green measures and defer many of the Government's climate change pledges. Sally-Ann Hart, who says she is a proud environmentalist and wears her green-tory credentials with pride, refused to criticise the new position. She argued that the change was necessitated because of the financial impact the measures would have on the poorest in society.

Green activists locally will not be too surprised at this attitude. Until very recently, Sally-Ann Hart has taken a more lenient view of Southern Water's abject record. Only in the last few months has she adopted a tough-

er approach to the water company's failures, even suggesting water privatisation was "a mistake, in hindsight." A cynic may speculate that this Damascene conversion has been prompted by the increasing local anger at the seemingly never-ending litany of failures by the company.

In February, Sally-Ann Hart's political career appeared to be in jeopardy when the Executive of her local Conservative Association failed to back her automatic reselection. However, in an online ballot of some 170 members of the Hastings and Rye Conservative Association she won 89% of the vote – a significant majority. She blamed a "small group of disgruntled personalities" for the problem but in view of the overwhelming support of her members said it was "time to move on" and "focus on fighting the next election" with a "great, unified local team working together for the people of Hastings and Rye."

The task ahead will not be easy. Labour is well ahead in all the national opinion polls and has enjoyed recent successes in council elections in Winchelsea and Rye. Sally-Ann Hart is undeterred, however. She says she "hasn't finished her work yet" and that she is "preparing to win and to serve again".

There is so much work still to do, she says, from "improving local bus services, delivering better housing, raising education standards, putting more bobbies on the beat, tackling the abuse of shop workers and continuing to develop levelling up partnerships."

Few voters in Hastings and Rye would disagree with any of the priorities on her list of things still to do, but there is considerable doubt as to whether she will be the one they choose to pursue them on their behalf.

SITE NOTICE FOR APPLICATION FOR A PREMISES LICENCE

Under Section 34 of the Licensing Act 2003

This notice is to advise that on the **2nd day of October 2023** an application for a Premises Licence was made to Hastings Borough Council for the premises known as: **Liban Coast Restaurant 13 Marine Court, Marina, St.Leonards-on-sea, TN38 0DX** Was made by: **LG Global Limited**

For the following licensable activities: **Regulated Entertainment:** (e) Live Music, (f) Recorded Music, (g) Performance of Dance, - 23:00 to 00:30

Monday to Sunday, Until 01:00 on New Year's Eve **Late Night Refreshment (on and off the premises):** 23:00 to 00:30 Monday to Sunday, Until 01:00 on New Year's Eve **Sale of Alcohol by retail (on and off the premises):** 11:00 to 00:00 Monday to Sunday, Until 01:00 on New Year's Eve

Any person wishing to make representations about this application should write to Hastings Borough Council, Head of Environment & Place, Muriel Matters House, Breeds Place, Hastings, TN34 3UY, or email Licensing@hastings.gov.uk

gov.uk within twenty eight consecutive days from the date of the application shown above.

The application can be viewed by pre-arranged appointment at our offices, during office hours. It is an offence knowingly or recklessly to make a false statement in connection with an application & a person is liable to a fine of up to a maximum of £5,000 on summary conviction for the offence.

Dated this 2nd day of October 2023



NEWS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE...  HASTINGSINDEPENDENTPRESS

Tory Councillor Jumps Ship

PAUL MCLAUGHLIN

John Rankin has resigned from the Conservative Party group on Hastings Borough Council and will now sit as an independent. He will continue to represent the Conquest Ward.

Speaking to the Hastings Independent Press, Councillor Rankin said his decision was taken after becoming increasingly disenchanted with the Conservative Party and the way the party has changed since the Brexit referendum in 2016. He said the party has “become more right wing and adopted policies which were anti-business and authoritarian.”

He was first elected to the coun-

cil in 2016, taking 56% of the vote, a marked increase in the Conservative share of the vote from the previous election in 2014. He retained the seat in 2022, albeit with a reduced majority, taking 48% of the vote in the safe Tory ward.

Councillor Rankin says he has been subjected to “torrents of abuse” in recent months from fellow party members “because of his pro-EU views and his refusal to embrace the new Eurosceptic orthodoxy which has taken over the party.”

Matters came to a head earlier this year, when, as acting Chair of the Hastings and Rye Conservative Association, sitting MP Sally-Ann Hart failed to get the support of her Executive for her automatic

reselection. With 14 members present on the evening, the Executive was split 7-7 in a secret ballot and was therefore unable to put her name forward.

Under Conservative Party rules, this triggered a ballot of the wider membership of the constituency party and in the subsequent vote, Sally-Ann Hart secured the support of 89% of members.

The local Conservative Association was then convulsed with bitter ‘blue-on-blue’ infighting, and Mr Rankin believes he was blamed for the Executive’s failure to endorse Mrs Hart’s candidacy. He strenuously denies any attempt to remove her as MP, however.

He resigned as acting chair just

a couple of weeks later, but said the fallout was such that he found himself “increasingly having to endure abuse” from fellow party members.

Councillor Rankin will now sit as an independent councillor. He said he will not resign his seat, nor join another party. He said he will continue to represent “all of his constituents” in the Conquest Ward until 2026.

The Conservative group on the council now has 10 members. The ruling Labour group has 15. The Greens have five seats and Reform UK, one - his erstwhile colleague, Councillor Lucian Fernando, who represents the Silverhill Ward and who also left the Tory group back in May.

Care Costs Concern

Increasing costs for children in care is pressurising East Sussex County Council finances.

A monitoring report, discussed by cabinet members on September 28, predicted a £16.8m overspend by the end of the 2023/24 financial year.

Much of this sum - £15.2m - seems likely to come from the Children’s Services budget, with £14.2m arising from costs associated with Looked After Children alone. The overall number of children in care in East Sussex increased from 664 at the end of the 2022/23 financial year to 677 in the first quarter of 2023/24.

The report says it is currently unclear whether this increase is a “surge in demand” or a “change in overall trend”. If the trend continues, the report adds, the total overspend could be set to increase by a further £5.6m by the end of the financial year.

The increase comes alongside a drop in the number of in-house and agency foster care placements available to the council, meaning more children are placed in external residential homes at a higher cost. The complex needs of some children require additional “support packages at further cost”.

The council’s chief executive, Becky Shaw, has said these pressures are not unique to East Sussex, with other authorities facing similar challenges.

Another Knotty Problem for Hastings

PAUL MCLAUGHLIN

Hastings has become one of the worst affected areas in East Sussex for Japanese knotweed according to new data published by Environet, one of the most established Japanese knotweed removal companies in the UK. The company has charted over 50,000 infestations across the country, with several new sightings of the plant in recent weeks across the town.

There have been over 50 new sightings in Hastings this year. The most recent is a vast patch just on the edge of Speckled Wood and up Barley Lane near Shearburn Holiday Park.

Japanese knotweed is the most common of four invasive knotweed plant species in the UK and can cause ecological damage. Once the plant is established it grows vigorously and can damage buildings and hard surfaces as well as causing problems for native wildlife.

The knotweed usually appears in early spring and grows rapidly once established to well over two metres in height by the summer. Its flowers are small, five-pointed rounded stars usually white or



Japanese Knotweed - a weed that spreads rapidly

cream in colour and they form part of a cluster which grow at the end of the stem. This cluster is long and thin and looks a little like a spike. The plant itself is identifiable by its tough, bamboo-like canes and distinctive shield-shaped bright green leaves which grow in patterns along the stem.

Knotweed spreads through root

growth and once established is very difficult to remove. It will usually require a professional team to spray and inject the stems with an approved herbicide. Complete eradication can take up to five years.

There is a legal requirement on property owners to remove the knotweed if it is causing a nuisance, and landowners can be

prosecuted for causing it to spread into the wild.

■ Hastings BC has a spraying schedule in place for areas to be sprayed three times a year for the treatment of Knotweed only on its own land. There is a telephone hotline to report new sightings by calling (01424 451066).



Wes Streeting and Helena Dollimore talk to ambulance staff in Hastings

Ambulance Waiting Times Shock

PAUL MCLAUGHLIN

The wait for an ambulance in Hastings and Rye is the longest of any constituency in the whole of the South East, according to data obtained using a freedom of information (FOI) request. The figures, obtained by Labour's Helena Dollimore, reveal that patients have been forced to wait an average of 37 minutes for an ambulance for category 2 call-outs, which include cases of suspected heart attacks and strokes. This is more than double the NHS target of 18 minutes, and significantly worse than nearby Eastbourne (30 minutes), Brighton (27 minutes) and Ashford (25 minutes).

The problem is most acute in Winchelsea, where the response time for suspected heart attacks and strokes is 45 minutes, and in Rye where it takes 42 minutes. The

average response time for patients in Hastings, which is the best performing part of the constituency, is still more than 10 minutes longer than the NHS target.

Hastings and Rye was also the second worst-performing area in the South East for category 1 calls, which include the most life-threatening injuries and illnesses. The data shows that the constituency performed worse than Eastbourne, Brighton, Ashford, and Tunbridge Wells areas. The average response time of nine minutes is two minutes longer than the NHS target.

In July, the average response time for category 2 call-outs across the South East Coast was half an hour, while more than 3,000 patients with conditions like suspected heart attacks or strokes had to wait more than an hour for an ambulance.

These statistics from the South East Coast Ambulance Service NHS Foundation Trust were obtained by the Labour Party and were published by the Shadow Secretary of State for Health and Social Care, Wes Streeting, who was on a visit to the Hastings Ambulance Depot in Bohemia Road last week.

Speaking exclusively with the Hastings Independent Press, Mr Streeting said the fundamental challenge facing the NHS was one of staff shortages. He said Labour was "committed to the biggest expansion of the NHS in its history". Ambulance services and hospitals across the South East are struggling with demand and staff shortages, with currently 1,500 doctor vacancies and 6,500 nursing vacancies in the South East region alone. More staff are desperately needed to ensure we have a National Health Service that meets the needs of the population. We need more GPs, more nurses and more ambulance staff".

The Shadow Secretary of State went on to outline how Labour would bring in reforms, such as introducing counsellors into every secondary school and new Community Mental Health Hubs. These new services, he declared, will mean patients will be seen faster and they would relieve pressure on some of the overstretched services, be it in general practice, A&E departments or within the ambulance service.

He said it makes his "blood boil" that after 13 years of Tory government, the UK has the largest waiting list and the lowest patient satisfaction levels in the history of the NHS, compared to the shortest waiting times and highest satisfaction levels when Labour left office in 2010.

When questioned about how the country could afford the extra in-

vestment, Mr Streeting said Labour's plans were "fully costed and fully funded". They would see "£1.6 billion going into the NHS through the abolition of the non-dom tax status and abolishing the tax loophole enjoyed by private equity fund managers." He did admit that Labour would look to "those who can afford to pay more taxes and not to those who are struggling with the cost-of-living crisis."

He insisted that reform is also important, and that the extra money would be used to try to shift services away from hospitals and back to communities. One of the problems of the current mismanagement of the NHS, he said, was that patients often cannot access a GP and are therefore forced to go to A&E. The cost of seeing a GP is £40, whilst an A&E visit typically costs £360, so by shifting the focus of the NHS out of hospitals and back into communities he said there were "savings to be made with better results for patients."

The message of the last Labour government, he said, was that "investment and reform will deliver results. We will use spare capac-

ity in the private sector to bring down waiting lists faster. It is about fairness. Why should the poorest have to wait for treatment whilst those who can pay beat the queues by going private? Working class people should not be left behind. Privatisation of the NHS is not the answer. Nor is a social insurance system. The NHS should always be a service free at the point of use, and Labour will safeguard that for future generations."

He concluded by saying, "People across Hastings and Rye and the villages in between have been badly let down by 13 years of Conservative government." He said "voters here have a powerful vote because the constituency will decide who is in power after the next general election. A vote for Labour will not only give Britain the change that is needed, but it will also mean the community gets a local champion in Helena Dollimore - one of the best parliamentary candidates in the entire country, who will fight tooth and nail for her community. She will get their voice heard in Parliament and heard within the new Labour government."

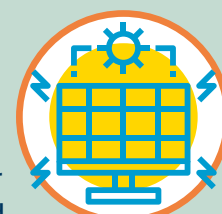
FREE ENERGY WORKSHOPS!

ENERGISE SUSSEX COAST

Off grid workshop

Thursday 26 October

19:00 – 21:00



Information and discussion evening for those interested in making 100% off grid small solar system for sheds, workshops, trucks and vans.

The Common Room, 27 Cambridge Rd, Hastings TN34 1HG

BOOK YOUR FREE PLACE

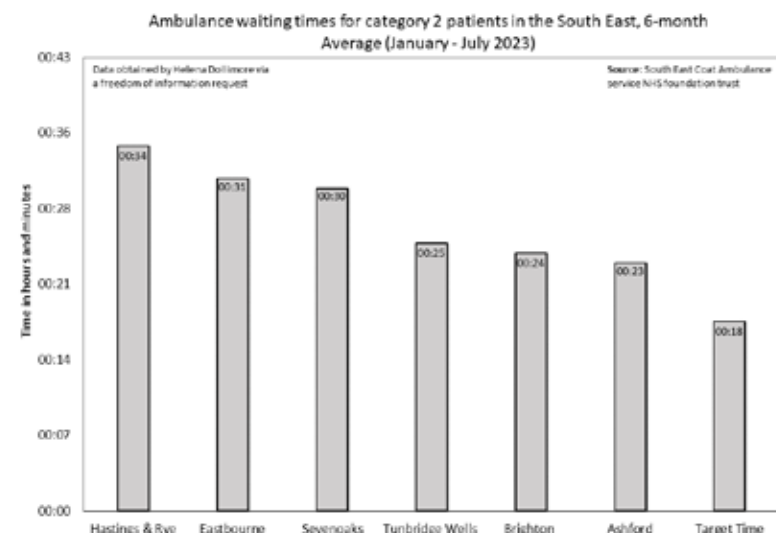
Workshop will take place every month, please visit eventbrite for details:

<http://tiny.cc/84lbvz>



For more information visit:
www.energisesussexcoast.co.uk

Contact:
kate@energisesussexcoast.co.uk
or call: 01424 390062





COMMUNITY

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

Be the Nurse You Dreamt of

Demelza Hospice Care for Children, with a hub in West St Leonards, has launched a new nurse recruitment campaign. The children's charity, which provides clinical care and emotional support to children with serious or life-limiting conditions, throughout Kent, South East London and East Sussex, has taken a new approach to the nurse shortages that are affecting the healthcare system country-wide.

The new nurse recruitment campaign, coinciding with Demelza's 25th anniversary, is being launched across the airwaves, national media and the transport network with the message: *Be the nurse you dreamt of*. The approach has been prompted by the scale of



Rie Rawlins

current vacancies across the NHS.

Recent analysis suggests there will be a shortfall of almost 40,000 nurses in England by 2024, even if the government hits its target of securing 50,000 more nurses by then. And this will have a trickle-down effect on nurses within the children's hospice sector.

Hayley Clark, Director of People, Culture and Resources at De-

melza, says: "We want to make sure we are reaching as many people as possible ... Adverts will be running across Heart radio stations, in the national press ... Southeast Apple News, across the Southeastern transport network, parts of the London underground, and digital and printed poster sites in the Southeast."

The charity is not only revamp-

ing its approach to recruitment to backfill any existing vacancies; it has also set ambitious new targets within its five-year strategy, including reaching 500 new families, children and young people. To do that, Demelza will need to increase its workforce and attract the brightest and the best.

Lavinia Jarrett, Demelza's Chief Executive, says: "As well as this highly visible campaign, our new workforce strategy will enable us to offer a career pathway to nurses in palliative care, as well as opportunities for nursing associate and nursing degree apprenticeship programmes. Nurses who join Demelza will be able to retain and develop new expert clinical skills, whilst delivering care through play, and family support through time and engagement."

