

Hastings Independent

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FREE

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6 AWARD POCKETED



10 SPIRIT OF BONFIRE



22 PERUVIAN NIGHTS

HUGH SULLIVAN

Hastings Borough Council (HBC) announced on 3 October that it has “taken back possession” of the West Hill Café. It is understood that this was the outcome of a long-running legal battle with its former leaseholders, who failed to operate it in a serviceable manner over a protracted period.

According to Cllr Andy Batsford, the council’s lead member for

health and culture, the council is now “looking at what can be done to bring the Café back into use in the short term”. However, he has also made it clear that there is a different, much loftier plan afoot – to offer the site as a reception area for a revitalisation of Hastings Castle as a World Heritage Destination. The plan is due to be reviewed by the Hastings Town Deal Board at its meeting next Wednesday, 25 October.

When in June 2021 the Board first unveiled its Town Investment Plan to spend £24.4million of levelling up funds to support regeneration of the town centre, it proclaimed renewal of facilities for viewing the Castle as its “flagship, signature project”. At a cost of £5.65m, of which £3.5m would be allocated from the government pot, the remainder to be sought from English Heritage and/or other public sources, what was de-

scribed as “a neglected, inaccessible ruin” would be transformed by the development of “a modern interpretative attraction” into a World Heritage Destination.

Over the near two-and-a-half year period since then, there has been a dearth of information forthcoming either from the Board or from HBC, who are the Castle’s freehold owners, as to what this

Continued on page 2>

**THE
HIP
LIST >**

11 4-PAGE EVENT LISTINGS GUIDE



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NEWS

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

A NOTE FROM THE EDITORS

Autumn seems to have crept up on us, and with it the Hastings Bonfire Society annual parade – see our special double page spread on pages 10 and 14 – just lift out the listings section aka The Hip List – and keep it handy for our comprehensive guide to local events. Thanks to local photographers for contributing to our coverage – we always welcome offers of words or pictures from our readers. Don't miss our comprehensive interview with Labour's prospective parliamentary candidate for Hastings and Rye, Helena Doolimore, and find out why she is already being described as her party's best parliamentary candidate in the entire country.

For some vibrant colour on dull days, and to find out what it can do for you, see Health (p8). Congratulations to two local 'green' organisations that have received awards or grants – The Pocket Park and the Country Park (pages 6&7). As ever Hastings' exciting arts scene gets full coverage in Arts (pages 17-20) including a review of new exhibitions at the Hastings Contemporary. Meanwhile if you need an antidote to, or a rest from, early Christmas shopping at Priory Meadow, why not pop in to Hypha Studios housed in an unused shop in the centre, and enjoy works from HIP's own Sarah Milne? There's a review on page 18.

Finally if you've never tried Peruvian cuisine then you must check out Food (p22) and watch out for other upcoming themed foodie events.

Happy Reading

< Continued from page 1

attraction would entail. The Town Deal website, supposedly maintained by the council media team but noticeably avoiding any update relating to the Castle project since last year, explains only that it will be "telling the story of the Norman invasion and its impact".

In January this year, a report to the Board indicated that the "business case" for the project had been approved by its Investment Panel (a body mainly consisting of council officers) and was expected to be endorsed shortly by the DLUHC (the Department of Levelling Up, Housing and Communities), but no details of this were aired. HBC's then Marketing and Major Projects Manager, Kevin Boorman, told the Board that approval of the council's cabinet would "now be sought". However, he admitted that "firm proposals and drawings are needed" and that a "project design team and architect will be appointed to get some firm plans costed up". An update would be given to the Board "once the project is worked up a bit further".

"EXPLORING OPTIONS"

No mention was made of the Castle project at the Board's next meeting on 27 April, save for dismissal of the idea of expanding the project to include a link with St Mary-in-the-Castle at the bottom of the cliff below, nor at its subsequent meeting on 5 July. It seems that Mr Boorman's retirement in the summer left, temporarily, no council officer engaged to make any progress. However, a spokesperson for the council told HIP later that month that "indicative costs" for the pro-



Dave Young

ject had come in "very significantly higher than expected, well over the budget" and that "we are currently exploring options as to how best to proceed".

It's not clear for how long HBC has regarded the repossession and subsequent re-use of the West Hill Café as a favoured option. But Cllr Batsford is clearly enthusiastic in pursuing it. "I personally think that the Café site has been and will always be key for the hopes of the Town Deal Board to see the Castle as a flagship regeneration project," he said last weekend. "Without a welcoming launch pad to sell the vision, the tours, merchandise, and tell the story of the castle, then I

believe the project falls at the first hurdle. A re-imagining of the site is so important. This will include an exciting catering offer as well as a staging post for tours, interpretation and management of this key site."

The café is located at a prime spot overlooking the sea, the harbour arm and the Old Town, and it is unclear whether locals and regular visitors to West Hill will be equally happy that it should be subsumed in the grandiose Castle project rather than reclaimed as a more general public amenity. Perhaps that will be considered at next Wednesday's meeting of the Town Deal Board.

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HASTINGS TIDES

DATE	HIGH AND LOW TIDES				SUNRISE	SUNSET	MOON
FRI 20 OCT	H2:30am	L9:31am	H2:27pm	L9:53pm	7:28	5:55	
SAT 21 OCT	H3:16am	L10:15am	H3:42pm	L10:46pm	7:30	5:53	
SUN 22 OCT	H4:23am	L11:16am	H5:08pm	L11:58pm	7:31	5:51	FIRST
MON 23 OCT	H5:57am	L12:42pm	H7:00pm		7:33	5:49	
TUES 24 OCT	L1:34am	H7:38am	L2:22pm	H8:29pm	7:35	5:47	
WED 25 OCT	L3:03am	H8:54am	L3:38pm	H9:31pm	7:36	5:45	
THURS 26 OCT	L4:07am	H9:48am	L4:37pm	H10:20pm	7:38	5:43	
FRI 27 OCT	L5:01am	H9:48am	L5:29pm	H11:02pm	7:40	5:42	
SAT 28 OCT	L5:50am	H11:14am	L6:17pm	H11:42pm	7:42	5:40	FULL
CLOCKS GO BACK							
SUN 29 OCT	L5:34am	H10:54am	L6:01pm	H11:20pm	6:43	4:38	
MON 30 OCT	L6:14am	H11:33am	L6:41pm	H11:58pm	6:45	4:36	
TUES 31 OCT	L6:53am	H12:12pm	L7:19pm		6:47	4:34	
WED 1 NOV	H0:36am	L7:30am	H12:40pm	L7:53pm	6:48	4:32	
THURS 2 NOV	H1:15am	L8:05am	H1:28pm	L8:26pm	6:50	4:31	

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

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Geoff Wilson



Helena Dollimore: A force to be Reckoned With

The next General Election is likely to be called within the next 12 months. With the main political parties having now selected their candidates to contest the marginal parliamentary constituency of Hastings and Rye, we continue our series of interviews with the Prospective Parliamentary Candidates (PPCs). This week, PAUL MCLAUGHLIN take a look at Labour's Helena Dollimore.

Helena was born and bred in East Sussex. She attended Heathfield Community College, a state comprehensive school with 1,400 pupils. It was here where she first came to national attention after addressing the 2011 Labour Conference when she was a 17-year-old A-level student. The Daily Mirror reported at the time that she "captivated the Labour conference", telling delegates that she and fellow students were having to deal with the "appalling" cuts being implemented by the then Coalition Government, which were having "a devastating impact" on children across the country.

She told the Liverpool confer-

ence that her sixth-form college was set to lose £1,000 per student in central government funding, resulting in teacher redundancies and bigger class sizes. One of those teachers made redundant, she said, was a chemistry teacher, and she had to self-teach the second year of her course as a result. Despite these challenges, Helena passed her exams and went to St Hilda's College, Oxford.

The experience of Oxford had a profound impact. The privilege and expectation of some of the privately educated students contrasted sharply with her own comprehensive schooling. It was, she recalls, "an eyes wide open experience" and left her determined to close the gap which exists between the standards and expectations of state schools and those in the private sector. She fully endorses Labour's plans to end the tax breaks that private schools enjoy and to use that money to "deliver better and rising standards in every school for every child."

She went on to become Chair of the Oxford University Labour

Club, the largest and oldest university Labour club in the country, whose former members include Barbara Castle and Shirley Williams and more recently the current Shadow Cabinet Member Bridget Philipson.

After leaving university, Helena took up a role with Save the Children, the international charity which aims to improve the lives of children worldwide. Her work took her from refugee camps in Bangladesh to the war zone in Yemen and she witnessed at first hand the need for all children, both in this country and abroad, to have "a quality education, healthcare, and opportunities".

When the pandemic struck, Helena trained as a vaccinator with the St John Ambulance and volunteered at the Laycock Pharmacy in Ore. The experience made a lasting impression. Not only did she see at first hand just how overstretched and under-resourced the NHS was, but she also witnessed how pharmacists Shammi and Sapni responded to the Covid crisis by transforming their small chemist into a community hub to help and reassure the most vulnerable through the emergency.

It was perhaps inevitable that, when life returned to some form of normality after the pandemic, Helena would take her political activism to the next level. The opportunity presented itself in July 2022 when Labour opened its se-

lection process to be the next PPC for Hastings and Rye and she put herself forward.

Somewhat controversially, the party's National Executive Committee took control of the process and imposed a list of candidates for local party members to choose from. Readers of HIP (Issue 205) will recall that a letter with 80 signatories, not all of whom were party members, was published prior to the meeting protesting at the exclusion of Hastings Borough Councillor Maya Evans from the candidate list.

Despite the controversy, Helena Dollimore clearly impressed and won the selection contest decisively, taking almost 80% of the vote of party members. She has worked hard since to unite the party and has been at the forefront of several local campaigns in recent months which have raised her profile across the constituency.

In January she launched a campaign to fight plans by the East Sussex Fire Authority to downgrade local fire services across the town and surrounding villages, warning that the proposed cuts, particularly the downgrading of the Ridge Fire Station, would put the lives of local people and fire-fighters "at risk" and "must be stopped."

More recently she obtained data using a Freedom of Information request to show that the wait for an ambulance in Hastings and Rye is the longest of any consti-

tency in the whole of the South East, with patients 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).

She has also played an active role in coordinating the local response to the recent problems in the Rye area, where many homes were left without water – in some cases for up to seven days. She berated Southern Water's slow response to a problem, saying the company's treatment of residents in Rye and the surrounding area was "more akin to 1823 than 2023." She has also been at the forefront of campaigns to stop the dumping of raw sewage and has won the approval of Feargal Sharkey, the environmental campaigner.

Helena draws inspiration from her family, who live locally. They are living proof, she says, of the power of a Labour Government. Her father was one of the first NHS babies, being born in 1948 under Clement Attlee's administration. He left school at 15 but benefitted from access to adult education introduced by Harold Wilson and went on to university, the first in his family to do so.

She herself points to the positive change the 1997 Labour Government made to her own life, with the investment in children's services and the expansion of the university system, and looks forward to the next Labour Government and the "life changing opportunities" it plans to introduce.

Labour's PPC has already made an impression on the Party leadership. Shadow Secretary of State for Health and Social Care Wes Streeting on a visit to Hastings last month described Helena Dollimore as one of his party's "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."

The looming contest between Helena Dollimore and Sally-Ann Hart, the sitting Conservative MP, will be fascinating to observe. It will soon be up to the voters of Hastings and Rye to decide whether they prefer to stick with the Tory incumbent or elect the Labour candidate, whose energy and fresh perspective clearly make her an emerging force to be reckoned with.



NEWS

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

Hastings & Rye Palestine Solidarity Campaign



Hastings Rally Proclaims Solidarity with People of Gaza

HUGH SULLIVAN

Reactions to the news of the carnage being suffered in Israel and Gaza over the past fortnight have been divided, both nationally and locally, with strongly held opinions vented on either side of the conflict. But in Hastings, where local Palestinian sympathisers have been campaigning for several years to arrange a twinning with the town of Al-Mawasi in southern Gaza, there has been a particular focus

on the threat to the population of around two million citizens in the 140-square mile enclave besieged by the Israeli army.

A rally was held last Saturday filling the concourse outside OWENS in Robertson Street, at which messages were read out from individuals in Al-Mawasi who have made personal connections here.

One from Rizq Ahmed, well-known to supporters of the local twinning campaign, read: "We have very violent bombardment. We

have reached the stage of our final farewell. Pray for us ... The situation is very terrifying. It resembles the last day on earth." The chair of the local Al-Mawasi committee Naheel Allaham wrote: "The sounds of shelling and bombs are non-stop. Our bodies are exhausted and we're terrified." Another, another from Raj'aa, a mother of five children, raised the question: "To the whole world watching: what are you going to do about this?"

Many in the Al-Mawasi area are said to have fled their homes and are living in makeshift housing. Whole families have gone missing.

