



Welcome to the February issue of *Waterlines*. We hope that you find items of interest. The SHRA committee meets monthly at the Yacht Club to discuss the concerns and issues raised by our members and we continue to contact and lobby others about those and additional matters. Your comments and suggestions are always welcome. Email: waterlines@shra.co.uk.

Annual Rentcharge

The annual rentcharge invoices have been issued by the Sovereign Harbour Trust. The charge this year is £335.83. The increase is mostly because the element paid to the Environment Agency is Index linked to inflation. The charge may be paid online via your bank or from the SHT webpage here: http://www.sovereignharbourtrust.co.uk/rent_charge.asp using a credit or debit card. On the same webpage you will find a link to some additional information from Premier about the Marina Charge.

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Defiant Sports on the Move!

It's been a long time coming, but we've finally gotten Fort Fun!

Back in December 2021, we began the Fort Fun bid with the local Council - a long process that evidently paid off massively. It's been difficult keeping the news a secret when asked by our fantastic players and families, but we can now officially let you know.

We have secured a chunk of the venue on the southern side for at least 5 years. If you know where the water slide area used to be, that's the general area we've been given. Amazingly, it's roughly four times bigger than the space we currently have in the Sovereign Harbour Retail Park! We have many ideas on what to use the extra room for:



- Sensory room and garden
- An indoor multi-sports court
- Offices made from shipping containers

If you're reading this thinking "Does this mean Defiant Sports is temporally shutting down", we're pleased to say our doors in the Harbour will stay open, just as before, for the time being. Our aim is to begin offering services from the new venue around March 2023, so not long! But do keep your eyes peeled on our usual channels to stay up to date, as this is not a guaranteed start date.

With the new venue on such a busy part of the seafront, we will be offering corporate advertising space looking onto this high footfall area. If you are interested in advertising, please get in contact.

Can you Help? If you know anyone who will be able to help with construction, scrap removal, carpentry, plumbing, and electric, please do get in contact as we're going to need all the help we can get.

We hope you're all as excited about this as we are, and we look forward to seeing you in the new venue soon!

What we offer. Our mission is 'connecting through sport'. We believe getting and keeping people active is paramount to improving wellbeing. We aim to reach those who have a barrier to participation, especially with disabilities or long-term conditions.

See our website for more details on our activities that include: [Boccia](#) & Seated Sports, HAF Holiday Group (sports and social play in the school holidays), Home Ed Sports Sessions (weekly 2-hour Sport and Play session for children), Private Lessons, Defiant Youth Club (weekly youth club supported by [Active Sussex](#) available for 8-11yrs and 12yrs+), Weekly Football for SEND Children, Friends and Siblings Tennis for the Visually Impaired and Wheelchair Users, and more. Contact us at: info@defiantsports.org.uk or 07887 755856 defiantsports.org.uk

Loretta Lock, Managing Director, Defiant Sports.

Please Note that the club info below should be confirmed before attending any events.

Harbour Friends



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

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

Events are open to members only so why not join. At only £17.50 per year this is a bargain.

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

Rotary Club of Sovereign Harbour



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

For more information please visit the [Rotary Club of Sovereign Harbour website](#).

Note that when reading 'on-line' in your web browser, [links](#) from this PDF version of *Waterlines* may not always open in a new window or tab. Hovering over the link and pressing down on your mouse wheel may work. Or, from a followed link press the "back" button of your browser to return to *Waterlines*; or download the PDF to your device.

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

Delivering the Pevensey Bay to Eastbourne Coastal Management Scheme

Pevensey Bay to Eastbourne Coastal Management Scheme

The Pevensey Bay to Eastbourne Coastal Management Scheme is a complex major project that looks at the flood and coastal erosion risk management between Holywell and Cooden Beach over the next 100 years. In the future the scheme will replace the work done by Pevensey Coastal Defence Ltd.

The delivery of the project work takes three main strands;

1. The immediate short-term coastal flood risk management work via the 'interim' project;
2. Phase 1 of the Scheme will look at the short to medium term solutions;
3. The 100-year flexible strategic plan delivers solutions up to and beyond 2100.

The 'interim' project is a short-term piece of primarily beach management work (shingle moving) which delivers flood risk management in a very similar way to what has been done over the past 20 years in the Pevensey Bay area. Starting from 2025 this beach management work will be in place for only a few years, at most, and seeks to continue the good work done over the previous decades. This initial beach work allows time for the two other more complex strands to be developed to a stage where then can be delivered on the ground.

The Phase 1 works is the start of the Pevensey Bay to Eastbourne Scheme. This first phase looks to build upon and further develop the previous approaches used to defend the coastline. It will seek to focus on the most vulnerable locations and install new approaches which better manage the risks in response to climate change and sea level rise. This first phase of works can be expected to run for approximately 20 years, this duration will be confirmed in due course.

Thirdly, the 100-year flexible plan will layout a route to managing flood risk from the sea in the long term. The plan will allow for different choices in the future within the framework sets out as we continue to respond and adapt to a changing climate. The flexible plan will allow multiple projects to be delivered, following on from the end of phase 1 works and into the future.

These three areas of work mean that we can both focus on managing the present-day coastal flood risk, whilst planning for potential different futures under a range of different climate change scenarios beyond 2100.

Continued on page 4

Maritime Volunteer Service

The Maritime Volunteer Service (MVS) is a charity organisation

which aims to promote seamanship and maritime engineering for the young and old alike through local units around the country.



