WATERLINES &



Issue OL51 December 2023

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Digital Newsletter of Sovereign Harbour Residents Association

Welcome to the December issue of Waterlines. We hope that you find items of interest. Your comments and input to SHRA and Waterlines are always welcome. Email info@shra.co.uk for general issues and waterlines@shra.co.uk for Waterlines feedback.



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SHRA Committee Changes

Message from Frances Lawrence, SHRA's new Chair.

Hello,

I have been selected to replace Dilys Iverson as Chair of the Sovereign Harbour Residents Association (SHRA). Dilys has completed a very difficult time steering us through the turmoil of the Aldi planning issues which are still ongoing, but has now decided to step down.

It is also with regret that we announce the retirement of Tony Smith who has been a member of the Committee for many years but has decided to enter his second retirement period (this one, without a pension!) and to put his feet up.

Tony produced and edited the SHRA website and *Waterlines* for the past 6 and a half years and been responsible for much of the secretarial work and we will miss him.

I hope I can be as professional in my role as Chair as Dilys, and my thanks are sent to both Dilys and Tony for a job well done. I would like to see new members on the Committee, so if anyone is willing to put their name forward please send a message to chair@shra.co.uk. If anyone has expertise with websites and can help out you would be particularly welcome. You don't necessarily need to attend committee meetings, we would welcome your assistance.

We hope that members will continue to support the Committee, we try to keep you informed of what is happening around the harbour, and it is often a difficult task trying to represent all views on some issues like site 7A.

I know some residents found it difficult to manage their timings whilst the road works were being carried out, but I have to say that I thought the men carrying out the work were very polite and did the best they could under the circumstances. The work was completed on time, and given the weather conditions I wouldn't have liked to be out there! The results are great and make a huge difference to that end of Pacific Drive.

For those of you that missed the it, you can now use your SHRA membership card for a 10% discount on food at the Marina Turkish restaurant at The Waterfront, who are also announcing a midweek discount in this edition of Waterlines (see page 11).

May I take this opportunity to wish you all a very happy and peaceful Christmas on behalf of SHRA and we look forward to working with you all in 2024.

Frances Lawrence



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

Harbour Friends



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. Due to high number of current members, a waiting list may apply

Harbour Friends meet every Wednesday evening at 7.30 at the Yacht Club. For further information please visit the Harbour Friends website at: <u>www.</u> <u>harbourfriends.co.uk</u>

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

Note that when reading *Waterlines* online in a web browser, **links** from this PDF version may not always open in a new browser 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.

Pevensey Bay to Eastbourne Coastal Management Scheme

The existing beach management across both Pevensey Bay and Eastbourne will take us through to 2025, with the Environment Agency and Eastbourne Borough Council team managing this and creating a new two-year scheme to help us transition through to 2027 when the larger Phase One scheme starts. Our longer-term programme of works looks at how we create and manage future choices over the next 100 years considering climate change and evolving technologies.

We expect Phase One to run for 10 years and the **Phase 1 Short List Options virtual exhibition room is now live online**. Find out more about the options for each frontage over the next ten years and add your own comments. You can access the virtual exhibition room via the project's website at: www.PevenseyandEastbourneCoast.co.uk/Phase-1-Shortlist (available 20 Nov - 15 Dec). A 'pop-in' public exhibition on the options was held at the Sovereign Harbour Community Centre on Friday morning (1st December).

An online Q&A session with the project team will take place on Monday 4 December 12:00pm - 2:00pm. Please join the project team as they answer your questions about the Phase 1 Scheme and Shortlist. How? This is the zoom link you will need to join the meeting: https://zoom.us/j/91889072761. The Q&A will be recorded and shared so you can catch up another time. Further details will be on the scheme's Facebook page and their website.

Site7a (Aldi) Reptile Translocation Report

SHRA wrote to the relevant Government Minister at the Department for Levelling Up, Housing and Communities on 11 September urging her to recommend that the Secretary of State 'call-in' the Aldi application for an independent review since it breaches national and local planning policies.

We wrote again in early November as we had not received a reply or an acknowledgement. On 21 November, we received a reply from the Planning Casework Unit at the Department confirming that the Secretary of State is still considering the request from SHRA and other parties to 'call in' the Aldi planning application. They assured us that they will informs us as soon as the decision is made.

SHRA also wrote to EBC seeking reassurances about the clearance work taking place on the site that has included the relocation of wildlife. We await a response from EBC, but a "Reptile Translocation Report" document just has appeared on the EBC planning portal that gives further details of the work carried out on Site 7a (it also mentions our letter to EBC). The document explains that the site has been subjected to a "destructive search" and that it is important that the site is now left in its 'cleared' state to avoid re-colonisation. You can view a copy of the Report on the SHRA website here: https://www.shra.co.uk/pdfs/reptilereport1123.pdf



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.