"SELF-DEFENCE"

Nationally, both the main political party leaders, Rishi Sunak and Sir Keir Starmer, proclaimed in the immediate aftermath of the attacks unleashed by Hamas follow-

ing their break-out from Gaza city on 7 October that "Israel has the right to defend itself" by whatever means it chooses. Home Secretary Suella Braverman issued statements reminding pro-Palestine campaigners that Hamas is designated as a terrorist organisation under UK law, and warning that any express support for their cause would risk prosecution. Starmer, when asked by a BBC interviewer at the Labour party conference whether as a former human rights lawyer he would urge Israel to exercise restraint in its retaliation against the citizens of Gaza, was pointedly silent.

Initially, the mainstream media followed suit, releasing graphic reports and pictures of the indiscriminate killing by Hamas fighters of Israeli children and adult civilians in kibbutzim near the border and at a desert music festival, and highlighting the agonies of people in Britain whose relatives had either been killed or taken hostage.

But by last weekend, Israel's response – mass bombardment of Gaza city, the establishment of a siege preventing food, water or

energy supplies from reaching its population, and the threat of a full-scale military assault – was becoming the focal issue.

Hastings campaigner Laurie Holden describes the Israeli military as targeting not only housing, but also medical facilities, schools, UN offices and mosques, with whole neighbourhoods "flattened". He draws attention to the Israeli Defence Minister Yoav Gallant announcing: "We are imposing a complete siege on Gaza. No electricity, no food, no water, no fuel – everything is closed. We are fighting human animals, and we act accordingly." That, says Holden, amounts to a war crime and genocide.

A number of actions were recommended at the rally. One was to write to local MP Sally-Ann Hart asking her to raise her voice against the wholesale starvation of two million people, half of whom are children. Another was to take part in the Palestinian-led Boycott, Divestment and Sanctions movement, directed not only at Israel but at all those companies and organisations that are complicit in its conduct towards the Palestinians.

Can Jews Criticise Israel from within the Labour Party?

A placard carried by Hastings Jewish activist Katy Colley to a Palestinian rally in London last Saturday – see adjacent picture – went viral, and she was interviewed about it on Sky News.

In the meantime former Hastings Borough councillor Leah Levane has been conducting a wider campaign to allow Jews who are members of the Labour party (or otherwise) to criticise Israeli government policy towards Palestini-

ans without being branded antisemitic. In August this year, Jewish Voice for Labour, a group which she co-chairs, published data showing bizarrely that Jewish members (including Ms Levane) have been six times more likely than non-Jews to be investigated by the party for alleged antisemitism and nearly ten times more likely to be expelled – or in internal party language "auto-excluded" – from membership.

Ms Levane found her own party membership cancelled without the right of appeal during the Labour conference in October 2021 after signing an open letter and speaking at two fringe events organized by groups, retrospectively banned by the party, which challenged the extent of alleged antisemitism within it. Another former Hastings councillor Mike Howard, also Jewish, who had been a longstanding Labour member, was suspended on similar grounds in February 2021 and was not reinstated nor even had acknowledgement of his appeal before dying unexpectedly nine months later.

Ms Levane complains that the



Board of Deputies of British Jews, which is an avowedly Zionist body and doesn't represent all Jewish opinion in Britain, has been given an effective supervisory status in determining the threshold of acceptable views within the Labour party regarding Israel, Palestine, Zionism and antisemitism. However, there seems little prospect of any change while Sir Keir Starmer remains as leader. He told Sky News last week that the violence in Gaza was "entirely the responsibility of Hamas". He went on to recall his first words as leader that he would "rip antisemitism out of the Labour party by the roots".

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THE INDEPENDENT VOICE OF HASTINGS



WHAT'S ON YOUR MIND?

WORST REPRESENTATIVE

Dear HIP

I read with interest your piece on Sally-Ann Hart in HIP 236 to see what she has to say, given the forthcoming election.

I would like to add that from personal experience she is the worst MP I have ever had misfortune to have as a representative.

I have always written to my MP when all other options have proved fruitless. In the past, in the different constituencies where I have lived, the actual MP has written back, and in some cases they have called to ask if the problem has been resolved, asking if there is anything else they can do. Sally-Ann Hart has never replied to a letter, she has people. Her people also reply slowly and, in each of the times I have written to her, I had solved the issue before a response was sent by an assistant.

Some of the things she has said publicly and her actions on social media could be described, at best, as bigoted. The local Tory party executive didn't want her in an election where she will likely lose her seat, until she rallied a wider voting group within the local party. We all normally do better when pushed but, as a member of our society, I want an MP who will work hard locally and who actually cares about all matters in the constituency. Politicians say a lot, it's what they do that matters, this politician has failed at the basic level of representation.

I will be interested to read the interviews with the other candidates...

Steve Ackhurst

TRAFFIC LIGHTS A WASTE OF MONEY

Dear HIP

So the saga of the Gateway link road continues to rumble on with East Sussex County Council and Sea Change still unable to resolve the issues (*Queensway Gateway* report in HIP 235). The latest plan is to install traffic lights so that cars can join the A21.

At prime times now the Ridge is clogged with traffic turning down Junction Road, either turning left towards London or right towards the town centre. This causes tailbacks north of Hastings on the A21 coming into town. Lights won't cure this problem and in fact might make this congestion worse. So why not put in a roundabout as originally planned?

There is a lot of land just north of the Seat Cars garage. With two lanes heading into town, reducing at the Sainsbury's turn off, and two heading out of town from this junction, traffic heading along the Ridge from the east could still use Junction Road, while traffic from the west needing to exit Hastings could be diverted down Queensway and join the new link road. In this scenario, traffic could move easier than having lights.

But the real crux of the problem is that, in the first place before any work was started, the people who designed and implemented this road never had the land ownership to complete it. So in effect they have wasted taxpayers' money, which could have been used in a more productive manner.

Geoff Head



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.



Focussing on how 'people power' had got us this far, she finished with inspiring optimism.

Save Old Roar Gill: Anna Silvatica highlighted the importance of Alexandra Park, and the Old Roar Gill in particular, as a place for the community to enjoy for the future, reiterated concerns about being ignored by SW despite monitoring the water both visually and through water testing.

XR Hastings: Jane Ripley, a water pollution chemist, rounded off the impressive line-up, emphasising the importance of planning for the future security of our water system as an integral part of our planet's future.

"YOUR WATER MATTERS"

The day of the Southern Water (SW) drop-in at the Stade on Thursday 12 October dawned with an excellent 7.15am interview with Becca Horn of Clean Water Action on Allison Ferns' BBC Sussex show.

THE DROP-IN

SW had a strong presence even before the meeting began, with some heavy-looking security. The hall filled up quietly when doors opened at 11am and we were provided with a very slick 'meet and greet': diagrams, models, and hi-tech equipment were on display with engineers keen to explain what they were doing. The PR message was, 'we acknowledge we've made mistakes but we're here to listen' with a subtext of 'but look what we're doing already'.

SPEECHES AND INTERVIEWS

BBC South Today and ITV Meridian News were present with Cllr Andy Batsford being interviewed on one channel. XR led a 'toilet protest' outside the hall, while the crowd steadily grew. The police,

primed for a disturbance, busied themselves moving the crowd around 'for everyone's safety'. Speeches began at 12pm.

Clean Water Action: Becca Horn gave a rousing speech, reminding the crowd why they were there, summarising problems and explaining what they wanted to achieve.

Parents for Future (Hastings & St Leonards): Jen Rouse lent the weight of this national organisation to the event, reminding us that this is about the future, not just the current mess.

Sewage Contamination Group: Myriam Lengliné, in black clothes and beret emphasising her fighting spirit, talked about the battle to bring the contamination of Old Roar Gill to the attention of SW and how they have been "dismissing and misleading residents' concerns".

Boycott Water Bills: Katy Colley gave an impassioned speech, reminding us, amongst other things, of how Hastings beaches had been off limits for 54% of the summer.

SUMMING UP

While the PR offensive was impressive, it could not hope to make up for the lack of communication over the last year or so. It was good to hear what SW were planning and see the resources they were bringing to bear such as the hi-tech portable testing system. But how did we get into this mess in the first place? The following extract is from a paper by the Royal Society of Chemistry on Combined Sewage Outflows (CSOs), a major cause of the sewage pollution we suffer in this town and elsewhere. It pins the blame squarely on the water industry.

"Although, there is no doubt that everyone has a role to play to help reduce the frequency and duration of CSO events ... the real power to solve this problem lies with the water industry and the need to invest to repair, replace, and extend our water infrastructure. From pumps to pipes, this infrastructure is often out of sight and out of mind. In fact, the frequent use of CSOs in England could simply be the symptom of an infrastructure deficit in need of funding and upgrading."

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COMMUNITY

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Pocket Park Award

The Pocket Park, a community garden in Hughenden Road, has received an award in the Royal Horticultural Society's 'South and South-East in Bloom' contest.

Local community volunteers have dedicated hours of tireless work to transforming the 25-year-old park into a safe, inspiring space and investment in plants for the vegetable garden has encouraged greater biodiversity. The volunteer team run various community ac-

tivities and workshops, including during school holidays. Over the summer they fed 200 local children for free.

With grants from organisations including the Sussex Community Foundation, Pocket Park has created a community street art mural, working with Stella Dore Gallery. This involved local children and schools, providing them with a unique opportunity to learn street art and was a great



Photos: Rebecca Sinker

success. In another area, young children painted their own favourite bug onto the low wall of a large circular planter to great effect.

The growing of plants in straw bales is being trialled this year with potatoes and lettuce and the configuration of the straw bales

allows a wheelchair user to access the raised beds.

Other new initiatives are the setting up of a dye garden, a mushroom farm area, tiered cake bed planted up with edible flowers and a new cut flower bed. Knotweed has been eradicated with council support. Last year's donated pizza

oven has been installed and recently children had free pizzas with fresh vegetables and salad from the garden.

■ For more information contact Suz Horgan at quakersaboutducks@gmail.com or check Facebook or Instagram.

Hastings Musical Festival

JENNY GRIFFITHS

Calling all amateur dancers, musicians, singers and spoken word enthusiasts in Hastings for the 2024 Hastings Musical Festival.

Every year since 1908 there has been a performing arts festival in Hastings for people of all ages and abilities – and in 2024 we will be hosting another festival from February 26 through to March 16. But note: Entries Close 30 November 2023.

There are four sections in the Festival; Dance, Singing, Instrumental and Speech, Drama & Mime. There are opportunities to sing solos, duets or as part of a choir – ranging from show songs to opera; and to perform poetry or prose, on your own or with oth-



Festival President Petula Clark, with 2022 performers

ers in your school class or drama group, from Shakespearean monologues to poems for 5-year-olds. If you play any instrument: Drums, Keyboard, Guitar, Violin, Recorder – you name it, we have a section

for it. Our local dance schools are already entering our dance section and at our Festival you can enter National, Greek, Lyrical, Character, Ballet and Song & Dance.

Although the festival will be held

in Feb and March 2024, applications must be received before 30 November this year to enable classes to be organised. So make sure you don't miss this opportunity to join us at The White Rock Theatre.

As well as entrants, the organisers are looking for volunteers to help out at the festival – it's a great time of fun, friendship and community engagement with the satisfaction of helping to deliver another successful festival for 2024. We would particularly like young people to help with our social media and to act as runners during the Festival itself. We can offer certificates to go towards DofE or input into your personal statement for university as well as providing work experience for college students so please get in touch.

Rotary Hastings Club and Hastings Musical Festival will present Hastings heat of the Rotary Young Musician of the Year on Sunday 19 November in collaboration with Henry Ward Hall in Hastings. This will be an opportunity to hear some of the most talented singers and instrumentalists in Hastings. For more information please get in touch with us at: info@hastings-smf.org.uk.

■ Jenny Griffiths is General Secretary of Hastings Musical Festival

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COMMUNITY

Clean the World

MARTA SINGH reports on how the Jan Brzechwa Polish Supplementary School in Hastings has been taking the Lead on World Cleanup Day

Emphasising the school's commitment to community and environmental stewardship, the Jan Brzechwa Polish Supplementary School actively participated in the World Cleanup Day on 16 September 2023. In collaboration with the council's grounds maintenance contractors, Idverde, the school enlisted the help of students, parents, and teachers to revitalise Alexandra Park by collecting an impressive amount of rubbish.

The initiative integrates seamlessly with the school's broader educational philosophy. "Our mission is to nurture not just bilingual kids but also socially responsible citizens. This cleanup serves as a

real-world lesson in civic duty," remarked a participating teacher. The event offered a hands-on learning experience, emphasising the significance of communal effort for environmental preservation.

Jan Brzechwa Polish Supplementary School, established in 2011, is a volunteer-run, non-profit organisation with a focus on imparting Polish language skills and cultural knowledge. As part of its initiative to become more inclusive and attract more families from the UK's Polish community, the school is extending its educational range to include activities that make children more well-rounded individuals.

