



ESF

**EASTBOURNE
SENIORS FORUM
THE OVER
FIFTIES FORUM**

**Directory of
Leisure, Learning,
and Sports Facilities
for the Over 50's**

*Together, we can shape
the future, and make this
“The Time of our Life”*

www.esf-online.org



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DIRECTORY OF LEISURE, LEARNING AND SPORTS FACILITIES FOR THE OVER 50'S

Preparation for a healthy retirement should involve seeking out activity facilities suited to one's abilities and interests, rather than planning to put one's feet up - and dying of inactivity and boredom! Some will want to concentrate on physical activities. Others will prefer stretching their brains. Spiritual well-being — making and valuing friends, feeling valued for oneself rather than what one does, and having a sense of purpose in life — is also increasingly important in older life. A healthy balance needs to be struck between all three activities; physical, mental and spiritual, just as a balanced diet is necessary for good health.

Physical strength diminishes with age, so some activity, whether standing, walking or running is essential to maintain muscle power. Some activities, such as racquet sports, need to be backed up by more specific strength training, to avoid muscle strain. All the gymnasia, in Sports Centres and elsewhere, will offer friendly advice and support.

The information contained in this directory has been gleaned from various sources, and is published in good faith, though we cannot vouch for the quality of the services provided. We reprint the Directory as needed but for latest details we suggest you check with our website: www.esf-online.org

This Directory has been produced by the Health & Wellbeing Group of the Eastbourne Seniors Forum For enquiries, updating or adding further information, please contact Nadine Harris Tel: 01323 768868. To report health issues, the Healthwatch number is 01323 403590.

The Forum is for everybody over 50, living or working in Eastbourne, who is welcome to join, regardless of ethnic background, disability, sexuality, religious, cultural or political beliefs.

See centre page pull-out for more details.

Between publications, alterations to any details will only be made on our website edition: www.esf-online.org

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ARCHERY

Eastbourne Archers. Meets at Langney Sports Club, Priory Lane, Langney. BN23 7QJ. Tel: 01323 766265. www.eastbournearchers.btck.co.uk

ART CLASSES

Age Concern Eastbourne, Venton Centre, Junction Road BN21 3QY. Tel: 01323 638474. www.ageconcerneastbourne.org.uk

Bourne Arts. Art tuition, leisure drawing and painting. Tel: 01323 732012. www.bournearts.co.uk

Eastbourne Seniors Club. Alice Croft House, Cornfield Lane, Eastbourne BN21 4NE. Tel: 01323 728157. Lift available on Wish Road entrance. www.eastbourneseniorsclub.org.uk

Polegate Painting and Sketching Group. Community Centre, Windsor Way, Polegate, BN26 6QF. Tel: 01323 485813.

Portsdown Art Group. Broadway Church Hall, The Broadway, (off Lindfield Road) Hampden Park. BN22 OAS. Tel: 01323 506154

Pleasure Painters. St Barnabas Church Hall, Kingfisher Drive, Langney BN23 7RL. Tel: 01323 647480.

Sovereign Harbour Art Group. For beginners and experienced painters. Meets at Christ the King Church, Princes Road. BN23 6HT. Tutor: 07914 884378. www.shra.co.uk/artgroup

South Street Art Studios. 25 South Street, Eastbourne, BN21 4UP. Tel: 07539 264952 or email info@southstreetartstudios.co.uk

ARCHEOLOGY

Eastbourne Natural History and Archeological Society.

Lecture talks and visits to excavation sites. Meets at St Saviours Church Hall, Spencer Road, BN21 4UT. Held on the second Friday of each month from September to April. Tel: 01323 731792.



Sussex Mills Group. Illustrated talks, visits, and working parties to wind, water, and steam mills in Sussex. Contact Brian Pike, Stream Cottage, Caulkins Mill, Mayfield TN20 6UP. www.sussexmillsgroup.org.uk

ASTRONOMY

Eastbourne Astronomical Society. Meets in the Memorial Hall, Church Street, Willingdon BN20 9HT, for talks, and in Arlington Village Hall BN26 6RX, or The Redoubt Fortress, Eastbourne. BN22 7AQ for observation meetings) Tel: 01323 732067.

www.eastbourneas.org.uk



BADMINTON

Badminton, especially through the winter months, is a good sport, and there are many clubs in Eastbourne. Badminton facilities open to the public at the Cavendish, David Lloyd, Hampden Park, Shinewater and Sovereign Sports Centres.

Arctic Spas Badminton Club. Meets at Moira House School, Upper Carlisle Road. BN20 7TE. Secretary Tel: 07979 347668.
www.arcticspasbadminton.co.uk

Hailsham Badminton Club. Meets at Denton Road Sports Centre. BN20 7SR. Not suitable for beginners. Contact Chris by emailing kicared@hotmail.co.uk

Hardwick Badminton Club. Meets at the Causeway School, Larkspur Drive. BN23 8EJ. Secretary Tel: 07870 341752.

St Anne's Ladies Badminton Club. (for ladies only) Meets at the Guide HQ. Hartfield Lane. BN21 2AR (off The Avenue). Secretary Tel: 01323 503409

Ramblers Badminton Club. Meets at Cavendish Sports Centre. Eldon Road. BN21 1UE. Secretary: 07803 179340.

TOFFS over 55s Club, University of Brighton, Meets at Denton Road Sports Centre, BN20 7SR. Tel: 01273 643706.



BIRD WATCHING

Eastbourne and District Bird Society.

(caged birds)

Meets at Westham Village Hall, Peelings Lane, Pevensey. BN24 5HE. Tel: 01323 488169.