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.

At time we have a waiting list, but if you are interested in taking part, please contact Frances Harrap on: 01323-472649.

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

Site 1 Consultation Feedback

On 16th of November, the company <u>Untold Living</u> who are proposing a retirement community development on Site 1, with 5, 6 and 7 storey apartment blocks with approximately 139 flats, held a public consultation event at the Sovereign Harbour Community Centre.

For those unable to attend we have put together images of some of the presentation banners from the event and a copy of the feedback form. You can view it by downloading the PDF file from the SHRA web site here: www.shra.co.uk/pdfs/site1presentation.pdf Some images from the PDF are shown below.

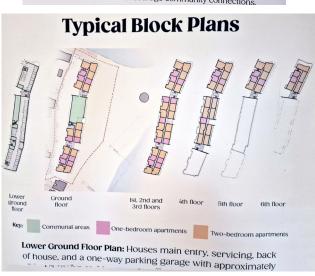
The feedback form asks:

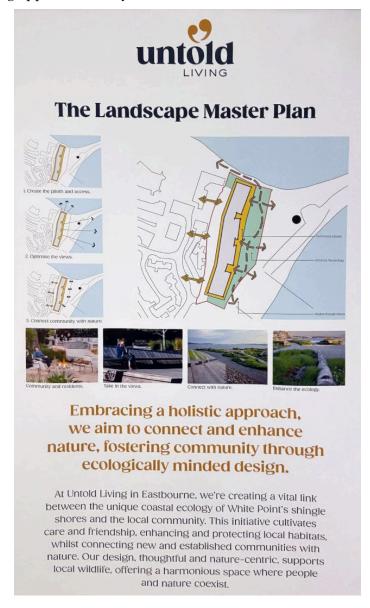
- Are you in favour of the development?
- I am in favour of the development, with the following recommendations:
- I am against the development. (Please explain your reasons):
- What aspects of the development do you like?
- •...and, what aspects do you think could be improved?

Responses can be emailed to: info@dhaplanning.co.uk

The proposal is at an early stage and no formal planning application has yet been made.







Harbour Friends

Autumn party night, 25th October

This was a first time event for the Harbour Friends and was unanimously declared to be an all-round fantastic evening of music and dancing. Our entertainer for the evening was the wonderful Jane Jenkinson who took us through a repertoire of songs from the 50s to the 80s.





Hats off to Jane Jenkinson and thank you for a very happy evening.

The Beetle Drive, 8th November



Fun and frolics at the prize winners table

On 22nd November a very interesting talk by our member Sián Trevellion was held here, on the subject of 'The Maharajah of Bexhill' and the family's associated social history in India. Although he only lived in Bexhill for a few months he died while on an extended visit and his funeral was held there, attended by thousands.



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 13:00, for a prompt 13:15 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/



Chairman Chris and Marilyn with Faz having more fun and frolics during the interval!

There will be an outing to Bedgebury Pinetum to see the Christmas lights and music display, 30th November.

Further events are already being planned for Christmas and next year, so please keep an eye out for those in future editions of the *Waterlines*.

During the months of September – October, membership renewals were taking place, a not inconsiderable amount of work and ably managed by our two membership secretaries Pat and Dee. This means that we're pleased to say we've been able to at last include all those who had been on our waiting list. So a big welcome to you all, it's good that we have so many new or returning friends still wanting to be part of our friendly club.

And see below for pictures of all the August-September fun ...

1st August, a lovely Pevensey walk led for us by Jacqui Wright.

We met in Pevensey Recreation ground car park, crossed the A27 and walked by Pevensey Haven along to Chilley Farm in Rickney.

Once there we made a stop for the obligatory hot drink and snack, where we were able to buy local produce from the butcher and other local providers. A superb morning's walk in beautiful Sussex countryside, accompanied by harbour friends and one HF dog, who behaved beautifully. Well done Trigger! 😭 🖺





On the levels, looking east. Our leader Jacqui points the way along the route.

Continued on page 7

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

If you would like to join our very friendly and social club on a Thursday afternoon at the Community Centre we would be pleased to welcome you, whether you are an established player or a new player.

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

Liz M Fitness Classes at the Community Centre

For those over 50. Liz M Fitness Classes at the Sovereign Harbour Community Centre improve your mobility, balance, co-ordination strength and fitness with a fully qualified personal trainer. Fun & friendly classes.

Tuesday - 10am - Intermediate class, bring a mat.

Tuesday 11.10am - Beginners gentle chair-based open to all.

Wednesday - 2pm - Seated and standing mixex class class.