Training nights are held every Tuesday evening at 19:30 in the new MVS unit within the Boat Shed. New members are always welcome, but give us a call first so we can organise for someone to greet you. For more information, [visit the MVS website](#) or [E-mail MVS](#) or Tel: 01892-853500.

Ward Councillor Surgeries

The Sovereign Ward councillors hold a surgery on the third Saturday of the month between 10.30am to 12.30pm in the Simply Italian restaurant on The Waterfront

The Haven Players

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

Visit their Website for details: www.havenplayers.co.uk

Royal Sovereign Bowls Club

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



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

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

Over the coming 12 months we will be working on these three separate streams of work and sharing our ongoing work from each with you. We are keen to work with local people and groups who have an interest in the coast and the coastal landscape. Please get in contact with us using the email address below.

Want to get involved?

The project team are seeking to work with residents, groups, and organisations local to Sovereign Harbour to begin forming a new community stakeholder group to represent Sovereign Harbour on the Pevensey Bay to Eastbourne Coastal Management Scheme. We are looking for a diverse range of people who represent different parts of the community to meet with us on a frequent basis to receive updates on the project, work with us to shape the future of the coastline and disseminate information back to the wider community. [SHRA are signed up to this].

If you would like to be involved or learn more, you can do so by contacting us at PevenseyandEastbourneCoast@environment-agency.gov.uk

Andrew Walker, Environment Agency



Brown-tail Moth Caterpillars

As most will know the hairs of the caterpillar of these moths are an irritant. We've received a number of emails from concerned residents about the cocoons on shrubs fronting Macquarie Quay, Nautica La Marina, Caroline Way and Chatsworth, and on the harbour spit.

It appears that most of the caterpillar cocoons have been sprayed although the 'dead' ones have not been removed. The caterpillars are dormant over winter and it is sometimes difficult to tell the difference between 'dead' cocoons and dormant ones. The winter is the best time to dispose of them before they become active in the spring (and the bushes look nicer without dead cocoons). SHRA have written to the relevant estate management companies and Premier Marinas asking whether there are plans for their gardeners to remove the cocoons before the spring when any dormant caterpillars will emerge and create another infestation.

Sovereign Harbour Yacht Club



We welcome new members at any time. You don't need to own a boat. Lots

of social functions and many other varied activities throughout the year.

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

Our opening hours are:

Tues-Thurs	17.00-23.00
Friday-Saturday	12.00-23.00
Sunday	12.00-18.00

Call in and speak to Sarah to view the club, or contact the membership secretary, Linda Hayler.

Tel: 01323 470888

membership@shyc.co.uk

Website: www.shyc.co.uk

Sovereign Harbour Bridge Club

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



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

We extend a warm welcome to both experienced and novice players, we are a very social club with members often partaking in activities together including having a drink in the bar when our bridge finishes at 5pm.

Please visit our web site for more information: www.bridgewebs.com/sovereignharbour/

Photo ID Now Required to Vote

The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station. This new requirement will apply for the first time in Eastbourne at the local elections on Thursday 4th May 2023.



At these elections, you will need to bring photo ID to be able to vote at a polling station.

If you don't have an accepted form of photo ID, you can apply for a free voter ID document known as a **Voter Authority Certificate**.

Which forms of ID can I use to Vote?

You can use any of the following accepted forms of photo ID to be able to vote at the polling station:

- UK passport
- A passport issued by an EEA state or a Commonwealth country
- Photo driving licence (including provisional licence)
- EEA identity card
- A biometric immigration document
- Older person's bus pass
- Disabled person's bus pass
- A PASS card

If you have a form of accepted photo ID which is out of date, you can still use it at the polling station, if it still looks like you.

If you don't already have a form of photo ID, or you are not sure whether your photo still looks like you, you can apply for a free Voter Authority Certificate.

How to apply for a Voter Authority Certificate

The deadline to apply for a Voter Authority Certificate for use at the local elections in May is 5pm on Tuesday 25th April, but you should apply sooner in case we need to check any details with you.

You can apply for a Voter Authority Certificate online at:

<https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>

You can also apply by using a paper application form. Contact us and we will send you one.

My name on the register does not match my ID

Your first name and last name on the electoral register should match your photo ID. Alternative spellings or shortened versions of names (for example, Mohammad and Muhammed, or Elizabeth and Liz) should be accepted, but this will be at the discretion of the polling station staff, who must be satisfied that the ID is acceptable.

Your name on the electoral register may differ from the name on your ID because you have recently changed your name or are commonly known by another name.

If your name has changed, you will need to let us know so we can update the electoral register. You can do this using one of the following options:

Sovereign Harbour Berth Holders Association

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

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

Sovereign Harbour Short Mat Bowls Club

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

We are, however, hoping to resume our Wednesday afternoon meetings as soon as the hall becomes available when we would welcome new members.

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

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



Continued on page 6...

- Make a new application to register to vote at: www.gov.uk/register-to-vote
- send an email to: elections@lewes-eastbourne.gov.uk

If your name is incorrect on the electoral register for another reason, please contact us. If you don't want to change your name on the electoral register, you can apply for a Voter Authority Certificate.

What will happen at the Polling Station?

When you arrive at the polling station, a member of staff will:

1. Ask for your poll card, scan the QR code on the poll card and confirm your name and address. You do not need your poll card to vote, but it will speed the process up if you bring it along with you
2. Ask for your photo ID and check it is acceptable
3. If your ID is acceptable, they will give you your ballot paper and direct you to complete it in a polling booth as usual.

A privacy screen will be available at the polling station, so you can choose to have your photo ID viewed in private if you wish.

Staff at the polling station are there to help. If you need assistance at any point, just ask.