R.S.P.B. Eastbourne Branch. Meets in St Wilfrids Church Hall, Eastbourne Road, Pevensey Bay. BN24 6HL.
Secretary Tel: 01323 422368.

BOWLS - INDOOR

Eastbourne & District Indoor Bowls Association.

5 Hampden Park Drive. BN22 9QR.

Secretary: 01323 506009.

www.eastbourneindoor.bowlsclub.info

Langney Sports Club Indoor Bowls Club.

Priory Lane. BN23 7QQ. Secretary Tel: 01323 766308.

www.langneysibc.bowlsclub.info/



BOWLS - OUTDOOR

Eastbourne Bowling Club. 3 Saffrons Road. BN21 1DG.

Tel: 01323 724340. www.eastbournebowlingclub.com

Gildredge Park Bowling Club. The Goffs. BN21 1EY.

Tel: 01323 649689. Secretary: 01323 461396.

www.gildredge-park.bowlsclub.info

Hampden Park Bowling Association. Hampden Park Drive.

BN22 9RN. Secretary: 01323 762392.

www.hampdenparkbowlsclub.org.uk

Motcombe Gardens Bowls Club. Situated in the old town area of

Eastbourne. www.motcombegardensbowlsclub.org.uk/

Parade Bowls Club. Redoubt Gardens, Royal Parade. BN22 7AE.

Secretary Tel: 01323 470824. www.eastbourne-parade.bowlsclub.info/

Royal Sovereign Bowls Club. The Greens, Princes Park.

BN23 6EF. Tel: 01323 412211. Secretary: 01323 416308.

www.royal-sovereign.bowlsclub.info/

St. Johns (Meads) Bowling Club. Meets at Helen Gardens,

Dukes Drive. BN20 7XH. Secretary: 01323 646192.

www.stjohns.bowlsclub.info

Victoria Drive and Eastbourne Ladies Bowls Club.

Victoria Drive. BN20 8NH. (Next to Victoria Gardens)

Secretary: 01323 508927. www.eastbourne-vdel.bowlsclub.info/

BOWLS - SHORT MAT

Eastbourne Seniors Club. Alice Croft House, Cornfield Lane.

BN21 4NE. Tel: 01323 728157.

Lift available from Wish Road entrance.

Shinewater Sports and Community Centre. Milfoil Drive.

BN23 8ED. Tel: 01323 768614.

Langney Sports Club. Priory Lane, BN23 7QQ
Short Mat Bowls. Every Tuesday morning from 9.30-11.30am.
Meets at The Bridgemere Centre, Bridgemere Road.
Tel: 01323 722450

BOWLING - TEN PIN

Lloyds Lanes. Broadwater Way. BN22 9PZ.
Tel: 01323 509999. www.davidlloyd.co.uk



BRIDGE

Devonshire Bridge Club. Westdown House,
Hartington Place. BN21 3BW. (opp. Esperance
Hospital) Tel: 01323 739999.

Eastbourne Bridge Club. 1st Floor, RAFA Buildings, Wish Road.
BN21 4NX. Tel: 01323 645876. (lift available) Secretary: 01323
427211. www.eastbournebridgeclub.co.uk

R.V.S. Russell Centre, 24 Hyde Road BN21 4SX.
Contact: 01323 412279

Bridge Club of Saffrons Bowling Club 3 Saffrons Road
BN21 1DG. Contact: 01323 733770. (Sept to April only)

Sovereign Harbour Bridge Club. Sovereign Harbour Yacht Club,
Harbour Quay, BN23 5QF. Contact: 01323 645893.

Wannock Bridge Club. Wannock Village Hall, Jevington Road,
Polegate BN26 5NX. Contact: 01323 486252.

CHESS

Eastbourne Chess Club. Meets at 11 Wish Road BN21 4NX.
Contact: 01323 482676. www.eastbournechessclub.org.uk

COMPUTER SKILLS

The use of computers and the Internet is now a requirement in our daily lives. Older people are being left behind and national programmes are now in place to help resolve this issue. Change doesn't come easy to those who don't type, don't like technology, or who don't really like change.



As a source of information, and a means of communication, the Internet is a most valuable medium, and elementary courses now teach the essentials without going into the difficult stuff. You don't even have to buy a computer; most libraries give free access. People with disabilities especially benefit from the internet, as shopping on-line, and E-mailing their friends saves tiring journeys to the shops and pillar box.

Age Concern Eastbourne. Computer Lessons and open computer sessions. Venton Centre, Junction Road. BN21 3QY. Tel: 01323 638474 for further information.

Coffee Pot Computing. Help, Advice and Free Tuition. Meets at St Johns Parish Hall, Meads Road BN20 7ND. Small classes to learn and share. Fridays 9:45 - 11:30am. Contact: 07872 030297 or email coffeepotters@gmail.com www.coffeepotcomputing.co.uk

East Sussex County Council Mobile Office. Free computer and internet access, and help with adult education and IT courses. Visits weekly at Sovereign Harbour car park. BN23 5QF (opp. Yacht Club). Tel: 0345 6080196. or escmobileoffice@eastsussex.gov.uk

Hanover Court - Tea & I.T. Social with Free Tuition. Hanover Court, Rodmill Road. BN21 2PT. Fridays 2:00 - 3:45pm. Phone 01323 720864 or email : hanoverteaandit@gmail.com

R.V.S. Russell Centre, 24 Hyde Road. BN21 4SX. Tel: 412279

South Downs College. Cross Levels Way. BN21 2UL. Tel: 01323 637637.