"Employee retention and making Demelza an employer of choice for nurses is also key. Amendments to Demelza's terms and conditions of employment, such as our increased maternity and sickness absence pay and increased on-call

payments for nursing teams, will hopefully play a part in this."

Any nurse joining Demelza will have a salary matching Agenda for Change (the latest NHS conditions of service) and high-cost area allowance, flexible working, good work-life balance, a 5% nurse retention bonus, as well as the option to continue within the NHS pension scheme.

And there can be no wider endorsement than that from one of Demelza's own – Lorraine, a Band 6 nurse working at the Kent hospice said:

"Demelza is so different to working in other healthcare settings – you're not only providing acute medical care, but you're also providing holistic support and a stable environment for these families to enjoy – and it's given me opportunities to develop skills that I never had before."

■ *If you want to be the nurse you dreamt of, go to: demelza.org.uk/work-with-us-demelza/nurses-to-find-out-more.*

Sharing a Little Bit of Prosperity



ROD WEBB

A welcome injection of funds in the Broomgrove area of Hastings is due to take place shortly, or already begun, with three projects benefitting from the UK Shared Prosperity Fund (UKSPF), part of the government's levelling up

agenda. The projects will focus on different areas: the arts, business and the environment.

The arts project is titled *Musical Beacons Broomgrove* and will include music sessions in community spaces where families can learn, create and explore music together in a safe and supported environment. The project will be run by Soundcastle, a charity which aims to make "ripples of change in micro-communities". Their *Musical Beacons* projects are described as "creative music making with families for positive mental health and wellbeing". This will run alongside a digital workshop offer, and regular attendance at local community spaces/coffee mornings, bringing the community together through conversation, creative musical play and collaboration.

The council is currently working to appoint an organisation to put together a programme to support business and skills development. This will include providing enterprise and skills to support existing businesses, those looking to start their own businesses and the unemployed. The main focus will be on the Broomgrove area, and the aim is to establish opportunities for residents by building relationships with businesses, skills providers and the local community sector.

The Hastings Adventure Playground operated by In2Play CIC have already begun upgrading their outdoor spaces. The funding

is being used to improve the range of activities that the playground can offer by improving surfacing, planting trees and enhancing the play space. The playground will run additional family and youth events, encouraging more involvement in local developments through play.

Active Hastings have recruited a part-time physical activity worker for Broomgrove, who is busy involving the local community in events and weekly activities. They will also act as the strategic link between a range of partners and providers, to ensure that funding and activity is directed where it is most needed.

The *Greener Broomgrove Project* will be run by Southern Housing and developed with local residents. The project will be based in buildings and green spaces in the heart of Broomgrove, creating volunteering opportunities and identifying community champions. The aim is to improve community perceptions of the neighbourhood, increase pride of place and resident wellbeing through community-led, group-based activities and encouraging positive use of the estate's green spaces.

Hastings Borough Council was allocated £1,000,000 from the UKSPF fund to spend over three years (2022-2025). The fund replaces the European Structural and Investment Fund and forms part of the government's levelling up agenda.

HASTINGS HIGH SCHOOL FOR GIRLS REUNION



A gathering of Hastings High School former pupils at the Royal Victoria Hotel last week (See Issue 234 for full story). The school was demolished in the sixties, but this didn't stop the women coming together to swap stories and photos and celebrate their time at the school.



Cliff Van Coevorden

A Chink of Light in the Darkness

JULIA VAN COEVORDEN

The London Road Post Office building in the heart of St Leonards is in a sorry state. Take a look at the front facade of the building next time you go by. You'll see cracks, missing chunks of concrete and a rusted reinforcing rod. This

is a building at the heart of our community, serving the daily needs of customers from residential and business backgrounds, and there it stands, looking as though it's about to be demolished.

No doubt liability for repairs was passed on to the tenant when it was demoted from Crown sta-

tus. Whoever is responsible, it doesn't look as if Post Office Ltd, as the freeholder, has any interest in what happens to it.

This is the same Post Office Ltd that is currently subject to an ongoing inquiry in London dubbed 'the greatest miscarriage of justice in British legal history'. The same Post Office Ltd who, while wrongly accusing hundreds of subpostmasters of theft, ended up stealing their good names, livelihoods, their assets and sometimes freedom (see postofficescandal.uk). This is the same Post Office Ltd that is letting

an iconic 60s building fall into disrepair and dilapidation.

I worked hard with a group of local residents in 2017 and 2018 to save what was once the Crown Post Office in St Leonards. In the end we failed to save the Crown status, but the building is still being run as a Post Office rather than another 'fags & mags' outlet (PO Ltd's preferred original franchisee). Back in January 2018 it was 'temporarily' transferred to Potent Solutions Ltd until a permanent franchisee could be found: as far as we know, nearly five years later,

the situation remains the same.

I find it heartbreaking to see this neglect by the Post Office. It must be awful for the staff who work there as well. This is part of the disintegration and neglect of local amenities: if that goes on, community pride disintegrates. Awful for young people. Awful for the community.

However, it's good to know that the Central St Leonards ward councillor, Trevor Webb, and Hastings Borough Council officers knew how to act promptly in the service of local residents and the community.

I wrote to Cllr Webb last week, with photographs of the extreme disrepair. He immediately alerted senior councillors and HBC officers to my concerns. This week, HBC Planning Enforcement department has already started an investigation into the dilapidation of the Post Office.

■ *Meanwhile, if you'd like to add your voice and concerns to mine, whoever you are, please email Cllr Webb cllr.trevor.webb@hastings.gov.uk, or our MP Sally-Ann Hart, sallyann.hart.mp@parliament.uk, in support of our Post Office remaining on site and being maintained in a safe condition for the benefit and the good of this community.*

Local parents demand meeting with MP over climate U-turns

JEN ROUSE

After news that Prime Minister Rishi Sunak is rolling back a range of climate targets, parents from the Hastings group of Parents For Future have written to Sally-Ann Hart, asking her to challenge the climate U-turns both within the Conservative Party and in parliament. They have also asked for a meeting to discuss their objections face to face. If they do not hear back, they will attend the MP's surgery to express their concerns.

In the email to the Hastings MP they wrote: "As parents, we want the government to protect all of our children from climate change, but Rishi Sunak is instead prioritising short-term politics over the future of our families. We need the government to take more action

on climate change, not less, and after months of climate chaos across the world this year, we are astonished that Rishi Sunak's reaction is to weaken our climate commitments."

Across the country, Parents For Future groups are contacting Conservative MPs in their local areas in response to the delay in climate targets. They are calling on the government to instead increase its investment in insulating homes, sustainable home heating and renewable energy in order to bring down energy bills at the same time as tackling climate change.

Rowan Rylie, co-founder of Parents for Future UK, says: "Rishi Sunak has let down parents and young people across the country by pledging to weaken the UK's climate commitments. This is a

blatant example of short-term politics at the expense of our kids.

"We can tackle climate change at the same time as bringing down the cost of living. The government should be investing heavily in home insulation, clean home heating and renewable energy to do so, rather than rolling back on energy efficiency and subsidising new oil and gas fields that destroy our environment and fail to bring down bills.

"After months of climate chaos across the world, causing immense death and destruction, it is beyond belief that the UK government's reaction is to roll back climate policies.

"Last year Rishi Sunak said, 'If we do not act today, we will risk leaving an ever more desperate inheritance for our children.' He was right then, but he is wrong now. Parents across the country will not forgive him, and will vote accordingly, if he fails to act to protect all of our children's future."

■ *For full email to Sally-Ann Hart go to hastingsindependentpress.co.uk/?p=25445 See our interview with Sally-Ann Hart MP in News p1*

Hastings Country Park Maintains Funding

Hastings Borough Council has been successful in obtaining another 10-year Countryside Stewardship grant for Hastings Country Park Nature Reserve (HCPNR). This latest grant from HCPNR is estimated to be worth £70,000 annually and is due to start on 1 January 2024 and run for ten years.

The Nature Reserve is the largest area of publicly owned and managed land in the Borough and includes a nationally designated Site of Special Scientific Interest (SSSI), an internationally designated Special Area of Conservation (SAC), farmland, ancient woodland, and a Country Park. It is one of the most important coast-

al cliff nature reserves in the UK.

Countryside Stewardship grants are developed by Natural England, the government's advisors on nature conservation. The purpose of the grants is to pay land managers to manage their land to conserve and restore wildlife habitats and biodiversity.

Cllr Ali Roark, lead councillor for environment, says: "We are committed to protecting and managing this irreplaceable coastal nature reserve for wildlife, visitors and all the residents of Hastings, and this grant is the best way to do this."

The new grant will prioritise habitat restoration and transformation through greater use of conservation grazing. The current arable fields at the reserve will be reverted to a wood pasture habitat managed by grazing. Greater use of livestock to manage nationally rare and important habitats is more sustainable in the long run and helps address the UK and global climate and biodiversity crises.

■ *The full report, which includes a review of the successes of the Hastings Country Park Nature Reserve since 2000, is available online at tinyurl.com/2s772akc.*



COMMUNITY

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE...  HASTINGSINDEPENDENTPRESS

A regular column to update readers on the damaging effects of the current management of water in Hastings, surrounding areas (and nationally) and what people are doing about it. If you have any information, please contact community@hastingsindependentpress.co.uk marked Clean Water Watch.

SAVE OLD ROAR GILL (SORG)

A second public meeting was called by SORG on 27 September and chaired by Cllr Andy Batsford. There was a useful discussion, although much was about continued evidence of leaks and the denials from Southern Water. Cllr Batsford accepted that the leaks must have been going on for years. There was also concern about flushing the gill from the ponds above, but this is apparently denied by SW.

It is now clear that there are two citizens' groups operating with their own Facebook pages, SORG and SCAPORG (Sewage Contamination in Alexandra Park & Old Roar Gill). There was a suggestion that these would benefit from becoming one official group by joining the Friends of Alexandra Park, Hastings (FoAP), who were represented at the meeting. This would give access to financial assets that could be used for testing and other expenses as well as providing more access to official representation with SW and EA.

Cllr Batsford reported back on volunteer clearance in the gill, assuring the meeting that care was taken not to damage natural water management or habitat. There was a second workday on 30 September.

CLEAN WATER ACTION GROUP (CWAG)

HAUL-OUT, the DIY community sound system (Instagram @haul_out), hosted a "banging night" at Oscar's-on-the-Square on Saturday 22 September with She Choir in fine voice. The event helped raise £145 towards CWAG's next season of winter water tests.

SOUTHERN WATER

There is a drop-in day at the Stade Hall on Thursday 12 October from 11.00am-7.00pm. This might be a good opportunity to vent frustra-

tion, but be prepared with facts (see link to HBC report below) and be prepared to be stonewalled.

LOCAL CAMPAIGNS

A major Protest by SOS Whitstable on Saturday 23 September not only attracted around 1,000 protesters but also clean water campaigner and musician Feargal Sharkey, comedian and angler Paul Whitehouse, Cat Hobbs from We Own It, boxer Barry McGuigan, Green campaigner Jenny Jones, Whitstable boycotter Frankie Green, SOS organiser Ed Acteson and the Mermaids of Margate. Katy Colley of Boycott Water Bills went along to represent Hastings.

Feargal Sharkey gave a rousing speech, telling Whitstable who have done so much to energise campaigning "You are on the cusp of success." He called them "the most remarkable people in this country right now" as "you've finally decided you've had enough". He ended by quoting a verse from *The Cure at Troy* by Seamus Heaney, of which the last four lines: "...once in a lifetime, the longed-for tidal wave of justice can rise up, and hope and history rhyme." Stirring stuff mirrored in the success of the Good Law Project (see below).

HASTING BOROUGH COUNCIL

A Council report, discussed at Cabinet on 2 October, clarifies that there has been a serious breakdown of trust between Southern Water, the council and local residents, as well as visitors to the town. The report contains a letter from Cllr Paul Barnet, leader of the council, written in very robust language.

Talking about one issue in Alexandra Park, he writes: "...for the last two months we have been firefighting a series of environmental disasters in our very special Alexandra Park, starting with

another sewage leak which polluted the nature reserve at Old Roar Ghyll. Since then, in a series of frankly confusing statements, we understand you have found and dealt with a dozen misconnections feeding into the main park stream and repaired other blocked sewage pipes. Only last week, residents alerted me to sewage below the reservoir. Your response was to quickly take measurements and say this wasn't the case. But we have the pictures. It happened."

■ You can see the full report here tinyurl.com/uhvjsd7d

NEWS FROM THE MEDIA

We mentioned West England Bylines was compiling a useful catalogue of information but omitted 'west' from the url. It should be as follows: westenglandbylines.co.uk/features/sewage-watch-focus.

On Thursday 28 September, Chris Packham led a group of more than 40 activist groups in a protest outside DEFRA to demand action on the environment. While organisations like the EA and OFWAT have been found toothless, it is hoped that DEFRA will finally take action over the degradation of the environment including holding water companies to account.

ONGOING

In Issue 233 we mentioned Good Law Project's challenge of the Government's inadequate plans to tackle sewage dumping. In an update on 25 September, Ends Report (endsreport.com) posted "In an update today, all coastal and estuary storm overflows are now included, and Marine Protected Areas and shellfish water protected areas have been added to the list of high priority sites. The amount of capital investment estimated to be needed over the next 25 years has increased from £56 billion to £60 billion."



Pharmanomics at the Pig

BARBARA ECHLIN of Bexhill & Hastings Global Justice Now invites readers to the launch of Nick Dearden's latest book: *Pharmanomics: How Big Pharma Destroys Global Health*

Two years ago, while we in the UK had been offered two Covid-19 vaccine doses and were starting to hear about a booster campaign, most countries around the world hadn't got close to vaccinating even their frontline health workers. It was a shocking moment which highlighted the profound inequality and injustice of our world.

The problem was not simply that Britain hadn't sold any vaccines, nor that it had failed to donate any vaccines, as bad as that was. There was a deeper problem. We'd effectively put Big Pharma bosses in charge of our vaccine rollout, even though those medicines had been developed with public money. Those bosses were now refusing to share the vaccine know-how with the many coun-

tries which would have been capable of producing more.

In our global economy, corporate profits were shown to be more important than millions of people's lives, more important than ending a world-changing pandemic as quickly as possible.

Nick Dearden explains: "The more I looked into it, the more I came to understand why Big Pharma repeatedly put profits before lives. From the spread of HIV in Southern Africa, to the opioid crisis in the US, to the failure to invest in desperately needed new antibiotics, the way we make medicines is utterly broken. It's the economic model of the industry – the 'pharmanomics' – that needs changing."

■ Join us at 6pm, Friday 13 October, The Pig, 37 White Rock, Hastings, where Nick Dearden will present his new book. Signed copies will be available at the event from Hastings Book shop, who are supporting the launch.

QUAKERS' LATEST FOOD CELEBRATION



Hastings Quakers celebrated the 350th anniversary of the first Quaker meeting in Hastings on Sunday 24 September. That meeting was held in late 1673, probably around the High Street in the Old Town. After the meeting the participants were all jailed, as was customary for Quakers at the time. The recent celebration passed off peacefully. For information visit hastings-quakers.org.uk.



Environmental Vandalism

KENT BARKER reveals a new post-Brexit threat to honeybees, looks at polluted rivers in Kent and Sussex, and considers the international reaction to Rishi Sunak's net zero reduction and oil expansion plans.

The assault on the environment by Rishi Sunak looks set to continue as Thiamethoxam – a toxic neonicotinoid pesticide banned by the EU – seems likely to be approved by the government for use in the UK for a fourth consecutive year.

The decision, enabled by Brexit, is being taken as wildlife campaigners warn that harmful neonicotinoid pesticide levels can already be found in rivers around England.

Neonicotinoids are a toxic pesticide, used particularly on sugar

beet crops. They are known to be deadly for honey and other wild bees.

Research released this autumn from the Rivers Trust and Wildlife and Countryside Link show that 10 percent of English river sites tested by the Environment Agency had traces of these neonicotinoids – also known as neonics.

