



## LET'S GET FESTIVE!

As you will probably already know, the council has had to cancel this year's East Preston Christmas Celebrations event. This was not the way we would have wanted to open any Newsletter, but the current tightening of restrictions on events has made cancellation unavoidable.

But all is not lost. We have got together with the East Preston Festival Committee to offer some distractions we hope you will enjoy. All have a Christmas or winter theme and there should be something for people of all ages.

### BRIGHTEN EAST PRESTON'S CHRISTMAS

Householders are encouraged to put up their decorations a week or two early and brighten up the village, be it external Christmas house lights or a window display; bedecking the garden or a Christmas scarecrow in the porch. There will be prizes for the best ones and all you need to do to enter the competition is complete a form, available from Buds 'n' Blooms at 7 Sea Road, so we know where to find you. **Judging will take place on Saturday 5th December.**

The entry form will also be available to download from the Parish Council's Facebook page and the Parish Council's website (see below). All forms must be returned to Buds 'n' Blooms by 12 noon on Friday 4th December.

### WINDOW-DRESSING COMPETITION FOR SHOPFRONT BUSINESSES

Local businesses will once again be able to bid for the Finch Cup for the best dressed, Christmas-themed window display. Previous winners include Something for the Weekend, Just Because, Buds 'N' Blooms, The Cake Artist and Cicero's Hair.

To be included, please email [admin@eastpreston-pc.gov.uk](mailto:admin@eastpreston-pc.gov.uk). Windows to be judged will need to be ready by 18:00 on Friday, 20th November. The winner will be announced during Saturday, 21st November.

Visit all the window displays and let your favourite business know.

### SPOT THE ROBIN COMPETITION

The local shops will also be challenging the younger people of the village with a Spot the Robin competition for children - find a picture of a robin in their window display and match the name of the business to the number of the robin.

Entry forms can be collected from Kerry's Community Tea Shop at 45 Sea Road or Seaview Stores at 114 Sea Road and must be returned there by 12 noon on Friday 11th December. There will be a prize for the winning entry.



### PHOTO COMPETITION

**Subject:** Autumn / Winter in and around East Preston

Budding snappers along with more experienced photographers can enter the photo competition as there will be two categories, adults and under 16s, with prizes for each category. The maximum number of photos a person can submit is three and all photos must be relevant to the theme. No digital enhancement is allowed.

Email photos to [eastprestonfestival@hotmail.co.uk](mailto:eastprestonfestival@hotmail.co.uk) including your name, address and telephone number in the message. Send hard copies (size 7"x 5") to - EPX20 Photos, c/o EP Parish Council Office, 122 Sea Road, BN16 1NN

with your name, address and telephone number written on the back of each one. Photos must be received by 12 noon on Monday, 11th January.

For more information and enquiries please email [eastprestonfestival@hotmail.co.uk](mailto:eastprestonfestival@hotmail.co.uk) and you can keep up-to-date with all the latest news on the Parish Council's Facebook page.

East Preston Parish Council - <https://www.facebook.com/EastPrestonParishCouncil1>

East Preston Festival Committee - <https://www.facebook.com/EastPrestonFestival>

East Preston Parish Council - <https://eastpreston-pc.gov.uk/>

**PLEASE NOTE: All activities are subject to change or cancellation at short notice.**

# The Chairman reflects



2020, the year they say we'll never forget. But there is nearly always a silver lining.

From the stories we have been told, this has been a year where more of you than ever have made new friends, helped more of your neighbours, found yourself contributing even more to this

wonderful village community. Without the help so many of us have offered our neighbours and friends, far more villagers would have struggled far more through this year.

Has this given you any ideas for how we can all work together to make the village better for the majority of us? If so, please get in touch and let us know. We are always happy to discuss new ideas.

Thank you.

**Steve Toney**  
Chairman, East Preston Parish Council

## Meals on Wheels

**Apetito**, the **West Sussex County Council** Meals on Wheels Service provider for your area, can deliver a two-course hot nutritious meal into your home every day of the year. There are no contracts and no delivery costs. It is suitable for long- and short-term use and you can stop and start the service whenever you like. All the meals are cooked en route and delivered hot to your door by our drivers, who will also conduct a daily safe and wellbeing check.

The cost of a two-course meal is **£5.75\*** for customers on a care package or who are 65+ with a short- or long-term medical condition otherwise its **£6.90\***. For an extra £1 customers can receive a third course.

We can also provide a tea time pack which includes a sandwich, cake and piece of fruit which is delivered with your hot meal and costs **£3.40\***.

\*Prices correct at time of print but are subject to change.