CRAFT

Busy Fingers and Knit and Natter, R.V.S.
Russell Centre, 24 Hyde Road BN21 4SX.
Contact: 01323 412279.

Old Town Quilters. A vehicle for beginners and experts to share and develop their interest in patchwork and quilting. Meets at Community Wise, Ocklynge Road. BN21 1PY.
Contact: julia@oldtownquilters.org.uk



Women's Institute. Activities include crafts. Meets at St Johns Parish Hall, Meads Road. BN20 7ND. Contact: 01323 442592. www.esfwi.org.uk/wis/meads/

CREATIVE WRITING

Age Concern Eastbourne, Every second Monday of the month. Venton Centre, Junction Road. BN21 3QY. Tel: 01323 638474

Alice Croft House, Cornfield Lane. BN21 4NE.
Tel: 01323 728157. www.eastbourneseniorsclub.org.uk

Anderida Writers Circle. Meets at Eastbourne Seniors Club, West Rocks Hotel, 46 Grand Parade, Eastbourne, BN21 4DL. Hotel number: 01323 725217. Tel: 01323 503952 or visit www.anderidawriterseastbourne.co.uk

New Eastbourne Writers. Bibendum Wine Bar, Grange Road. BN20 4EU. (Opposite Town hall) www.neweastbournewriters.com

CROQUET

Compton Croquet Club. The Saffrons, Compton Place Road. BN21 1EA. Tel: 01323 644868.

CYCLING

Sustrans, the sustainable cycling charity, has produced a set of cycle maps covering East and West Sussex. They can be downloaded from the web at www.sustrans.org.uk. The County offers a superb array of cycling, from traffic-free trails through woodland to the stunning (but more demanding) views from the South Downs Way. It also publishes a booklet, "Day rides in Sussex".



The National Cycle Network Route 2 runs from Worthing to Rye, via Brighton, Eastbourne and Hastings.

Route 21 runs from Polegate, via the Cuckoo Trail (11 miles of the old railway bed), Hailsham and Heathfield, on to Forest Row, East Grinstead, Gatwick, to Greenwich.

Route 20 is a West Sussex route, from Crawley to Brighton, through little villages and the National Trust property at Nyman's Gardens.

Route 89 runs along the South Downs Way, following the old tracks and drove ways along the chalk escarpment from Eastbourne to Winchester. It is more demanding, and requires an ATB, but can be broken into shorter day outings.

The part of Eastbourne Seafront Prom from Fisherman's Green to "Langney Fortress" (the Water Treatment Works), is open to cyclists. The more crowded western section is not, so cyclists have to walk along the Prom. or cope with the cars on the seafront road, which is difficult. The Council is currently planning to extend the cycle routes.

Cycle Seahaven. Community amateur sports club, to promote cycling in the Seahaven area. Tel: 01323 887961.
www.cycleseahaven.org.uk/

Forty Plus Cycling Club. A sociable cycling club for the over 40s, with a programme of rides in Surrey and Sussex.
www.fortypluscc.co.uk

DANCE CLUBS

Age Concern Eastbourne. Tap and Belly Dancing. Venton Centre, Junction Road. BN21 3QY. Tel: 01323 638474. www.ageconcerneastbourne.co.uk

Eastbourne Folk Dance Club. Meets at United Reformed Church Hall, Watts Lane. BN21 2LQ. Tel: 01323 732948.

Eastbourne Salsa. Ballroom, Salsa, Rueda. Meets at Albany Lions Hotel (Tuesdays), Grand Parade, Eastbourne, BN21 4DJ. Tel: 0790 950 7063 or visit www.eastbournesalsauk.co.uk

Eastbourne Seniors Club. Line Dancing (Tuesdays). Movement to Music. (Thursdays). Meets at Alice Croft House, Cornfield Lane. BN21 4NE. Tel: 01323 728157.
www.eastbourneseniorsclub.org.uk/

Eastbourne Scottish Country Dance Club. Meets at Community Wise, Ocklynge Road. BN21 1PY. Tel: 01323 301871.
www.interfolk.co.uk/willifdg

The Association of Sussex Folk. Meets at St Peter's & St Saviour's Church Hall on the third Monday of the month. Tel: 01323 763163



The Willingdon International Folk Dance Group. Meets at Willingdon Memorial Hall, Church Street, Willingdon. BN20 9HT. Tel: 01323 502962. www.interfolk.co.uk/willifdg

R.V.S. Tea Dances. Russell Centre, 24 Hyde Road. BN21 4SX. Tel: 01323 412279.

Tango El Mundo. Meets at Lansdowne Hotel, King Edwards Parade. BN21 4EE. Tel: 0777 884 6060 or visit www.tangoelmundo.com



DRAMA

Eastbourne Gilbert and Sullivan Society.

Prepares G & S operas in concert and stage form.

New members welcomed. Visit www.eastbournegands.com.

Eastbourne Operatic and Dramatic Society. (EODS). This has 3 sections, Dramatic, Operatic, and Junior. Provides regular shows. New members welcome, for acting, dancing or singing on-stage, or for working behind the scenes. www.eastbourneshows.co.uk

EXTEND EXERCISE

These specially designed classes provide chair-based exercises for the over-sixties and disabled people, who find keep-fit classes too rigorous. They are supervised by trained tutors. They are designed to improve and maintain mobility. A small charge is made.

Currently, classes are held at the following venues:

Eastbourne - Tutor: Rita Howard Tel: 01323 485631.

Holy Trinity Church Hall, Trinity Trees. BN21 3BX.

Age Concern, The Venton Centre, Junction Road. BN21 3QY.