Rivers in the South East of England, including Kent And Sussex, were among those with the highest neonic concentrations.

Nationally a fifth of all sites tested had neonics at over four times the safe EU levels. Half of all sites were above the level deemed safe for aquatic wildlife.

PESTICIDAL BREXIT

With the UK no longer part of the

EU, the government can make its own rules on pesticides. Environmental campaigners say 36 pesticides that are banned by the EU are potentially allowed to be used in the UK.

The signs are not good for the decision on Thiamethoxam. Sunak appears wholly unimpressed by arguments over the environment as demonstrated by his roll back – some say screeching u-turn – of net zero measures.

Meanwhile legislation known as the Retained EU law Bill is coming into force following a government decision in May to scrap the proposed sunset clause, which would have automatically revoked most retained EU law at the end of 2023. Now 600 pieces of EU legislation will be analysed separately. The

government gave a commitment at the start of the summer not to water down environment protections in the process. However, most environmental laws in England and Wales derive from the EU, so there is considerable concern that any changes to legislation could weaken protections for wildlife, habitats, and water, including laws on air pollution and rules to make developers offset the impact of increased sewage from new homes. Given Sunak's recent approach to environmental issues, the prospects are far from encouraging.

OILS NOT WELL

Sunak's decision to grant a licence for the 500 million barrel Rosebank oilfield in the North Sea has won him at least one prominent supporter – Donald Trump. He said Rishi Sunak was “smart” to weaken climate targets to achieve net zero. The former US President praised the PM for having “very substantially rolled back the ridiculous Climate Mandates” and said the US should do the same to stop this “scam” before it was too late. Mind you, whether the British PM really wants or needs support from a man facing 91 criminal charges across four indictments is a moot point.

LOSING THE PLOT

He was probably more impressed with what, at first glance, looks like the tacit support coming from self-appointed climate guru Bill Gates. Some have questioned whether Gates might in fact be going a bit Microsoft in the head with his latest semi-literate intervention into the debate. “If you try to do climate by brute force, you will get people who say; ‘I like climate but I don’t want to bear the cost and reduce my standard of living’”, he told a New York Times symposium on the subject recently. Gatesean rune-readers see this as a slight policy change from the billionaire. Hitherto he’d been a bit of a CC alarmist: “The earth is warming; it’s warming because of

human activity, and the impact is bad and will get much worse. We have every reason to believe that at some point the impact will be catastrophic.” His proposed solution is for a ‘technology-driven’ approach to global warming. Our PM might like to ponder whether that could involve investing in clean renewable energy rather than burning more fossil fuels from massive new oil fields.

ROSEBANK REACTION

“The Greatest act of environmental vandalism in my lifetime”

Caroline Lucas MP

Green Party

“Rishi Sunak has proven once and for all that he puts profits of oil companies above everyday people”

Philip Evans

Greenpeace UK

“How can the British government even consider pressing ahead with new drilling when we can see what the burning of fossil fuels is doing to the climate and to people?”

Greta Thunberg

“This is no less than an act of war against life on earth...”

Chis Packham

Environmental campaigner

“We won’t revoke any licences that were granted before we came into power.”

Keir Starmer

Labour leader

“The UK is stepping up and delivering on our climate commitments, both by decarbonising our own economy and supporting the world’s most vulnerable to deal with the impact of climate change.”

Rishi Sunak

Prime Minister

WRITE FOR US

THE HASTINGS INDEPENDENT IS LOOKING FOR WRITERS TO CONTRIBUTE OCCASIONAL STORIES

NEWS, COMMUNITY, HEALTH, ENVIRONMENT, POLITICS, ARTS, OPINION, SATIRE, HUMOUR AND CARTOONS; ARTICLES OF AROUND 550 WORDS

EDITORIAL GUIDELINES FROM AND PROPOSALS TO: [INFO@HASTINGSINDEPENDENTPRESS.CO.UK](mailto:info@hastingsindependentpress.co.uk)



SATIRE

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE...  HASTINGSINDEPENDENTPRESS

DFB – Down from Belgravia

My name is Uri Larsonrude and in March 2020 I moved to Hastings from London with my boss, confidant and 'friend'. We are located on Markwick Terrace, which we thought was as close as we could get to our previous London home-
stead in Belgravia.

Relocating to Hastings and 'St Lennies' was quite a culture shock! The boss and I, her international personal assistant, like to eat well during important business meetings, so sourcing a respectable Persian caviar and vintage Bollinger in the local area was quite a challenge. So as not to seem bourgeois, us Norwegians love to mingle with the locals so I was surprised and delighted to find a local brewery and drinking establishment called *First In Last Out*, with an astonishing selection of international brews. It's here in this pub I have made many business connections with locals, as well as other DFLs who also work as a PA for a rich client.

My boss, who I will keep anonymous for many (legitimate) reasons, is quite a wealthy businesswoman



Ba Kode

From Belgravia to St Lennies

who is well respected in the international trade community. We originally met through a mutual friend at a dinner party in Hampstead. Quite strangely, I don't think it was my athletic hairy Nordic prowess that landed me the role as her personal assistant, which I originally assumed, but our similar love and

desire for the finer things in life.

Fast forward a decade and this Norwegian PA now takes care of everything, from running a bath full of aromatic oils, screening calls and grabbing an espresso for his boss! Of course, being a PA for a wealthy client in Hastings is not all sunshine and rainbows. I face dai-

ly challenges, like sourcing a third home in the surrounding areas. Quite recently, my boss had the desire to acquire a beachfront property in Cooden. I have had many viewings, all to no avail as none of the mansions near the beach have the required thirty-foot greenhouse to grow herbs and spices,

basement swimming pool, gym or basketball court. Trying to please an individual from Belgravia in a seaside town has its downsides.

One Friday recently, myself and my boss ventured out at sundown for a few nightcaps. We headed for Hastings town centre and found a national chain opposite what I believe was the old Debenhams building. The population in this establishment appeared to be a mixture of 18 to 25-year-olds drinking copious amounts of alcohol and gyrating on strangers to Hippy Hops bass music. Which is quite similar to my rural hometown in Norway. My boss also quite enjoyed her night here, getting a taste of the local population and night economy. Our only criticism of this adventure would be the fact that Hastings doesn't have many places to grab five-star cuisine at 1:00am!

The perks of being a PA are most certainly the connections. Quite recently my boss had a very well-known singer who has been in the press recently (though she absolutely denies any impropriety whatsoever) down to this wonderful seaside town for drinks and madness. My boss always pushes this hairy Norwegian man to be the best individual possible for this creative bohemian seaside town. Hastings is full of rough character but with a silver lining in the ocean.

OPINION

Daylight Robbery

GRACE LALLY

There is something deeply cynical about councillors lamenting selling off public land or cutting services when they are the ones carrying it out.

When Extinction Rebellion ran a campaign last year criticising Hastings council - one of the first in the country to declare a climate emergency - for sitting on its hands over the climate crisis, we got a heartfelt rebuttal from councillors who argued they couldn't do anything to meet their own climate pledges because they have such a tiny budget and so many

decisions are outside their control.

Now we see the same excuses used to defend their decision to sell off public land and homes.

That land the council is selling could be used for flagship sustainable council housing projects - rather than going to developers for carbon-intensive construction of private housing that is too expensive for most to afford.

Councillors say they have to sell because they are in debt from paying for emergency accommodation for homeless people - often portrayed as some socialist act of benevolence on their part. In fact it is daylight robbery from the public purse.

By law, councils have to house vulnerable homeless people - but at a reasonable cost. The difference between what the government covers through housing benefit (the local housing allowance rate) and what the council actually pays to the unscrupulous profiteers providing them emergency accommodation, comes out

of council funds that must be cut from other services.

Now public land is being sold off to continue paying these vultures. If we are to believe that councillors are doing this reluctantly, they should call it out for what it is - and start fighting back.

Why doesn't the council refuse to pay over-the-odds for dodgy emergency housing? If landlords withdraw their accommodation rather than accept a reasonable rent, then we could picket, protest, and demand they sell to the council if they can't run their business without this massive public subsidy.

Instead of selling off buildings to private developers, the council could help people currently in emergency accommodation set up housing co-operatives to take it over themselves.

Homelessness is not a natural phenomena - it's driven by evictions by landlords chasing higher rents. We could build solidarity networks in Hastings so that every time people are faced with evic-

tion we help them resist - and demand that their landlords either provide secure affordable homes or sell up to the council too.

Councillors could publicly identify empty homes so we can campaign for the owners to sell to the council or face Empty Dwelling Management Orders or compulsory purchase. They could also appeal to people who own holiday homes to sell them to the council. In a housing and climate crisis, there should be as much social stigma to hoarding housing for luxury consumption as owning a private jet!

If borrowing to buy up housing, or to build sustainable homes, gets Hastings into more debt, so be it. Debt backed by property is better than draining public funds to feed the insatiable greed of landlords.

If politicians don't want to keep feeding public cynicism about politics, then they should stop trying to play by the rules, in a game that is so blatantly rigged in favour of those with land, money and power.



The HIP List

Your Pull Out Guide
To What's Happening
In Hastings

WANT YOUR EVENT LISTED? CONTACT US NOW
IAN GREENSMITH (MUSIC), NADINE HAYWARD (ART,
CINEMA, THEATRE & PERFORMANCE), HUGH SULLIVAN
(SPORT) AND ROD WEBB (EVENTS, CLASSES)
on listings@hastingsindependentpress.co.uk

Music

Friday 6 October

McNiff's Folk Sundowner
The Jenny Lind, High St, 5.00pm
Ronnie & Robin
The Albion, George St, 8.00pm
Office for Personal Development
The Piper, Norman Rd, 8.00pm
Sister Moose
The Jenny Lind, High St, 8.30pm

Saturday 7 October

Seafront Session:
Andy Twyman
The Albion, George St, 4.00pm
The Fracave: Oh!Gunquit
+ The Dirty Contacts +
Vince Ray's Loser Machine
+ DJs Dunc, Bongo Debbie,
Danny Fuller & Kat
The Pig, White Rock, 6.00pm
Caboose
The Jenny Lind, High St, 6.00pm
Miranda Sex Garden
The Piper, Norman Rd, 7.00pm
The Musicals v Disney Night
The Brass, Havelock St, 10.00pm

Sunday 8 October

Rob Leek
The Albion, George St, 8.00pm

Monday 9 October

Mick Knight's ABC: A
Tribute to Texas Blues
The Jenny Lind, High St, 8.00pm

Tuesday 10 October

Albion Skiffle Company
The Albion, George St, 8.30pm
Lord Jasper – Blues Harp
Whistle Trago, George St, 8.30pm
Traditional Folk Session
The Stag, All Saints St, 8.30pm

Wednesday 11 October

Open Mic with James & Jules
Tin Tins, Robertson St, 8.00pm
Medicine Wagon
The Seadog, Station Rd, 7.30pm

Thursday 12 October

Berth of the Cool: Jazz DJs Ben Thompson + Sean O'Hagan & John Alfredo Harris
Downstairs at the White Rock Hotel, 7.00pm
Open Mic with James & Meredith
The Pig, White Rock, 8.00pm
Live Jazz: The Jazz Organisation plus Special Guest Daniel McConkey (Sax)
The NUR, Robertson St, 8.00pm
Shanty Night with Completely Scuppered
The Jenny Lind, High St, 8.30pm

Friday 13 October

Glenn Hughes Performs Deep Purple Classics from Burn + The Damn Truth

De La Warr Pavilion, Bexhill, 7.00pm
McNiff's Folk Sundowner
The Jenny Lind, High St, 5.00pm

Saturday 14 October

Toby Barelli & John Nicholls
The Albion, George St, 4.00pm
DJ Dave Reading
The Albion, George St, 7.00pm
Jim Jones All Stars
The Piper, Norman Rd, 8.00pm
Silent Disco
The Brass, Havelock St, 10.00pm

Sunday 15 October

Suedehead Sunday: Host DJ Lee + Guest Selector Beth Oh Oh 7
1200 Postcards, Queens Rd, 3.30pm
The Embers
The Stag, All Saints St, 5.00pm

Tuesday 17 October

The Waterboys
De La Warr Pavilion, Bexhill, 7.00pm
Irish Music Session
The Albion, George St, 8.30pm
Lord Jasper – Blues Harp
Whistle Trago, George St, 8.30pm
Traditional Folk Session
The Stag, All Saints St, 8.30pm

Wednesday 18 October

Open Mic with James & Jules
Tin Tins, Robertson St, 8.00pm
Jam Night
Pisarro's, South Terrace, 8.00pm
Bertie Whuksters: Ukulele Jam Session
The Seadog, Station Rd, 8.00pm

Thursday 19 October

Live Jazz: The Jazz Organisation plus Special Guest Rob Leake (Sax)
The NUR, Robertson St, 8.00pm
Open Mic with James & Meredith
The Pig, White Rock, 8.00pm
Shanty Night with Completely Scuppered
The Jenny Lind, High St, 8.30pm

CINEMA

Friday 6 October

Hitchcock Weekender: My Name is Alfred Hitchcock
Electric Palace, High St, 7.30pm
Passages
Kino-Teatr, Norman Rd, 3.00pm, 7.30pm

Saturday 7 October

Wait For Me (+Q&A with Director Keith Farrell)
Electric Palace, High St, 7.30pm
Edith Festival Special Event: Lifeworks (screening and Q&A with Andrew Kotting and Iain Sinclair)
Kino-Teatr, Norman Rd, 7.00pm

Sunday 8 October

Hitchcock Weekender: Rear Window, 11.00am
The Birds, 2.00pm
Electric Palace, High St, 11.00am
Sound of Freedom
Kino-Teatr, Norman Rd, 2.00pm

Wednesday 11 October

Hitchcock Weekender: Everything You Ever Wanted to Know About... Hitchcock but Were Afraid to Ask! (Interactive Course and Talk)
Electric Palace, High St, 7.30pm
Sound of Freedom
Kino-Teatr, Norman Rd, 7.30pm

Thursday 12 October

Barbie
Electric Palace, High St, 11.00am, 7.30pm
The Great Escaper, 3.00pm
Past Lives, 7.30pm
Kino-Teatr, Norman Rd

Friday 13 October

Blacula
Electric Palace, High St, 7.30pm
Stop Making Sense (40th anniversary restoration)
Kino-Teatr, Norman Rd, 3.00pm, 7.30pm

Saturday 14 October

The Great Escaper, 3.00pm
Past Lives, 7.30pm
Kino-Teatr, Norman Rd

Sunday 15 October

Barbie
Electric Palace, High St, 11.00am
The Great Escaper
Kino-Teatr, Norman Rd, 12.00pm

Tuesday 17 October

Stud Life (Out On Tuesday event + Director's Q&A with Campbell X)
Electric Palace, High St. 7.30pm

Wednesday 18 October

Billy Billingham MBE – Always a Little Further
De La Warr Pavilion, Bexhill, 7.00pm
The Great Escaper
Kino-Teatr, Norman Rd, 2.00pm

Thursday 19 October

The Nettle Dress, 11.00am
Rudies Come Back:
Documentary of 2 Tone, plus book launch (& Q&A with author Daniel Rachel & DJ Debbie Golt), 7.30pm
Electric Palace, High St
Mrs Brown
Isabel Blackman Centre, 2.00pm
A Haunting in Venice, 3.00pm
The Great Escaper, 7.30pm
Kino-Teatr, Norman Rd

Continued on page 12>



LISTINGS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

< Continued from page 11

Sussex ExchangeQueensway – for film listings go to:
cinema.thesussexexchange.co.uk/**Odeon Hastings**Queens Road - for film listings go to:
odeon.co.uk/cinemas/hastings

PERFORMANCE

Friday 6 October**Carnaval – An Illustrated Piano Recital**Hailsham Pavilion, George St,
Hailsham, 7.00pm**The Pilgrim Plays**Stables Theatre, The
Bourne, 7.30pm**Oliver! A Hasteons Production**