All abilities welcome. Classes are £5 per session.

Contact me for more details and to book: 07739 670905. Find me on Facebook - lizmfitness

Next on the list of events was an evening of Greyhound racing at the Brighton and Hove Stadium. A very good time was had by all but unfortunately no photos \mathfrak{P}

Next was the Race night, held upstairs in the Royal Sovereign Suite. Again, great hilarity and big spending (not!!!) was had by all.



27th September saw a visit from the actor and always photographic Tony Harris, as King Henry VIII. We welcomed his Majesty to our humble meeting place where he graced us with a potted history of the king's life, asking us to remember that he was once young and handsome.





As ever Tony was entertaining, fearsome and funny, and reminded us of the history of this country that we love.

If you think you might like to join us, do have a look at our website: www.harbourfriends.co.uk

Jan Say



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

Eastbourne Voices Community Pop Choir

Eastbourne Voices Community Pop Choir were thrilled to move to the **Sovereign Harbour Community Centre** in May, and have since attracted many new members from The Harbour. This uplifting choir encourages people of all abilities to sing as they do not use music, and **Monday night rehearsals** are packed, with over sixty members each week.

If you would like further information on the choir or are interested in joining them, please visit our website at:

www.eastbournevoices.co.uk

Streetfunk Dance Classes at the Community Centre

Streetfunk is a multi-award-award winning Streetdance school providing dance classes to children ranging from 4 years to 18 years across Sussex.

Streetfunk Dance Classes are now available every Wednesday from 4:30pm to 7:30pm at the Sovereign Harbour Community Centre. Class for 6 to 8 year olds runs from 4:30pm-5:30pm, 9-12 year olds 5:30pm-6:30pm and for kids 13 years and above 6:30pm-7:30pm. All Streetfunk's teachers are qualified, experienced, DBS checked, and covered with PLI. Book a trail or sign up today! For bookings please email:

<u>info@streefunk.co.uk</u> www.streetfunk.co.uk

Streetfunk Dance Classes

Time to get the kids having fun learning dance moves and routines that will truly impress you! Streetfunk Dance Classes are now available every Wednesday from 4:30pm to 7:30pm at the Sovereign Harbour Community Centre. Class for 6 to 8 year olds runs from 4:30pm-5:30pm, 9-12 year olds 5:30pm-6:30pm and for kids 13 years and above 6:30pm-7:30pm.

Streetfunk is a multi-award-award winning Streetdance school providing dance classes to children ranging from 4 years to 18 years across Sussex. It was founded by JP Omari- a multi-award winning Hip Hop dancer, teacher, coach and choreographer who has worked hard and extensively to become the leading Hip Hop dance figure in Brighton & Hove. Streetfunk currently has classes in Brighton, Hove, Shoreham, Lancing, Littlehampton and Eastbourne. All Streetfunk's teachers are qualified, experienced, DBS checked, and covered with PLI.

Book a trail or sign up today! For bookings please email: info@streefunk.co.uk



Sovereign Harbour Art Group

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

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

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

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: <u>www.</u> havenplayers.co.uk

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 knockout cup tournaments.

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

Cooking with Faz Razeen

Salmon Noisettes

An ideal simple fish dish to indulge your family for the Christmas lunch or dinner. This dish is not only nutritious, but it's quick and easy to prepare. In just a few simple steps, you can have a delicious starter or use it as your fish course prior to your Christmas roast, that's pretty to look at and just about everyone will love!

Ingredients

4 salmon fillets

2 tbsp of olive oil

4oz butter

2 tsp mustard seeds

4 tomatoes skinned and deseeded and chopped

1 tbsp freshly chopped parsley

1 tbsp freshly chopped thyme

1 lemon (use half a lemon to squeeze juice)

Salt and pepper



Method

Carefully remove the central bone from the salmon fillets and cut them in half, curling each fillet around to form a noisette and tie with string. Blend together the butter, garlic and mustard seeds, thyme parsley and season and set aside.

Heat olive oil in a frying pan and brown the salmon noisette on both sides, two noisettes in batches if necessary. Drain on paper towel and leave to cool.

Cut 4 pieces of grease proof paper or foil into 10–12-inch squares, place 2 salmon noisettes on each square and top with a little of the butter and tomatoes. Draw up the edges of the paper and fold together to enclose the salmon noisettes. Place on a baking sheet.

Cook in a preheated oven at 200C/400F Gas Mark 6 for 12-15 minutes until the salmon is cooked through (if you use an air fryer see below).

To serve, stir the lemon juice into the butter and drizzle a little of it over each piece of fish. Garnish if you like with slices of lemon, thyme and parsley and serve immediately while still warm with salad or green

vegetables of your choice.