St Marys Church Hall, Decoy Drive. BN22 9TP.

Eastbourne – Tutor Sandria Reese Tel: 01273 514152

St Anthony's Church Centre 557a Seaside BN23 6NH

Eastbourne - Tutor Jenny West Tel: 01323 848216

Every Thursday, Age Concern, The Venton Centre, Junction Road. BN21 3QY. Bridgemere Community Centre, Bridgemere Road. BN22 8TY.

Langney Sports Club, Priory Lane, BN23 7QQ.

Tel: 01323766 308

Willington - Tutor: Christine Osborne. Tel: 01323 723311.
St Wilfrid's Church Hall, Broad Road, Polegate, BN20 9RA
Summerheath Hall, Summerheath Road, Hailsham, BN27 3DR

FAMILY HISTORY

"Family Roots" Family History Society. Trips to National Archives.
Meets monthly at Ocklynge Junior School, Victoria Drive,
BN20 8XN. Contact: 01323 502432 or visit www.eastbournefhs.org.uk

FISHING

Eastbourne Fisherman's Club.

Meets at Club house, Royal Parade. BN22 7AA.
Tel: 01323 722664.



Eastbourne Nomads Angling Club – beach fishing.
www.eastbournenomadsac.com

Eastbourne Angling Club - boat fishing.

Both meet at Angling Association Club House. Royal Parade.
BN22 7AA. Tel: 01323 723442. www.eastbourneangling.co.uk/

Pike Anglers Club. Hydneye Lake Membership, "especially suitable for the elderly". Fisheries Manager: 01323 768956.

Southbourne Lake Fishery. Five acres of man-made lake. Part of the Eastbourne Miniature Railway, Lottbridge Drove. BN23 6QJ.
Tel: 01323 520229. www.emsr.co.uk/angling.aspx

FRIENDS

Eastbourne and District Friends of the Earth

eastbournefriendsoftheearth.wordpress.com/
www.foe.co.uk/groups/eastbourne/index.html

Friends of the Devonshire Park Theatre fodpt.org.uk/

Friends of Princes Park

www.princesparkeastbourne.org.uk/AboutUs.aspx

Friends of Seaside Rec group

www.eastbourne.gov.uk/news/2014/may/a-new-group-has-been-formed-to-help-enhance-and-promote-seaside-recreation-ground/

Friends of Hampden Park www.friendsofthehampdenpark.co.uk/

Friends of Shinewater Park

www.shinewaterpark.com/

Friends of Eastbourne Hospital "The Friends" were formed shortly after the creation of the National Health Service in 1948, when it became apparent that resources would not be enough to meet the cost of all the necessities and amenities required..

www.esht.nhs.uk/patient-and-visitor/friends/eastbourne/

Friendship Circle, Saturday morning, Age Concern Eastbourne, Venton Centre, Junction Road. BN21 3QY. Tel: 01323 638474.
www.ageconcerneastbourne.co.uk

Eastbourne Arts Circle

Formerly Friends of the Towner, www.eastbourneartscircle.org.uk/

The Friendship Club. Meets at Duke Bernard Court, Latimer Road, Eastbourne. Tel: 01323 722450

GARDENING

Eastbourne Allotments and Gardens Society (EAGS).

Acts as agents for Eastbourne Borough Council. Over 1000 allotments on 12 different sites. All sites have water and parking facilities, 9 sites have toilet facilities. HQ. Gorrington Road. BN22 8XL. Tel: 01323 430970.

Email: eastbourne.allotments@gmail.com

www.eastbourneallotments.blogspot.co.uk/



Eastbourne and Wealden Bonsai Club. Meets at St Marys Church Hall, Decoy Drive. BN22 9PP. Tel: 01323 731369 or visit www.eandwbonsaiclub.co.uk/

GENERAL INTEREST CLUBS

Age Concern Eastbourne. Café and a wide range of services and activities for people 50+. The Venton Centre, 6-12 Kilburn Terrace, Junction Road. BN21 3QY. Tel: 01323 638474.

www.ageconcerneastbourne.org.uk/

Alice Croft House. Wide range of activities. Alice Croft House, Cornfield Lane, Eastbourne. BN21 4NE. Lift available from Wish Road entrance.

Tel: 01323 728157 or visit www.eastbourneseniorsclub.org.uk/

R.V.S. Centre. Lunch and Activities for over 55's.

The Russell Centre, 24 Hyde Road. BN21 4SX.

Tel: 01323 412279.

Townswomens Guilds. Provide an opportunity for women to belong to an organisation where members offer support, companionship and encouragement to each other and others in the community.

Devonshire Park Townswomens Guild. Meets at All Saints Church Hall, Grange Road Eastbourne BN21 4HE. Tel: 01323 733371. Email info@devparktownswomen.org.uk

Eastbourne Meads Townswomens Guild. Meets at St Saviour's Church Hall, Spencer Road Eastbourne BN21 4PA. Tel: 01323 729225.

Eastbourne Seaside Townswomen's Guild. Meets at Christ the King Church Hall, 3 Princes Road Eastbourne BN23 6HT. Tel: 01323 767199.

GOLF

Eastbourne Downs Golf Club. East Dean Road. BN20 8ES. Tel: 01323 720827
www.ebdownsgolf.co.uk

The Lottbridge Golf Club.