White Rock Theatre, 7.30pm

Saturday 7 October**The Story of Babar the Elephant – A Children's Concert**Hailsham Pavilion, George St,
Hailsham, 2.30pm**Drag Brunch with Cosmic**Forbidden Fruit, Grand
Parade, 2.00pm**Edith Festival: The Play****and Presentations**

Kino-Teatr, Norman Rd, 12.00noon

The Big Sing (multi-choir concert)St John's Church, Brittany
Rd, 10.30am-9.00pm**The Pilgrim Plays**Stables Theatre, The
Bourne, 7.30pm**Oliver! A Hasteons Production**White Rock Theatre,
2.00pm, 7.30pm**Sunday 8 October****A Celebration of English Song**Hailsham Pavilion, George St,
Hailsham, 2.30pm**Kabarett**Stables Theatre, The
Bourne, 8.00pm**Thursday 12 October****Arsenal Legends – In Conversation**

White Rock Theatre, 7.30pm

Friday 13 October**Noel Fitzpatrick –****Beyond Supervet**

White Rock Theatre, 7.30pm

Liam JosephForbidden Fruit, Grand
Parade, 9.30pm**Saturday 14 October****Cherry Liquor (Drag)**Forbidden Fruit, Grand
Parade, 9.30pm**Steve Backshall: Ocean**

White Rock Theatre, 2.00pm

Sunday 15 October**The Scattering (rehearsed****play reading – FREE)**Stables Theatre, The
Bourne, 4.30pm**Monday 16 October****Phil Okweddy: The Gods Are All Here (Hastings Storytelling Festival)**Sussex Studio, White
Rock Theatre, 7.00pm**Wednesday 18 October****Hastings Philharmonic Orchestra – Beethoven and Brahms**White Rock Theatre, 7.30pm
Thursday 19 October

ART

Abandoned BeautyUntil 28 November 2023
Stables Theatre Gallery,
The Bourne**Abi Stockbridge – Artist in Residence**Until 31 October 2023
St Andrews Mews, Waldegrave St**A Moment in Time:****Burtons' St Leonards**8 October 2023, 3.00pm – 6.00pm
Masonic Hall, East Ascent**Artist in Residence:****The Two Ians**Until December 2023
St Andrews Mews, Waldegrave St**Cerebellum: Excappare**7 October until 7 November 2023
St Andrews Mews,
Waldegrave Rd**Hélio Oiticica – Waiting for the Internal Sun**Until 14 January 2024
De La Warr Pavilion, Bexhill**Here to There to Here****– Mike Abrahams &****Francesca Giuliano**13 until 22 October
Hastings Art School**Exhibition Space, Priory****Matthew Radford: Succession**Until 19 October 2023
Kino-Teatr Gallery, Norman Rd**Michelle Mildenhall – KINKY**Until 31 October 2023
Seed, George St**MOTH Affordable****Art Group Show**From 1 October 2023
MOTH Shop, London Rd**Nengi Omuku**7 October until 7 March 2024
Hastings Contemporary,
The Stade**Nicole Zaaroura – I May****Stay a Little While**Until 31 October 2023
St Andrews Mews, Waldegrave St**Oneiropraxis**Until 29 October 2023
Hastings Museum and Art
Gallery, Bohemia Rd**PhotoHastings in Residence**

Until 31 October 2023

St Andrews Mews, Waldegrave St

Roland Hicks – The Fourth Wall7 October until 3 March 2024
Hastings Contemporary,
The Stade**Sasha Leech – Towns and Cities**16 until 29 October
Hastings Arts Forum,
Marine Court**Sir Quentin Blake – Ink**

7 October until 12

November 2023

Hastings Contemporary,
The Stade**Steven Linard – Total****Fashion Victim**

Until 8 October 2023

Rogue Gallery, Norman Rd

Stored Out of Sight

Until 16 December 2023

Hastings Museum and Art
Gallery, Bohemia Rd**Take Away Art – An****Exhibition of Affordable****Art by Sexton Ming**

6 October 2023, 7.00pm

1200 Postcards, Queens Rd

The Disobedient of the Third**Age - Louise Whitham & Patti****Webb Photographic Exhibition**

Until 15 October 2023

Hastings Arts Forum,
Marine Court**The Minds of Geraldine Swayne**

Until 21 October 2023

Project 78 Gallery, Norman Rd

Tschabalala Self: Seated

Until 29 October 2023

De La Warr Pavilion

Lawn, Bexhill

EVENTS

Autumn Programme**Spun Glass Theatre-****Mini Playhouse**

26 White Rock

Creative workshops for

parents and toddlers 19

months-3 years. Enjoy fun,

supportive, artistic sessions

every week by the award-

winning Spun Glass Theatre.

*Full programme: spunglasstheatre.com/mini-playhouse-hastings***Every Monday, Tuesday,****Wednesday, Friday****Health Walks**

Gentle, hour-long walks to

boost physical and mental

health. Free, no booking

required, Times and venues

vary, see website for details.

[tcv.org.uk/southeast/](http://tcv.org.uk/southeast/volunteer-south-east/east-sussex-healthy-walks)[volunteer-south-east/east-](http://volunteer-south-east/east-sussex-healthy-walks)sussex-healthy-walks**Every Monday****Al-Anon**

7.30pm-8.30pm

Clifton Community Church

Centre, 1-2 Stainsby

St, St Leonards

Worried about someone's

drinking? Come to Al-Anon

family groups 12-step weekly

meeting. All welcome.

[al-anonuk.org.uk/groups/](http://al-anonuk.org.uk/groups/hastings-monday)hastings-monday**Karaoke Night with John C Live**

Havelock Pub, Robertson

St, 7.00pm

*Facebook**#generalhavelockhastings***The Seadog Quiz**

32, Station Rd, Hastings, 8.00pm

1st place - £50 bar tab

@TheSeaDogHastings

Every Tuesday**Writers Workshop**

Ten weeks from 19

September, £180

10.00am-11.30am

Electric Palace, High St, Hastings

Each session, a discussion of

writing craft and technique,

and a workshopping session,

while writing exercises and

suggested reading materials

are provided every week.

*[hastingswritersworkshop.](http://hastingswritersworkshop.com/writersworkshops)**com/writersworkshops***OHPS Original Old****Town Guided Walks**

Meet by the café on the West Hill

2.30pm (until 26 Sept)

£6. Prebook online or at

Fisherman's Museum

*ohps.org.uk/walks***5IVE Rhythms**

10.00am-11.30am

The Crown House,

Marina, St Leonards

5Rhythms is a dynamic

movement practice that

ignites creativity, connection

and community. Come and

dance with Emma Leech.

emmadance.co.uk**Rhymetime at Hastings Library**

11.00am, free

Hastings Library, Brassey

Institute, 13 Claremont,

Babies, toddlers and parents

or carers can have fun singing,

playing musical instruments

and learning rhymes.

0345 608 0196

Every Tuesday, Friday, and**Saturday****The Hastings Library of Things**

Tuesday 12.00pm-2.00pm, Friday

and Saturday 12.00pm-4.00pm

The Common Room, 27-

29 Cambridge Road

A library of things to be

borrowed, used and returned.

Tools, kitchen items, jigsaw

puzzles and lots more.

*hastingslibraryofthings.co.uk***Every Wednesday****Writers Workshop**

Ten weeks from 20

September, £180

6.30pm-8.00pm-11.30

Electric Palace, High St, Hastings

Each session, a discussion of

writing craft and technique,

while writing exercises and

suggested reading materials

are provided every week.

*[hastingswritersworkshop.](http://hastingswritersworkshop.com/writersworkshops)**com/writersworkshops***Let's Do Lunch**

12.30pm-2.00pm

Isabel Blackman Centre,

Winding St, Hastings

Make new friends and

reconnect with old ones over

a lovely and affordable 2

course lunch for under £10.

Every Thursday**English Conversation group**

10:00

Hastings Library, Brassey

Institute, 13 Claremont

To help international adults

improve their spoken English.

0345 608 0196

Every Friday**Nature Babies, Wellbeing****Walks, Talks, Classes****and lots more**

Rye Harbour Nature Reserve

Dates and times vary – see

website for details.

Explore and learn in the natural

environment at Rye Harbour

Nature reserve. Fantastic

tours, events and classes on

offer for adults and children.

*[rye.sussexwildlifetrust.org.](http://rye.sussexwildlifetrust.org.uk/discovery-centre/events)**uk/discovery-centre/events***Fixing Friday**

12.00pm-4.00pm

The Common Room, 27-

29 Cambridge Road

Bring your small items for repair.

If in doubt, bring it along!

*[makeandmendbexhillandbeyond.](http://makeandmendbexhillandbeyond.org.uk)**org.uk*

CLASSES

Mondays**Overeaters Anonymous**

7.30-8.30

Clifton Centre, 1-2 Stainsby

St, St Leonards31

*oagb.org.uk***Slow and Easy Fitness**

11.30-12.30pm, £3

Bewellfit, at Clifton

Road & 9, The Ridge

Exercise for older adults

07817 144812:

*bodymoveshastings.com***Drum Club**

4.15pm-5.15pm, £6.50

West Hill Community Centre

For 15-16 year olds,

**Crossword Solution No 236:****Across:** 1. Trunks 3. PoeTry 4. CarTed **Down:** 1. Tropic (anagram) 2. (Thi)S way ed(itor)

HASTINGSINDEPENDENTPRESS

LISTINGS

Life Drawing

10.00am-12.15pm and
12.45pm-3.00pm
Ore Community Centre, 455
Old London Rd, Hastings
£10.50 per session
sjflack.art

Darragh Dance

5.30pm-7.00pm, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
Get your joy on with movement
director and choreographer
Darragh O'Leary.

*afri-co-lab.org***Chair Yoga**

3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.

One of several classes
covering all topics.
isabelblackmancentre.co.uk

Art Class for Adults

10am-12.15pm & 12.45-3.00pm
Ore Community Centre
All levels, £10.50 per session
sjflack.art

Choir Practice!

11.00am
The Chapel of Christ
Stillness, Moon Cottage,
Guestling, TN35 4HJ
New singers of all ages welcome.
thechapelofchriststillness.co.uk

Feel better with**Therapeutic Movements**

2.00pm-3.00pm
Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.
qigongsigrid@gmail.com

Candlelit Yoga

6.00pm-7.00pm
Hastings Old Town
oldtownyoga.co.uk

Absolute Beginners**Argentine Tango**

7.00pm-8.30pm
Upstairs at the Piper,
1 Norman Rd
£40pp or £70 couple
pennythepoetess@yahoo.co.uk

Argentine Tango Improvers Drop-In Class

8.30pm-9.30pm, £6
Upstairs at the Piper, 1 Norman Rd
pennythepoetess@yahoo.co.uk

Beginners Vinyasa Flow

9.30am and 6.30pm
Hot Yoga Hastings,
21 St Peter's Rd, Hastings
hotyogahastings.co.uk

Slow Flow Yoga (Open Level)

9.30am-10.30am
Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk

Silver Swans Ballet Class

4.00pm-5.30pm
Ore Community Centre, Studio 2
Annie 07704 711772

Beginners Pointe Class

5.30pm-6.30pm
Ore Community Centre, Studio 2

*Annie 07704 711772***Alexander Technique****Taster Sessions**

1.30pm-5.00pm
Braybrooke Rd
livingtenderly@yahoo.co.uk

Kundalini Yoga & Meditation with Yeli

7.30pm-9.00pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk

Ballet Barre

7.15pm-8.00pm.
Hastings Old Town
oldtownyoga.co.uk

Yoga Over 60 – maintaining movement

11am-12.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio

Hastings Punk Choir
7.00pm-8.30pm

Electric Palace, 39A
High St, Hastings

(And generally a drink or two
in the Jenny Lind afterwards.)

Tuesdays**French for beginners**

11.00am-12.00noon
The Cottage, 7 The
Alley, TN34 1HB
+ Conversations at the Common
Room, Eagle House, Robertson St
George: 07835808318
Ore Youth Club Sessions
4.30pm-6.00pm
Ore Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800

The Crown Knitters

10.30am
The Crown, 64-66 All
Saints St, Hastings
Fortnightly first and
second week of month
A weekly knitting group who
knit lovely things to sell to raise
money for local charities.
thecrownhastings.co.uk/events

Sew Social with Karen Arthur

7.00pm-9.00pm, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards

A monthly gathering on first
Tuesday of the month for
Global Majority crafters.
afri-co-lab.org

Baby & Toddler Social Meet Up

12.00pm-3.00pm
The Common Room, Eagle House,
27-29 Cambridge Rd, Hastings
A welcome space for people
with small people to meet.
umbrellasussex.org.uk/news

Needle Felt

11.00am-12.00pm and
1.00pm-2.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.

*isabelblackmancentre.co.uk***Online Chair Yoga**

Zoom, 2.00pm-3.00pm
sueyoga1066@gmail.com

Creative Writing at The Crown

10.00am-11.30am
The Crown, Hastings, £8
£15 – lots more classes
available for all levels
Nicky 07938 734871

Mini-Da Vinci Art School

10.00am-12.00pm
Art in the Park Community
Hub, Alexandra Park

Pre-school/ home-
schoolers art activities
£6.50 (adults free)

*info@artsonprescription.org***Classical Guitar Tuition**

Tuesdays, Wednesdays, Fridays
Bexhill, from £15, free
taster sessions
bexhillclassicalguitar.co.uk

Pilates with Lucy Paffard

St Leonards, 9.30am
lucypaffard@gmail.com

Painting Workshop

1.00pm-3.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Materials provided.
Info@artsonprescription.org

Photography Workshop

6.00pm-8.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Own camera required.
Info@artsonprescription.org

Country Dancing

7.45pm-9.45pm
St Matthew's Church,
London Rd, St Leonards
hastingscountrydanceclub.org.uk

Vinyasa Flow (Levels 1-2)

6.00pm-7.00pm
Horntye Sports Centre, Hastings
karen@yoga-by-the-sea.co.uk

Knitting Yarns:

5.00pm-6.30pm
Sugar Pie Honey Buns
235 London Rd, St Leonards
Rachel: 07397794879

Yin Yoga & Relaxation

7.30pm-8.30pm, £7
Azur Marina
karen@yoga-by-the-sea.co.uk

Daoist Qi Gong

9.00am-10.00am
The Azur Pavilion, St Leonards
andreacorsoQG@yahoo.com

Pilates: with a roller

with Sally Paffard
9.00am-9.30am, Zoom
sallypaffard@gmail.com

Pilates with Sally Paffard

5.30pm-6.30pm
Small class
Westhill Community Centre
Sally: 07973 530911

Hot Yoga Hastings

11.00am-12.00pm
21 St Peter's Rd, Hastings
hotyogahastings.co.uk

Yoga at the White Rock

White Rock Hotel, Hastings
Healing Breath, Yoga Nidra
& Tibetan Bowls, £10.
myranicol@gmail.com

Silver Swans Ballet Class

6.30pm-8.00pm
Ore Community Centre, Studio 2
Annie 07704 711772

Gary Marriott's Tune up Tuesdays

5.15pm-6.30pm
Fun Acapella Choir
Hastings Town Centre, £3
Text 07986911083 for more info

Ashtanga Yoga - Assisted Self Practice

07.30am-09.30am, £15
Wellington Health &
Wellbeing Centre
ashtangayogahastings@gmail.com

Salsa Tuesdays with Phyre Dance

The Piper, Norman
Rd, St Leonards
Times vary see Facebook page.
From beginners to social
dancing and practice.
*@facebook.com/
events/576448847887517*

Wednesdays**St Leonards Junior Chess**

From 5.00pm
St Nicholas Centre, London Road
A social club for children
who play chess.
andrewjmcgettigan@gmail.com / 07910 245 40

Slow and Easy Fitness

10.30am-11.30am, £3
Ore Community Centre, 455
Old London Road TN35 5BH
Exercise for older adults
*07817 144812:
bodymoveshastings.com*

Yoga with Marjolyn

6.00pm-7.00pm
Azur, Marina Pavilion,
44-37 Marina
07929577985

Hatha Yoga for You

2.00pm-3.00pm
Sunroom, Azur, Marina
Pavilion, 44-37 Marina
Louise@stleonards.studio

Mystical Yoga at The Bale House

5.45-7.00pm, £10
Hastings Country Park, Lower
Coastguard Lane, Fairlight,
Hastings, TN354AD
enchantedmalas@gmail.com

Elemental Yoga with Catherine

10.30am. Class Cost: £7
The Azur Pavilion
catherineburnett12@gmail.com

Laughter Yoga with Bev

6.30pm-7.30pm
Upstairs, Jenny Lind
*bevjones@laughyourself
tohealth.com*

Wellbeing Wednesdays

10.00am-3.00pm,
(pay as you can)

Art in the Park Community
Hub, Alexandra Park
info@artsonprescription.org

Roots of Return

Women's Wellbeing Circle
7.30pm-9.00pm (pay as you can)
Art in the Park Community
Hub, Alexandra Park

*info@artsonprescription.org***Buddhist Meditation and Dharma Teaching**

7.00pm-9.00pm
In person and via Zoom.
hastingsbuddhistgroup.co.uk

Yoga on the Harbour Arm

(outdoors) 5.30pm-6.30pm
oldtownyoga.co.uk

Kundalini Yoga and Meditation Class

7.30pm-8.45pm
The Ballroom, Bank Hotel &
Bistro, St Leonards, £10.
soulpowerkundaliniyoga.co.uk
Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm-9.00pm, £4
sallypaffard@gmail.com

Spanish – Adult Beginners

10.00am-12.00pm
First Floor, 7 Cambridge
Rd, Hastings
£15 – lots more classes
available for all levels
*Espanoles en Hastings FB page
spanishonseaschool@gmail.com*

Argentine Tango Social Dance

8.00pm-11.00pm
White Rock Hotel,
Downstairs Bar
A friendly social tango for those
already dancing tango with
music from tango's golden age.
£5 dancers, £2 non-dancers
pennythepoetess@yahoo.co.uk

Qigong with Sigrid

5.30-6.30pm
Community Hall of Greek
Orthodox Church, St Leonards
Suitable for all ages.