If you have any further questions or if you would like to set up the service then please call our friendly office team on **01903 718893**, 9:00am – 4:00pm Monday – Sunday; alternatively please email **westsussex.office@apetito.co.uk**.

Sarah Ayres, West Sussex Depot Manager

## East Preston in Bloom




During the lock-down many people gained great pleasure in spending more time in their gardens. The health and well-being benefits are numerous and varied.

This is an ideal opportunity to start a new project in the village where community involvement can enhance and complement the floral displays already provided by the Parish Council.

The new project will not be competition-based but will aim to increase environmental awareness and community activities in the village.

We know there is a wealth of gardening expertise within the village and we would welcome your involvement. Your contribution however big or small would be very much valued.

### What are the benefits?

-  We can celebrate where we live and improve our health and wellbeing
-  We can help protect the environment by sowing wildflowers and attracting more bees
-  We can help overcome loneliness by having a common goal and interest.



Although the Parish Council will initially help to set up the project, the ideal way forward is for it to be community led.

The project is in its infancy and we would very much welcome your views and feedback to help us start up.

If you are interested please contact Cllr John Gunston on [cllr.john.gunston@eastpreston-pc.gov.uk](mailto:cllr.john.gunston@eastpreston-pc.gov.uk) or Cllr Patricia Gander on [cllr.patricia.gander@eastpreston-pc.gov.uk](mailto:cllr.patricia.gander@eastpreston-pc.gov.uk). Alternatively, please leave a message for John and Patricia at the Council Office and they will contact you.



## Village Green boules piste

Several times a week, come rain come shine, devoted sports-people assemble in the south-western corner of the Village Green for a friendly but competitive game of boules.

Without a much-loved local resident, Chris Shore, there would be no boules piste in the village. Chris first approached the council in 2011 with the suggestion of a piste on the Village Green. The council agreed with Chris's proposal and a piste was constructed, much of it at Chris's own expense.

Sadly, Chris passed away in February of this year. In honour of Chris's tireless and good-humoured work, the council recently named the piste the **Chris Shore Memorial Boules Piste**. Daughter Jen said, "We are absolutely blown away! What a wonderful surprise! We cannot thank the council enough! Dad would be so proud (as are we!)".

Thank you, Chris.



## Village Life

### November

- 2nd Full Council (7pm)
- 4th Business Breakfast (8am)
- 9th Planning & Licensing Committee (6pm)  
Amenities Committee (7pm)
- 16th Finance & General Purposes Committee (10am)
- 23rd Planning & Licensing Committee (6pm)  
Community Engagement Committee (7pm)

### December

- 2nd Business Breakfast (8am)
- 7th Full Council (7pm)
- 14th Planning & Licensing Committee (6pm)  
Audit & Governance Committee (7pm – tbc)
- 16th Finance & General Purposes Committee (10am)
- 21st Planning & Licensing Committee (6pm)  
Major Events Committee (7pm)
- 23rd Council Office closed until 4th January

### January 2021

- 4th Full Council (7pm)
- 11th Planning & Licensing Committee (6pm)
- 18th Personnel Committee (6pm)  
Amenities Committee (7pm)
- 25th Planning & Licensing Committee (6pm)  
Community Engagement Committee (7pm)

### February

- 1st Full Council (7pm)
- 3rd Business Breakfast (8am)
- 8th Planning & Licensing Committee (6pm)
- 15th Finance & General Purposes Committee (10am)
- 22nd Planning & Licensing Committee (6pm)  
Major Events Committee (7pm)

At the time of writing, council meetings have to be held online. However, for all meetings, please consult the Noticeboards and website a few days before the meeting for the Agenda and venue.

**Please note the above list may be subject to change.**

## Fireworks

By the time this Newsletter drops through your letterbox, Bonfire Night may be just a memory. Except, these days, hardly a week seems to go by without fireworks being let off somewhere in the area. Some weeks it may be just a couple of small fireworks, other weeks bigger displays can be heard across the village. These can result in a great deal of anguish for many residents and especially their pets.

The following regulations are published on the Arun District Council website:-

'The use of fireworks (not including sparklers, party poppers, etc) is not permitted between 11pm and 7am. The only exceptions to this are:

Until midnight on 5th November

Until 1am on New Year's Eve

Until 1am on Chinese New Year

Until 1am during Diwali

There are also exceptions for local authority displays, and national public celebrations and commemorative events.'

Please always be considerate to neighbours – if you are planning a party with fireworks, please tell your neighbours in advance so they can distract and calm their pets as necessary.

Thank you for your support.