If using an <u>Air Fryer</u> follow below instructions: Put the noisettes in the air fryer basket in one layer and cook at 180C for 8-10 mins, until cooked through. If you have larger salmon fillets, they will need to be cooked for longer – keep checking after 10 mins and cook in 1-2 min blasts, until ready.



Royal Sovereign Bowls Club

Situated at the bowling greens in Princes Park, there is seating for nonbowlers 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

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

Harbour WI Meeting Report



On a very windy November afternoon, it was the Annual Meeting for the Harbour WI and President Jacquie Frost introduced former Chair of ESFWI, Gill Nokes, to oversee the 'business' side of the meeting.

Last year's minutes were tabled and the various reports were read out; and, as last year's committee had all agreed to stand again, they were voted for en bloc, as well as two new committee members who were coopted mid term. Jacquie Frost had also said she would re-stand as President and was unanimously voted into the position.

After a summary of the correspondence from the new secretary Bev Roberts, Sandie Goman gave a short talk on the bags that she is continuing making for the Women's Refuge and the items that are needed to fill them [for children as well].

Diana Groot Copp then introduced Gerry Howitt from Beachy Head Chaplaincy who gave an excellent insight into the work done by this very worthwhile charity. She stressed that they were a 'search and rescue' team whose main aim is Crisis



Intervention. They patrol the area from Burling Gap to Beachy Head Road from 9am to midnight daily.

Through their training they are able to recognise who may need their help and approach them to engage in conversation. They encourage them to share their burden and suggest solutions other than suicide. They have no power to detain. Only the police have that. So they try to give them hope and get them to a place of safety where they can get the help they need. The statistics were encouraging; around 5000 people are still alive ten years later because of the intervention of members of the Chaplaincy. Sadly, they can't save everyone. They were given a cheque from the Harbour WI to help with cost of this care.

The Harbour Lunch Club is going to Kings Restaurant in East Sussex College on the 22nd November for a three course lunch cooked and served by the students. The Craft Club [The Crafty Ladies!] are at Sandie Goman's house on the 20th November and the Fourth Tuesday Club [which is becoming very popular] will meet for coffee in Four Seasons on the 28th November.

The Christmas Lunch is at The Hydro on the 6th December; and there are two theatre trips - to see The King and I at the Congress Theatre on December 14th and the pantomime Beauty and the Beast at the Devonshire Park Theatre on January 10th.

The next meeting is on Monday 11th December at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. It is their Christmas Meeting with David Home giving a talk titled 'Turkey and Tinsel'.

Information on the Harbour WI can be found on the SHRA website: www.shra.co.uk/wi

Pevensey Bay Sailing Club

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

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

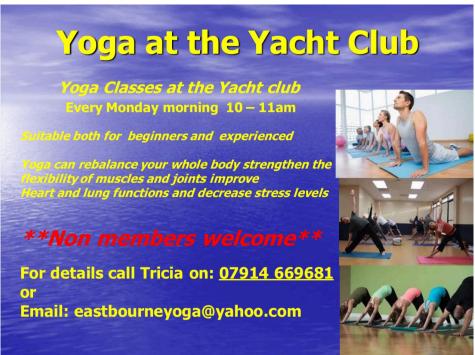
The Garden Bar Golf Society

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

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

Sovereign Harbour flickr Group

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





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.

Languey 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

Discounts for SHRA Members

The local companies listed below have kindly agreed to offer a discount to SHRA members <u>on production of a valid SHRA annual membership card</u>. Please support these local businesses.

<u>Discounts are offered at the discretion of the proprietors</u>. 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 for a limited number of persons).