*Sigrid: qigongsigrid@gmail.com***Adult Tap Class for Beginners**

6.15pm-7.00pm
7 Mercatoria, St Leonards
kimhaviand@gmail.com

Therapeutic Yoga

12.30pm-1.30pm
Hastings Centre, The Ridge,
Hastings TN34 2SA

£7 – All abilities welcome

ninayoga.co.uk
Legs Bums & Tums

1.00pm-1.45pm
Isabel Blackman Centre,
Winding St.

One of several classes
covering all topics.
isabelblackmancentre.co.uk

The Class Choir

7.00pm-9.00pm
The Unitarian Church,
South Terrace, Hastings
Friendly, Fun Uplifting

Continued on page 14>



LISTINGS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE...  HASTINGSINDEPENDENTPRESS

< Continued from page 13

Women's choir
Free taster sessions, no music
reading or auditions.
theclasschoir@gmail.com
"streetsketchers" /
"plein air" group
First Wednesday of each month
9.00am start: Outside Hastings
Contemporary Gallery
11.00am reconvene: Eat@
TheStade for refreshments
and discussion
meetup.com/south-coast-skyers

Thursdays

Tilekiln Youth Club Sessions
5.30-7.00pm
Tilekiln Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800
**Co-working social
media Sessions**
10am
The Crown, 64-66 All
Saints St, Hastings
Free group working sessions for
creative business owners and
freelancers designed to help you
spend focused, productive time
creating and sharing content.
Insta: @brassbeemarketing,
catherine@
brassbeemarketing.com
Yoga with Marjolyn
3.00pm-4.00pm
Azur, Marina Pavilion,
44-37 Marina
07929577985
**Tai Chi for Health
and Relaxation**
10.30am-11.30am, £5
St John's Parish Hall, Brittany Rd
Stuart 07961 949715
Nature Walks with HESNHS
Times and venues vary.
hastingsnaturalhistory.org
**Meditation and Breathwork
with Jung-ui**
7.30pm-8.30pm, £55
West Hill Community Centre
A four-week course.
jung-ui.co.uk
Teens Art Club
4.00pm-6.00pm
Art in the Park, Alexandra Park
info@artsonprescription.org
Hastings Town Singers
7.00pm-9.00pm
Castledown School, Priory Road
A friendly non-auditioning
community choir.
Free taster sessions.
hastingsownsingers.co.uk
Life drawing (Adults only)
10.30am-12.30pm, £10
Art in the Park Community
Hub, Alexandra Park
info@artsonprescription.org
Earth:Art Wrokshop
6.00pm-8.00pm, £10
Art in the Park Community
Hub, Alexandra Park

Explore a wide range of earth-
friendly creative processes and
techniques with Georgina Fox.
info@artsonprescription.org
Yoga at Hastings Contemporary
9.50am-10.50am
oldtownyoga.co.uk
Move It or Lose It!
10.00am-11.00am
The Hastings Centre
Friendly, low impact exercise for
older adults. Improves strength
and balance. Seated or standing.
£6 per class. First class free.
lucy.jenner@moveitorloseit.co.uk
Yoga on the Harbour Arm
5.15pm-6.15pm
(outdoors)
oldtownyoga.co.uk
**Online Vinyasa Flow
with Elena Voce**
12.45pm-1.30pm
Classes for all levels.
Pay-what-you-can
yogawithelenavoce.co.uk
Vinyasa Flow
9.30am-10.30am
Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk
**Kundalini Yoga &
Meditation with Yeli**
6.00pm-7.30pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk
**Mandala Vinyasa
Flow (Advanced)**
Hot Yoga Hastings,
21 St Peter's Rd, Hastings, 6.30pm
hotyogahastings.co.uk
Iyengar Yoga for Beginners
8.00pm-9.00pm
Arthur Easton Centre,
St Leonards
Mats, blocks, ropes and barre
work. Pay as you are able.
myranicol@gmail.com
Pilates (beginners)
3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.
isabelblackmancentre.co.uk
**Ashtanga Yoga – Assisted
Self Practice**
07.15am-09.15am, £15
Wellington Health &
Wellbeing Centre
ashtangayogahastings@gmail.com
HESNHS Walking Group
Walk 4-6 miles with this friendly
natural history walking group.
Picnic or pub lunch options.
hastingsnaturalhistory.org
Andrew: *ajw.hesnhs@btinternet.com*, 07597 003407

Fridays

**Broomgrove Youth
Club Sessions**
4.30-5.30
Broomgrove Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800

**Feel better with
Therapeutic Movements**
9.30-10.30am
Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.
Sigrid: qigongsigrid@gmail.com
**Breathe + Stretch with
Karen Arthur**
7.30am-8.20am, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
Greet the day and start the
weekend energised and refreshed.
afri-co-lab.org
Traditional Yoga
Horntye Club Room,
Horntye Sports Centre
9.30am-10.40am, £10
For the yoga enthusiast
Yin Yoga
11.30pm-12.30pm, £7
All abilities.
ninayoga.co.uk
Yoga on the Harbour Arm
(outdoors), 9.00am-10.00am
oldtownyoga.co.uk
**Pilates: mixed ability
with Sally Paffard**
Zoom, 9.00am-10.00am
sallypaffard@gmail.com
**Beginners Creative
Writing Group**
6.15pm-7.15pm
The Clifton Centre (previously
Southwater Community Centre)
**Mindful Yoga – An
introspective practice**
10.30am-12.30pm
**Chair Yoga – A
supported approach**
2.30pm-3.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio
Gong Bath sessions
11am Unitarian Church,
7a South Terrace
Text Karen Hayler: 07986 911083
Senior Strength
3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.
isabelblackmancentre.co.uk

Saturdays

Saturday Recess Art Club
10.30am-12.30pm,
£6.50 (adults free)
Art in the Park Community
Hub, Alexandra Park
creative activities for all
budding artists! Ages 10+
info@artsonprescription.org
Chess Club
2.00pm-4.00pm
The Common Room, Eagle House,
27-29 Cambridge Rd, Hastings
An amateur club for
amateur players
umbrellasussex.org.uk/news

Zoom Hatha Yoga
9.00am-10.00am (online only)
Pranayama, practice and
relaxation, video available.
Louiselovesyoga@gmail.com
**Meditation and Breathwork
with Jung-ui**
10.45am-11.45am
The Stables Theatre, Hastings
jung-ui.co.uk
Yoga at Hastings Contemporary
9.50am-10.50am
oldtownyoga.co.uk
Strong Yoga with Lucy
Morning Yoga via Zoom
10.00am-11.15am
lamiles@hotmail.co.uk
Hot Yoga Hastings,
21 St Peter's Rd, Hastings
Book: hotyogahastings.co.uk
Gong Bath sessions
Weekly starting 1 April, 2pm
4 Courts Wellbeing Centre
Text Karen Hayler: 07986 911083
Antenatal Taster Class
10.00am 64-66 All
Saints St, Hastings
First Saturday every month.
Free taster sessions to
learn about antenatal and
hypnobirthing with Siobhan
themothershipantenatal.co.uk

Sundays

Yin Yoga
21 St Peter's Rd, Hastings. 3.00pm
hotyogahastings.co.uk
Historical Dance Group
Regency Dance Workshop
2pm-4.45pm, monthly
St Peter and St Paul's Church Hall
dianadancer@btinternet.com
"streetsketchers" /
"plein air" group
First Wednesday of each month
4.00pm start: South side,
The Stade open space
6.00pm reconvene: East
Hastings Angling Club, The
Stade for refreshments
and discussion
meetup.com/south-coast-skyers
Sunday Brunch-time
Kid's Art Club
10.00am-12.00pm, £5, Drop-
in or stay full 2 hours
Outside the Smokeshack,
St Andrews Mews,
Waldegrave Rd, Hastings
Join Artist and Arts Educator
Charlotte CHW for different
creative projects every
week at the revamped St
Andrews Mews. 5-10 yrs.
c.hwatts.art@gmail.com

BE THE FIRST IN THE KNOW

The 'HIP List' is at the heart of your local community newspaper. In every issue, four page of events listings give readers the low down on what's happening around the town, from gigs to yoga, cinema to sport, and a whole lot more.

HIP is currently seeking additional volunteers to help compile this go-to guide, in particular people to take charge of music, one-off events, and classes, plus an overall section editor to coordinate and in future expand this vital part of the paper.

Contact us on *info@hastingsindependentpress.co.uk*



A Bit of Science and a Bit of Honesty

MERLIN BETTS discusses climate change in response to Jonathan Andrews' article (HIP 234)

Whether facts are convenient or not, they're supposed to be...factual. Some people think 'true' is a step too far here. Fine. But fact should at least bear some relevance to the truth. Here are some facts.

THE GREENHOUSE EFFECT AND US

Carbon dioxide (CO₂) is a greenhouse gas. It heats the place up. This is good. If we didn't have enough greenhouse gas, Earth would be too cold to sustain our kind of life. But if the atmosphere has too much greenhouse gas, the planet keeps warming, which can have unexpected effects on your bit of it. Melting ice caps, dying sea life, burning forests, desertified agricultural land, tsunamis and hurricanes, droughts and vicious storms.

There are two other big greenhouse gases: methane (CH₄) and nitrous oxide (N₂O). Nitrous oxide, apart from being car-make-go-fast and a cheap home entertainment, destroys the ozone layer like the various CFCs we banned years ago and heats the planet 300 times faster than CO₂. Methane does this only 80 times faster, but there's much more of it than N₂O.

A LONG TIME AGO...

Andrews doesn't mention N₂O or CH₄. But he does mention that about 500 million years ago "when the ancestors of the plants on which humans rely first evolved" there was a lot of CO₂ about. He doesn't say 500 million, but the RA Berner study he cites does put it in that era. And yes, there was a lot of CO₂ about.

However, the first organisms to use oxygenic photosynthesis (i.e. "the ancestors of the plants on which [we] rely") existed at least 2,000 million years ago. What we care about here is that they used up CO₂ and made oxygen.

Over 2,000 million years or so, photosynthesis brought us here. It indirectly built an ozone layer, sped up various evolutionary processes, got us on land, got us aer-



Annie Spratt: Unsplash

obic animals and killed off most anaerobic life. It also set the temperature on the global thermostat to "allows human life" by, amongst other things, pulling CO₂ out of the atmosphere.

Nowadays, plants still consume CO₂ and produce oxygen. Animals, meanwhile, consume oxygen and produce CO₂ (so we don't run out of CO₂ and go cold). We have a nice thing going. It works for everyone. It's balanced. Well, it was until we killed off most of the plant life on the planet, and started pumping excess CO₂, methane, nitrous oxide and other dangerous waste into the atmosphere.

THE WORLD REPLY TO JONATHAN ANDREWS

Andrews cites the World Climate Declaration (WCD) in his article. This is not a World-sponsored document. It's the product of Clintel, a lobbying group that openly states: "There is no climate emergency." Clintel was founded by the author of the World Climate Declaration, Augustinus Johannes 'Guus' Berkhout, a professor who's worked for Shell and founded the Delphi Consortium, which does seismic research for oil and gas companies.

NASA claimed that 97% of "actively publishing climate scientists" agree that humans are causing global warming and climate change. Not just any old surgeon or astrophysicist. Climate scien-

tists with relevant expertise, who are still actively working.

Meanwhile Clintel's WCD has been signed by 1,700 people, who are a random selection of scientists – many retired – economists, engineers, computer pros and "other experts," including a commercial fisherman and an air conditioning engineer. Research group Desmog have extensively exposed Clintel's structure and its links to fossil fuel lobbies at desmog.com/climate-intelligence-foundation-clintel/.

NASA shoots rockets into space using huge amounts of fossil fuels. It says humans are causing climate change. Clintel's immersed in oil and gas. It says there is no meaningful climate change. Who do you believe?

STATISTICAL MANIPULATION PARTY

Statistics don't really tell you anything unless they're specific, carefully gathered, and used alongside other relevant statistics to narrow down a more-or-less truthful area of information. Politicians and marketing pros rely on statistics that look simple (but are actually very complicated) to manipulate audiences like us into believing what they want.

Inconvenient Facts (HIP 234), quoted NASA as saying that 97% of scientists agree that humans are causing climate change. What NASA actually said was "the vast major-

ity of actively publishing climate scientists – 97 percent – agree that humans are causing global warming and climate change." Actively publishing climate scientists. It cited nine sources.

Andrews addresses only one of those sources, a study by J. Cook et al from 2013. It says that about 66% of the climate literature analysed took no position on whether humans cause global warming. 33% said humans are actively causing global warming. 0.7% rejected the idea that we're causing it. 0.3% were uncertain about the cause of global warming.

One way of reading this is that 97% of the literature about the human impact on global warming says we are indeed increasing it, and around 2% rejects that idea, 1% is uncertain. This seems to be the NASA perspective.

Andrews also quotes David Legates' stat suggesting 0.3% agreement on human global warming. The reasoning for this comes from a work on "agnotology," which is less of a quantitative survey and more of a discussion of language concepts. The abstract of the work says that he's using the stats from Cook and simply trying to redefine "consensus" from "human activity is very likely causing most of the current global warming" to "most warming since 1950 is anthropogenic."

In this sense, even he seems to agree with the conclusion that the majority of actively publishing climate scientists think humans are causing most of the current global warming. He just doesn't want this to be seen as a consensus.

A POLAR BEAR'S CHANCE IN THE SEA

David Legates was employed by the Trump White House for about five months before being thrown out for printing his personal views on Executive Office of the President notepaper, pretending to be copyrighted White House Office of Science and Technology Policy. His views did not represent the White House and were not approved by Office head Kelvin Droegemeier. He was also one time State Climatologist of Delaware, where his boss, Governor Ruth Minner, told him to stop erroneously feeding his personal views into state policy.