## Crossing safely

After a long time without a school crossing in the village, the council is delighted Victoria Laverick recently began work as the village's new school crossing patroller. Victoria will be in North Lane, between its junctions with Lashmar Road and The Street, helping children five days a week: 08:30 to 09:00 and 15:00 to 15:30.

Victoria has lived locally for almost ten years and felt it was time to do something constructive in the community. With her love of children, this seemed like a great job opportunity. "I wanted to give something back to the community, to support the parents and children and to alleviate their anxiety about crossing such a busy road. I am also happy to support the older children becoming more independent, so please use me. This is such a great place to live and bring up my two boys, both of whom went to East Preston primary schools."

Victoria asks **parents and children** to wait on the pavement until she is able to help you across the road, and then to cross in front of her not behind her. **Drivers and cyclists** please slow down as you approach Victoria, ready to stop if necessary – remember there is a 20mph speed limit during school start and finish times.

Victoria is employed by West Sussex County Council (WSCC) but the village refunds the costs to WSCC.

### And a reminder! Think before you park!

The council regularly receives complaints about poor, inconsiderate and illegal parking in the roads around



our schools, particularly during drop-off and collection times.

Think of the difference it would make if more parents started to walk their children to school? It's healthier, it's more fun and you and your children get more chance to meet or make friends.

## East Preston Parish Council council tax for 2021/22



As you know, the work the Parish Council does on behalf of the village is mainly funded by a portion of the Council Tax every household pays to Arun District

Council each year. That portion is called the precept.

The precept sum generally goes up each year, roughly in line with inflation but sometimes a bit more than that if the council has a project it wishes to undertake on your behalf.

As 2020 has been such an unusual year for all of us and continues to be so, it has not been possible for the council to spend as planned against every budget line. Much of that unspent budget will, hopefully, be spent in the coming financial year, so the council decided not

to increase the precept you pay in the coming year.

Although it is only a small saving per household, please remember it and try and spend a little extra with any of the great 150+ businesses we have in the village. We all know the shopfront businesses, but elsewhere in the village there are gardeners, accountants, therapists of all descriptions, dog-walkers, trainers and groomers, hairdressers, seamstresses, private tutors, architects, builders, plumbers, electricians, financial advisers, a thatcher, carpenters, specialist car mechanics, designers, locksmiths, photographers, personal trainers, roofers and more all ready and willing to help you out.





## A greener future - Environment Issues Working Party

In our last issue we promised a regular column on green issues and as the Parish Council has recently established an Environmental Working Party we thought this would be a good opportunity to highlight some of the issues discussed at our first meeting and invite you to contact us with your ideas or comments.

We would like to increase the biodiversity within the village, perhaps with more wildflower planting. On the subject of energy, as well as the Green Energy Grant - the subject of a separate article - we also discussed establishing electric vehicle charging points in the village. To help with carbon reduction the Parish Council is looking to employ a company to perform an energy audit of our offices. More details of any savings we are able to make will be the subject of future articles. To take advantage of the health benefits of living by the sea we would also like to encourage parishioners to walk around the village, so look out for more details on "geocaching". If you have never heard of this, all will soon be revealed.

We are keen to work with other organisations and groups within the village to develop ideas on how to help combat the adverse effects of climate change. The Working Party already has two residents on the team and we have at least one other attending our next meeting on the 19th October. If you would like to get involved in any way please contact Cllr John Gunston via the Parish Council Office.

We look forward to hearing from you.

## Councillors walkabouts

The council has resurrected an old idea of Councillor Walkabouts.

Having started in August, most weeks, a pair of councillors will head out into a different part of the village, looking out for problems such as potholes and overgrown hedges but also taking the time to chat to local residents they see out and about. Currently, walkabouts are only daytime, but once the spring returns, walkabouts may well take place early in the evening too.

So far, pretty much everyone the councillors have spoken to has been very positive about their experiences of living in the village, which is not to say they have not raised some concerns with us.

As a result of Councillor Walkabouts various potholes and other problems have been reported to the authorities that can resolve them, mainly West Sussex County Council Highways.

Councillors all have id badges, so if you have any concerns about someone approaching you saying they are from the council, please just ask to see their id badge. No councillor will ever be offended by you asking that.

If you see a pair of councillors out and about, please take a couple of minutes to stop them and give them your thoughts about living in the village. Thank you.

## On Yer Bike

If, like many people in East Preston, you rediscovered a love of cycling during the summer then you may have already used the cycle hoops and racks dotted around the village.