Are there other ways to vote?

You don't need to provide ID if you vote by post. To apply to vote by post you need to complete and return an application by 5pm on Tuesday 18 April.

You can download a form from <https://www.electoralcommission.org.uk/i-am-a/voter/apply-vote-post> or you can contact us, and we will send you one. Completed forms can be returned as email attachments or by post. If you have any questions, please do not hesitate to contact us.

Electoral Services,
Eastbourne Borough Council
Town Hall
Grove Road
Eastbourne
BN21 4UG

Email: elections@lewes-eastbourne.gov.uk

Community Centre

We have been contacted by Sovereign Harbour residents asking when our community centre might be returned to its more usual uses. The last we heard was that the contract with the NHS would end in November 2022. SHRA have written to [NHS Sussex](https://www.nhs.uk) about their occupation of the centre, noting that uncertainty around Covid remains, but asking if they would let us know their current thinking on the use of the community centre and whether there may be an opportunity for a hand-back date in the foreseeable future. A response is awaited.

Sovereign Harbour Art Group

The Sovereign Harbour Art Group classes resumed on Thursday mornings at Christ The King Church Hall, Princes Road (Langley Roundabout) between 10:00am - 12:30pm.

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

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

Eastbourne Age Concern Walking for Wellness



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

The Garden Bar Sunday Football Team

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

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

Harbour WI - Meeting Report

Four new members and a visitor were welcomed by President Jacquie Frost to the first meeting of 2023 for the Harbour WI.

It was a lively meeting and secretary Daphne Chamberlain informed the ladies of several events coming up including the National Federation AGM in Cardiff and the East Sussex Federation AGM a bit closer to home in the Winter Gardens, Eastbourne on the 29th March. Six £200 Bursaries, to be used for local education courses, will be chosen at the event.

Jackie Stevens told the members about a proposed outing to Purley Way Croydon for a tour and talk backstage of the 'Strictly Come Dancing' costume makers on the 20th June.

Diana Groot-Copp introduced Sian Trevelyan who gave an illustrated talk on the First Three Women Doctors in the UK. They were Elizabeth Blackwell, Elizabeth Garret and Sophie Jex-Blake. They all had one thing in common - their fathers insisted on them being educated at the same level as the boys in their families. They also all came from reasonably wealthy families.

Elizabeth Blackwell



Elizabeth Blackwell was born in the UK but went to live in the US where she set up colleges to train women but not to qualify. She moved to Paris and qualified before transferring to the UK. The law was changed after this to stop it happening again! Women were seen as only being useful for childbirth or abortion!

Elizabeth Garret led a more normal life. She was married with 3 children and because she was not allowed to enrol to study, she sat at the back of the lecture halls and qualified. Again the law was changed to stop this happening! Sophie Jex-Blake chose a different route. She enrolled and studied in Scotland but finished her education in Switzerland where she was allowed to qualify! There was 19 years between the three qualifications [1858-1874] but these pioneers had set the ball rolling and by 1911 there were 495 women doctors registered in the UK. Today there are 160,000 male doctors and 140,000 female doctors.

After tea members were asked to submit their votes on this year's Resolutions after a brief description of each one.

The Craft Club will meet at Sandie Goman's house on the 16th January and the 4th Tuesday Club meet for coffee in Four Seasons on the 24th January. The Lunch Club plan to meet at The Royal Oak and Castle in Pevensey on the 18th January.

The next meeting is on Monday 13th February at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. There will be a talk on Genealogy – The Family Tree – by David Calvert. Information on the Harbour WI can be found on our webpages hosted by SHRA www.shra.co.uk/wi

Judy Latter

Residents of Sovereign Harbour Facebook Group

An active group on Facebook with news, photos, information, events and other posts and discussions on local issues from Sovereign Harbour residents.

www.facebook.com/groups/129998750673307



Sovereign Harbour Community Facebook Group

An active group on Facebook with news, events and commercial information from Sovereign Harbour residents.

www.facebook.com/SovereignHarbourCommunity



The Greener Harbour Facebook Group

A new Facebook Group giving a voice to all those concerned about climate change and to those who would like to make Sovereign Harbour a greener environment. If you would like to work towards the following, please subscribe

- a better bus service in the harbour;
- an end to the dumping of sewerage in the sea;
- maximum use of solar power and other renewable energy in the harbour;
- more nature-rich green spaces and more trees
- a cycle path all the way into Eastbourne.

<https://www.facebook.com/groups/3398508230472303>



Sovereign Harbour Yacht Club

We had a great December in the Club. It is always very festive and there was lots going on. We enjoyed a great children's party with a Punch and Judy/magician for nearly 40 children. Santa was delivered by the Commodore on his boat 'Well Plumbed' to a roaring welcome from our balcony from some very excited children. There followed, a week later, a delicious four course Christmas Lunch for over 90 members and a Grand Raffle with over 100 prizes including a TV, Echo Dots, Fitness Trackers, bluetooth speakers, loads of alcohol and chocolates. Our bar and kitchen staff worked tirelessly and always with a smile.



On Boxing Day we had the annual John Gooch Memorial Sailing Rum Race. This has been a traditional race for many, many years.



Continued on page 9

Pevensey Bay Sailing Club



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


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

The Garden Bar Golf Society

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

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

Sovereign Harbour flickr Group

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

Our racers are now partaking in the Frostbite Series and you can see the hardy racers out on a Sunday morning for the next six weeks or so (weather permitting).



SHYC saw in the New Year with a party and disco with DJ Jonathan for about 80 members.