In 2007, Legates co-authored a paper that questioned previous findings about the impact of climate change on the habitat of polar bears. According to InsideClimate News, that research was partially funded by grants from Koch Industries, the American Petroleum Institute lobbying group and ExxonMobil.

Andrews wrote something nice about polar bears at the end of his piece, didn't he? Well, according to the World Wildlife Federation, "because of ongoing and potential loss of their sea ice habitat resulting from climate change... polar bears were listed as a threatened species in the US under the Endangered Species Act in May 2008." The US government clearly wasn't swayed by Legates' report.

The WWF continues, "As their sea ice habitat recedes earlier in the spring and forms later in the fall, polar bears are increasingly spending longer periods on land, where they are often attracted to areas where humans live." And then it's less a matter of hunting and more the shady area of personal and property defence.

While polar bears might be able to survive increasingly smaller areas of ice field, or swim in freezing waters from ice chunk to ice chunk desperately searching for a decent meal, they can't survive the destruction of any life that lives outside of the sea. And nor can we. We're here to steward this planet, not because anyone told us to, but because we're utterly dependent on it for our continued existence. Don't let some strange capitalists ruin it for almost every living thing here.



ARTS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE...  HASTINGSINDEPENDENTPRESS

Dialogues, Escapes and Escapades

Cerebellum founder and Curator, CHARLOTTE CHW, invites open calls for a new interdisciplinary exhibition

Art has the potential to be the ultimate escape, and imagination can always offer an alternative reality. Artists can, however, become trapped in the box of their own practice, or alternatively, obsessed with the near impossibility of trying to be original, in a world where everything has probably been done before. This is where responding to someone and something else becomes a liberation: a dialogue rather than a monologue.

Cerebellum: Excappare is an interdisciplinary exhibition about artistic exchange and escape. It is about the freedom of adopting a different route from usual, through exploring the ideas of another. The concept stems from Cerebellum's 2020 *Snail Mail* art project during the first deep lockdown, where a group of selected artists sent out small, enigmatic, mailable provocations to anonymous artists' addresses. Each provided their paired artist with a response.

'Excappare' is the Latin root of the words escape and escapade and means literally 'to get out of one's cape'. I am fascinated by the way

you can hear the sound in 'Excappare' and relate it to 'escape', but it suggests something far more flamboyant. I am attracted to etymology as a simultaneous abstraction of, and return to, meaning.

The twelve artists involved were selected through a mixture of invitation and open call. They were asked to send an existing artwork of their own, as a provocation. I then paired up artists who worked in different media and sent out the provocations to each artist for them to create a response. I deliberately paired artists to be challenged by provocations of work very different from theirs, without necessarily setting them up for difficulty. My advice on their response was that there was no pressure to be too literal, and that the way they connected to something in the work could be quite tangential.

One artist, for example, told me that their response to what they had been sent was going to take flight from the "gentle shadows" in the other artist's work. Another artist taking part, who also took part in the *Snail Mail* exhibition project, says: "For me, it's like finding a message in a bottle: an intriguing communication from an initially anonymous stranger, to decode and respond to. I love that challenge, making a reply, con-



Cerebellum at the Hive in 2016

structing and continuing the conversation - communicating."

To avoid influencing responses, the artists taking part will not be revealed until the exhibition opens. But it's a deliberately stimulating mix of artists working in different media, with different approaches. There are some artists who are established and some who are earlier in their careers. I

think the opportunity to bond and mix with artists from different places and practices, through process, is valuable. With *Snail Mail*, Cerebellum is celebrating nine years of events, projects and exhibitions, bringing artists together with a primary focus on interdisciplinary exchange. I'm excited to include writing primarily as an exhibited art form in this show.

■ *Open Calls for performances and live art for the opening, and ideas or interventions for a workshop day on Sunday 8 October, are still available. Search for 'Cerebellum' on [artsjobs.org.uk/events](https://www.artsjobs.org.uk/events) or find us on [instagram @Cerebellum_arts](https://www.instagram.com/Cerebellum_arts).*

Cerebellum: Excappare opens at St Andrews Mews, Hastings on Saturday 7 October from 7pm.

PhotoHastings: 13 years Supporting Contemporary Photographic Practice

GARY WILLIS

Presenting exhibitions and events across Hastings and St Leonards with talks, workshops, events and exhibitions, PhotoHastings provides something for every aspiring photographer. This year, we extended our annual October festival into September to take part in Coastal Currents, and also to coincide with the Turner Prize celebration at the Townner Gallery in Eastbourne.

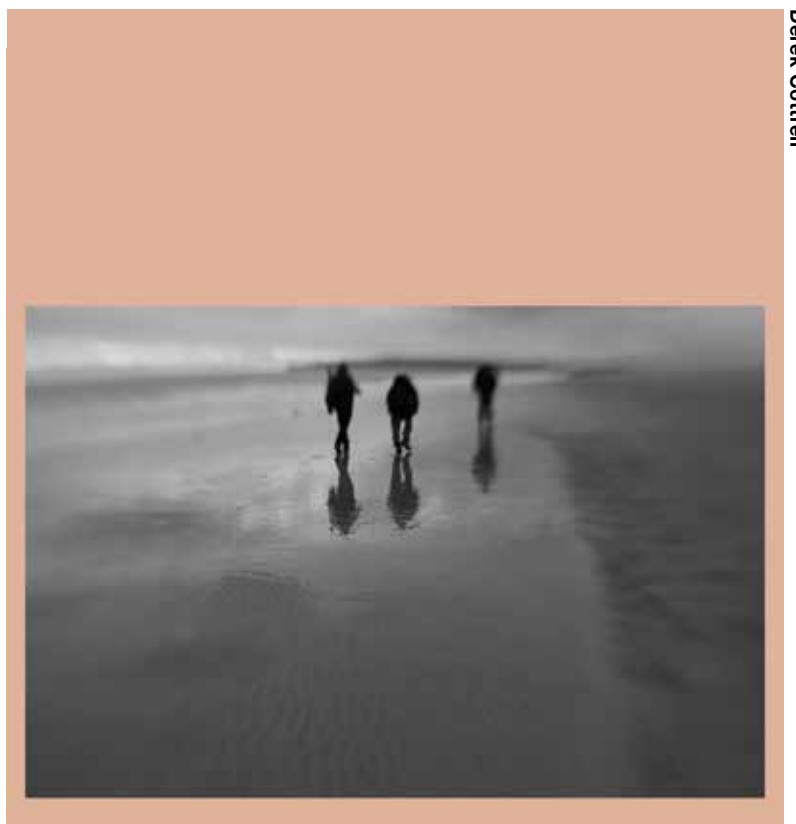
With the generous support of St Andrews Mews, Hastings, we are now showing individual and group work throughout September and October as part of a great

opportunity to promote contemporary photography. A full diary means a fortnightly cycle of exhibitions, entitled *Mews 1 to Mews 4*. We have already stepped into new territory, presenting a morning of film shorts at The Electric Palace, organised by Jude Montague and Matt Armstrong earlier in September.

This October, we will be showing for four weeks at Electro Studios Project Space and Hastings Arts Forum, as well as presenting five wonderful Photology talks at The Pig with Alexander Brattell. Also of particular interest is the collective group show, *Here, not There*, in St

Andrews Mews This is a showcase of varied approaches, from observations, travel documentary, to contemporary discourse and installations with works by Dan Percy, Imogen Bloor, Neale Willis, Derek Cottrell and Gary Willis.

■ *Photographs, installations and more. Here, not There. PhotoHastings @photohastings As ever, more events slot in as the festival develops, check out at photohastings.org Here, not There happens three days a week, 5-8 October and 12-15 October, 11am to 5pm in the gallery space, Unit 23, upstairs in St Andrews Mews*



Derek Cottrell



Stored Out of Sight: Disability and Society

VICTORIA KINGHAM

3D printing is now part of mainstream culture. A small 'starter' printer can be bought on Amazon for £99. A more advanced one that uses 'all metal hotend' and can weld at 300°C is only £400. Yet I find it continually unnerving that we are able to create credible three-dimensional images of, well, anything. Remember the grim piece of news that someone printed a real gun and used it. Furthermore, scientists have created a replica of a real, growing embryo. There's nothing we can't do. Allegedly.

In spite of these modern-day miracles, the new exhibition at Hastings Museum and Art Gallery, *Stored Out of Sight*, does a great deal to inform society of what could be done much better. Designed by and for differently abled or neurodivergent people, it explores their reactions to particular museum objects. One of these objects is a complex prosthetic arm designed at the beginning of the century. Lifelike models have been created by a 3D printer in three or four pretty colours, and unusually, they are available to be picked up, waved around, and generally examined.

The exhibition, in addition to being a curatorial exercise, stands as an art installation in itself. It isn't any kind of traditional exhibition of art by disabled people that one might have expected. It is an exhibition about a group of people,

variously divergent, and their reactions to objects in the museum. Further, it is about their own place in the world and how they maintain it. It is joyous and telling at one and the same time. People's personal reactions become part of the exhibition, enabling it to become more than just the sum of its parts. For all the technological advances available to society, there are still people dying from lack of financial, or other kinds of support. There's a particularly stark exhibit – a simple wall full of official forms. People are, they say, perpetually filling these in just to prove that they exist and that they cannot remain useful members of society without a small amount (and we are talking fairly small amounts here, say £40 or £50 a week) of extra financial help. One person said she always seemed to be hanging on the phone waiting for an answer. "The stress caused" remarks Jack Guy, "is ridiculous. With disabilities some days you have a bad day, and some days you feel better. So people see you and think you're OK, and you lose your claim."

Jack Guy is the genial and articulate young curator of this exhibition. He considers himself neurodivergent (he is dyslexic) so feels that he has a broad understanding of the term. "It's difficult," he remarks, "because you don't want to take away the term and use it, but you do need a general term to bring everybody together." After

be shown, because unfortunately disabled people aren't represented. They have to continually self-advocate." Hence the wall of government forms. "It's like a punishment for having been different for most of your life."

The objects chosen by the participants vary enormously. There are some astonishing works by artist George Graham, created towards the end of his life, when an



a history degree in Wales and a Masters in Museum Studies at Glasgow he did a four-month internship at Llanerchaeron, a National Trust house in Wales, to gain some practical experience. He applied to Curating for Change, to run a project as an offshoot of the Accentuate program, designed to create a cultural shift in general attitudes to disability.

The end result of his appointment speaks very much for itself, and has also allowed the participants to speak for themselves. Most of them were there at the inaugural view, happily surrounded by their work and their own photographs, each carefully placed against appropriate backgrounds and composed by another member of the group. The textual descriptions under the photos were deliberately composed, Jack tells me. "We tried to get the description in the right order. It would be nice to ignore the disability, but it has to

increasing deafness was a catalyst for his total change of style and the production of a set of wonderfully gifted 'Creation' paintings. These were an inspiration to one of the group, Frankie, whose own disability excluded her from the traditional world of art and design. She has made the most moving video comparing Graham's vision to Beethoven's ninth symphony (Beethoven's deafness is well-known) and noting that both were inspired by the Creation myth. The link to this – and please watch it) can be found at the end of this article.

The narrative that emerges from these discussions, continues Jack, is striking. "Small alterations here and there would allow disabled people to do everything. Why do we always have to have steps, for instance? The Romans used ramps all the time, and it's a great way of moving around."

Besides the prosthetic arm and its eerie reproductions, there are

other telling objects: a straitjacket, a hundred-year-old wickerwork wheelchair. Rosie, now in a wheelchair herself, remembers being a health worker in a former life, and cupboards being full of these kinds of artefacts, no longer used but not thrown away. There are small workhouse boots, a charity 'poor box', an invitation to a talk on eugenics, all of which have inspired narratives. There are also photographs, lent by various other institutions – disabled people's demonstrations in 1985, for example – and a video of the group working with the Corali Dance Company, created by people with (mostly learning) disabilities.

The group also had training in disability history. There were 1880s photos by George Wood of disabled people on Victorian streets, some begging, some limping, some limbless, all abandoned. "We've always been part of history, and it's not something new. Bad representation leads to horrible things – good representation leads to better understanding. We don't know the names of the people in the pictures, but without proper documentation and thought, they disappear and we think they don't have a history". A bit like slaves, I remark. And there is a Disability Coat – this was a loan, and is a cloak of many colours with the relevant restrictive Acts of Parliament sewn into the sleeves and the fronts. "I felt that it was a perfect piece for the exhibition, which is about representation."

So, requiring better understanding, here we are back where we started. While humans can journey to the moon, reproduce and insert a new hip joint as a matter of course, synthesise a baby, split the atom, reprint a lost antique sculpture, create moving holograms of 1970s megastars, or remodel faces and bodies, society as a whole still cannot properly accommodate difference, still cannot quite break the mould of hundreds of years of ingrained narrative which labels the disabled as incompetent, stupid, sociologically embarrassing. This small, beautiful exhibition does more than most to emphasise this cultural dissonance, is of enormous value, and is a huge credit to its creators, instigators, and participants.

■ *Stored out of Sight* is at Hastings Museum and Art Gallery, Bohemia Road, until 16 December 2023. Exhibition details: hmag.org.uk/see-and-do/exhibitions/stored-out-of-sight/ Frankie's video: [youtube.com/watch?v=X9L3lXXbysM&t=209s](https://www.youtube.com/watch?v=X9L3lXXbysM&t=209s)



ARTS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

HANUSHKA'S CRYPTIC
CROSSWORD No. 2

EXPUGNATIO

ACROSS

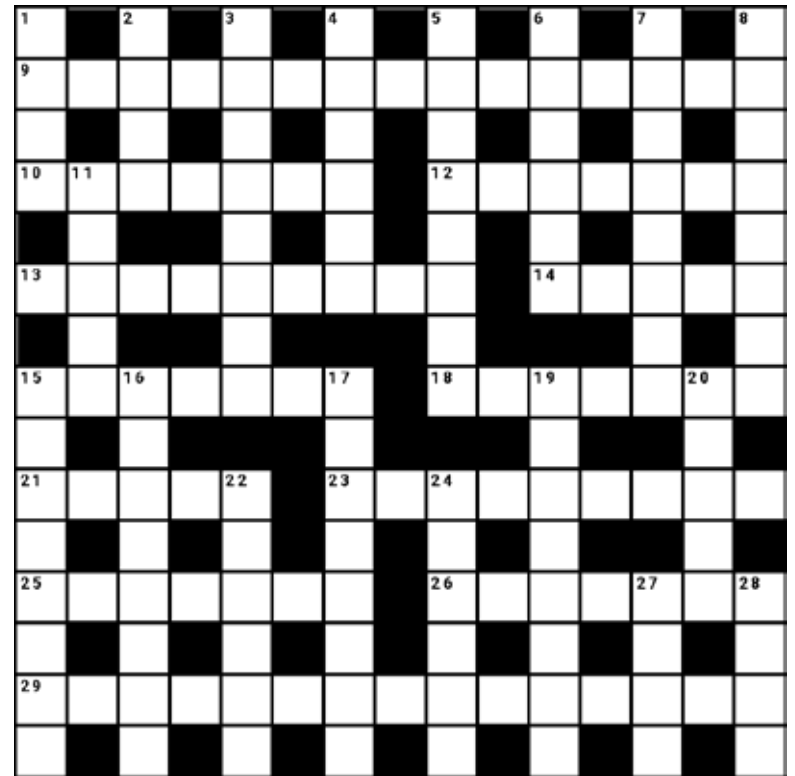
- 9 Herb salad? Lucky! If messed up, er, two points added for work of 23 (11, 4)
10 More on ice, no tabs, stupid! (7)
12 Does 'e simper when stressed? That's the basic idea ... (7)
13 ... cops all about, 'e's broken down, falls apart (9)
14 It's an implement before you can say it (5)
15 International organisation turns in small biscuit, plant-related (7)
18 Eight pound and old penny combined, great joy (7)
21 Riots, engaged in noisy merrymaking (5)

- 23 Smudge, a couple? But he's one on his own (4, 5)
25 Manipulate set of books, range inside, cool! (7)
26 Very small short parent, the least possible (7)
29 Blockbuster, belched out of existence (4, 4, 3, 4)

DOWN

- 1 Twit, not quiet, becomes mate (4)
2 Second vehicle makes permanent mark (4)
3 Banana from novice worker, engulfed by unpleasant sensation (9)
4 Calculator demonstrates alternating current inside a public vehicle (6)
5 Put forward ordinary speech about gazunder, dead at last (9)

- 6 Youth hostel in northern stream, good gracious! (2, 4)
7 I'm tiling, restricting output (9)
8 Involved in crooked tin, trees generate extra earnings (8)
11 Between two circles, love returned without ecstasy, decorative feature (5)
15 A bridge destroyed, housing note, singer's domicile (8)
16 Gaining first place after time, and doubling up (8)
17 Absurd temple after company finished (8)
19 Prayers, long enough to make saint lie (8)
20 In greeting backward country, one presents oriental verse form (5)
22 Disconcerted, worth disillusioned north going south (6)
24 Money order found inside disorderly tree, a long way from home (6)
27 Servant, befuddled mad one (4)
28 Reaching below the knee, dictator after mother (4)



HANUSHKA COFFEE HOUSE are proud to present a £10 voucher to the first correct solution (selected at random). Solutions by email please to verambell@yahoo.com, not later than 14 October.