This club is wheelchair accessible. Lottbridge Drove. BN23 6QJ. Tel: 01323 520400.

www.englishgolf-courses.co.uk/sussex/eastbourneingpark.php

Royal Eastbourne Golf Club. Paradise Drive. BN20 8BP. Tel: 01323 744045. www.regc.co.uk

Willingdon Golf Club. Southdown Road, Eastbourne. BN20 9AA. Tel: 01323 410984.
www.willingdongolfclub.co.uk



ACTION GROUPS

Eastbourne Can <http://eastbournecan.com/>

Hampden Park Community Association

<http://eastbourne.cylex-uk.co.uk/company/hampden-park-community-association-16172005.html>

Meads Community Association

www.meadscommunityassociation.org.uk/

Kingsmere Community Association

www.eastbourne.cylex-uk.co.uk

Sovereign Harbour Community Association www.sh-ca.org/

Sovereign Harbour Residents Association www.shra.co.uk/

Eastbourne Neighbourhood Watch www.enwa.org.uk/

Eastbourne Neighbourhood Panels www.eastbournenp.org/

LEARNING IN LATER LIFE

An active healthy mind is an important asset in later life. Older people continue to need fresh opportunities to learn new skills that can enable them to take on new roles and responsibilities, and to continue with their personal development.

So, what to do with this “Time of your Life”? Some switch to less strenuous forms of exercise; others prefer to stretch their minds. “Something I’ve always been interested in, but never had time to explore the subject”. But don’t leave it too long; brain cells go rusty if not kept in use!

The local **Sussex Downs College** runs many and varied courses, and **U3A** (University of the Third Age) has no fewer than three local branches, all well attended. The laptop/tablet revolution is also an important feature; e-books don’t require paper and are therefore much less expensive, essay assignments are much easier to write (and read!) on a computer than in long-hand, and a great deal of information is readily accessible on the Internet.

(See section on Computer Skills p.6)

UNIVERSITY of the 3rd Age. (www.u3a.org.uk)

This is a nationwide organisation, dedicated to promoting lifelong learning for those no longer in full-time gainful occupation and younger people with disabilities.

You can study whatever you wish, provided you can find people in your group to share with you. Each U3A group is fully autonomous. Most groups meet in members’ homes; those requiring more space, in various halls. Some subjects studied are distinctly academic, such as learning a new language, the study of the history of art, of local history or current affairs; some are more active such as dance, drama, or watercolour painting, yet others, such as Scrabble, Social



Bridge, Mah Jong, Singing for Pleasure, Ten-Pin Bowling, Walking and a Luncheon Club are rather more relaxing. Membership of any one of the three Eastbourne branches entitles members to join a group run by one of the other branches, provided there is room in that group for another member.

Eastbourne Central Branch **Tel: 01323 647329**

www.u3asites.org.uk/code/u3asite.php?site=336

Eastbourne Meads Branch **Tel: 01323 647379**

www.meadsu3a.org.uk

Eastbourne & Wealden Branch **Tel: 01323 724972**

www.u3asites.org.uk/code/u3asite.php?site=312

LOCAL HISTORY

Eastbourne Local History Society. Talks, publications and visits to places of local interest. Meets at All Souls Church Hall, Wellesley Road, BN21 3RJ. Contact the Secretary on 01323 419181 or email dhguthrie@btinternet.com

Contact the society on 01323 485971 or visit www.eastbournehistory.org.uk

Eastbourne Society. Seeks to improve both the amenity and utility of the town for local people, by preserving its character and features and preparing for the needs of the future. Meets at the Heritage Centre, 2 Carlisle Road. BN21 4JJ. Tel: 01323 411189.

www.eastbournesociety.co.uk/

Polegate and Willingdon Local History Society. Meets at St Johns Church Hall, High Street, Polegate. BN26 5BX. Contact: Margaret Worrall, 53 Gorrington Valley Road, Eastbourne BN20 9SS

MODELLING

East Sussex Soaring Association.

To encourage flying of R/C model gliders on the South Downs. Various sites (depending on wind direction)

Visit www.eastsussexsa.co.uk



Eastbourne and District Model Engineering Club. Talks on a variety of subjects. Meets at Polegate Community Centre, Windsor Way, Polegate. BN26 6QF Tel: 0752 848 0371. www.padmec.org.uk

Eastbourne and District Model Flying Club. Flying sites at Ripe and Lewes, for electric, IC and glider flying. Buddy system for trainees. Contact: shaun@saltwood35.co.uk www.edmfc.co.uk/

Eastbourne and District Model Yacht Club.

Sailing and racing 1 metre and Laser Class yachts. Meets at Club House, Princes Park Lake, Wartling Road. BN22 7PJ. Tel: 01323 700201 (ansaphone). www.edmyc.org.uk

Eastbourne Model Power Boat Club. Electric, I.C., steam and wind powered boats of all sorts. Meets at St Luke's Church Hall, Stonecross. BN24 5EB, and sails at Princes Park. BN22 7PJ, and Hailsham Common Pond. BN27 2DR.

Contact: richard.parkinson1@btinternet.com. www.empbc.org.uk

MUSIC

Eastbourne Orchestral Society. Meets in All Saints Church, Grange Road, Eastbourne BN21 4HE.

Tel: 01323 479633. www.eastbourne.orchestra.com



Eastbourne Recorded Music Society. Meets at St Saviour's Church Hall, Spencer Road, Eastbourne. BN21 4PA. Tel: 01323 365743. www.eastbournersms.org.uk

Eastbourne Rock Choir. Meets at St Elisabeth's Church Hall, 268 Victoria Drive BN20 8QX. Contact: 01252 714276.

Eastbourne Symphony Orchestra. Tel: 07789 988477 or visit www.eso.org.uk

PETANQUE (BOULES)

Pitch available at **Helen Gardens**, King Edwards Parade. BN20 7XB. Open daily from Easter to October. Tel: 01323 641984.