The school's efforts don't stop at language and cultural education. They've also introduced the Forest School Ethos, conducted by certified Forest School practitioners. This inclusion promotes important life skills like resilience, imagination, and teamwork, aligning perfectly with the goals of World Cleanup Day. "It was an extension of what we teach in school — a lesson in respecting the environment," explained another educator. Indeed



the school seeks to pair linguistic skills with a deeply ingrained sense of civic duty and environmental responsibility.

Parents and teachers are

co-participants in this endeavour, highlighting the communal ethos that the Jan Brzechwa School embraces. The success of this year's cleanup has ensured that it will be

an annual event. As one teacher put it: "The children's enthusiasm and the impact we made are reason enough to continue this as a yearly tradition."

COMMUNITY ROUND-UP

HOSPICE XMAS MARKET

If you're feeling festive already, take a trip to one of the St Michael's Hospice Christmas markets in November. Many local stallholders will be there selling unique handmade gifts – plus the hospice's Christmas card collection and lottery Christmas crackers.

The Christmas Markets take place on Saturday 18 November at the Masonic Hall, St Leonards on Sea, and Pett Village Hall on Saturday 25 November. Both Markets will be open from 10am-2pm, entry is £1 per person.

■ Call Fundraising on 01424 456396 or email fundraising@stmichaelshospice.com

HALLOWEEN TRAIL 23 TO 29 OCTOBER

Make your way through the museum on the Halloween Trail and discover the spine-tingling objects and stories on display. Entry is free and there is no need to book. Suitable for age seven and over

WATERWORKS YARD

The Christmas Hastings Makers Market will be held at the yard

– adjacent to Morrisons Car Park – November 25 and December 2, 11am-4pm.

BOO-TIFUL COSTUMES GALORE 23 TO 29 OCTOBER

Come dressed in your most spook-tacular costume this Halloween and haunt the halls of Hastings Museum. Suitable for all ages.

WALKING THE COUNTRY PARK

The Friends of Hastings Country Park have been awarded more than £8,000 by Sport England to establish a programme of healthy walks in the Reserve.

Twenty-five "Habitats, Heritage and Health" walks will continue until next April. They will be run by the charity Groundwork South on behalf of the Friends. Each will be led by an experienced conservationist and health walk leader, enabling participants to learn more about the biodiversity of the Reserve.

■ See Groundwork South on Instagram, Facebook or Eventbrite. Email bale.house@

groundwork.org.uk, or phone Jill on 07849 095129 to join the walks.

VANISHING RIGHTS OF WAY

The Ramblers Association charity estimates that 570 miles of protected footpath has been lost in the former East Sussex area in the 23 years since the turn of the century.

Anyone has a legal right to use paths that are public rights of way. While these are predominantly used by walkers, they can include bridleways used by horse riders and cyclists. The charity is calling for a £650 million investment in paths across England and Wales – which they say could pay dividends in improving the nation's health.

LEGO LAB - 27 OCTOBER 10.30AM TO 12PM AND 1.30PM TO 3PM

Have fun building LEGO® programmable machines and creatures. £5 per kit; each kit can accommodate two children (each ticket represents one kit). Suitable for age five and over.



DROP IN

MEET THE TEAM
TELL US YOUR STORY
DISCUSS IMPORTANT
HASTINGS EVENTS

26 OCTOBER 5:30PM
BULLET CAFE & COFFEE SHOP
38 ROBERTSON STREET TN34 1HT

THE INDEPENDENT VOICE OF HASTINGS





HEALTH

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

Amazing Colour

ROMA CLARK

Working as a colour therapist and colour profiler I always find it so interesting learning about colour choices; how they affect our moods and reflect the people we are. Have you ever chosen your clothes the night before and got up in the morning and decided they just aren't right? We would say, try and choose your clothes on the day in order to feel the right colour. Have you decided to decorate a room in a certain colour and then completely changed your mind when you get to the paint shop? It happens!

We all love colour, whatever shade or tint, whether you are drawn to the colours of nature or bright colours, light pastel colours, some love the blacks, greys and muted tones. Whatever your choices, these are the colours that make us happy in the moment we look at them and, in that happiness, we begin to feel the natural healing power of colour.

But first I'll explain a little bit more about colour therapy, which is working with the visible rays of colour and the healing energy contained within each one. It's all about achieving balance between the mind, body and spirit in order to promote harmony between each one. Once this balance happens, we can work towards a state of good health, but you don't have to be ill to feel the benefit of colour therapy. We are always striving towards a feeling of wholeness and good health; colour therapy encourages us to look at our innate natural healing process.

We take in light through our eyes and skin, also drawing in light energy through our chakras (a system of body energy centres, vortexes of energy if you like). Certain colours, like blue, can calm the mind, while yellow can stimulate mental activity. As we need a balanced diet for optimum health so we need a balance of energy from the spectrum colours.

Colour vibrations have a strong influence on our physical, mental, emotional and spiritual well-being. They affect our moods; some colours are uplifting and inspiring while others we might find a little bit depressing or sad. How many times do we hear the expressions, 'I saw red', 'green with envy', 'feeling blue'; maybe you're 'singing the blues'? Colour speak is incorporat-

ed into our day-to-day speech without us even thinking about it.

We can use colour to aid creativity and learning, balance energy and release blocks, as well as to help alleviate emotional and physical conditions. We can also think about why we need certain colours in our lives, why we're drawn to them and why this need changes at times. A colour therapist can show us how we can use these colours for healing, health, inspiration, relaxation and protection.

We have been healing with colour from the earliest of days. Some ancient cultures knew how certain colours affected them; they spent almost all of their time within nature, absorbing living colours. The ancient Egyptians built healing halls of colour in many of their temples. If someone needed healing, they would be sent to the temple by a physician to stand in a colour healing room. The sunlight which entered the room would be refracted into a spectrum of colours and each room became a certain colour frequency. First Nation tribes of America, Buddhists, ancient Greeks, Indians, and the Chinese all believed in the healing power of colour.

Life Path Colours: A big part of my work with colour and the workshops I run are on life path colours. We all have one from the spectrum, and colour profilers work with red, orange, yellow, green, blue, indigo, violet, rose and gold. Whichever colour you are is the colour that will stay with you all your life. Mine is

violet which I have learned to embrace, choosing my favourite shade and treating it like a good friend. You don't have to wear your life path colour if you don't want to, just embrace it. For instance, if you're red, you may be the person who says 'let's do this' when others say 'I don't think we should', a blue person may be able to tell a story that will fascinate and entrance people, while orange is often the life and soul of the party.

Learning who we are helps us realise why we do things a certain way, often differently from others, and brings with it an understanding of not only ourselves but other people in our lives. There are, of course, different aspects to each colour which will be experienced from time to time but with this comes a balance of energy. The life path colour is just the tip of the colour mountain, which is fascinating. There is so much more out there! For example, in all of the colour work I do I incorporate crystals. Each colour has its own set of stones as well as music, fragrance, flowers and solarised water.

■ For information on workshops message me via Instagram, or through my website. Roma Clark, Registered Colour Therapist, Colour Profiler, Crystal Healer, Member of the Association of Holistic and Complementary Therapists colourcrystal.co.uk Insta: [roma_colour_crystal](https://www.instagram.com/roma_colour_crystal) FB: [colourcrystal](https://www.facebook.com/colourcrystal)



Gerd Altmann from Pixabay

st michael's hospice Christmas Market

Saturday 18th November
Masonic Hall,
St Leonards on Sea
10am – 2pm



For more information visit
stmichaelshospice.com



Registered charity number 288462



Mrs Sunak's Diary

HIP's Downing Street mole has sent us excerpts apparently from the diary of Akshata Murty, the Prime Minister's wife.

Great God Brahman, can't they find anything else to talk about except my bloody clothes! 'Conference Coral'; 'Block shade power suit'; 'Dopamine dressing'. And they nev-

er stop banging on about the price. 'The Abbeville jacket, and matching slacks, the Esme slim-leg trousers, are RRP £585 and £325, respectively,' says some bloody tabloid. All I did was put on something a little eye-catching for my 'surprise' conference speech. I mean, what do they want me to wear? Rags and feathers from Salvation Army

counters? For Brahman's sake, I'm the flaming first lady. I need to look half decent if I'm going to make an idiot of myself in Manchester. Great timing Rishi, by the way, announcing that you're cancelling the HS2 rail link to Britain's second - or is it third - city just as you hold your conference there!

But back to my 'triangular, three-buttoned double breasting (sic) and angular cut trouser suit'. It's actually from The Fold. A British company. And frankly £910 for

an ensemble isn't that much. Especially not if you are the 222nd richest person in Britain. I mean, I own less than 1% of daddy's company - Infosys. It's just that it seems to be worth quite a lot. And if you do have a little over £500 million in shares, and dividend payments of around £14 million a year, you have to spend it somewhere, don't you? When Samantha Cameron wore her togs from The Fold there wasn't such an absurd fuss was there? Nor for either of those Middleton sis-

ters, Pippa or Kate. Are they saying I shouldn't wear anything from the same outlet the Princess of Wales patronises? It's nonsense. And sounds a bit like what Harry would call unconscious racism.

I still haven't got over the furore that my JW Anderson footwear caused earlier in the year. They are basically just suede slippers - sort of super Uggs. With a little bling tacked on for good measure. And at £570, pretty good value I'd have said. And I AM a clothes designer by training and profession, so I should be able to do a bit of fashion shouldn't I? And if that includes designer sandals...

Anyway, back to the conference. What a shower of useless politicians! Rabbits in headlines, every one of them. Even my dear Rishboy didn't seem to have much to say for himself even after my build-up. Mind you, trying to defend 13 years of Tory misrule was never going to be easy. What can you say about those great 21st century statemen: Cameron, May, Johnson and Truss? Sound like a firm of undertakers, don't they? Talking of the walking dead, Labour's Starman isn't much better, is he? Too timid even to promise to complete HS2. Too frightened to commit to reversing the mad new Rosebank oilfield. Too terrified to roll back on Brexit which EVERYBODY knows we need to do. But say what you will of my Rishboy, he can be pretty sure of getting at least one vote - that's from his fellow petrol-head Jeremy Clarkson. Or Lord Clarkson as he will be in Rishi's resignation honours list. Shouldn't really say so, but that can't come soon enough for me. I just want to stop those bloody hacks going on and on about my wardrobe.

OPINION

Weird Times

NICK PELLING

In these weird times it is very easy to feel that the whole world is sliding towards something awful. The apocalypse narrative is everywhere. The planet is burning up, the Middle East is devouring itself, Russia has a madman at the helm, Artificial Intelligence is going to turn into the ultimate Franken-

steinian monster and Rishi Sunak thinks he is the 'change' candidate. It is very easy with this menu of horror simply to say, "a plague on all your houses" and maybe take up pottery.

KILLING THE HELEPHANT

And below this atmosphere of mega-crises there seems to be a low blizzard of petty irritations. One of the more micro-grievances that has been recently getting on my nerves emerged during the recent slow death of the white elephant formerly known as High Speed Two or HS2. During the endless painful debates about this poor beast, it began to become clear that no one is sure exactly how to pronounce the letter aitch. Some go for 'Haitch' and some for 'Ay-

tch.' How can we expect to run a country if no one can agree on how one of the letters of our alphabet is actually pronounced? Personally, I think it should be pronounced with an A not an H. Try saying 'NHS' to yourself. Other nations such as Ireland or France may make their own linguistic arrangements, of course.

And there is the tedious debate about when the next election might be. Who really cares? But for info: all the elections since Thatcher won in 1979 have been in spring or early summer, except one. The odd one out was, of course, Boris Johnson's December election in 2019 when the whole nation was so drunk it voted for the Christmas Con-man. But, normally, governments seem to believe that early summer is the time

when people might feel an idiotic sunstruck optimism and vote for the status quo. So, Sunak will surely, similarly look for the sun.

ROCKING WITH THE UNDEAD

And on top of all this, the Rolling Stones still stagger on. What are we to make of this? Maybe it's just another omen of oblivion. But honestly, what is the point of these wizened millionaires clunking out some more rock clichés? On the other hand I suppose, it is kind of all of a piece with our out-of-sync times: what could be weirder than that these trailblazers of youth rebellion should now be the undead rocking us into the end times.

Obviously, we have no saviours to turn to. But even despair has time off. In a moment of weakness

last week, I began to wonder if, just possibly, there was a man.

SOMETIMES THERE'S A MAN

As the voiceover says in the Big Lebowski: "Sometimes there's a man." And, as improbable as it sounds, possibly that man is Keir Rodney Starmer. I know that this very dull but worthy bloke is no one's idea of a revolutionary, but then, maybe, as the youthful Stones said: "Sometimes you get what you need." We need a decent person who does not lie, does not make up shit on the hoof a la Boris and who may be genuinely concerned to help ordinary people. To believe in service. Maybe. On the other hand, I can personally vouch for the fact that there is a great pottery course at Mudworks on the London Road.