Solution to HIP235 and winner: page 19

14-22 OCT 2023
STORIES FOR ADULTS
& CHILDREN

Hastings Storytelling Festival

SAT 21 OCT
BILLY
CHILDISH
& THE CHATHAM SINGERS

7.30pm
White Rock
Theatre
Hastings
TN34 1JX
£18

PHOTO: RIKARD OSTERLUND

HASTINGS STORYTELLING FESTIVAL CHARITY NUMBER: 1168229

Book online: hastingsstoryfest.org.uk



Art Defends Nature – A Review

ROBERT RALPH

There’s been something stirring in the Old Town the past few weeks, a kind of celebration of nature but with an ecologically aware edge to it. Local artists and wordsmiths have been using their talents to express their love of nature, their concern for the natural world, and their defiance in the face of the colossal and unceasing damage and destruction that man continues to wreak on it.



TOP LEFT: Martina: Born 2023 ABOVE: Julie Ford: 1700 Fallen Leaves

The Bat Cave Gallery in Rock-A Nore Road is an intimate venue to display such powerful pieces: all the more so when you consider the

area is likely to be regularly flooded by 2050 due to human-induced climate change. We visited on a sunny Saturday morning and even the usually artistically immune teenage daughters who accompanied me were impressed by the setting and the sense of space and light within the gallery. They were also intrigued by the works on display.

I was lucky enough to catch a couple of the artists on my visit. I was anxious to know their motivations for submitting their pieces, and how their works signified their love, concern, and even anger. Works were submitted in a variety of media: paintings, displays, videos, and the spoken word.

Martina submitted and displayed a piece called *Born 2023*. “I’m a stained glass artist based in Hastings,” she told me. “It’s all hand-made from mouth-blown glass, stained glass, sand-blasted glass, and recycled glass. It’s been fired in a solar-powered kiln. The story is that a baby is born in 2023 into a world of climate chaos... and she’s dreaming of a better future full of nature, a thriving green planet... the other side is things that are endangered or things we all love and take for granted. It’s my way of speaking and what little I can do – I don’t have much power in any other sphere, but art is my thing and I’m hoping it will make people

think. People are sleep-walking into a disaster... and art has a really powerful impact to get through to them.”

Other artists focussed on natural textures, and the local water pollution crisis. One piece I found particularly striking and a little humbling highlighted the number of deaths of environmental activists around the world. Presented by Julie Ford and called *1700 Fallen Leaves*, it refers to the 1700 environmental activists murdered around the world in the past decade, as reported by Patrick Greenfield in *The Guardian*, 28/9/2022. “When I read and think about people in poorer communities all over the world, killed trying to stop negative, devastating impact on the land, water and air where they live, I can’t unknow this number. Unable to move beyond the loss – I wonder who will tell the stories of the lost earth defenders?”

Locals and visitors alike were impressed and moved by the exhibition and the gallery. It was organised by members of the local Extinction Rebellion group and stewarded entirely by volunteers. I found the space, the art, the artists and those present inspiring, thoughtful and with no little joy in nature. Even my 15-year-old daughter thanked me for taking her – praise indeed!

■ Robert Ralph has lived in the Hastings area nearly all his life. A Health and Social Care practitioner and father of two children, Rob has a keen interest in local, national and international issues around climate change and the destruction of the natural world. He is a spokesperson and campaigner on behalf of Extinction Rebellion, a politically non-partisan international movement that uses non-violent direct action to persuade governments to act justly on climate and ecological emergencies.

SOLUTION TO HANUSHKA’S CRYPTIC CROSSWORD NUMBER 1

B	I	O	G	R	A	P	H	E	R		S	C	U	P
O		M		E		E		N			R		O	
P	R	E	P	A	C	K	A	G	E		B	O	A	R
S		N		D		A		R			S		C	
			U	S	I	N	G	A	T	I	S	S	U	E
S		P		T				V			C		C	L
W	O	R	K	H	O	U	S	E			H	A	L	M
E		E		E		N		R			P		A	I
A	R	S	O	N		S	U	S	P	I	C	I	O	N
T		E		E		E					C		M	S
S	A	N	D	W	I	C	H	C	A	K	E			
H		T		S		U		A		I		M		L
I	L	E	X			G	R	A	N	D	N	I	E	C
R		R				E		O		G		A		S
T	U	S	K			A	D	E	N	O	S	I	N	E

Winner of HIP235 £10 Hanushka’s voucher was David Walton

Here to There to Here

We’ve all crossed many rivers – physical and metaphorical – to get to where we are today. Here to There to Here: Hastings is the second iteration of a project first shown as part of the Riverside Artists Group exhibition, *Many Rivers to Cross*, at Riverside Studios, Hammersmith, London, in September last year.

This time, artists Mike Abrahams (a member of Hastings Art

School) and Francesca Giuliano invite people who live, work or study in and around Hastings to answer four simple questions:

- Where do you live?
- Where were you born?
- Where are your ancestors from?
- Where do you dream of?
- What will these answers reveal?

At the macro level the piece will represent a story of migration, diversity and aspiration. At the micro level it aims to encourage a sense of connection, introspection and empathy: “I too have a story”.

■ Please take part in this important exhibition by filling in this simple form and sharing the link with friends and family: forms.gle/FS72L6EMQnmYQQ4X7 Hastings, 13 - 22 October 2023, Hypha Studios, Priory Meadow Shopping Centre, Queens Rd, Hastings TN34 1PH



ARTS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE...  HASTINGSINDEPENDENTPRESS

Poets, Poetry, Performance

MERLIN BETTS reviews the Hastings poetry scene and a crowning literary night with Salena Godden and Friends on behalf of Hastings Book Festival

It started in the first week of September, Saturday the 9. A Load of Poets were forming up at the Jenny Lind to celebrate the past year of their shared work and performance. And I was in bed. Hastings has such a bountiful platform of poetic and creative activity that I can't be there to review or – never mind review – just experience half of it. But as on Sea Shanty Thursdays, the front room of the Jenny Lind is uniquely suited to this kind of endeavour – folk gathering to resound their voices and make their storied mark.

Whether people think of it as such a place, the Jenny Lind has been hosting poets at least since the 90s and I'd assume for much longer. A rich seam of Old Town tradition, floating back to the night a thunderbolt struck the castle on the hill, sending half its walls tumbling into the ocean, and a priest or monk cried out "Oh Jeeeesus! We'll never pay for that!" Some say the priest or monk took to the motley streets of Hastings, singing his own skewed hymns and incantations till the day he passed away into the waves.

Regardless, A Load of Poets meet on the second Thursday of every month (Thursday is a much-regarded day in bardic circles), usually at the delicious 1200 Postcards on Queens Road, opposite Morrisons. I managed to turn up on the Thursday evening just after the weekend of the Jenny Lind gig, to sample their sounds. A friendly and various group of practitioners greeted me, some familiar, some soon-to-be, including Yellow and Green and, recently returned from Brighton, Oli Spleen. We spun through all manner of styles, trials, tribulations, dreams and nightmares, most inspiring, some disturbing (but in an inspiring way).

I closed the evening remembering the old Sheer Poetry sessions at Bookbuster, a night that's still going every third Thursday of the month (check Facebook for latest venue details), where I used to see HIP's own Pete Donohue as compère, an unsung magician who'd invoke our souls with his very motions in the cave-like confines of the Bookbuster performance corner. Brian Docherty, fellow local poet and raconteur of those nights, has described Pete as "a stalwart of the Hastings Creative Crew ... Donohue, like Bukowski, is a survivor ... who must've enjoyed the luck and con-



Salena Godden

stitution of Keith Richards." You can find Pete on Instagram @petedonohuepoet and collections of his work are available via UnCollected Press or on Amazon.

EXTRAVAGANZA

But September's poetic extravaganza had only just started – I was blithely making my way into a slam weekend. Henry Normal's open mic lottery on the Friday, Flight Feathers bimonthly poetry slam on the Saturday. The Normal night – hosted at the Observer Building by the aforementioned HBF patron – breezed through about fifteen of Hastings' finest performers as they politely battled for the prize of a feature slot at Salena Godden's night in the same venue later in the month. Many from A Load of Poets showed up, Sheer and Flight Feathers too – the current triumvirate of Hastings poetry powers (ignoring any I've forgotten or neglected). After a host of exceptional perfor-



S-Bars

mances, the audience cast their votes, and Yellow and Green and S-Bars took the prize, bringing their finest onward to the final night of the month.

If I'd gone to July's Flight Feathers as I'd promised Lucas the Peaceful Poet one balmy afternoon on the seafront, I could've previewed the immense skills of S-Bars before they stormed the Observer stage, but I'll admit I'd not tried a slam poetry night since Lucas' old regular slot at the Printworks, which ended – I think – before covid, and then moved to irregular gatherings in Bottle Alley with beach fires and speakers as the crisis slowly averted, then at last reincarnated itself in the cozy and largely alcohol-free surroundings of the Nest on George Street. Slam nights have a pace and energy that quickly absorbs the audience, driving the poets into especially rhythmic and engaging performance styles as they com-



Oli Spleen

pete for the 'best of the night' title. They're 9always worth a visit.

THE MAGIC OF BEING ALIVE

Fortified by a few pints, I returned to the Observer Building on Saturday 23 for Hastings Book Festival's Salena Godden and Friends. Salena's a Hastings original and an inimitable performer. She's about to re-release her autobiographical *Springfield Road*, named after the St Leonards street she was born on where the sun always seems to shine, and she's been touring with her other works, the poetry collection *Pessimism is for Lightweights* and her fictional exploration *Mrs Death Misses Death*. Her work both oozes wisdom and dances through the mind with a playful and child-like joy – there's a purity to her message of love and optimism, tempered by a deep understanding of the world's miseries and terrors that nonetheless can't be allowed to disperse the magic of being alive.

The feature poets naturally wove into Salena's styles, fielding a similarly mystical and celebratory energy whilst still confronting the darkest shadows of the human mind. Trauma-informed and taking back her power, Yellow and Green shared impassioned reflections on nature and the complexities of maintaining psychological health, ultimately reassuring and earthing us like well-rooted trees. Oli Spleen also confronted trauma, taking us with him close to death and the otherworldly veils of those in-between spaces where life begins to fade, before dragging us back from that after-light renewed and cleansed. S-Bars then held our recaptured reality in perfect rhythm, guiding us through familiar places.

Salena said, "Hastings! We shared the most glorious sunshine and good times ... so much fun, laughter, tenderness, big blue sky, gorgeous conversations and art and poetry."

ARTS DIARY

A MOMENT IN TIME: BURTONS' ST LEONARDS SOCIETY: 8 OCTOBER, 3-6 PM

A photographic exhibition using materials from Burton's St Leonards Society's archives.

Individual admission £3, families £5, members free.

More information at burtons-stleonardsociety.co.uk, or phone 07594 411186.

■ Masonic Hall, East Ascent, St Leonards

HASTINGS STORYTELLING FESTIVAL RETURNS: 14-22 OCTOBER

With stories for all ages in venues across Hastings and St Leonards – many of which are FREE. Expe-

rience a world of storytelling, creativity and imagination at the much-anticipated Festival. This diverse festival once again promises something for everyone, with a delightful blend of shows and workshops designed to entertain children and adults alike.

FUNKE AT THE BRASS: 18 NOVEMBER

Multi-instrumentalist and one-man army Funke and the Two Tone Baby is heading to Hastings for a headline show celebrating his new record *Reacclimate*.

Funke's first album in five years, *Reacclimate* captures the artist's deft combination of electronic and acoustic elements, and is "an album of positivity and the unwavering belief that life, society and grief will inevitably im-



prove even if the odds seem against you." Catch Funke on tour, or miss something special. Great live act, full of energy.

■ The Brass, 18, Havelock Road, Hastings

UKULELE ORCHESTRA OF GREAT BRITAIN: 18 NOVEMBER

Inimitable performance: seminal group who have spawned ukulele groups throughout the country. Funny, clever, quirky, unique. If you haven't ever seen them you've missed something special.

See example at: youtube.com/watch?v=XvdpjZYLumw

■ De La Warr Pavilion. Marina, Bexhill-on-Sea

BOOKBUSTER REVIEW

Ritual

Published by Weird Walk
(in collaboration with
StudioCanal & TSPTR)
2023, RRP £5.99
REVIEW BY TIM BARTON

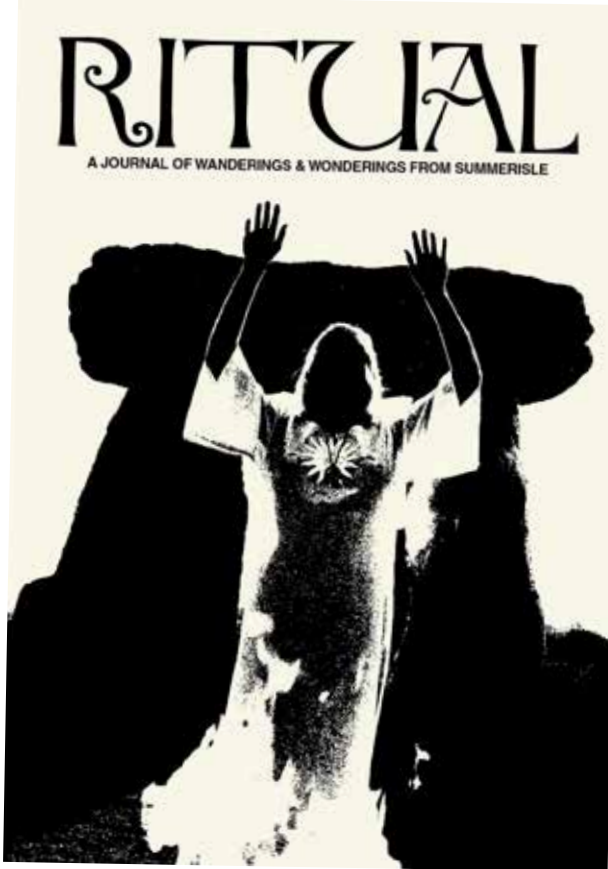
‘Oh, Jesus Christ!’ If you’re a *Wicker Man* fan, you’ll love *Ritual*!