- Annual Membership

 Receive discounts from numerous local businesses and restaurants

 Join on-line with PayPal www.shra.co.uk/join
- Active Days Mobility Services Repairs and maintenance of mobility devices such as scooters, powerchairs, wheelchairs, hoists, riser recliner chairs, pressure care equipment and profiling beds. 01424 532620 www.activedaysmobility.co.uk
- AP Exclusiv Events organise tribute events, home and leisure events, wedding and Christmas fayres and conferences and offer a discount and no booking fee for members of SHRA purchasing tickets online for their events. For information visit their website at https://www.apexclusivevents.co.uk
- AP-it. Computer health-checks, repairs, 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. 16, The Waterfront, Sovereign Harbour, BN23 5UZ. Also require proof of Harbour address. 01323 471147 www.cocohair.co.uk
- **Curry Leaf Restaurant -** 8 Susans Road, Eastbourne, BN21 3HA. On eating-in food costs only. Tel: 01323 727900 https://www.just-eat.co.uk/restaurants-curry-leaf-old-town
- Listening to You. Discount on Counselling services. Strictest confidence. 07976 399 998 www.listening-to-you.co.uk
- Marina Turkish Resturant & Lounge 12, The Waterfront, Sovereign Harbour, BN23 5UZ. 10% discount on food. Get ready to indulge in the finest expression of Turkish dining and Anatolian flavours to be found this side of the Mediterranean. Tel: 01323 470009 www.marinarestaurantlounge.co.uk
- Osteopathy Michael Woodleigh BSc Hons (Osteopathy), offers this specialist form of therapy, which is non-invasive and highly effective. Michael, who has been serving Sovereign Harbour Medical Centre since it opened, offers SHRA 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 via the website: www.eastbourneosteopath.co.uk
- **Pablo's Restaurant** The Waterfront, Sovereign Harbour, BN21 3HA. On food costs only for no more than four persons. Telephone: 01323 470400. www.pablos-eastbourne.co.uk
- **Simply Italian Restaurant** The Waterfront, Sovereign Harbour, BN21 3HA. Discount on food costs only. 01323 470911 www.simplyitalian.co.uk
- **Sea Training Sussex (STS**). On-line, shore-based and on-water powerboat and sailing courses. Discount on some training courses. Telephone: 07713 639066 www.seatrainingsussex.co.uk

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. *Join now online at: www.shra.co.uk/join*

Sovereign Shines & Festive Entertainment

Enjoy festive family entertainment at The Waterfront for Sovereign Shines.



On Friday 8th December between 4pm to 8pm, expect a magical atmosphere with live choir performances from Langley Primary School and Eastbourne Rock Choir, children's funfair rides, meet Santa and a real reindeer family, face painting and shop gifts from local businesses at the Christmas market. The market and children's funfair rides will also be open on Saturday 9th December from 10am to 3pm.





From Thursday 7th to Sunday 10th take part in a festive elf hunt around the harbour*. Find 11 cheeky elves hiding on lampposts, each containing a hidden letter that makes up a secret two-word password. Tell the team at Planet Golf the password and get a festive treat – sponsored by the Sovereign Harbour Berth Holders Association. *The elf hunt is suitable for children aged 3 to 11 years old and is open 3pm-7pm on Thursday-Friday and 10am-6pm on Saturday-Sunday.

Raising funds for RNLI Eastbourne, Defiant Sports and Eastbourne Dementia Action Alliance, the event is hosted by Premier Sovereign Harbour in collaboration with the Sovereign Harbour Berth Holders Association and the Rotary Club of Sovereign Harbour. You can donate online at www.iustgiving.com/crowdfunding/sovereign-shines

The Waterfront will become the central hub for residents and visitors who wish to stroll around the harbour to take in the Sovereign Shines light spectacle, enjoy the onshore entertainment and finish the evening with a meal at one of the onsite eating establishments.

Sovereign Shines light display competition

Create a magical light display around Sovereign Harbour and The Waterfront this Christmas.

Now in its eighth year, Sovereign Shines will bring a magical light display to the harbour for all to enjoy. Little and pretty, home-crafted, festive scene or extravagant – the mission is to get as many Sovereign Harbour boats and houses involved.



With some fantastic prizes to be won, co-organisers Premier Marinas, the Sovereign Harbour Berth Holders Association and The Rotary Club of Sovereign Harbour are fundraising for the local RNLI Eastbourne Lifeboat, Defiant Sports and Eastbourne Dementia Action Alliance.

To enter simply complete your details on the application form and decorate your house as festively as possible. Lights will need to be up and registered by Friday 8th December in line with our onshore Sovereign Shines festive entertainment. Register at: www.eastbournewaterfront.co.uk

Sovereign Harbour Yacht Club

We were delighted to welcome for the first time a local band called Princess and the Peas. They are an Indie covers rock band and were amazing, playing songs from Blondie, Transvision Vamp, Texas and Suzi Quatro. They were so good we have booked them again for 2024.

We have hosted a 'Play Your Cards Right' evening, a couple of Audio/Music Quiz nights which are always popular and an evening of music with Rockin Robbins.

On the closest Saturday to 21st October we, along with most other Yacht Clubs in the UK, celebrate the British victory at the Battle of Trafalgar with a special event - the Trafalgar Night Dinner. It is one of our formal nights of the year and is very traditional with naval toasts, speeches and prayers strictly adhered to.











Fabulous entertainment followed later in October with the hugely talented Sam Hughes who is the youngest Sir Elton John tribute act in the UK. This was the third time he has performed at the club and Sam has expanded his show to include a Meatloaf tribute set - equally amazing and convincing.