Cuckmere Valley Club Contact: Secretary Ann Law 01323 325889

PHOTOGRAPHY

Eastbourne Photographic Society. Meets at Eastbourne Blind Society, Longstone Road. BN22 8DA.

Contact: secretary@epscameraclub.co.uk
www.epscameraclub.co.uk

POETRY

The Downland Poets. A Sussex Society for those practising, or interested in, the poetic art. Meets at the Lansdowne Hotel, King Edwards Parade, Eastbourne. BN21 4EE.

Contact: www.thedownlandpoets.blogspot.co.uk/

The Poetry Circle. 1st Wednesday of the month, Age Concern, the Venton Centre, 6-12 Kilburn Terrace, Junction Road, Eastbourne. BN21 3QY. Tel: 01323 638474.

RAMBLING CLUBS

Beachy Head Ramblers. A friendly group of walkers which organises walks on Wednesdays and Sundays, mainly in Sussex. www.beachyheadramblers.com.

Eastbourne Rambling Club. Saturday half-day, Sunday whole-day walks, mid-week evening rambles during the summer. Also coach outings to places of interest, holidays and weekends away.

Tel: 01323 501467. www.eastbourneramblingclub.org.uk

Hailsham Ramblers. Fortnightly walks 8/10 miles, and Wednesday walks 5/6 miles (Cuckoo Trail).

Visit www.hailshamramblers.org

SAILING

Eastbourne has a fine modern harbour, protected by twin locks from the very high rise and fall of the tide. Dinghy sailing from the beach is popular for the more able-bodied, but the steep shingle beach requires considerable effort in launching and recovering boats.

Eastbourne Sovereign Sailing Club (Coastal Dinghy Sailing/ Windsurfing Club, and RYA Training) Royal Parade. BN22 7AA.

Contact: 01323 720715. www.sailing-at-eastbourne.co.uk

Sovereign Harbour Yacht Club – Eastbourne Harbour South, Pevensey Bay Road. BN23 7JH. Tel: 01323 470888.

www.shyc.co.uk

SINGING

Concentus. Choral Singing. Non-music readers welcome. Rehearsals at URC Hall, Watts Lane, Eastbourne. BN21 2LN. Tel: 01323 643358.

www.concentus-sings.com



Downland Singers. 4-part Choir. Meets at Trinity Church Hall, Coppice Avenue, Willingdon. BN20 9PN. Contact: 01323 484189. downlandsingers.webplus.net/links.html

Eastbourne Choral Society. Meets at United Reformed Church Hall, Watts Lane, Eastbourne. BN21 3LN. Tel: 01323 733928. www.eastbournechoralsociety.org.uk

Lamb Choir. Songs for 50's to 90's, with guitar accompaniment. Meets at Lamb Inn, High Street. BN21 1HH. Tel: 01273 567660.

Phoenix Choir. Classical choir. Meets at All Saints Church, Grange Road. BN21 4HE. Tel: 01323 365729. www.phoenixchoir-eastbourne.co.uk

Seaside Harmonies. Fridays term time only. Open access community choir, part of Age Concern Eastbourne's activities. The Venton Centre, Junction Road. BN21 3QY. Tel: 0751 805 4107.

South Downs Singers. Meets at St Georges Church Hall, Eastbourne Road, Polegate. BN26 5DF. Contact the Secretary on 01323 506154 or visit www.southdownssingers.co.uk

Sovereign Singers. (Ladies only, under 66). Meets at Eastbourne Blind Society Hall, Longstone Road. BN22 8DA. Tel: 01323 729511. Contact: www.sovereignpolyphony.com

See also *Eastbourne Operatic and Dramatic Society*, and *Eastbourne Gilbert & Sullivan Society* under "Drama".

SPORTS CENTRES

Bannatynes Health Club. Facilities: Aerobics, Gymnasium, Indoor Pool and Spa. Edwards Road. BN23 8AS. Tel: 0844 248 3746. www.bannatyne.co.uk/healthandfitness/eastbourne/

Cavendish Sports Centre. Facilities: sports hall, Dance studio with spring floor, Gymnasium. Activities: Badminton, Dance, Gym, Table Tennis. Situated behind the Cavendish Secondary School, Eldon Road. BN21 1UE. Available for public use outside school hours. Tel: 01323 647683.

Curves. (Ladies only) Fitness and weight management. 3 Cornfield Lane. BN21 4NE. Tel: 01323 648837. www.curves.co.uk



David Lloyd Club. Badminton, Bowling, Indoor Swimming, Spa, Tennis and Gymnasium. Broadwater Way. BN22 9PZ. Tel: 0145 129 6787. www.davidlloyd.co.uk

Eastbourne Sports Park. The town's focus for sports development. Offers a variety of outdoor and indoor sports courts, pitches and tracks. Access from turning off Cross Levels Way. Tel: 01323 649214.

Natural Fitness Centre. Various classes and therapies, with an overall focus on back care. The Redoubt, Royal Parade. BN22 7AQ. Tel: 01323 732024. www.naturalfitnesscentre.co.uk

Hampden Park Sports Centre. Activities: Badminton, Dance, Gym, Table Tennis, Outdoor Tennis. Open to the public, as well as being used by the Academy during term time. Brodrick Road, beside Eastbourne Academy. BN22 9RQ. Tel: 01323 509859.

Langney Sports Club. (A football association Community Club) Activities: Football (including veteran sides), archery, indoor bowls. Priory Lane, off Priory Road. BN23 7QH. Tel: 01323 766263.