SPECIAL

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

Spirit of Bonfire

SERENA FERRARI

Near New England - where I grew up - the turn of the season was always characterised by the be-falling of ghosts and witches and tricky treaters. As a child, the month of October was laced with the thrill of being spooked and sugar-high, and as an adult, I still get the rush - perhaps out of nostalgia - when the days get noticeably shorter and the nights significantly crisper.

But since my move to England five years ago, that nostalgia for spookiness and corn syrup has been replaced by the exhilaration that is Bonfire Night. Attending Lewes Bonfire religiously, this was my first experience in Hastings and what a place to witness the spectacle. Strolling along the promenade at dusk, I watched as children paraded around with the same recognisable enthusiasm, piercing their newly bought lightsabers in the air and chasing each other into the cordoned off street as parents amiably chatted over a drink.

I found a spot on All Saints Street, the Shakespearean houses and cobbled pavements setting the tone for the incoming procession. As the societies marched bearing their flaming torches and strapped drum kits, I sensed a kind of stirring within. It was not long before I found myself yelling into the night and raising my fist in the air out of solidarity with each passing member. For that is the spirit of Guy Fawkes: a collective loosening in the name of justice and revolt. And while I did miss the lighting of the bonfire on the beach, I managed to catch the tail-end of the fireworks at the seafront. The strident tear of each pyrotechnic as it ripped through the night sky was exhilarating and as colour rained down, I noticed a child wrapped in his mother's arms, his face turned to the sky, his eyes wide with wonder.



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@yourhip.co.uk

MUSIC

20 October 2023

McNiff's Folk Sundowner
The Jenny Lind, 69 High St, 5:00pm
ONE STEP BEYOND:
2Tone, Ska, Punk, Reggae
& Soul - All vinyl DJ's
Twelve Hundred Postcards,
80 Queens Rd, 7:00pm
House Band
Pisarro's, 9-10 South
Terrace, 8:30pm

21 October 2023

Saturday Seafront
Session - Erica Lewis
(From New Orleans)
The Albion, George St, 4:00pm
Dave Valentines Parallel Lines
Twelve Hundred Postcards,
80 Queens Rd, 7:00pm
So Far So Good
Tin Tins, 21 Robertson St, 7:00pm
Snayx
The Piper, 1 Norman Rd, 7:30pm

22 October 2023

Jazzy Songs Old and New
with Jude Montague -
plus Mini Jazz Jam
Twelve Hundred Postcards,
80 Queens Rd, 4:00pm
Silver Hill
The Stag Inn, 14 All
Saints St, 5:00pm
Vinyl Night
The Jenny Lind, 69 High St, 7:00pm
Blythe Spirit
Tin Tins, 21 Robertson St, 8:00pm

24 October 2023

Weekly open folk session
The Stag Inn, 14 All
Saints St, 8:30pm
Albion Skiffle Company
The Albion, George St, 8:30pm

25 October 2023

Live Music with Ben Maier -
Wing Wednesday Launch Night
The Pig, 37 White Rock, 8:00pm

26 October 2023

Helicon
The Piper, 1 Norman Rd, 8:00pm
Ade's Halloween Karaoke Special
Tin Tins, 21 Robertson St, 8:00pm
Liz & Rob's Folk and Blues Club
The Stag Inn, 14 All
Saints St, 8:30pm
Shanty Night with
Completely Scuppered!!!
The Jenny Lind, 69 High St, 8:30pm

27 October 2023

McNiff's Folk Sundowner
The Jenny Lind, 69 High St, 5:00pm
Samantha Fish
De La Warr Pavilion,
Marina, 7:00pm
New Shoes Blues
Pisarro's, 9-10 South
Terrace, 8:30pm

28 October 2023

Saturday Seafront
Session - Just Landed
The Albion, George St, 4:00pm
Soul II Soul: All The
Classics Live
De La Warr Pavilion,
Marina, 7:00pm
Wytch Pycknyck - LP Launch
The Albion, George St, 7:00pm
Stardust Promotions
Halloween Bash - Hastings
Food Bank Fundraiser
The Pig, 37 White Rock, 8:00pm
Kirsty & The Wingmen
Tin Tins, 21 Robertson St, 8:00pm
Laundry Day, Dark Wash
Night: A Halloween Special
The Piper, 1 Norman Rd, 9:00pm
Hallowe'en '23
The Brass, 18 Havelock
Rd, 10:00pm

29 October 2023

DJ Tracy Dick
Twelve Hundred Postcards,
80 Queens Rd, 3:30pm
RX Shantymen's Tom
Kelly - shanty session.
Song sheets provided
The Stag Inn, 14 All
Saints St, 5:00pm
Vinyl Night
The Jenny Lind, 69 High St, 7:00pm
Dr Jules Presents
Tin Tins, 21 Robertson St, 8:00pm

31 October 2023

Halloween - Voodoo Fest
The Albion, George St, 7:00pm
Message From The Ravens
Single Release Party
The Brass, 18 Havelock
Rd, 7:30pm
Weekly open folk session
The Stag Inn, 14 All
Saints St, 8:30pm

1 November 2023

Calexico: Feast of Wire 20th
Anniversary+Brian Lopez
De La Warr Pavilion,
Marina, 7:00pm
Americana/Bluegrass sessions
The Stag Inn, 14 All
Saints St, 9:00pm

2 November 2023

Stornoway+ Special Guest Yijia
De La Warr Pavilion,
Marina, 7:00pm
Michael Pilley (tbn) &
The Jazz Organisation
The NUR, 13 Robertson St, 8:00pm
Shanty Night with
Completely Scuppered!!!
The Jenny Lind, 69 High St, 8:30pm

CINEMA

21 October 2023

A Haunting in Venice
Kino-Teatr, 43-49 Norman
Rd, 3pm/7:30pm

22 October 2023

Manon des Sources
Electric Palace, 39A
High St, 11:00am
A Haunting in Venice
Kino-Teatr, 43-49
Norman Rd, 2:00pm

25 October 2023

The Old Oak
Kino-Teatr, 43-49 Norman
Rd, 3pm/7:30pm

26 October 2023

The Gleaners and I (Les
Glaneurs et La Glaneuse)
Electric Palace, 39A
High St, 11:00am
Scrap
Electric Palace, 39A
High St, 7:30pm

27 October 2023

The Old Oak
Kino-Teatr, 43-49 Norman
Rd, 3pm/7:30pm
Family Fridays: Coco
(+craft activities)
Electric Palace, 39A
High St, 4:00pm
Dear Future Film Festival:
Lost + Found: Turning the
Stones (Live Music & Film)
Electric Palace, 39A
High St, 7:30pm

28 October 2023

Dear Future Film Festival:
A Year in a Field + The
Marks We Leave
Electric Palace, 39A
High St, 7:30pm

29 October 2023

Finding Vivian Maier + short
film Travels from Home
Electric Palace, 39A
High St, 11:00am
Strange Way of Life
Kino-Teatr, 43-49
Norman Rd, 2:00pm
Dracula A.D.1972
Electric Palace, 39A
High St, 3:15pm
It! The Terror from
Beyond Space
Electric Palace, 39A
High St, 7:30pm

31 October 2023

Halloween Special:
Unhappy Birthday
Electric Palace, 39A
High St, 7:30pm

1 November 2023

Strange Way of Life
Kino-Teatr, 43-49
Norman Rd, 3:00pm

Jennifer's Body
Electric Palace, 39A
High St, 7:30pm

2 November 2023

The Umbrellas of Cherbourg

Electric Palace, 39A
High St, 11:00am
Sussex Exchange
Queensway – for film listings go to:
cinema.thesussexexchange.co.uk/
Odeon Hastings
Queens Rd - for film listings go to:
odeon.co.uk/cinemas/hastings

PERFORMANCE

21 October 2023

Hastings Storytelling
Festival: Billy Childish &
The Chatham Singers
White Rock Theatre,
2pm/7:30pm
Martha d'Arthur
The Forbidden Fruit, 22
Grand Parade, 9:30pm

24 October 2023

Simon Reeve: To The
Ends of The Earth
White Rock Theatre, 7:30pm

26 October 2023

Kevin Bloody Wilson
White Rock Theatre, 8:00pm

27 October 2023

The Amazing Bubble Man
White Rock Theatre, 2:00pm
Doubt: A Parable
Stables Theatre and Arts
Centre, The Bourne, 7:30pm
Comedy Night
Tin Tins, 21 Robertson St, 8:00pm
Ava Cardo
The Forbidden Fruit, 22
Grand Parade, 9:30pm

28 October 2023

Stardust Promotions
Halloween Bash!(Music,
Cabaret, burlesque, DJs)
The Pig, 37 White Rock, 6:00pm
Doubt: A Parable
Stables Theatre and Arts
Centre, The Bourne, 7:30pm
Halloween Special
with David Dale
The Forbidden Fruit, 22
Grand Parade, 9:30pm

29 October 2023

Fireman Sam Live!
White Rock Theatre, 12pm/3:30pm
Moving the Colour:
Workshops & Performances
Celebrating Hêlio Oiticica!
De La Warr Pavilion,
Marina, 11:30am
Doubt: A Parable
Stables Theatre and Arts
Centre, The Bourne, 2:30pm

31 October 2023

Doubt A Parable
Stables Theatre and Arts
Centre, The Bourne, 7:30pm

Continued on page 12>



LISTINGS

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

< Continued from page 11

1 November 2023**ZAREK Ensemble: A Tour Through Baroque Italy**

Kino-Teatr, 43-49
Norman Rd, 6:00pm
Doubt: A Parable
Stables Theatre and Arts
Centre, The Bourne, 7:30pm

2 November 2023**Doubt: A Parable**

Stables Theatre and Arts
Centre, The Bourne, 7:30pm

ART

Richard Ansett – Muse

Until 21 October 2023
Lucy Bell Gallery, 46 Norman Rd
The Minds of Geraldine Swayne
Until 21 October 2023
Project 78 Gallery, 78 Norman Rd

Art Over Sight – Sensory Exhibition by Zoom Arts

Until 22 October 2023
Zoom Arts Gallery, St
Leonards Warrior Square
Railway Station, Kings Rd
Here to There to Here

– Mike Abrahams & Francesca Giuliano

Until 22 October 2023
Hastings Art School
Exhibition Space, Priory
Meadow Shopping Centre
David Tindle RA (Private View)

28 October 2023, 5.00pm
Kino-Teatr, 43-49 Norman Rd

Tschabalala Self: Seated

Until 29 October 2023
De La Warr Pavilion, Bexhill

Sasha Leech – Towns and Cities

Until 29 October 2023
Hastings Arts Forum,
21-34 Marine Court

Oneiropraxis

Until 29 October 2023
Hastings Museum and Art
Gallery, Bohemia Rd

Halloween Trail

Until 29 October 2023
Hastings Museum and Art
Gallery, Bohemia Rd

PhotoHastings in Residence

Until 31 October 2023
St Andrews Mews, Waldegrave St
Michelle Mildenhall – KINKY
Until 31 October 2023

Seed, 50 George St

Nicole Zaaroura – I May**Stay a Little While**

Until 31 October 2023
St Andrews Mews, Waldegrave St

Abi Stockbridge – Artist in Residence

Until 31 October 2023
St Andrews Mews, Waldegrave St

Crowley's Curse

Until 1 November 2023
Hastings Museum and Art
Gallery, Bohemia Rd

SPORT

21 October 2023**Hockey: South Saxons Men v Cliftonville**

Horntye Park Sports Complex,
Bohemia Rd, 12:00pm

22 October 2023**Football: Hastings United Women v Bognor Regis Town**

Pilot Field, Elphinstone
Rd, 2:00pm

28 October 2023**Football: Hastings United v Carshalton Athletic**

Pilot Field, Elphinstone
Rd, 3:00pm

Until 31 October 2023**Chess: Hastings International Chess Congress**

Hastings Museum and Art
Gallery, Bohemia Rd

EVENTS

22 October 2023**Bohemia Walled Garden Pumpkin**

11:00am
Bohemia Walled Garden,
Summerfield Woods

23 October 2023**Transition Town Hastings**

7:00pm
White Rock Theatre

28 October 2023**Bracelet Making Workshop**

10:00am
The Crown, 64-66 All Saints St

29 October 2023**Spooky tales and Spider Fun with Ed Boxhill**

1:30pm
Alexandra Park Greenhouse,
St Helens Rd

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/volunteer-south-east/east-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/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 workshoping session,
while writing exercises and
suggested reading materials
are provided every week.

hastingswritersworkshop.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 Rd
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,
and a workshoping session,
while writing exercises and
suggested reading materials
are provided every week.

hastingswritersworkshop.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.uk/discovery-centre/events

Fixing Friday

12.00pm-4.00pm
The Common Room, 27-
29 Cambridge Rd
Bring your small items for repair.
If in doubt, bring it along!
makeandmendbexhillandbeyond.org.uk

CLASSES

Mondays**Overeaters Anonymous**

7.30-8.30
Clifton Centre, 1-2 Stainsby
St, St Leonards 31
oagb.org.uk

Slow and Easy Fitness

11.30-12.30pm, £3
Bewellfit, at Clifton Rd
& 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,
booking essential.

juliansambadrums@gmail.com

Art Classes, including**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

6.00pm-7.00pm

Candlelit Yoga

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

**Crossword Solution No 237:****Across:** 1. Stupid (anagram) 3. AdHere 4. (C)Harlot(te) **Down:** 1. Squash 2. Direct

HASTINGSINDEPENDENTPRESS

LISTINGS

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

21 St Peter's Rd, Hastings

hotyogahastings.co.uk

11.00am-12.00pm

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 Rd

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 Rd TN35 5BH

Exercise for older adults

07817 144812:

bodymoveshastings.com

Yoga with Marjolin

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

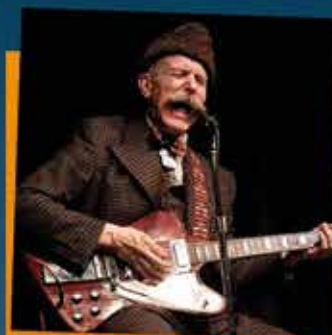
enchantedmalas@gmail.com

Continued on page 14>

COMING SOON...