The first Saturday in November saw a great Halloween Party with one of our resident DJs - DJ Jonathan - who kept everyone on the dance floor with the likes of 'Thriller', Monster Mash' and 'Let's Do The Time Warp'. There were some amazing costumes too.



Our Port Tasting event in mid November was hosted by Andy Harris from Harvey's Brewery who shared his wealth of knowledge with us. Attendees received copious quantities of both port and cheese and many went away feeling very merry having enjoyed a very entertaining evening.

As I write this we are about to hold our final formal night of the year - Laying Up Supper.

Traditionally the Laying Up Supper celebrates the end of the sailing season when boats are 'laid up' ashore due to cold weather, dark nights and winter storms. With the advent of lighter, stronger boats and much

improved sports clothing sailing now continues

until Christmas - and beyond as many of our racers compete in the Frostbite Series of races. Guests enjoy a delicious 3 course meal, followed by the Commodore's speech and the presentation of trophies for this year's race series.







Now we look forward to a fun filled Christmas with music, a children's party and festive food and drink.

HAPPY CHRISTMAS TO ALL HARBOUR RESIDENTS FROM SOVEREIGN HARBOUR YACHT CLUB.

Ros Saunders

Defiant Sports - Festive Parties and Open Day

We believe sport should be accessible to all regardless of any barrier to participation. We work with people of all ages and abilities, whether just for fun and socialising or through to competition and focused skill development.

We have two upcoming Festive Parties (over 18 and under 18) where we'll be celebrating the festive season with all of our players and the community. They'll both be full of festive cheer, music, snacks and party games, with the under 18s having a bouncy castle and competition and over 18s having a boccia tournament. Both sessions require pre-booking at the following links:



- Festive Party (Under 18s) booking link: https://eequ.org/experience/5641 Monday 11th December, 4:30pm - 6:30pm, ages 1 - 18 (flexible) (children under 8 must have a parent/ guardian stay with them), £6 per person at our Inclusion Hub Sovereign Harbour Retail Park, Eastbourne BN23 6JH
- Festive Party (Over 18s) booking link: https://eequ.org/experience/5650 Wednesday 13th December, 1:30pm - 3:30pm, ages 18+ (flexible), £6 per person. at our Inclusion Hub, Sovereign Harbour Retail Park, Eastbourne BN23 6JH

Our December Open Day is a family-friendly day of festive games with a raffle at our Inclusion Hub running alongside our timetabled Saturday sessions (which will all be free to attend for the day):

> Saturday 9th of December

10am - 2pm

Stay as long or little as you'd like

Defiant Sports

Phone: 07887 755856

Inclusion Hub, Sovereign Harbour

Retail Park,

Eastbourne BN23 6JH

- Football SEND Kids (10:30am 11:30am) https://eequ.org/experience/2548
- Athletics (11:45am 12:45pm) https://eequ.org/experience/4644
- Hoopz Disability Basketball (1pm 2pm) https://eequ.org/experience/2550

We are also looking for donations for the raffle and snack table mince pies and festive bakes especially. If you have any questions please don't hesitate to get in touch.

Tel: 07887755856

Email: Info@defiantsports.org.uk Web: https://defiantsports.org.uk/

Defiant Sports Inclusion Hub Sovereign Harbour Retail Park Eastbourne BN23 6IH





Join us for a fun, family friendly open day at our Inclusion Hub where you can join in with our weekly Football SEND Kids (10:30am -11:30am), Athletics (11:45am - 12:45pm) and Hoopz Disability Basketball (1pm - 2pm) sessions for free!

Off court, we'll be running festive games and competitions with goodies up for grabs! Some will be paid, so don't forget to bring some money.

Want to have a chat about what we're doing in 2024? Then make sure to come on down!

Christmas Fair & Services at St Richard's, Languey.



St Richard's Church, Langney welcomes everyone on the Harbour to join them at any of the Christmas events/services below. Please be assured of a very warm welcome.

Saturday 2nd December

1.30pm-3.45pm – Christmas Fair & Christmas Tree Festival 4.00pm - Community Carol Service

Sunday 3rd December

11.00am-4.00pm – Christmas Tree Festival 3.00pm - Advent Carol Service

Sunday 17th December

3.00pm - Children's Angel Workshop, Christingle making & Christingle Service (4.00pm)

Sunday 24th December

10.00am - Holy Communion Service

4.00pm - Carols and Crib Service

11.30 pm - Midnight Mass

Monday 25th December

10.00am - Family Communion Service

Sunday 31st December

10.00am - Holy Communion Service



Sovereign Harbour Photo Club

With the autumn and winter weather upon us, our photo shoot excursions are a bit to be desired now, but nothing has changed at our Tuesday evening club meetings.