We welcomed in a new Commodore in mid January - David Jarvis. A big thank you went out to Gary Mead who had been our Commodore for the last 4 years.

As you can see, we are a lively, fun club with plenty going on throughout the year and events to suit all tastes. So why not pop in and introduce yourselves to our welcoming bar staff and see if you would like to become a member.

Ros Saunders
Communications Secretary

New Discount for SHRA Members - Osteopathy Services

Osteopathy is based on hands-on treatment and can be used for any member of the family. Osteopaths are registered with the government controlled governing body and must be fully qualified to practice.

An Osteopath treats the patient as a whole and this can cover a wide variety of conditions such as lower back pain, peripheral joint pain, headaches relating to the neck and migraine prevention, joint pain and stiffness, rheumatic and arthritic pain, back and leg pain in pregnancy, sports injuries, occupational strains, work related stress injury (WRSI) and sciatica.

The two pillars of Osteopathy are; firstly to improve the circulation to the area we are treating and secondly to improve the structure in that area so that it will function better.

Michael Woodleigh BSc Hons (Osteopathy), offers this very specialist form of therapy, which is non-invasive, highly effective and one of the safest forms of treatment available. Michael, who has been serving Sovereign Harbour Medical Centre since it opened, would like to offer Sovereign Harbour Resident Association members a free initial consultation. This offer is limited to members of the SHRA and is subject to the first consultation with Michael only.

For more details please contact Michael on 01323 767228 or the website www.eastbourneosteopath.co.uk

Sovereign Harbour Photoclub UK

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

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

If interested in taking part, please e-mail Bob Stanborough (club secretary) at: shpcuk@outlook.com with your name and a daytime telephone number.

Langney Sports Indoor Bowls Club

This modern members only facility has 6 full size indoor bowls rinks and is located near to the harbour directly behind the Eastbourne Borough football clubhouse in Priory Road, Eastbourne.

Both experienced and novice bowlers are welcome to come along by prior arrangement, to see what is on offer and to have a go before committing to any membership.

The bowls rinks are open from 9.30am right through to 10pm every day throughout the year, so this is a great way to get exercise and meet some new friends.

Annual membership is £90 per member, with members then paying just £2 per 2 hour session of play. Members of the bowls club are entitled to use the bars and clubrooms of the adjacent football club, with discounted bar prices.

Please do get in touch direct with me, David Hawkins, for further information via my business email of: sovtechnical@gmail.com

Puns of Dubious Quality

- Duracell Bunny arrested - charged with battery.
- A pessimist's blood type is always b-negative.
- Practice safe eating - always use condiments.
- A Freudian slip is when you say one thing but mean your mother.
- I used to work in a blanket factory, but it folded.
- If electricity comes from electrons... does that mean that morality comes from morons?
- A hangover is the wrath of grapes.
- Corduroy pillows are making headlines.
- Is a book on voyeurism a peeping tome?
- Dancing cheek-to-cheek is really a form of floor play.
- Sea captains don't like crew cuts.
- Does the name Pavlov ring a bell?
- A successful diet is the triumph of mind over platter.
- Time flies like an arrow. Fruit flies like a banana.
- A gossip is someone with a great sense of rumour.
- When you dream in colour, it's a pigment of your imagination.
- Reading while sunbathing makes you well-red.

LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING.

Pevensey Bay Sailing Club

We are now in the closed season having had a fantastic year through until the end of October with the weather being particularly kind. Thereafter the winter racing series that would usually see the hardy dinghy racers sail on Sunday mornings between November and December but this year was sadly, mostly blown off.



70 of us enjoyed our annual laying up supper in November at the Hydro Hotel where we applauded the trophy winners from the year just passed, enjoyed a fine supper and good dancing. That was followed by a Christmas lunch mid-December and thereafter the club was closed down for sailing activities.

During the winter we will continue to refurbish the club and our equipment and in March we will undertake preparation and training activities on the water including safety boat training and first aid courses on land. Thereafter at the beginning of April will see a full season of sailing, initially on Sundays until mid-April and then Saturdays too which will include training for the our youth groups and adults along with regular Saturday night social events.

We have an **open day planned for May**, keep an eye on our website for the agreed date, but do come along and have a trial sail, look around the club speak to members and find out what sailing is all about. If you would like to learn more about membership and perhaps arrange an earlier visit please email membership secretary Dave Watson on membership@pbsc.org.uk Website: www.pbsc.org.uk/

Adrian Peckham

Harbour Women's Institute (WI)

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

theWI
INSPIRING WOMEN

If you are interested in taking part, please contact Frances Harrap on: 01323-472649.

Website: www.shra.co.uk/wi/

Harbour Exercise Classes

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

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

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

Sovereign Harbour Social Club

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

Discounts for SHRA Members

The local companies listed below have kindly agreed to offer a discount to SHRA members on production of a SHRA Annual or Lifetime membership card. We hope this encourages you to support these local businesses.