WHITE ROCK
— HASTINGS —

FRI 3 NOVEMBER

THE UPBPEAT BEATLES

SAT 21 OCTOBER

BILLY CHILDISH
& THE CHATHAM SINGERS

HASTINGS STORYTELLING FESTIVAL



TUE 24 OCTOBER

SIMON REEVE
TO THE ENDS OF
THE EARTH

FRI 27 OCTOBER

THE AMAZING
BUBBLE MAN

STARRING LOUIS PEARL



SUN 29 OCTOBER

FIREMAN SAM
LIVE
SAVES THE CIRCUS

FRI 10 NOVEMBER

FAST LOVETHE GEORGE
MICHAEL TRIBUTE

SAT 11 NOVEMBER

GARETH
MALONE

SING-ALONG-A-GARETH-TWO

whiterocktheatre.org.uk

BOOK NOW

0343 310 0031



LISTINGS

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

< Continued from page 13

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@laughyourselftohealth.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-6.30pmoldtownyoga.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, £15 – lots more classes
available for all levels
[Espanoles en Hastings FB page](https://www.facebook.com/EspanolesenHastings)
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](mailto:Sigrid.qigongsigrid@gmail.com)

Adult Tap Class for Beginners

6.15pm-7.00pm
7 Mercatoria, St Leonards
kimhaviland@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
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 Rd
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, 7597 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](mailto: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
off Sydney Close
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
from The Mothership Antenatal.
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

Third Sunday 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



Photos: Dave Young



Photos: Neal Willis



FEATURES

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

Alexas Photos, Unsplash



3 Million Pounds of Unclaimed Benefit for Hastings Residents

HIP social media co-editor, SALLY BURR, noticed that pensioners are missing out on money that's due to them. Read on to help yourself or someone you know.

Residents in Hastings who qualify for Pension Credit and do not claim it are missing out on an estimated three million pounds in unclaimed benefit, according to social policy software and analytics company, Policy in Practice. Pension Credit guarantees that pensioners' incomes can be topped up at least to £201.05 a week for singles and £306.85 for couples, if their incomes fall below this level. (CAB, 2023).

Pension Credit has a value of up to £4,000 a year or £77 a week to the individual, and £144,717 in terms of annual economic impact. Rother is similarly missing out on unclaimed Pension Credit to the tune of £2,602,185. See the Policy in Practice website to check the unclaimed benefit level in your area.

PASSPORT TO HELP

Pension Credit is referred to as a 'passport' benefit. Entitlement effectively passports the claimant to free dental/optician treatment, the Cost-of-Living Payment (£900), the Warm Home Discount (£150), a free TV licence if over 74 years (£159) and access to the Disabled Facilities Grant: a grant to fund essential adaptations to your home if you have a disability. The value of unclaimed passporting benefits to Hastings residents is estimated at £28,392.

Policy in Practice calculates the gain from one county-wide awareness campaign as equal to an economic impact of over £700,000 in one year. (Policy in Practice, 2023).

MONEY BOX

Pension Credit was the topic of Radio 4's *Money Box Live* (16 September), listen to the episode, *Rationing to pay debts and Bank Account Closures* for free on BBC Sounds. (Pension Credit is discussed 17 minutes in.)

Financial journalist, Paul Lewis, talks to the founder of Policy in Practice, Deven Ghelani, about the 'lesser spotted' Pension Credit: a benefit often unclaimed by the poorest pensioners who it is designed for.

Deven tells the story of a recent campaign born from a collaboration between Policy in Practice and London borough councils to identify 8,200 individuals in 17 boroughs eligible for, but not claiming, Pension Credit. Residents identified were contacted by letter by the local council to advise that they were eligible for Pension Credit and given advice on how to make a claim. More than 2,000 residents made a claim for Pension Credit and received an average of nearly £4,000 a year resulting in "millions of pounds being claimed by thousands of older people." (Lewis, 2023).

6,200 residents identified as eligible for the benefit did not follow through to make a claim. Did

some struggle to understand the information due to capacity issues such as dementia, for example? Surely no one would sniff at an increase in income? and the residents eligible for Pension Credit are not wealthy people.

Deven focuses on the positives, explaining that without the welfare data from Policy in Practice, the London boroughs would have struggled to identify the 2,000 residents who did take up Pension Credit. Many found their claims backdated to when they had first become eligible. Deven adds that many of those identified as eligible for Pension Credit were also encouraged to apply for Attendance Allowance: a non-means tested benefit that provides extra money to people if they have a long-term physical or mental condition or disability. (Age UK, 2023).

SIOBHAN ASSUMES

'Siobhan' was one of the residents identified by her local London borough, Islington Council, as eligible for Pension Credit. She describes the additional income as a "financial relief" (Lewis, 2023). Siobhan, a home-owner, had incorrectly assumed that Pension Credit was automatically paid in with the State Pension. Like many, she didn't know that she had to make a separate application for Pension Credit. This is a common misconception.

Siobhan explains: "I thought Pension Credit was automatically

included in the State Pension. I didn't realise it was two separate entities, like the State Pension is one thing and you have to apply for Pension Credit. The fact that it didn't occur to me is because I didn't know about it. I didn't know I could even apply. There just isn't enough information out there.

It's a financial relief. You know with everything going up all of a sudden: petrol, gas, electricity, house insurance, car insurance. So to have that extra on my pension was a relief. And then one gets help with opticians and dental which is a great help because opticians and dental care are very expensive. So it's a great help." (Lewis, 2023).

Policy in Practice founder, Deven, says there are three reasons why people do not access Pension Credit. Firstly, many are not aware that it exists. You can't apply for a benefit that you don't know exists. Secondly, if you do know about Pension Credit, it can still be a challenge to apply. Deven talks about "administration complexity": people don't know how to claim the benefit or do not have the support around them to complete an application. Thirdly, people can feel stigmatised when applying for a benefit.

POVERTY IS EXPENSIVE

Poverty is misery at any point of life. It is frustrating that a benefit available to aid a specific age-group is not widely taken-up.

Meet the 'Indices of Multiple Deprivation': a score-based method of classifying areas under seven domains of income, employment, education, health, crime, barriers to housing and services, and living environment. You can score 10 out of 10 which is tops, and Lewes, Aylesbury and Cambridge score full marks. Hastings scores a 1, being 'most deprived' in as many as 16 postcode areas, according to the Ministry of Housing, Communities & Local Government's *English indices of deprivation* (2019).

People who live in an area of higher-than-average deprivation are more likely to be admitted to hospital and will spend longer in hospital (Luben R et al, 2019).

Not claiming Pension Credit costs everybody.

Failure of take-up is costing the state an estimated £4 billion a year in increased NHS and social care spending. If Pension Credit take-up was at 100%, then almost 450,000 people could be lifted out of poverty, reducing pensioner poverty to its lowest ever level. (Hirsch.D, Stone.J, 2020).

SALLY SAYS

I am not a benefit specialist. I have picked up knowledge from working in the community and I chanced upon Radio 4's *Money Box Live* shuffling around at home recovering from Covid. Thank you for reading. I hope we are all the better off for it.

■ Pension Credit Helpline

0800 99 1234

Attendance Allowance Helpline

0800 731 0122

East Sussex Welfare Helpline

0333 344 0681

Department of Work & Pensions

0800 169 0190

ARE YOU ELIGIBLE?

Contact the advice lines listed below, or to speak to someone face-to-face, telephone Hastings Advice and Representative Centre on 01424 428375 to book an appointment with a benefit specialist at The Advice and Community Hub, Renaissance House, London Road, St Leonards on Sea, TN37 6AN.

If you are unable to make an application over the telephone, online or by post, and have no support from friends or family to help you, request a visit from the Department of Work & Pensions' home-visiting benefit service. You cannot book a visit yourself. Tell DWP you need help to claim benefits by calling the number of the benefit you're applying for. If you're eligible, they'll arrange a support visit (Department of Work & Pensions). For Pension Credit call 0800 99 1234 and Attendance Allowance call 0800 731 0122.

If a relative/friend or neighbour lacks capacity to make a benefit application, you can apply on their behalf if you are an 'appointee'. To apply to act as an appointee, you need to tell the Department for Communities (via calling the benefit helpline) that someone you know needs your help to either: claim benefit because they can't do it themselves or manage their existing benefit because they can't do it themselves. Only one appointee can act on behalf of someone who is entitled to benefits (the claimant) from the Department for Communities (DfC). An appointee can be: an individual, for example, a friend or relative; an organisation or representative of an organisation, for example, a solicitor.



ABOVE: Nengi Omuku RIGHT: Nengi Omuku: Repose

The Dance of People and the Natural World, The Fourth Wall, Ink

VICTORIA KINGHAM takes in three new exhibitions at Hastings Contemporary

Nengi Omuku is an engaging character and there is great warmth and vibrancy about her works now on exhibition at Hastings Contemporary. Her love of nature (her mother is a horticulturist) is showcased in these ten or so large pieces, and provides her with a “sense of safety and serenity”. The viewing experience itself is augmented by growing plants in each room, and made even more inviting by the addition of scatter cushions and stools.

AFRICAN LANDSCAPES

The works are big, bold, daring hangings in Omuku’s distinctive style, which involves applying paint to gesso-prepared composite strips of a traditional Nigerian fabric called sanyan. It’s tightly-woven and hand-spun, and as a vintage artefact is an important aspect of Nigeria’s cultural history. Most of the cloth advertised as ‘African’ is actually wax print from the Netherlands, thus carrying with it a colonial overlay. Sanyan

is wild silk, obtained from the cocoons of the Anaphe moth. Omuku sourced complete garments in the markets of her hometown, Lagos, and transformed them into flat cloth through deconstruction, reversal, and re-stitching, into a kind of tapestry on which to paint.

It could be said that the works depict people in landscapes: in fact they depict people as landscape, and it is sometimes difficult to see where one starts and the other begins. So for example *Repose* shows two women seated within a brown earth landscape: their faces are intentionally undefined, their dresses vivid green, the pose monumental. The earth, the figures, the cloth, combine to make something that stands as a historical statement, emanating from the purposefully ‘unfinished’ style, the materials, the installation, and the intent.

THE FOURTH WALL

The work of Roland Hicks is equally striking but (at least at first glance) could not be more of a contrast to that of Omuku. He will be Artist in Residence at the Contemporary for the next two weeks; he

will create a new work while he is there in the studio.

Hicks’ work is extraordinary and unique. He has won a well-deserved number of prizes and, besides his personal talent for line, he makes the act of drawing into a performance in itself. In the particular space of the gallery, looking out to the sea through the little crowd of fisherman’s huts and boats, he has constructed something that looks as though it is made of old planks from the net stores. Closer examination reveals drawing – the wood grain and the guano are drawn and painted on. Another wall of the gallery appears to be constructed from old doors, offcuts, found objects, rust, staples – it’s *trompe l’oeil*, but with a contemporary recycling message. Even the rust is staged. Staging is inherent in the title of the exhibition: the ‘fourth wall’ traditionally means the conceptual barrier between any performance and its audience. There is also a real fourth wall on which Hicks has drawn, with extraordinary skill, something which looks like a temporary wall made up of odd doors and planks and MDF boards, stapled roughly in all directions. And indeed, it is a temporary wall – he says it’s the biggest drawing he’s ever done, but it will be discarded after the end of his exhibition.