We enjoy a social chat between 7pm and 7.30pm along with a drink from the bar (if you wish) and then have great fun, reviewing each others pictures based on a weekly topic, which is advised to members in advance every month. This months topics are 'pictures in pictures', see my example below, of the outer harbour (with and without rain):



There are many potential variations of how this can be achieved and we will of course give you guidance with any photographic technique. As with all photography, there is a division of opinion on how much (if at all) one edits photos, but we do undertake continuous tutorials on the use of "Snapseed", which is one of the easier editing app tools to use and better still, it's free.

Other topics this month were, 'still life', 'landscapes', and 'religious'. All topics which we hope stretches the imagination and subsequent artistic representation.

As always our monthly challenge was well contested, with pictures (taken during the current month) which are posted on our facebook page (sovereign harbour phot club uk) and the facebook page of our friends at (eastbourne photographers hub). The pictures with the most "likes" in two categories, 'Camera' and 'mobile' are declared the winners. Do take a look for yourself, as I'm sure you will be impressed with what you see. October winners were, Izabela Rickett, with her rainbow harbour shot below:



And David Clare, with his shot of Beachy head and Bell tout lighthouses, (whilst sailing past). (He doesn't actually walk on water!)



The Sovereign Harbour yacht club commodore (Dave Jarvis) kindly offered to provide a trophy to be presented to the 'photographer of the year', at the 'laying up supper' on 25th November. This is a first for our club and a much appreciated gesture by SHYC.

We continue every week with a video tutorial on any relevant photographic topic and are always happy to accommodate requests from members.

It's always intended to benefit everyone with their knowledge and understanding on how to achieve the very best from their photography, using whichever equipment.

Our members use a variation of equipment from smart phones to high end digital SLR's cameras and we can help you with any of that, with some of our very experience members, who are more than happy to share their knowledge.

Please don't be shy and come on Tuesday evening 7pm at the sovereign Harbour yacht club (first floor bar), or send me (Bob Stanborough) an e mail to: shpcuk@outlook.com.

FYI, we will be having a 3 week break for Christmas from 18th Dec - 1st Jan (inclusive)

See you soon?

Bob Stanborough
Secretary
Secretary, Sovereign Harbour Photo Club UK



Royal National Lifeboat Institution



President: HRH The Duke of Kent KG Chair: Janet Legrand KC (Hon) Chief Executive: Mark Dowle

Carols with the Crew of Eastbourne Lifeboats at the

Waterfront, Sovereign Harbour by the north bridge on Sunday 17th December 2023 at 2.30pm.

An opportunity to participate in the singing of traditional carols, accompanied by the Lewes, Glynde and Beddingham Brass Band, and the Lifeboat Crew, readings by crew members and a short address by our Eastbourne Lifeboats Padre – Father Robert Coates.

A collection will be held for Eastbourne Lifeboats.

The organisers thank
The Lewes, Glynde & Beddingham Brass Band,
Premier Marinas, Di Lieto's Coffee Lounge, 4 Seasons Brasserie,
Harbour Nights
and others for their kind support.

This event is subject of course to operational demands on the lifeboat on the day



10am till 2pm | 19th December - 21st December Location: BN1 Arts College For more information please contact Dionne via dionne@streetfunk.co.uk

AP Exclusiv Events - Eastbourne Wedding Spectacular

We are looking forward to a great show with so many amazing exhibitors all waiting to meet our visitors on **6th and 7th January 2024 at the #welcomebuilding #conferencecentre #eastbourne**. We have some amazing new exhibits being featured for the first time here, live entertainment, bridal showcase, and absolutely everything you need to help you plan your perfect day.

Free entry, 10am to 4pm Saturday and Sunday. No registration required, just come and see everything on offer. Look forward to seeing you there!



Sovereign Harbour Centre Now Open hire Available for hire



Sovereign Harbour Community Centre is a purpose built facility, providing multiple rooms for hire for meetings, conferences, social events or weekly clubs.

Set near the Sovereign Harbour area of Eastbourne, Sovereign Harbour community Centre is near to retail outlets, free parking areas, main bus routes and accessible by road access. The community centre is open for one off and regular group bookings and is perfect for all occasions. Available for hire to clubs, groups, meetings, and events. The space can also be hired for birthday parties, baby showers, and other special events.

Our Main Hall is perfect for parties and large events, with access to outside area suitable for BBQ's or play.



As a medium sized hall, our Multi Functional Room is suitable for small parties, larger meetings, social club gatherings as well as classes.



Our Meeting Room is ideal for small meetings, conference breakout room or small club gatherings.







The Crumbles, Pevensey Bay Road, BN23 6JH 01323509859



sporteastbourne@waveleisure.co.uk www.sporteastbourne.co.uk



Challenges St Wilfrid's Hospice

Run, ride, walk, stroll, skydive... you choose!