Shinewater Sports and Community Centre. "50+ Activities" (Badminton, Table Tennis, Bowls) Health and Fitness classes. Milfoil Drive. BN23 8ED. Tel: 01323 768614.

Sovereign Centre. Facilities: Swimming Pools, Spa, Health Suite and Cafe. Royal Parade, BN22 7LQ. Tel: 0845 267 1200.

TOFF'S (The Over Fifty FiveS) University of Brighton (Eastbourne Sports Centre). Facilities: Aerobics, Aqua-Aerobics, Badminton, Fitness room, Sports hall, Swimming pool. Young-at-heart circuits, Cardio-vascular clinic. Gaudick Road. BN20 7SP. Tel: 01273 643706. (TOFFS Annual Membership includes several different sports £180).

STAMP COLLECTING

Eastbourne and South Downs Philatelic Society.

Displays, auctions and lending library. Meets at St John Ambulance HQ, 59 Bourne Street. BN21 3SP (upstairs). Contact: www.eastbournestampclub.co.uk



STOOLBALL

Eastbourne Stoolball League. There are 12 teams in and around Eastbourne. To find location of your local team, visit: www.stoolball.org.uk

STORYTELLING

Eastbourne Storytellers. Meets every fourth Wednesday of the month. A group devoted to keeping alive the art and enjoyment of oral storytelling. Meets at the function room, Upperton United Reformed Church Hall (opposite Watts Lane.)
Secretary: 01323 644206.

SWIMMING POOLS available at:

Motcombe Pool. A small modernised pool dating from 1903, used by the hospital physiotherapists and by the Sovereign Swimming Club for disabled people at certain times, but otherwise open to the public. Provides exclusive “senior citizens” sessions. It consists of a “water play-pen” 6 metres long, at 600mm depth, linked to a short pool for competent swimmers. Motcombe Road, Eastbourne. BN21 1PU. Tel: 0845 267 1200.

Sovereign Centre, This is a modern complex providing for most water-based activities. Royal Parade, Eastbourne. BN22 7LQ.
Tel: 0845 267 1200.

University Of Brighton (Eastbourne Sports Centre). A 25 metre pool is part of the complex. Gaudick Road. BN20 7SP.
Tel: 01273 643706. Join the TOFF's programme (for over 55's) and enjoy all the facilities of this sports centre as an Associate Member of the University.

TABLE TENNIS

Age Concern Eastbourne. Every Friday. Venton Centre, Junction Road. BN1 3QY. Tel: 01323 638474.

Grange Table Tennis Club. A friendly non-league club. Meets at the Willingdon Memorial Hall, Church Street, Upper Willingdon. BN20 9HR. Secretary: 01323 730762.



Eastbourne Seniors Club. Alice Croft House, Cornfield Lane. Lift available from Wish Road entrance.
BN21 4NE. Tel: 01323 728157.

Facilities also available at *Hampden Park Sports Centre, Shinewater Sports Centre* and most of the *Community Centres*.

TENNIS

Devonshire Park Lawn Tennis Club. College Road. BN21 4JJ.
Tel: 0758 107 6730. www.devonshireparkltd.co.uk

Eastbourne Sports Park Tennis Centre. (Indoor Courts)
Cross Levels Way. Tel: 01323 649214. (Limited space available during term-time from 9 to 5)

Hampden Park Tennis Club. 7 Hampden Park Drive, BN22 9QR.
Tel: 01323 500461, or secretary@hampdenparktennis.co.uk
(This has astro-turf surfaces) <http://hampdenparktennis.co.uk/>

Meads Lawn Tennis Club. The Pavilion, Upper Carlisle Road.
BN20 7TH. www.meadslawntennis.org.uk

Tennis in the Park. Gildredge Park, The Goffs, BN21 1HD.
A community club. Contact: 0783 789 0429 or visit
www.tennisinthepark.org

Lawn tennis facilities also available at the *Cavendish and David Lloyd Sports Centres*. Tennis courts for hire at *Devonshire Park, Gildredge Park, Hampden Park, and Fisherman's Green* (seafront).

VIRTUAL SPORTS

This is a recent innovation, which may well be a useful development in rehabilitation after illness, and in maintaining muscle strength, balance and coordination in older people who are not able to cope with sports centre activities.



Until now, we have regarded computer games as addictive and encouraging physical laziness. The "Nintendo Wii Fit", and "Nintendo Wii Sports" packages offer simulated games and activities, in a fun situation, where you can hit a virtual ball and see the results of your activity on the television screen. We think they are well worth exploring. Some sports centres have bought packages, so you can play with what is on offer, before buying a home set. "Wii Fit" is concerned with getting healthy, and includes activities such as Aerobics, Yoga and Rhythm Boxing. "Wii Sports" includes simulated tennis and table tennis. There is even a golf package that is said to criticise and improve your golfing strokes. Details from www.wii.com

VOLUNTEERING

This covers an enormous range of activities, and all the charities depend on volunteers to carry out their work. One of the joys of being retired is that there is time to employ your abilities to serve others as and when you choose. Some jobs such as visiting lonely people require transport, others such as helping in meals clubs, schools, or serving in charity shops can be in your immediate neighbourhood.

If you are working with vulnerable people – children or elderly folk – you may need a DBS (was CRB) check before starting work. This will be arranged by the charity you are working for, and is free. Volunteering calls for a degree of humility: being willing to learn, often from those younger than you, and it will call upon your skills as a mature and friendly person (otherwise it could be done by a robot), but it is very worthwhile, and will give you a sense of value instead of feeling you have passed your “best-before” date.