This is unclassifiable art; it inter-relates many boundaries and within each technique there is purpose. It is drawing playing at sculpture and sculpture playing at performance and, at the end of the residency, the performance will be finished, the audience will

go home, and the space will again be empty, ready for re-use. “All illusionistic art involves some kind of deception. These walls will effectively be built from misinformation and misdirection.” This is British conceptual art at its best.

INK

Sir Quentin Blake is ninety years old; his drawing style is etched into the consciousness of any parent or child from the 1970s on, whose favourite books were those of Roald Dahl, Russell Hoban, or Michael Rosen. Through his pen the characters of Matilda, Fantastic Mr Fox, James and the Giant Peach, and the Big Friendly Giant have been immortalised. More up-to-date legends are David Walliams’ Mr. Stink and Blake’s own *Mrs Armitage, Queen of the Road*. Two walls

of the large gallery in the Contemporary are hung with lines of instantly-recognisable small framed pen-and-ink drawings of familiar-looking figures in odd clothes, sometimes on whimsical bicycles, surrounded by crows and vultures or carrying them on a specially-constructed frame.

The nonagenarian is still drawing. From his bed he has made the drawings on the third wall: a series of about thirty faces culled from his imagination, as large and as lively as anything else he has produced over the years. He is an illustrator of genius with a style that is unforgettable. He is known as a cartoonist but given the perfection of each small work, full character captured at great speed, his work must

surely cross into the territory of great art.

Ambiguity and crossover, therefore, are apparent in all three of these exhibitions, which will be at the Contemporary for the next six months. Their happy juxtaposition is the brainchild of gallery Director and curator, Liz Gilmore, who has maintained a consistently high quality of exhibitions since her appointment in 2010, when the gallery was still the Jerwood. The residents of the local area are fortunate to have such a great resource.

■ *The Dance of People and the Natural World and The Fourth Wall can be seen at Hastings Contemporary until 3 March 2024. Ink is showing until 12 November. For more details see hastingscontemporary.org/event-category/exhibitions/.*





ARTS

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

Intersections: PhotoHastings at St Andrew's Mews

VICTORIA KINGHAM

This small but perfectly-formed exhibition, *Here, Not There*, in a positively unrestored house on the first floor of St Andrew's Mews did much to promote the Mews (as now seems to be happening) as a *mise-en-scène* for exhibitions: an opportunity for artists to display their work with a nod, sometimes more than a nod, to the surroundings in which they are placed.

PhotoHastings are staging a whole series of short photographic shows in this venue, to change every two weeks. We previewed the current show in the last issue, and seeing the actual photographs *in situ* was a great pleasure. Of particular interest was the ECM room - who wouldn't like to look at great photographs while listen-

ing to ECM artists? - Pat Metheny, Andy Sheppard, Anouar Brahem. The photographs were displayed checkered, interspersed with vinyl discs on which the labels advertised the show: *HERE, NOT THERE 1-97, Cottrell/Willis, A Homage to ECM Records*, and had a serial number made up from the dates of the exhibition. "How did you get the fabulous blurry watery effect?" I asked Derek Cottrell, and he told me about his Lensbaby.

Imogen Bloor's pictures were displayed in a shabby front room setting - stripped down flaky plaster, standard small black Victorian fireplace, the usual thing - but somehow the room was convivial. Her late mother-in-law had been eccentric, bipolar, collected strange objects, placed them in odd juxtapositions, and this was

Imogen's homage to her. The pictures are of empty wall fittings, two-tone walls, random kitsch. Bloor's photographs are *very* geometric - see her insta page for samples of 'the quirks of everyday open spaces' - but there is at the same time something reassuring about the sheer universality of rectangles and lines. I was fond of this room, and kept returning to it, imagining her mother-in-law madly positioning things. I have personally always obtained marvellous therapeutic currency from rearranging furniture and objets.

Dan Percy's room was lined with pictures of old telephones, wires, redundant wall sockets, roof tiles, bricks from a house being renovated. There's something disquieting about disused artefacts, and this installation had an eeriness which was probably not the effect of the artefacts themselves, but simply that of the act of photographing them. A pile of bricks standing in the corner of the room made portentous shadows on the wall. The photograph of them looked far more monumental than it ought. He himself looks relatively cheery.



Dan Percy

He should. They all should. It was a great show; original, unique, fascinating. There are a couple more to come in the same series and a resident artist, Nicole Zaaroura, explores themes of protection, an-

chorage, armour, safety, and disguise in the *Blue Door Gallery* opposite. The next show, *Mews 4*, has more new and different photos to see in new and different surroundings. Highly recommended.

Sarah Milne at Hypha Studios

VERA BELL is drawn into a world of threads and patches.

You may have noticed Sarah Milne's work on our back page not long ago. Even more recently she has had a small studio exhibition of her own at Hypha studios in Priory Meadow. It's an odd venue (a vacant shop in Priory Meadow shopping centre) but very visible, and provides a little haven for passersby on their way to H&M or Boots.

Her work is, at the very least, unusual. Its character is 'feminine' in the broadly understood, slightly old-fashioned sense of sewing being 'women's work'. On closer examination its femininity, its feminism, is complex, multifaceted, at times opaque. It's about damage, disintegration, re-forming, emerging through small chaos. She draws using random machine stitches, and uses vintage material as background and collage. Like that of artists she ad-



Burnt Down and Out

mires (among them Louise Bourgeois and Tracy Emin) her work is deeply personal. 'I DID MY BEST' is embroidered on a delicate piece of old patterned muslin, hung on a piece of driftwood. Fractured shards of tapestry surround the words, with blood-red thread dripping from the edges. On the left is some stained white lace, and some embroidered ripe poppies shedding random french-knotted seeds - opium and opiates or re-seeding and rebirth? Attached

by threads to some of these broken tapestry pieces is a ladybird, struggling to fly away home.

It tells somehow what we all feel, we women who are biologically and hence emotionally tied to their children forever. We all did our best, many of us in adverse circumstances. We would all like, have liked, to emerge, to fly away, but supposing then it was too late, our house was on fire and our children all gone? Milne, delicately adjusting a small piece of thread



The Shipping Forecast

around an embroidered ladybird, states that she has always been profoundly affected by the rhyme. The theme continues along - a fragment of one of those old Tesco hessian shopping bags, printed with ladybirds, with two or three more ladybirds marching away and out beyond on to the wall. As mothers, we are ourselves and not ourselves. The finished piece, therefore, she calls an 'insecurity blanket'. For women, mothers, the fragmentary theme also resonates: how many shards of conversation, interrupted by demanding children, could I never recover? It isn't that women are innately able to multi-task, more that the motherhood/childcare/work/partner/house/dog/cat/work/sleep/wake/work situation obliges them to learn.

And, we are in Hastings, we are by the sea, there are lifeboats and there are small boats. One work,

The Shipping Forecast, depicts tangled threads and shreds of material, swirling waters, this time in blue, turquoise, flecks of white, and a background dyed in three colours, blue, grey-blue, yellow-white. The shape could be a boat, but it has become part of the sea, the sea is the boat. Further, the sea holds the key - written words from an ancient map, and written words hand-embroidered with a modern needle. Interesting here to note how old these crafts are, and how their use in artworks now carries much more than a surface meaning. Artists use tapestries, linocuts, traditional ceramics, knitting, crochet - all crafts now in danger of being artificially replaced, forgotten, lending an added layer of time-consciousness to their use. 'WHEN, NOT IF' is embroidered into the waves - a message of hope and determination, when, not if we get to the shore in this boat, or desperation, when, not if we die? 'TERROR', is the other yellow word. And the boat shape, now miniaturized on my phone camera, turns into a shoe shape, kicking people into submission as they arrive buffeted by the waves.

■ Sarah Milne's *Stade: Landing* was at Hypha Studio, Priory Meadow, from 5-10 October. More information about her work and textile and weaving classes can be found at SarahMilneArt.com



Max Baillie



Hungarian Rhapsody

VICTORIA KINGHAM on Classical!
A sold-out event at Crown House

Those of you who have kindly read the music reviews here over the past year or so, will have read of the brilliance and originality of local virtuoso Max Baillie and his musical enterprise, St Leonards Concerts. The surprises continue, the project goes from strength to strength, and I am running out of superlatives.

The concert on 3 October at Crown House was no exception. This time it was curated by cellist Laura van der Heijden, who at the age of 15 won the BBC Young Musician of the Year award and is fast emerging as one of the most gifted musicians of her generation. She shows not only peerless musicianship - at the age of twenty-six she has performed with most of the world's top orchestras and conductors - but creativity in her musical programming, breadth as well as depth of knowledge and skill.

This isn't the first time that she has performed with Max Baillie, and there are two or three spirited videos on YouTube of them playing together. But she recently came across the musician Marcel Comendant, a cimbalom player, who, in common with his chosen instrument, is not nearly so well-known as he should be outside his native Hungary.

CIMBALOM BRILLIANCE

The cimbalom was first invented and constructed in the 1850s as a development of a folk instrument, the Hungarian dulcimer. The newer cimbaloms have detachable legs

for (relative) ease of transport and reassembly. It looks like a small piano but is elaborately strung, and played with soft hammers. It has a fairly complex tuning scheme with harmonic resonators, like a kind of table-top zither. Comendant's instrument is a lacquered dark red, which was oddly, but pleasantly, in keeping with the 30s nightclub décor, red velvet curtains, and Chinese lanterns at Crown House Regency Rooms.

Van der Heijden has always had an interest in European folk music, and Hungarian folk music particularly, since she heard Comendant on an EP and thought he "sounded really cool". She wanted to make music with him, "and here he is!" Among musicians of this calibre, "really cool" seems a laughably understated way of saying well, he is versatile enough, brilliant enough. The man is clearly born to his instrument. The arrangements were interesting, since two of the numbers were bass player Mullov-Abbado's rather fine compositions, and it was the first time they had all performed in public together. "Well actually, all the arrangements are really sketchy," Mullov-Abbado admitted. I wondered about the cimbalom part. "He mainly just does his own thing - he does his own thing all the way through really."

EUROPEAN ECLECTICISM

It's probably this lack of written precision that makes for the group's clear and absolute enjoyment of playing together, the unexpectedness of not knowing, for example, what each musician will play in the cadenza sections or indeed the improvised sections in some of the tunes. And what tunes! An inspired mix of broadly folk-related melodies, European except for two which were sung, unexpectedly and vividly, by van der

Heijden: Jobim's *Águas De Março* (made popular by Art Garfunkel back in the mists of time as *The Waters of March*, but written well before and recorded by several jazz greats), and the great *Nature Boy*. This tune was immortalised by Nat King Cole long ago and attributed to Brooklyn's original nature boy, Eden Ahbez. It turns out in fact to have been plagiarised from a song written by Yiddish composer Herman Yablokoff, who in turn adapted it from a Yiddish folk tune, so it's Eastern European after all. There was another Hungarian piece by György Kurtág, with melodies and harmonies as complex as the Hungarian language, and a wonderful medley of Bach and Bartók (put together by Baillie). Pieces by De Falla and Ravel came interspersed with Mullov-Abbado's compositions, and the opening piece was a violin sonata written by French composer Elisabeth Jacquet de La Guerre more than three hundred years ago.

So, I began by saying I had run out of superlatives. It's impossible to praise the skill of these musicians too highly, and if you see them together, you'll immediately realise why. Just as great is their seamless and joyous presentation of this fine admixture of material and the scholarship which enables it. They are part of a movement which presents great music without barriers and without genre preconceptions. Indeed one of Misha Mullov-Abbado's albums is appropriately titled *Cross Platform Interchange*. It's a fine and beautiful eclecticism.

■ **Laura van der Heijden:** cello, **Max Baillie:** violin, **Misha Mullov-Abbado:** double bass, **Marcel Comendant:** cimbalom appeared on Tuesday 3 October as part of the *St. Leonards Concerts* series

Jude Montague



Wreckless Eric Returns to the Pig

JUDE MONTAGUE interviews Eric Goulden, AKA Wreckless Eric, about his new acclaimed album *Leisureland* out now on Tapete Records.

JM: What's your connection to the South Coast of the UK?

EG: I was born in Newhaven and grew up in the area.

JM: What do you think of Hastings/St Leonards? When were you last here?

EG: Actually I'm here quite often! My daughter lives nearby with her husband and three kids. I'm a grandad!

JM: Can you explain how *Leisureland* relates to coastal resorts like Hastings?

EG: Some (not all) of the *Leisureland* album is set in a British seaside town called Standing Water. I made the place up - it's an amalgamation of a lot of places! Hastings was widely regarded as a poor relation to Brighton. It's come a long way but I'm sure there's still a lot of social dysfunctions here. I hope it hasn't become too gentrified.

JM: I believe you came before to the Electric Palace - do you have something to say about that?

EG: I loved that place! I did a show there with live projections about twenty years ago. I wanted to play there again but no one answered my emails! Perhaps one day...