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



- **Active Days Mobility Services.** Repairs and maintenance of mobility devices. 01424 532620 www.activedaysmobility.co.uk
- **AP-it.** Computer health-checks, upgrades, data backup. Tel: 01323 887894 www.ap-it.co.uk
- **Boatshed Brighton** - 10% off brokerage through Boatshed, Sussex' most highly rated yacht brokers. 079200 22540 timkingston@boatshed.com <https://brighton.boatshed.com>
- **CoCo Hair** - Hair and beauty salon. The Waterfront, Sovereign Harbour. Also require proof of Harbour address. 01323 471147 www.cocohair.co.uk
- **Curry Leaf Restaurant.** On eating-in food costs. 8 Susans Road. Tel: 01323 727900 www.just-eat.co.uk/restaurants-curryleaf-bn21/
- **Listening to You.** Discount on Counselling services. Strictest confidence. 07976 399 998 www.listening-to-you.co.uk
- **Osteopathy - Michael Woodleigh BSc Hons (Osteopathy),** offers this very specialist form of therapy, which is non-invasive and highly effective. Michael, who has been serving Sovereign Harbour Medical Centre since it opened, offers Sovereign Harbour Resident Association members a free initial consultation. This offer is limited to members of the SHRA and is subject to the first consultation with Michael only.
- **Pablo's Restaurant.** The Waterfront. On food costs only. No more than four persons Telephone: 01323 470400. www.pablos-eastbourne.co.uk
- **Planet Golf** - a 12-hole, space themed, glow in the dark mini golf course, located at 20, The Waterfront is pleased to offer SHRA members the discounted opportunity to play as many holes as you can in an hour between 11am-6pm midweek (Monday to Friday, not weekends nor bank holidays) for £5 on showing their SHRA membership card. [On Facebook...](#) [Planet Golf website....](#)
- **Revival Car Care.** Discount on car valeting services. Tel: 07507 899191 www.facebook.com/revivalcarcare/
- **Simply Italian Restaurant.** The Waterfront. Discount on food costs only. 01323 470911 www.simplyitalian.co.uk
- **Sea Training Sussex (STS).** On-line, shore-based and on-water powerboat and sailing courses. Discount on some training courses. Telephone: 07713 639066 www.seatrainingssussex.co.uk

Annual Membership of the SHRA is open to all households in owned or rented residential property located within the Sovereign Harbour estate, and owners of such residential property.
www.shra.co.uk/join

SHRA Membership Update



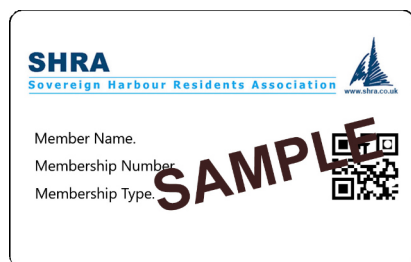
We are delighted to have over 2000 members of the SHRA, and numbers continue to grow.

In order to keep our records up to date, in August 2022 we moved to an online membership system "MemberMojo". This secure, easy to use system allows members to access and update their own details and receive a new style digital and plastic membership card.

It also allowed us to change to an automated, annual subscription for new members joining the resident's association. This annual, low cost, auto renewal lets us manage and maintain our membership data and to remove information no longer required, something demanded by data protection legislation.

Our 'Lifetime' members will continue to retain that status and will not be required to pay an annual subscription, however, to keep their membership active we will require Lifetime members to confirm they still wish to be a SHRA member along with their current harbour address and e-mail address.

We will be starting this re-registration process for Lifetime members in the coming months and will be e-mailing further instructions in due course to the address used when originally joining the SHRA. If any Lifetime Members think their e-mail address has changed since joining, please contact membership@shra.co.uk and we will update your record prior to the re-registration process commencing.



Our old style dark blue Lifetime membership card is currently still valid but will be phased out over the next 12 months and replaced with the new digital card (free for Lifetime members) or a new plastic card (£5).

The SHRA has been around since 2000 enjoying the support and contributions of our great community. Thank you to all long-standing and new members for helping to keep the harbour a great place to live.

All Members can access their own membership record on the "MemberMojo" website using the following link and then clicking the "Sign In" logo and entering the e-mail address originally used to join SHRA. <https://membermojo.co.uk/shra> If MemberMojo does not recognise your email address, perhaps because it has changed since you originally joined SHRA, get it touch with us membership@shra.co.uk





Happy New Year to all our Waterlines readers.

At the time of writing, it is hard to believe that we already find ourselves at the end of January. Christmas is just a distant memory and we are all looking forward to those lighter evenings in the lead up to Spring.

Since my last update, HF members have enjoyed the following special events: Christmas themed Quingo, Coach trip to see Bedgebury Christmas Lights, Christmas Lunch at The Marine Pub, Christmas Party Night at The Hydro and an Indoor Bowls taster session just after Christmas at Langney Sports Indoor Bowls Club.

Events lined up as we go into Spring 2023 are as follows: 18th Birthday Celebration evening with People Racing in February, Further talks with guest speakers in March & April with the groups AGM meeting followed by A Beetle drive in April.

As previously reported the membership has recently reached its maximum capacity of 150 members. Unfortunately, this means that membership is full and we are currently unable to accept any new members. The situation is being constantly monitored; however, until any existing members cancel or move out of the area, we will not be able to sign up any new members.

If you are a harbour resident and have been considering joining the group, I would suggest that you make contact with our membership secretary a.s.a.p. as we will now be compiling a waiting list.