Organisations usually pay volunteers’ expenses, such as travel costs. Some organisations have age limits for their volunteers (this is lawful, as age discrimination regulations do not cover volunteering). Opportunities include volunteering for a community group, becoming a School Governor, joining the Board of Trustees of a charity, Conservation work, working in a charity shop and volunteering for a campaigning charity. www.vces.org.uk gives a most useful list of current volunteering opportunities.

The Volunteer Centre is open Monday - Friday 10am - 2pm for face-to-face contact. 8 Saffrons Road. BN21 1DG.

Tel: 01323 301757

A list of current volunteering opportunities in your locality can be found at: www.vces.org.uk

WALKING and other ways of getting about.

Eastbourne, with its Seafront, the Downs, and a number of Parks, is a splendid place for enjoying nature. However, many older people find that walking is more laborious and less enjoyable than it was. There are alternatives. Buses are free to the over 60’s. The cycle tracks offer mobility without traffic. (See “Cycling”)

Powered wheelchairs have a range of some 20 miles, which more than covers than entire seafront, or the Cuckoo Trail as far as Hailsham. The parks are also suitable for powered wheelchairs, but the Downs are too uneven for any except the “Tramper” model. Regular walks arranged in Hampden Park and Shinewater Park. Contact Healthy Walks Project Officer, Paula Hubens 07740 899559. E-mail p.hubens@tcv.org.uk.

Powered chairs and scooters need ramped crossings, and Eastbourne has developed a series of “Chairways” to make it easy for people on wheels to get about. Ask for the Access Group Booklet in which the “Chairways Map” is included from the Tourist Information Centre in Cornfield Road. Shopmobility, Arndale Centre, Terminus Road. BN21 3NW.] Powered scooters and wheelchairs available for hire. Booking in advance is advisable. Tel: 01323 439585. (Map of wheelchair routes available).

The Eastbourne Downland for walking and rambling, most areas are open to the public.

Details and maps from Council Offices, 1 Grove Road BN21 4TW. Tel: 01323 410000.

Beachy Head. 750m walk with spectacular views over sea and lighthouse. Steep in places. Pay & Display parking, with a toilet. Accessible Visitor Centre.

Butts Brow to Birling Gap easy access trail. Starts at Butts Brow car park above Willingdon Village, follows the eastern escarpment of the Downs to Beachy Head, and thence to Birling Gap. (Bus back).

Cuckoo Trail. 17 Km. of disused railway track, with a good surface. Starts in School Rd, Polegate, links to Hailsham and Shinewater Park.

Gildredge Park and Manor Gardens. Open space, Bowling Club, Tennis, Children’s playground, Café, Toilets. Entrances from The Goffs, Compton Place or Dittons Road.

Hampden Park. Lake, wooded walks suitable for powered wheelchairs, spectacular spring flowers, tennis, bowls, café, and toilets. Entrances from Decoy Drive, Park Av, and Rosebery Avenue.

Shinewater Park. Footpath and cycle track round a large scenic lake, birdlife, fishing, small children’s play area. Pleasantly remote, but no shelter and no toilets. Entrances from Larkspur Drive, and Pig’s Lane.

South Downs Way. This National Trail runs all the way from Eastbourne to Winchester, and is accessible to walkers, cyclists and Tramper mobility vehicles. To download free map, visit www.nationaltrail.co.uk



Eastbourne Promenade. During the season, the Dotto Train will take you from Holywell at the west end, right through to the Harbour at the east end. Part of the route is on the road, but the Promenade runs from “Langney Fortress” (the water treatment works) to Holywell. Walking and skating is permitted along the whole length, and cycling permitted east of Fishermen’s Green. Petanque available at Helen Gardens. Café at the Wish Tower. Toilets at Langney Fortress, Fisherman’s Green, the Pier, Bandstand, Wish Tower, and Holywell.

Eastbourne Harbour. This is well worth a visit, to watch the boats and the twin locks operating. Entrance from Atlantic Drive, or from Pevensey Bay Road, where there is a free car park. The Water-Taxi will take you on a scenic tour around both North and South Harbours. www.eastbourneharbour.com/

Walking for Health, Free Programme of walks locally with Age Concern Eastbourne. Call: 01323 638474 for more information.

Pevensey Bay, Mondays 9.45am meets outside the Library.

Walks for info Wealden District Council. Tel: 01323 443322.

WILDLIFE

Sussex Wildlife Trust: Eastbourne Regional Group. Illustrated talks, and arranges guided local walks. Meets at Victoria Baptist Church Hall, Eldon Road. BN21 1UE. Tel: 01273 492630 or visit sussexwildlifetrust.org.uk



East Sussex Wildlife Rescue and Ambulance Service Dedicated rescue service for people who find sick, injured and orphaned wildlife casualties in East Sussex. Welcomes volunteers. Talks available. 24 hour rescue line 0781 5078 234 www.eastsussexwras.org.uk or post to East Sussex WCAS PO Box 2148 Seaford BN25 9DE

YOGA, TAI CHI, ETC

Age Concern Eastbourne. Tai Chi at Venton Centre, Junction Road. BN21 3QY. Tel: 01323 638474.



Alice Croft House, Cornfield Lane. BN21 4NE. Tel: 01323 728157.

St Barnabas Church Hall, Kingfisher Road, BN23 7RA. Tel: 01323 725286 after 6pm.

Yoga at St Barnabas Church Hall. Fridays at 10-11.30am.

Tel: 01323 371004.

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www.la-locanda-del-duca.com