JM: There's a lot of local manufacturing history of musical gear - VOX etc.? Do you have fond memories of any vintage equipment or any experiences you might share?

EG: Vox was originally Tom Jennings - Jennings Music Industries. I used to have a Vox Continental organ built by Tom Jennings - circuits mounted on linoleum, that kind of thing. There's also Charlie Watkins of Watkins 'Copicat' fame. Charlie had a music shop in Balham in South London. I took my 12-watt Watkins Scout amplifier to him for repair. He remembered building it in the very early sixties. The amplifiers had differences depending on the components they had available.

JM: What are the secrets to good songwriting?

EG: I was hoping you could tell me! I think songs need strong lyrics, but there's a difference between strong and effortful. Some people think a lot of words is good, but that isn't necessarily so. Editing is key.

■ **Wreckless Eric appears at The Pig, White Rock, Hastings on Weds 25 October - tickets £18 in advance from Eventbrite. Supported by Montague Armstrong. *Leisureland*, the new album by Wreckless Eric, is available from Tapete Records on Bandcamp.**

SOLUTION TO HANUSHKA'S
CRYPTIC CROSSWORD NUMBER 2

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WINNER OF HIP236 £10 HANUSHKA'S VOUCHER
WAS FELICITY BELL

Oneiropraxis –
A Vision of Dreams

SARAH MILNE

Oneiropraxis is a fascinating exhibition of oil paintings and drawings by visionary artists Melissa She-manna and Orryelle Defenestrare Bascule, currently on show at Hastings Museum and Art Gallery.

Oli Rogers, the curator, opened the show with an intriguing talk on ‘Visionary Art and the World Soul,’ which placed the art perfectly in its spiritual, philosophical and historical context.

Oneiropraxis means ‘dream logic’ and, in their works, the artists give visual form to the dreams and visions received during sleep, and/or periods of altered or enhanced awareness and consciousness. The Oneiroi were believed by the ancient Greeks to be the bringers of both dreams and a view into the divine realm. Praxis means using what has been learned, making it logical and real. Oneiropraxis is the practice of using dreams and visions, of taking

what has been seen, what has been learned and giving it form in the material world. Melissa and Orry-elle create their art from a practice of conscious, lucid dreaming and bringing their visions into reality through painting, drawing them into physical form.

The resulting work is a surreal blend of abstraction and imagery that feels simultaneously surprising and alien, deeply familiar and comforting. It depicts a world where symbols, themes and characters of ancient myths, civilisations, religions and esoteric traditions across time and culture merge in a beautiful and captivating way.

In his talk, Oli Rogers proposed that visionary art is the truest form of art. He likened practitioners to travel journalists, going where most of us have not been to - states and places that, on our usual level of worldly consciousness, we have no access to, then painting a view of the things they

find there for viewers to engage with and learn from.

Through visionary art, we glimpse the fantastical and supernatural world of the divine. We start to understand the shared unconsciousness and the archetypes proposed by Carl Jung, and the ancient ideas of imagination and the muse.

On the surface, Melissa and Orryelle’s work is a visual delight with mesmerising layers and details to explore and marvel at. For those not well versed in the history of exploring altered states of mind, dream work and visionary practice, I would strongly recommend listening to Oli’s talk before visiting the show to help you experience the true depth and meaning of what you will see there.

Oneiropraxis is at Hastings Museum until 29 October. On 27 October, Orryelle and Melissa will return in person to lead performances and a guided visualisation, a journey through their work.

■ Further information, tickets and the link to Oli Rogers’ introduction to the exhibition can be found at hmag.org.uk/event/the-bliss-of-new-tongues-and-eyes/

Hastings Independents:
Four Weeks of
Grassroots Arts

KEITH RODWAY previews happenings at Electro Studios.

The extraordinary wealth of creative arts talent in Hastings and St Leonards is becoming hard to keep pace with, with one source suggesting that the area has more artists per capita than anywhere else in Western Europe. The multiplicity of events is mind-boggling and seems to increase exponentially at a breakneck pace.

Situated in a part of St Leonards that has so far remained unaffected by regeneration and gentrification, Electro Studios is something of a maverick among its peers. Having over the last year featured an eclectic mix of visual art, mixed-media events, live performances and guest artists, the gallery is almost fully booked for the next year. Electro has shown that being located in a relatively obscure part of the town is not necessarily a disadvantage, and may even be a blessing. If

‘keeping it real’ is for you, this may be the place.

Throughout November, the gallery is hosting four weeks of grassroots projects by first-time exhibitors, students from Sussex Coast College and performers working on the fringes of the *avant-garde*. To quote Electro Studios project space director Colin Booth: “As a community-facing gallery, we are constantly reminded that we are surrounded by a huge number of very talented artists, musicians and performers and we hope our month-long *Hastings Independents* with give people a flavour of this vital, creative energy that makes Hastings and St Leonards such an exciting place to live.”

Over four weeks between 4 and 26 November, the gallery will host a diverse range of projects: work by young artists associated with up-and-coming Hastings band Borough Council, curated by Charlie Hawley, an exhibition of work by

illustration students under the direction of legendary collagist Peter Quinnell, and photography by musician Amanda Thompson profiling – to quote Iggy Pop – “the city’s ripped backsides”.

Music across the month will feature electronica improv outfit Jury Service vs Mystery Key (*Spontaneous Electronic Maelstrom*), funky mantragrooves from Simon&thePope with projections by Exploding Cinema supremo Duncan Reekie, and melodic indie pop from The Big Believe. *Avant-garde* sound artist Philip Sanderson will weave his idiosyncratic sonic spells, Es Krim will be “reframing old ideas with new friends – all analog” and techno outfit Red Crayon Spider will rock the eaves, with images from world-renowned visual artist and projectionist Kim Wan. All the music events will be free – donations to help with running costs will be gratefully accepted at the door.

So – an unusual space in an unusual place, Electro is coming into its own. For more details, watch the more usual, virtual spaces.

■ *Electro Studios is at 5 Seaside Rd, Saint Leonards-on-Sea TN38 0AL. For more information visit @electro_studios_project_space*



Inaugural exhibition
A Dream Within A Dream
Ivor Abrahams 1935 – 2015 E.A Poe: Tales and Poems, 1976
27th October – 3rd December 2023
51A George Street, Old Town Hastings, East Sussex TN34 3EA



Tadhg Mae Projects is delighted to present its inaugural exhibition, *A Dream Within A Dream*, featuring Ivor Abrahams celebrated 1976 print portfolio, E.A Poe: *Tales and Poems*. Abrahams’ spine-chilling series is a vivid evocation of the supernatural in 20 works, inspired by the poems and writing of E.A Poe, including such well-known gothic classics as *The Sphinx*, *The Raven* and *Dream Within A Dream*.

Website: www.tadhgmae.com
Follow: @tadhgmaepro
Contact: harriet@tadhgmae.com

Ivor Abrahams, *The Domain of Arnheim* from E.A Poe: *Tales and Poems*, 1976



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LITERATURE

BOOKBUSTER REVIEW

All In: How we Build a Country that Works

By Lisa Nandy

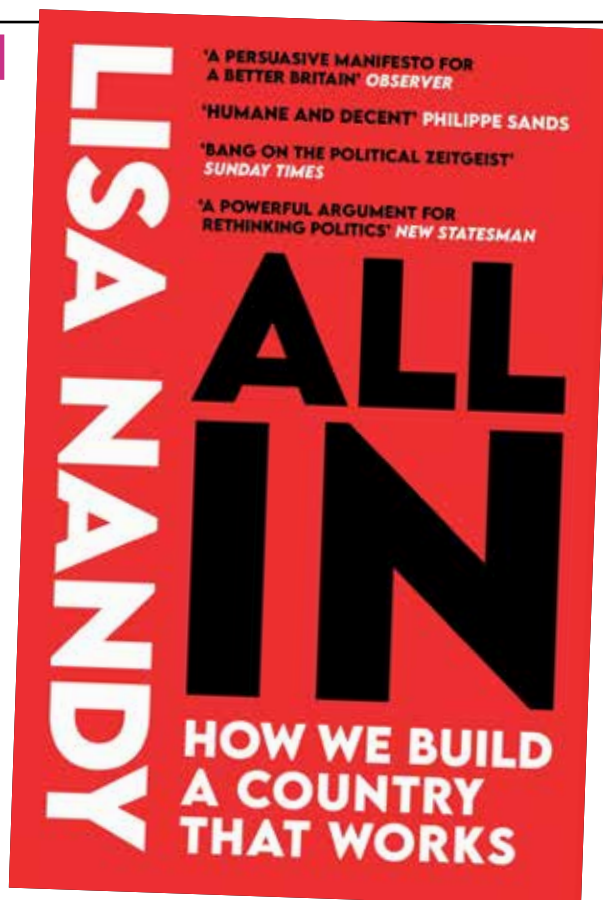
PUBLISHED BY HARPER NORTH,
2023 RRP £9.99

REVIEW BY TIM BARTON

Lisa Nandy is stuck in a party that is losing public confidence fast, no one appears to like Starmer much. The only saving grace is that the Tory party seem to be self-destructing even more wilfully. As MP for Wigan, the last decade has been challenging. Her party, at conference, had opted to take a 'remain' stance on the EU referendum, despite the leadership taking a different view. And, as the party, then, was trying to respect internal democracy and listen to members (and unions, not always for the best), the leadership fought a 'remain' campaign. After the massive deindustrialisation of the north-west, Wigan had, perhaps unsurprisingly, almost 64% backing for the 'leave' option at the ballot. As an MP in a party fighting to 'remain', this must have been very hard.

In December 2020, in a broadcast on ITV, Nandy said "when we got the result, it was obvious that all we'd done was managed to bring to the surface huge divisions that were not going to be easily resolved".

Back in 2018 Nandy co-founded the Centre for Towns, 'an independent, non-partisan organisation dedicated to improving the



future of our towns',

motivated by the disaffection she has witnessed in places like Wigan, and the huge funding gap between the metropole and everywhere else. She wants to put power back in the hands of the people, and does not believe the narrative that those who voted for Brexit were knuckle-dragging idiots with an obsession with empire and a 'Powell & Pressburger' wartime nostalgia. To deny that element existed in the referendum campaign flies in the face of the evidence, but to see it as a particularly large, if loud, element is clearly correct.

LOCAL INPUT
IN DECISIONS ARE
WELCOME

In wanting to reorganise our political economy, she takes the time to critique our democratic deficit,

than most, as does her awareness that a 'mixed economy' is also a necessity, pitched between the free-market radicalism of the right and the cartoon idea that 'the left' want to nationalise everything. Here she supports John Maynard Keynes' idea for 'intermediary institutions, belonging neither to state nor market but to us all'.

Both these positions have their limitations. Despite her wish to see electoral reform, 'proportional representation' only gets one mention, quite near the end of the book, yet this is a necessary reform not just for central government but for decentralised representation as well. It would have been nice to see her engage properly with the idea. Her views on 'economic democracy' and local input in decisions are welcome. But some of the economic positions here are a little contra-

dictory. She approvingly quotes RH Tawney's vision of a society where "money and power to not serve economic ends", then four pages later acknowledges Maurice Glasman's claim that "capital is not democratic and has a tendency to centralise". Thus, for all her talk of radical restructuring, she seems insufficiently interested in more anti-capitalist ideas than she'd need to be to succeed in her proposed projects.

A DIFFICULT
BALANCING ACT

She does address the emergence of a more multi-polar world, which is good, although this appears to mean 'China', which is surprisingly limited on her part, especially as her father is Indian, and the largest share of the much touted 660,000 immigrants to last year were workers, students, and their families coming here on visas from India. Also peculiar, her potted history of the last century is very gentle on America's role, to the point, I think, of naivety.

Nonetheless, she does address questions few in powerful positions in Labour ever articulate or acknowledge. As someone tied to a Starmer shadow government, it must be hard to push some of these ideas. I suspect a difficult balancing act here given her position in the party, a symptom of which is only once mentioning Corbyn and then not by name, but 'the former leader', which is jarring, hilarious, and a bit weird. I also suspect this book is her leadership run mani-

festo – overall, with the odd caveat, I think I'd support her.

DESERVES TO TOP THE
BEST-SELLERS LIST

Her ideas for local autonomy include increasing funding for job-creating green initiatives, including building locally owned and controlled infrastructure. Despite recognising that we are now in a multi-polar world, I don't get the impression that she fully understands the economic ecology of green technology, but she is well-meaning, and a great deal more can be done locally despite the globalised nature of both capital and industry than Sunak's benighted government will ever pursue.

In the early chapters she, rightly, objects to the polarised nature of debate in contemporary media, and in Parliament. This includes being critical of an 'us and them' mentality. Ironically, her book then goes on to chronicle the terribly class-ridden minority-rule from above that we currently labour under (she appears to think this is something new, but it really and absolutely isn't of course). Her last but one chapter is entitled 'of the people, for the people, by the people, with the people', and you know? I think she means it. All in all, *All In* deserves to top the best-sellers list, though it won't.