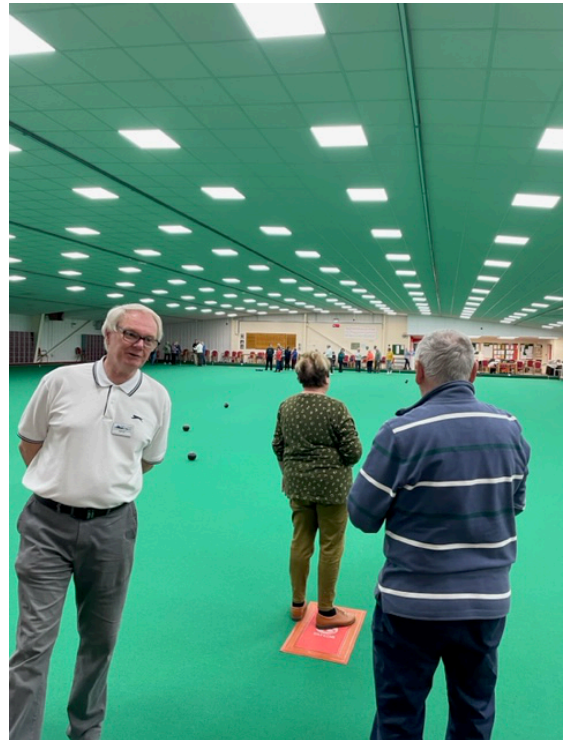
For further details please visit our website at: www.harbourfriend.co.uk from where you can also make contact with our membership secretary by using the contact form

We also have a Facebook page that is regularly updated with everything going on at Harbour Friends. The page is public, so can be viewed by anyone and no Facebook account is needed. The page can be found at the following weblink: www.facebook.com/harbourfriends/

That is about it for now and I wish you all a great year ahead.

Dave Hawkins

Publicity Officer for Harbour Friends Social Group



*Photos: Langney Sports Indoor Bowls Club
See next article*

Langney Sports Indoor Bowls Club



As you may have seen from the article above, around 20 members of the Harbour Friends Social Group went along recently to the [Langney Sports Indoor Bowls Club](#) for a taster session.

This really did go well, with quite a few of those attending arranging to have further lessons, with a view to joining the club as members.

Since the pandemic, Langney Sports Indoor Bowls Club has unfortunately lost quite a few of its members, so is now actively seeking new members. With that in mind and given that the club is close to the harbour with some existing members residing on harbour, Tony the editor of Waterlines, has kindly agreed to include publicity for the club in this and future issues of Waterlines.

The dedicated indoor bowls building is located directly behind Eastbourne Borough football clubhouse in Priory Road and is open all year round every day from 9.30am right through to 10pm with pre-bookable bowls sessions throughout the day of up to 2 hours each.

If you have played bowls before and may be interested in joining the club, you would of course be made very welcome. For anyone that has not played before and might like to just have a go, the club has a qualified coach who can offer some free lessons.

Whether an experienced bowler or a complete novice why not arrange to come along and see what is on offer and hopefully make some new friends at the same time.

I have offered to be the initial contact on behalf of the bowls club for any responses to this article, so if you are interested, or would just like some further information without any obligation, then please do contact me via my business email: sovtechnical@gmail.com

Dave Hawkins

Spring & Summer at The Waterfront

The Waterfront at Sovereign Harbour is the place to have fun and get away from it all this spring.

Enjoy delicious food and drink at the array of cafes, bars and restaurants; treat yourself to pampering treatments at the beauty, hair and dental businesses; and enjoy a family-friendly game of crazy indoor mini golf.

And with an annual event programmes that celebrates local community, you'll always have something to explore and do - save the dates below for key events coming up in the spring:

Saturday 18th and Sunday 19th March will host the Spring Pop-Up Market, celebrating the best of small local businesses.

The Easter Holiday / Half Term break will have some egg-citing entertainment.

Sunday 2nd April will kick-off the return of the Wheels on The Waterfront American car rallies.

And we will be opening the **Urban Beach** for a summer of family fun.

Stay up to date with all the latest news and events at The Waterfront visit www.eastbournewaterfront.co.uk and follow their Facebook and Instagram channels.



Cooking with Faz Razeen

Moroccan Beef Stew

This Moroccan beef stew packed with juicy flavours is a classic one-pot recipe quick and easy to prepare.

Stewing steak cubes are mixed with a combination of pan-fried Moroccan spices, onions, garlic, stock and chick peas. Adding ras el hanout or another mixed spices to blend flavours to the stew, bolstering the overall flavour. Serve with couscous or alternatively you can serve with rice.

Ingredients

1 tbsp olive oil

450g beef casserole steak, cut into cube size pieces

1 tbsp ras el hanout or other Moroccan spice blend

1 red onion, thickly sliced

2-3 garlic cloves, crushed

100g soft dried apricots, halved

2 carrots, peeled and cut into chunks

1 tbsp clear honey

500ml beef stock

400g tin chickpeas, drained

Handful coriander, roughly chopped

Serve with couscous garnished with sliced tomatoes and coriander.

Method

Heat the oil in a large pan and add the onion and carrots. Cook for 5 minutes to soften, then remove from the pan with a slotted spoon. In a bowl, toss the beef in the Moroccan spice blend and transfer to the pan along with any remaining spice blend. Cook for a few minutes, turning the beef to brown it all over.

Return the vegetables to the pan and add the garlic, honey and stock. Bring to the boil, then turn the heat down to low and simmer, covered, for 50 minutes.

Remove the lid and cook for 10 more minutes, adding the apricot halves and chickpeas halfway through.

Serve with couscous, garnish with sliced tomatoes and coriander.



COME & JOIN US



TUES-SUN

12-3PM

SET MENU LUNCH £17

A delicious choice of starters and mains

MARINARESTAURANTLOUNGE.CO.UK

Also..

Celebrate with us this

Valentines

12TH FEBRUARY TO 16TH FEBRUARY

MARINA
TURKISH • RESTAURANT • LOUNGE

New Watercraft Laws

Reckless jet skiers to face prison and unlimited fines thanks to law change.

New legislation is being introduced to crack down on the dangerous misuse of watercraft such as jet skis, with [the Maritime and Coastguard Agency](#) being granted more powers to prosecute perpetrators of accidents.