For anyone thinking of taking to two wheels you can secure your bike at the racks at the northern shops, the library, undercover at the Village Hall and the Marjorie Bridger Hall (home of the East Preston Scouts) as well as at the cycle hoops at the Conservative Hall and the Village Green car park (which were kindly donated by the East Preston Film Society). There are cycle racks outside Shortcuts and Grub & gumption at the southern end of East Preston.

Government figures show that 68% of all the trips we make are below 5 miles, so if you are able, why not make more of these journeys by bike? According to Cycling UK not only is cycling good for the environment by helping to reduce pollution but it also has a host of health benefits by boosting immunity, reducing the risk of cardiovascular disease and cancer, helping combat depression and even fighting the ageing process! Just look at the happy, young-at-heart cyclists around the village.

Many parishioners are concerned about the amount of traffic and issues with inconsiderate parking within the village so if you would like to help alleviate these problems then please think about using your bike and the cycle hoops and racks when you next visit the library, village halls or one of the local shops, pubs, cafés or restaurants.

For the more adventurous West Sussex County Council have a cycle journey planner so you can plot your route to explore more of West Sussex by visiting [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and putting 'cycle journey planner' in the search box.





## Look after your Neighbours

During the Covid-19 lockdown period there was a lot of negative media coverage... but there was also a positive outcome. Communities came together, people helped their neighbours, and a friendly hand was extended to many people with whom we may previously not have had contact.

Did you know that some older people can go over a month without speaking to a friend, neighbour, or family member?

However, loneliness affects ALL ages and can impact on every aspect of one's life.

During the last six months the East Preston Voluntary Service identified many vulnerable and lonely people in the village. Although the lock-down has eased, the feeling of being lonely can remain and be very debilitating.

With Winter on our doorsteps, and the threat of another lock-down, let's all rekindle our neighbourly spirit, looking out for one another and indeed anyone who we think may benefit from a friendly chat or just a smile.

TIME and LISTENING are important things we can offer.

## Warren Recreation Ground

As you probably know, the Warren Recreation Ground is a separate charity but each year it delegates its responsibilities to the Amenities Committee of the Parish Council.

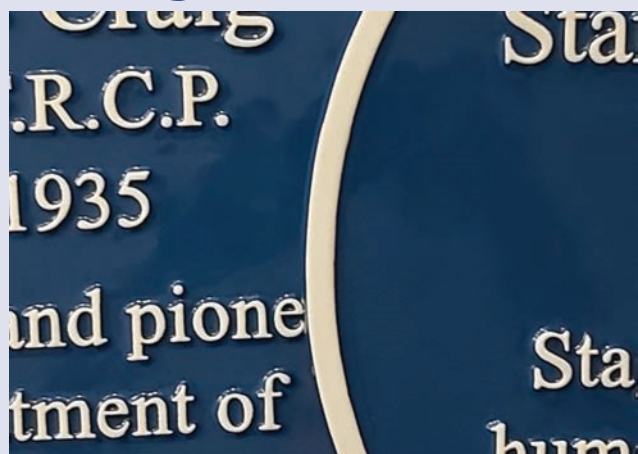
In recent years, you will hopefully have noticed some improvements around the Warren Recreation Ground such as new fencing, new planting scheme around the car-park and replacement items in the children's play area.

Over the next year, the surface of the tennis court will need to be redone as there is now some tree root damage appearing. This ties in with another activity the council organises each year – free tennis coaching sessions with Andrew Cook, Head Coach at Angmering-on-Sea Lawn Tennis Club. This year we ran three sessions on Friday mornings in September. "Really enjoyed the tennis" was just one of the comments we received.

Other projects the council is looking at for the Warren Recreation Ground will be improvements to some of the benches and possibly some changes to the children's play area. We also hope to organise a picnic event for preschool children living in the village.

Please let us know if there are improvements you would like to see considered for the Warren Recreation Ground?

## Coming soon...



## Thanks to....

Anyone who ever helps picking up other people's litter around the village and on the beach. Your efforts are appreciated by everybody (except the people that drop their litter for someone else to collect).

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Everyone who has responded positively to the council's Don't Be A Tosser poster campaign.

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East Preston Yarnbombers for their fantastic display of bicycles and scooters during the summer. Over £800 was raised for two local charities from the sale of just some of the bicycles.

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East Preston Festival Committee for its willingness to work with the council on Christmas Activities for the village.

Please contact the office if you would like a large print version of this newsletter.



**Contact point:** Parish Clerk - Simon Cross, Assistant Clerk - Dawn Reid  
Council Office, 122 Sea Road, East Preston BN16 1NN

Telephone: (01903) 770050 E-mail: [clerk@eastpreston-pc.gov.uk](mailto:clerk@eastpreston-pc.gov.uk)

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