BEACHY HEAD MARATHON WEEKEND

Saturday 21st and Sunday 22nd October 2023

There's something for every runner over the course of this weekend; one of the biggest off-road marathons in the UK, the new 52.6km Ultra event, a challenging half marathon and a scenic 10km loop. Something to aim for this autumn or next?

EASTBOURNE HALF MARATHON

Sunday 3rd March 2024

Now in its 19th year, the Eastbourne Half Marathon is an established part of the local running calendar. Ideal for a first half marathon challenge or perfect for searching for a personal best time; this is a half marathon suitable for all.

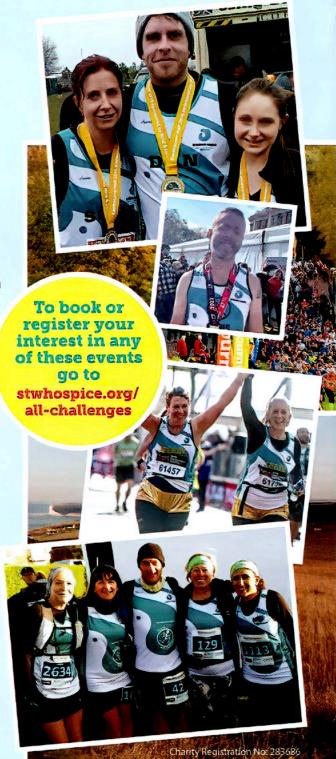
LONDON MARATHON

Sunday 21st April 2024

It's the ultimate marathon experience! Applications for our charity places are now closed, but if you were a lucky one who got a place in the ballot, we'd love you to run for us! If you choose to be part of Team Wilf, you'll receive dedicated fundraising support, a branded running vest and an on the day Cheer Squad.

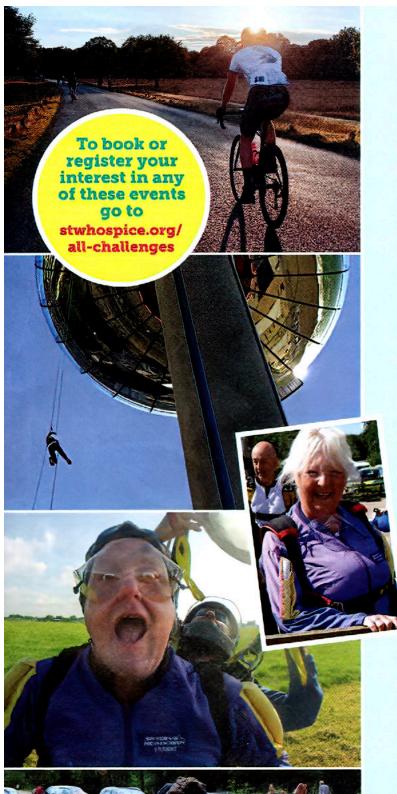
ULTRA CHALLENGES 2023/24

Whether you are a walker and new to endurance events, or a marathon runner looking to up the distance; whatever your likely pace, experience level, or age, there are 14 fantastic events in the Ultra Challenge Series to choose from, each with its own character and each a real challenge. Whether it's setting out in stunning coastal scenery, along a historic towpath, or along trails in England's wonderful countryside – your challenge will test you on an unforgettable journey.



CONTACT THE TEAM ABOUT ANY EVENT OR CHALLENGE Email fundraising@stwhospice.org or call 01323 434241





HOSPICES TO HOLLAND

18th - 22nd September 2024

Five days, four countries. One epic ride! This bespoke cycle challenge will take us through an iconic English and European route all the way to Amsterdam and is perfect for cyclists of all abilities. Over 280 miles of fantastic cycling with breathtaking scenery and all to raise funds for hospice care.

Make this a journey to remember!

THRILLSEEKER CHALLENGES

Calling all daredevils, thrillseekers and adrenaline enthusiasts; put your nerves to the test to raise funds for hospice care.

Whether it's skydiving, bungee jumping, wing walking or abseiling, there's a thrilling challenge, with your name on it.

Whichever challenge you decide to take on, you are sure to have an adrenalin-filled experience which will help raise vital hospice funds and enable us to support more people living with a life-limiting illness.

What are you waiting for?

SET YOUR OWN CHALLENGE

If you have your own idea about a challenge you want to take on; whether it's one which is organised by a challenge company or one that is entirely your own, then we would love to hear about it. Get in touch to let us know and we'll welcome you to Team Wilf and give you all the support and encouragement you need to achieve your goal.

VISIT: stwhospice.org/all-challenges