- anyone riding a jet ski recklessly or causing harm to others could now face up to 2 years in prison and an unlimited fine, thanks to a change in the law
- the introduction of new legislation follows growth in the use of watercraft during the pandemic



- Maritime and Coastguard Agency to be granted more powers to prosecute, as government works to ensure the UK's waters continue to be some of the safest in the world

The new law will come into force on 31 March 2023, before the busy summer period and will enable watercraft users to be prosecuted and bound by the same laws that apply to ships in order to help to prevent accidents.

This follows a boom in the watercraft industry during the pandemic, with the number, size, power and availability of watercraft like jet skis increasing, and their use in UK waters rising significantly.

This move by the government will help ensure the UK continues to have some of the safest waters in the world.

Maritime Minister, Baroness Vere said:

“The watercraft industry is thriving and it’s great to see more and more people enjoying leisure activities. However, they must do so safely.

That’s why we’re introducing a new law to crack down on any dangerous misuse of watercraft like jet skis. It will give the Maritime and Coastguard Agency greater power to prosecute those responsible for causing accidents or entirely avoidable tragedies.

We’ll continue working to ensure our country’s coasts and waters are safe for everyone.

Watercraft are not currently covered by wider maritime safety legislation. The new law will mean those found guilty of using their watercraft in a dangerous manner could receive an unlimited fine and/or up to 2 years in prison.

For those who cause accidents involving loss of life, the new offences could be used to better prosecute perpetrators alongside wider manslaughter charges.

Personal and recreational watercraft will also be bound by the ‘Highway Code of the sea’ – international regulations which require users to act safely by maintaining a lookout, driving at safe speeds and outlining their responsibilities to other vessels.”

St Richard's Church, Langney



St Richard's, Langney warmly welcomes all Sovereign Harbour residents to join us at any of our forthcoming events:-

Sat 18th February – 1.00-3.00pm – Pancake Party & Quiz – fun and games for children and adults alike (further details on facebook/website – www.strichardeastbourne.org.uk).

Wed 22nd Feb (Ash Wednesday) – 10.00am & 8.00pm – Holy Communion

Sunday 19th March – 10.00am – Mother's Day Family Service

Sunday 2nd April (Palm Sunday) – 10.00am – Holy Communion.

Monday 3rd April – 9.00am Morning Prayer, 9.00pm Compline

Tuesday 4th April – 9.00am Morning Prayer, 9.00pm Compline

Wednesday 5th April – 10.00am Holy Communion, 9.00pm Compline

Thursday 6th April (Maundy Thursday) – 9.00am Morning Prayer, 8.00pm Holy Communion vigil until midnight

Friday 7th April (Good Friday) – 9.30am-12.00pm Children's Easter Craft Workshop, 1.00pm At the Foot of the Cross Service

Saturday 8th April – 8.00pm Easter Vigil & Service of Light

Sunday 9th April (Easter Sunday) – 8.00am Holy Communion, 10.00am Family Communion

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

FRIDAY FRIENDS – held in St Richard's church hall in term time for all ages running from 9.00am-12.00 noon – please come along – coffee, chat & toys for the children.



Sat 18th Feb – 1.00-3.00pm St Richard's Church Hall, Langney

Come & join us for pancake races, children's craft, adult quiz, tombola & of course delicious pancakes!

Free admission – if you can please text 07882 472442 to book a place, if not possible please feel free to just turn up, all very welcome!

Details also available on Facebook or:-
www.strichardeastbourne.org.uk

Sovereign Harbour Photo Club

The photo club is going from strength to strength with the support of the Sovereign Harbour Yacht club, having become an integral part of their membership benefits last year.

If you are a member of the yacht club, you can join the photo club at no extra cost.

There are many yacht club members who have taken advantage of this and joined our photoclub, with our membership having risen by around 100% over the past 12 months.

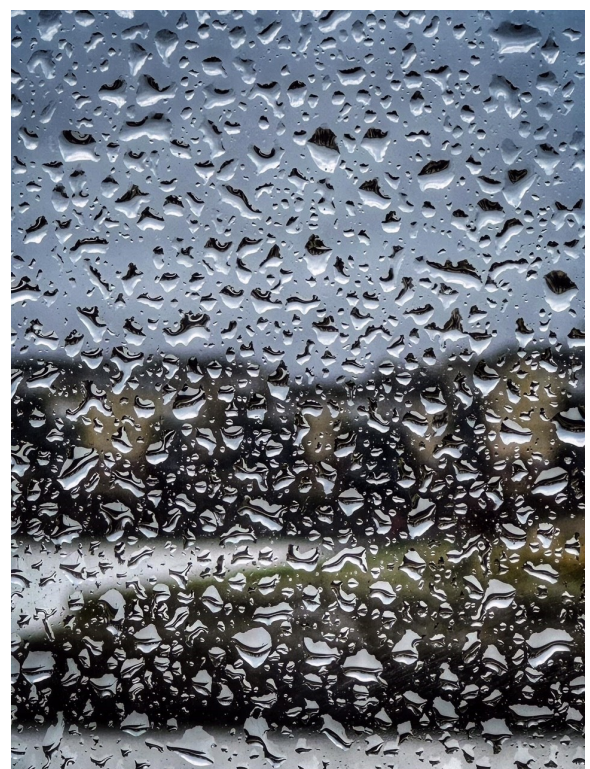
We have additionally noticed the increase in members using their smart phones rather than digital cameras and as we have stated before many times, we will help you get the best results from whatever equipment you want to use.