From the offices of Weird Walk, our favourite ‘journal of wanderings and wonderings’, comes a special edition zine focussing on Summerisle. As you may recall, this is a fictional island off the west coast of Scotland, as seen in *The Wicker Man* film. Interestingly, there is an archipelago named the Summer Isles on Loch Broom, Ross & Cromarty...

Whilst Summerisle is at an almost diametrically opposed corner of the UK to Hastings, I think in spirit it is intertwined with our odd wee town. Imagine Netherwood, now demolished, but once a guesthouse that hosted Aleister Crowley, as Lord Summerisle’s residence. Imagine the Old Town as a stand-in for the Hebridean village (in fact, mostly filmed around Dumfries and Galloway). Imagine The Stag as a stand-in for The Green Man. And, imagine a giant wicker man burning on the East Hill in the stead of our Armada beacon...

Easy, see? That the pub is named The Green Man is especially resonant for us here. The pagan and pseudo-pagan annual festivities here nicely parallel the rituals in the film, albeit, aside from ‘naked Richard’, with less nudity!

This excellent little zine is already a bestseller at Bookbuster, and not only with our wiccan cus-



tomers. The 1973 movie has a very wide fan-base, and the advent of *Ritual* on the 50th anniversary of *The Wicker Man* has caught peoples’ imagination.

The zine begins with a great interview with Rob Young, author of the also locally popular *Electric Eden: Unearthing Britain’s Visionary Music*, and hauntologically inclined exhumation of 70s TV culture, *Magic Box*. This is followed by a fictionalised history of the famed apples of Summerisle, and an ‘Eye-Spy’ inspired ‘Folk Customs’ glossary (under the monicker ‘I See’, accompanied by the film’s famous pagan sun/eye logo. Later in the zine, a further intriguing ‘I See’ relates ‘5 Things in the Novel that aren’t in the Film!’ Possibly most sorely missed is the character Beech, who opens a whole new subplot, and should possibly have been the focus of a sequel, rather

than the poorer ‘companion piece’, 2011’s *The Wicker Tree...*

The centre-spread reprints a 1980s article ‘Summerisle Stone Circle: Decoded’, after which we are gifted an interesting essay on the glorious movie soundtrack and its composers, Paul Giovanni and Magnet.

Another Hastings bestseller is *Miracles of Our Own Making: A History of Paganism*. Its author is involved with The Witchcraft Shop in Glastonbury, and has been shortlisted three times for the Philip K Dick award, and once for the Arthur C Clarke award! She contrib-

utes an ace interview discussing contemporary paganism and *The Wicker Man*. This includes references to the Romans and the Druids in relation to the inspiration behind the finale – an eighteenth-century illustration, *The Wicker Colossus of the Druids*, and to James Frazer’s *The Golden Bough* as a source for some of the folk customs the makers of the film, Robin Hardy and Anthony Shaffer used (Hardy also wrote the 1978 novelisation).

The zine is rounded off with a crossword!

Perhaps, when our bonfire night arrives, we should all go down to the beach at Rock-A-Nore and chant ‘Sumer is icumen in’!

■ *Ritual is available from Bookbuster, 39 Queens Road, Hastings TN39 1RE*

POETRY CORNER

APROPOS OF NOTHING
FELICITY STEPHEN

save
the great Atlas cedar
I walk past most days
and Mr & Mrs Magpie
hopping beneath
a pooling of silvery sea
a murmur at pier end
a midwinter sun on my face
(such a treat)
the purr of a marmalade
visiting cat
that snuggles on me
the taste
of a Middle Eastern sweet
the laughter in class
at a teacher being daft
(that is me)
the drape of a willow
the sight of a cormorant
and then of its mate
of a sunset
that’s starting now later
so safe to walk home
a nice cup of tea
a text from a friend
that raises a smile
or a great laugh out loud
a walk or a run with a dog
on the beach
the scent of a perfume
a gift unexpected
a good restful sleep.
Apropos of nothing
but all of the above
and for that, I say “thank you”.

VERDIGRIS WINGS
JEMIA DE BLONDEVILLE

Green butterflies
Oft times jade
Camouflaged
Invisible
Within the trees
Chameleon
Fairy-like creatures
Lost in translation
Verdigris wings
Olive body
With emerald eyes
Hidden
Within the beautiful tapestry
Of the forgotten forests
Wings
Hanging on a sweet zephyr
The silent music
Of a stringless aeolian
Light as down feathers
Caught within
A psithurism
Soft
As a gentle kiss
And as arid
As the silken sun
Unspun

CROSSWORD CORNER

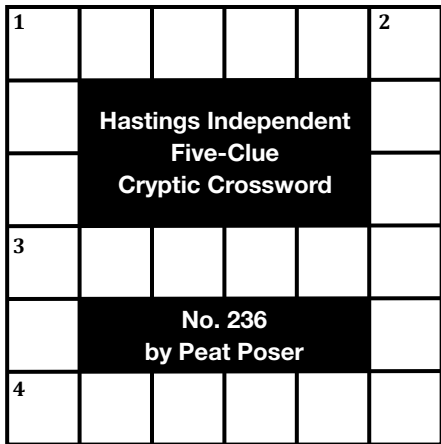
Across

- 1. Woody stems used in the water? (6)
- 3. Edgar Allan to attempt verse (6)
- 4. Vehicle Edward carried with difficulty (6)

Down

- 1. Crop it around cancer perhaps (6)
- 2. This way editor partly swung (6)

Crossword Solution: Answers on page 13





FOOD

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

Eat Write Love

NICKY and SONJA
of Creative Concoctions

What doesn't say 'autumn' louder than a loveable pumpkin?

In today's column, we bring you our tried-and-tasted Pumpkin Autumn Salad, nutritional info and journaling exercises. Perfect for warming your insides this autumn.

So grab your pumpkins and pens! Remember, when you make your lantern later, use the scooped-out flesh for hearty soup too!

JOURNALING #1: MINDFUL EATING TO CONJURE PUMPKIN MEMORIES

Step One

Smell, touch, taste some cooked pumpkin. Do this more slowly than you usually would. Let the taste and its textures tickle your tongue. (Or stare at the picture if no pumpkins to hand.)

Step Two: 5 mins

- What fond memory comes to mind?
- Preparing a lantern on Halloween? Stirring a bubbling pot of thick, splashy soup? A fond mealtime memory, faces, tables, places?
- Write a few lines, without thinking or planning, just keep the words coming, bring it alive. What was delightful?

Reflect: 1 min

- What one word captures this memory?
- What does this pumpkin memory awaken in you now?
- What might you want to revive?

PUMPKINS FUN FACTS:

- They can be used in sweet and savoury dishes.
- Pumpkins are not just for Halloween! They have other family members including squashes so cook all year round.
- Roasting makes them zing!



NUTRITION INFO

- Beta-carotene – protects eye health and is a key antioxidant helping to fight against cancer.
- Vitamin C – protects against cancer and supports immunity.
- Vitamins B1, B3, B6 – supporting energy production and brain function.
- High in Fibre – supporting digestion, gut and heart health.

RECIPE: PUMPKIN AUTUMN SALAD (SERVES 4 AS A MAIN DISH)

Ingredients:

- 600g pumpkin or squash
- Olive oil
- thyme
- 200g quinoa or 400g tin lentils
- 150g gorgonzola or Feta cheese
- 100g walnuts
- 100g baby spinach
- Salt & pepper

Method:

Pumpkins

1. Warm the oven to 180° C.
2. Slice the pumpkins into wedges, remove seeds and put on a baking tray. Drizzle oil and add some salt and thyme leaves (dried is fine).
3. Roast for approx. 25 minutes



– test them with a fork: if they are soft, they are ready; if not, leave in a little longer.

4. When cooked, chop the squash / pumpkin into bite-sized chunks. Take the skin off if it's a tough one – with some pumpkins the skin is lovely cooked, others are quite hard, so remove it.

Quinoa

1. Cook your quinoa (usually twice as much water to

quinoa, simmer for 10 minutes with the lid on, then turn off the heat and leave for a further 5 minutes. But check the instructions on your packet)

2. Warm a frying pan and gently toast the walnuts for a few minutes – put aside ready for serving.
3. Mix the quinoa and pumpkin together and add in most of the gorgonzola and the spinach (tear the spinach into



smaller pieces – it doesn't need cooking, the warmth from the quinoa and squash will wilt it.)

4. Top with your whole pieces of pumpkin, and sprinkle over the last of the gorgonzola or feta, the walnuts and a few thyme leaves to serve.
5. Add salt and pepper to taste.
6. Serving Suggestion
7. Serve warm or cold with a green salad and lemon juice dressing

SUBSTITUTES

Tinned lentils instead of quinoa – use hot or cold; feta instead of gorgonzola

JOURNALING #2: INSTRUCTIONS FOR A HEARTENING AUTUMN DAY [5 MINS]

Keeping your fond pumpkin memories alive, what instructions can you give yourself for entering into the blustery season? Crisp leaves underfoot, pumpkin soup on the stove. What keeps you well and centred when daylight shortens? Write as a numbered list or flow as you like.

Reflect: Circle one thing from your journaling that feels delicious and alive for you now. Write your Words of Wisdom for Autumn in six words or less!

JOURNALING #3: ACTION!

What are you eager to cook, to try, to add a twist to? What's the first step?

■ *Creative Concoctions is a local social enterprise, boosting creative health. For information on our Concoct Your Life workshops and our individual workshops: Nicky: insta: @nickytorode, diamond-minds.co.uk; Sonja: insta: @ryenutritional-health, ryenutritionalhealth.co.uk*



ATHLETICS

Old and Young Go Faster, Higher, Stronger

LORNA WATTS

The 2023 Track and Field season has been the most successful for Hastings Athletics Club (HAC) in many years. With the club's high quality, qualified specialist coaching team, the results speak for themselves.

Training sessions have been extremely well attended of late with a fun, supportive and positive atmosphere shining through all season. But whilst a lot of members have been coming along for just that, many immersed themselves in the competitive opportunities available.

The joint HAC and Hastings Runners team won the Sussex Masters League with four strong team performances over the summer against the other Sussex clubs. A great team spirit was always on show, and it was a fantastic way for our elder (over age 35) athletes to compete and have fun – many for the first time ever on track.

Jo Body (V55) broke three sprint event club records, and Mary Sanderson (V55) broke the 800m ten-year club record by 15 seconds.

Having won promotion last year in the Southern Athletics League, the club faced tougher competition in a higher division. Some great individual and team performances, plus a good amount of competitive grit and determination, saw the club hold its own and remain in the division. Next year they look to consolidate this and continue to provide a platform for all athletes to compete and excel.

Sprint Group numbers have been expanding rapidly – the atmosphere and personal improvements have been extremely exciting to observe through all the age groups. This growing group is under the direction of principal coach, club stalwart and current World Masters gold medallist Steve Baldock. His expertise, dedica-



Rae Le Fay on track

tion and welcoming attitude are legendary in the athletics community. There are many promising young sprinters coming through the ranks and set to make waves in the coming seasons.

Delicia Pascal had some strong sprints this year, culminating in her claiming the Under 20s club record for 100 metres and displacing a record which had stood for 43 years.

Jordan Pola recorded another PB (personal best) in the 100m, coming close to the 11-second mark and moving to fifth in the all-time club records.

Field events too have taken off like never before. The hammer group has been very busy and there has been a resurgence in pole vault and hurdles training, for which we have specialist coaches – an exclusive option in the Hastings area. A few youth athletes have enjoyed one-to-one javelin coaching, taking their skills out to compete throughout Sussex.

Charlotte Wynne-Pennells broke her own club record for pole vault, adding 15cm to last year's best. She also entered the club record books for the hammer throw in her first season of throwing.

From the Endurance Group, HAC international athlete Grace Baker made her Marathon debut in London. She demonstrated a masterclass in consistent pacing throughout the whole route, coming in 37th out of a whopping 9,786 female entries. Her time of 2:48:24 was



Charlotte Wynne Pennells in the hammer cage

well inside the 3:15 UK Championship qualifier mark and provided a new club record by 10 minutes. Grace was also first overall in the Rye Summer Series and Battle 10k alongside two other HAC female athletes – second was Amy Rodway with a course personal best and third Jenna Levett.

Back at the London Marathon, Nickolaj Kennett's hotly anticipated world record attempt was indeed a success – he now holds the World Record for the fastest postman!

The Club's very own power couple Steve and Jayne Baldock have just headed out to Italy for the European Masters Athletics Championship, where Jayne is competing in the hammer throw, and Steve in the 400m, 800m and

400m relay. This follows on from the Counties Masters event in the National Arena in Nuneaton. Steve was part of the winning 4 x 100m relay team for the age 50 category, and came second in the age 50 800m in a closely fought battle with the third. Jayne, representing the age 35 category, achieved a superb third place in the hammer with a throw of 27.95m in her first ever national event.

Other veteran success stories include Jack Madden (V40), who has run several PBs this year, and took three seconds off the 3000m record in Watford in September, breaking what appears to be the longest standing record from 1979. Jeff Pyrah (V50) broke three club records in track distances

from 1500m to 5000m, as well as the road 10k and half marathon records.

Congratulations also go to Evelyn Moynihan (U17) who took a whopping 15 seconds off his 1500m and five seconds off his 800m time.

The club has now introduced the English Athletics PB Awards. These are a series of awards with nine levels of progression per age group, which celebrate athletes reaching new 'personal bests' in all track and field events.

Thirty-three HAC athletes have entered the charts but only Rae Le Fay has reached the highest Level 9 in a phenomenal four events: 800m, 1500m, 3000m and 400m hurdles. She broke club records in 800m, 1500m, 3000m, 1500m steeplechase and 2000m steeplechase, and won gold in a hat-trick of events in the Sussex County Championships: 800m, 1500m, and 3000m, which included two Championship best records. In her first ever attempt at the 1500m steeplechase, she broke the 40 year old club record by 15 seconds and she was the first Under 17 athlete in Sussex to break the five minute barrier, giving her a UK ranking of 2nd. She finished the season with an array of medals around her neck, making her one of the most successful HAC athletes ever over such a variety of events.

Lily Clements has stretched far into the PB Awards higher levels too as an Under 15, with Level 7 for 60m, Level 6 for 100m and Level 8 for 200m. Since moving to sprint events, she has had an exciting season – her potential is coming through in leaps and bounds.

Martyn Reynolds continued his domination of short distances in the V40 age category this year, taking the 200m club record by nearly two seconds, and achieving EA PB award level performances in 100m, 200m and 400m.

At Parkrun, club members have broken at least three course records over the last few months.

The beginners and improvers group has also expanded with absolute running 'newbies' gaining enough confidence to compete in half marathons, track events and bolstering an unprecedented amount of sign-ups for first timers in the upcoming cross-country season.

■ *So things have never been better at HAC. If you're interested in looking at the club records, its website is due to be re-launched imminently. Here you will also find full details of the available training sessions.*

Andy Cox

Chloe Le Fay

Artist Spotlight

GARY WILLIS

Photograph: Dancer, Kovalam

In a former life, Gary Willis was an advertising Art Director. Since moving down to Hastings three years ago he has been taking his own photographs. He enjoys looking, seeing and snapping, usually tiny sequences but really anything that catches the eye, from big skies to ever-changing seas. He is seeking to make more use of photography as a force for good, as evidenced with the installations *Food for Thought* (April 2023) and *Causing a Stink* (July 2023).

His current show *Indian Walks And Other Stories* will be at Here, not There, a new exhibition from PhotoHastings from 7 October. He is packing the room with images from walks around various locations in India, to try and capture that true claustrophobia of the senses. "If you've ever smelled the aromas or been deafened by the noise, perhaps these snaps will evoke some memories or transport you there if you've never been. All the snaps are single takes, one of a kind, taken on the go, with no bracketing, trying for the spontaneity of seeing everything for the first time, everywhere magic at every turn."

Gary is an active member of PhotoHastings and Photopia, and has had a number of successful exhibitions in the local area. For commissions, print sales, installations, follow or DM @garywillis.snaps