■ *All In: How we Build a Country that Works* is available from Bookbuster, 39 Queens Road, Hastings TN34 1RE

CROSSWORD CORNER

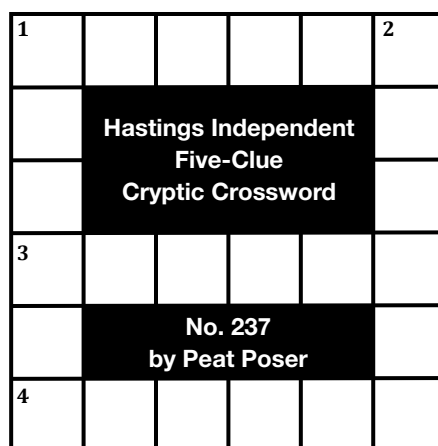
Across

1. Turn spud, it gets silly (6)
3. Stick to promotion in this place (6)
4. Charlotte loses tec and becomes sex worker (6)

Down

1. Crush vegetable (6)
2. T cried about having no stopovers (6)

Crossword Solution: Answers on page 13



POETRY CORNER

THE LIPS OF THE SEA
VERNON KEITH FOWLER

The lips of the sea
Slobber onto the beach
And then suck back,
Crashing and sucking, crashing and sucking.
Each phase has its own sound
Like breathing in and out,
Like the systole and diastole of the heart.
For six hours they slobber up
And for six hours they slip back
As if losing their taste for the land.
The sea's appetite
Waxes and wanes
And it spits out the pebbles
It once swallowed,
Each time a little smaller than the last
Till eventually
They become sand.
And the lips of the sea
Slobber over the sand
And then suck back
Savouring their new diet.



FOOD

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

Jonny Fuzz



Peruvian Night at Cumbia Kitchen

HELEN GROVES

It's good to back at Hastings Independent after a very busy few months for me. As the weather was still unseasonably glorious last Friday, we grabbed the last table at Cumbia Kitchen for their Peruvian Night meal. We certainly didn't regret it: it was an absolute explosion of flavour – in seven courses.

We were welcomed with a Pisco Sour and 'Mussel a la Chaleca', an amuse bouche of mussels with corn salsa. Then 'Tiradito', a Peruvian sashimi with a zingy pineapple hot sauce. The soup course, 'Lawa de Choclo' was a bit like a chowder with broad beans: hearty yet subtle. After that was my favourite – the Ceviche: local fish marinated in 'leche de tigre' a complex citrus-based marinade.

All this was followed by a palate



Mussel a la Chaleca

cleanser: a cremolada (sorbet) made from Soursop – a superfruit which boosts the immune system, and which was new to me; like a hybrid of apple and strawberry with a bit of lime thrown in – it looks like a prickly avocado.

By this time I was getting pretty full, but there were still two

courses to go! 'Chorrillana Tacu Tacu', which consisted of rice and bean cakes with tempeh for us (or chicken for meat-eaters) with a tangy yellow chilli sauce.

Finally, an insane pudding called 'Suspiro Limeño' (The sigh of a Lima lady) made from dulce de leche and meringue infused

with port. It is very creamy and incredibly sweet and rich, but somehow, I managed to eat it all!

SUSPIRO LIMEÑA

If you want to experience an authentic taste of Peru at home, try this delicious dessert recipe.

You will need:

- 1 can evaporated milk (340g)
- 1 can sweetened condensed milk (296g)
- 2 egg yolks, at room temperature
- 1 tsp pure vanilla extract
- Alternatively, you could cheat and use a can of caramel, but it won't be the same!
- For The meringue
- 1/2 cup caster sugar
- 2 tablespoons port
- 2 egg whites, at room temperature
- 1 tsp ground cinnamon

METHOD:

1. Place the evaporated and sweetened condensed milk into a large, shallow pan. Bring to the boil and simmer for 10-20 minutes or until it starts to caramelize. Then turn off the heat and measure out ¼ cup of the mixture.
2. Put the egg yolks in a bowl and whisk them. As you do so, pour in the ¼ cup of milk mixture, a little at a time.
3. Pour the milk/egg yolk mixture back into the pan with the rest of the milk and add the vanilla extract. Mix well and cook over medium heat for 3 minutes until thick.
4. Transfer the mixture into



Suspiro Limeño

individual glasses, filling only half way.

5. For The meringue
6. In a small pan, over a low heat, boil the sugar and port for 3 minutes to make a syrup; then set aside.
7. Put the egg whites in a clean bowl and whip them in a food mixer until white and fluffy. With the mixer still on, slowly add the port syrup. Beat again until the meringue is glossy and forms stiff peaks.
8. Fill a piping bag with the meringue and pipe over the dulce de leche.
9. Once assembled, sprinkle with ground cinnamon.

Jackie at Cumbia Kitchen always puts on a brilliant night – the food was delicious and authentic, the atmosphere was buzzing and the staff excellent. Here is a list of events coming up:

Friday 27 October: 'Día de Los Difuntos' another opportunity to try the Peruvian menu and join in the Day of the Dead celebrations.

Friday 3 November: seven-course Nikkei (Japanese-Peruvian) Tasting Menu which reflects the strong influence that Japanese immigrants have had on Peruvian cuisine.

3, 10, 17 December: Christmas Sunday Lunch – a chance to try an alternative South American Christmas Menu.

14 and 21 December: Vegan Christmas dinner

31 December: a New Year's Eve Celebration with Colombian NYE traditions and a nine-course tasting menu, hosted by Cumbia and Marlyn Lopez.

There's also a Christmas Tapas Menu available for Private Christmas Parties throughout December.

■ Please look on the website or social media for more details: cumbiakitchen.com Instagram @cumbia_kitchen Helen Groves www.food-comes-first.com



FOOTBALL

Akimwande quits, United struggle

7 October:
HASTINGS UTD 1,
KINGSTONIAN 2
10 October:
HORNCHURCH 4,
HASTINGS UTD 1
14 October:
HASTINGS UTD 2,
WINGATE & FINCHLEY 3

HUGH SULLIVAN

The impressive start to the season made by the new-look Hastings United (new owners, new manager, almost completely new playing squad) brought them 14 league points off their first six games and an advance in the FA Cup. But since 9 September, when they beat Haringey Borough with two goals in added time, their form and confidence have apparently evaporated, with four straight league defeats and elimination from both the FA Cup and the FA Trophy.

Even more concerning for the prospects over the winter ahead is the departure of leading scorer Femi Akinwande. He had made a storming entrance, hitting five league goals in the first six games, including a couple of belters. For reasons which have not been made clear at the time of going to press, the club announced last week that he was “moving on”. Recent mid-field recruit Quade Taylor has also

left the club, while winger Knory Scott and former Academy graduate Freddie Legg were reported to be joining Lancing, the latter “on loan”. Manager Paul Barnes told the *Hastings Observer* that he’d given “the squad a chance to speak up if they did not feel fully on board with the club’s direction, and one or two had chosen to leave”.

It’s difficult to interpret what he meant by that. However, the fact that players have to train every week in Greenwich – where Barnes has a full-time post at the University – while playing home matches in Hastings, can hardly suit the majority of his squad, and will surely limit alternative recruitment choices.

DISAPPOINTING RESULTS

In the meantime Barnes has to galvanise his depleted ranks after a series of disappointing results. Defeats away at Lewes (1-3) and leaders Hornchurch (1-4) will not have been unexpected, and indeed the ‘U’s gave a good account of themselves in the latter game. They took the lead through Sam Okoye, and pressed hard in the second half after the home side had taken the lead. The final unflattering score-line did not do them justice.

However, successive odd-goal home defeats by Potters Bar Town,



Femi Akinwande (in red shorts) in action for Hastings last month

Kingstonian (in the FA Trophy) and Wingate & Finchley – none of them among the stronger sides in the league – have exposed failings which suggest that Hastings may soon be battling at the wrong end of the table.

Against Kingstonian they made defensive errors to find themselves two goals down inside the first 20 minutes. Tayo Oyebola scored midway through the second half to give them hope, but it was not enough.

A similar pattern occurred last Saturday. For 44 minutes the ‘U’s appeared solid in defence against Wingate & Finchley, with Jason Fregene in commanding form, though their own attacking play was muted. Then just before half-time a calamitous clash between

Okoye and goalkeeper Charlie Grainger, both going for the same ball, gifted the visitors a tap-in to open the scoring.

Early in the second half a poor header in midfield by captain Tyler Christian-Law left the defence hopelessly exposed to double the deficit. He was withdrawn, presumably injured, and heads dropped: another gap opened up to concede a third goal, crisply struck into the far corner.

To their credit, Hastings rallied. Oyebola was put through on goal to pull the score back to 1-3, then Davide Rodari was tripped in the penalty area and converted the spot-kick himself. For the remainder of the game the home side were on the front foot, but lacked conviction in the final third of the field,

and could not force an equaliser.

How to strengthen the attack following Akinwande’s departure must be the clear priority for Barnes. Oyebola is a willing runner and has an eye for goal, but doesn’t have Akinwande’s physical presence. Rodari is a clever player, always looking for a twist or a flick that may open up a defence, but stayed marooned on either wing for much of Saturday’s match, where these skills were largely wasted. Legg was present among the substitutes, despite the announcement of his loan out, but wasn’t called upon.

■ Next up are away trips to Billericay Town and Margate, followed by a home match against Carshalton Athletic.

Get Active at Half Term

Active Hastings, supported by both Hastings Borough Council and East Sussex County Council, are offering a range of free drop-in sport sessions running throughout next week, which is half term in all local schools.

On Monday 23 October there’s a Street Tennis session at Quantock Gardens on the Broomgrove Estate between 2pm and 3.30pm, open to children of all abilities aged 8 to 15 (activities will be split into age groups). All equipment will be provided.

On Tuesday 24 October the Active Hastings team move on to Farley Bank for a Street Football session between 4pm and 5.30pm, again for children aged 8 to 15.

On Wednesday 25 October, between 1pm and 3pm, children aged 6 to 16 have the opportunity to be coached in rugby skills in a ‘community taster day’ at Hastings & Bexhill Rugby Club on their ground above Ark Alexandra Academy. Under 8s should be accompanied by an adult. Children in year 4+ are encouraged to bring a gum shield with them, or new players can buy one on the day for £2.50.

On Thursday 26 October the sport is athletics. Children aged 8 to 16 are invited to bring their trainers to the running track at Ark Alexandra to participate in both track and field events from 1pm to 3pm.

For those preferring dance to

organised sport, Active Hastings will be joining with DanceHub to offer two free Street Dance classes: on the Wednesday 4.30pm to 5.30pm at Hollington Youth Hub and the Friday, 2.30pm to 3.30pm at Broomgrove Community Centre. Children will be taught new dance moves by a team of young professional choreographers.

Cllr Andy Batsford, portfolio holder for Health and Culture at Hastings Borough Council, said, “I am delighted we are offering a wide range of free activities for local children this October half term. An active lifestyle has many positive effects on children. Not only is it a great way for children to develop their physical and mental wellbeing, but it also encourages teamwork and improves social skills.”

All Active Hastings October

October
half term fun
with Active Hastings



half term activities are drop-in, but all children will need to be registered before attending. This

can be completed on the door or in advance at: activehastings.org.uk/registration



PATTI WEBB AND LOUISE WHITHAM

Carla At The Piano Cupids No. 2

Patricia Webb trained in classical ballet, worked in physical theatre, travelled. Directed festivals in Covent Garden, and photographed performers there. Went digital in 2002, learnt digital software techniques. Gathered images on travels. Member of PhotoHastings, motorbike rider, ME sufferer.

Patti's photos are usually taken digitally on both Fuji mirrorless and Nikon full frame. All the post-production work is in Lightroom and Photoshop. She adds texture from a library, collected over the years, and adds watercolour brush strokes within Photoshop. The result is an image which is almost a painting, but not – a developing technique. She creates formal portraits in the subject's home or workplace.

Louise Whitham was an active Brixton artist for decades, and was in the past part of the Bad Behaviour Brixton Artists' Collective. She arrived in St Leonards six years ago. Her Suffragette protest work *Face to the Dawn* was shown at Hastings Contemporary in 2021. This year she was awarded the De La Warr Pavilion Studio Prize.

Louise takes Polaroids of her subjects shaking their heads to signify 'no'. She then distresses the print, creating textures and tones which combine to reveal the final image. Always imaginative, her images are abstract, but both face and shape can still be discovered.

The intention of our recent exhibition, *The Disobedient of the Third Age*, was to explode the quiet acceptance of invisibility in women 'of a certain age'. Whilst applauding youth for their energy, in our exhibition we venerated the wrinkled skin, experience, aging, and the human condition inspired by strong, confident women of Hastings and around the world.

■ Both photographers are available for commissions.