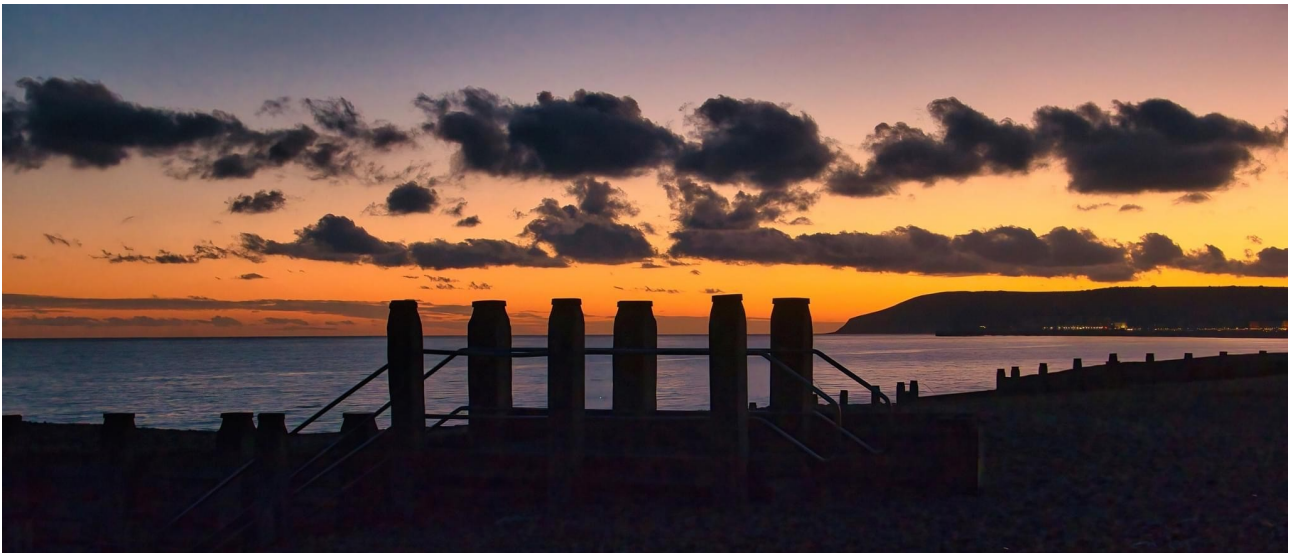
Subsequently we have a fun monthly competition with two categories, one for 'Mobile phones' and one for 'digital cameras'. Absolutely ANY subject, BUT must have been taken during the current month. We even award a small trophy at the end of each month to the two category winners, with their winning pictures being posted at the head of our facebook page for the duration of the following month.

We usually begin our weekly meetings with a review and friendly critique of each other pictures based on a weekly category topic. (This week is 'Bad weather'.) We have recently allocated the 3rd weeks meeting in the month specifically to photography education and sharing the extensive information and knowledge of our more experienced members. We have educational videos and one to one tuition where necessary.

Due to the cold weather many of our members have been concentrating their pictures on our local area and there are some examples below. The harbour picture was December's mobile phone winner by Izabela. Also below is the digital camera winner of frost, by George.

A couple more examples of local pictures submitted, which reflect the great opportunities for composition, without having to go too far afield. Below is a picture of the outer harbour with the evening winter sun, taken by me. A rainy window and the inner harbour at night by Izabela, and the local beach (Langley point I believe), by George.





This week we are starting a review of photography basics covering "the exposure triangle" (Aperture, Shutter speeds and ISO), beginning with "Aperture".

We will follow on with "Shutter speeds" in February and ISO in March.

We hope it will give novices the benefit of learning the essential basics and move away from the easy option of 'fully automatic exposures'.

We are a friendly group, who just enjoy the mutual pleasure of taking pictures and chatting about photography over a drink (be it tea, coffee or something a bit stronger).

We meet every Tuesday evening in the 'chart room' at the end of the bar area, on the first floor of Sovereign Harbour yacht club.

If you would like to come along and see what goes on for yourself, you are welcome to pop along or even let me know you are coming, so I can keep an eye out for you.

E mail me (Bob Stanborough) at shpcuk@outlook.com Happy snapping!

Football Reboot

Over 30's Football
EASTBOURNE – Five A Sides



From – 5 Jan 2023
Every THURSDAY 7pm – 8pm
Sports Park Centre – BN21 2UF

We are a community based football group for over 30's
welcoming new players of any fitness and ability

Email: StephenMaxwell53@gmail.com
or phone MAX - 079666214279



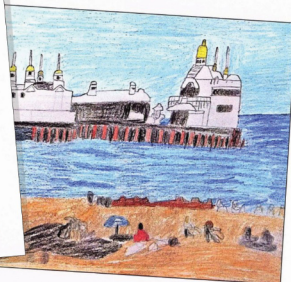
Havona NN749 arriving at Sovereign Harbour with sea



RNLI 16-23 Eastbourne Lifeboat at Sovereign Harbour.



Manx Belle Charter Boat.



Eastbourne Pier.

Oliver's Postcards

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

The colourful images have been drawn by talented, 13 year old Oliver from Eastbourne, who is autistic. His first set of cards raised over £1,200 for the RNLI. Email Anna to order & donate: blandanna62@yahoo.com



Wetwheels Solent chalet marine catamaran at Beachy Head.



Southdown bus PUF647 Guy Arab IV 5



Sea Leopard charters at sea off Brighton.



RNLI 13-13 Swanage Lifeboat at Old Harry Rocks.

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