



East Preston Voluntary Service

In March 2020, whilst COVID-19 was mainly only affecting other people in other countries, two of the council's committees met informally to consider how best the council could help residents who, during the predicted pandemic, would be less able to help themselves as much as they usually would.

That meeting gave birth to the East Preston Voluntary Service.

Often more on than off over the past fourteen months, superb East Preston volunteers have been helping lovely East Preston residents with shopping, dog walking, collecting prescriptions, lawn-mowing or whatever was needed. Some needed help weekly, others just once or on a more ad-hoc basis. Lasting friendships have been formed, an unexpected bonus of the scheme. Some volunteers have continued to check in with their new friends long after they were last needed for anything tangible. We would love to have included a photograph

of all our volunteers and those who used the service here, but unfortunately that is still not possible.

Once again, the country finds itself coming out of lockdown with the infection rate low and the vaccination rate high. Life is returning to whatever normal will mean for each and every one of us. For many of our kind-hearted volunteers, this means a return to full-time work, or extra childcare as soon as that is possible, or simply a return to the village social activities they have dearly missed. If you have been working with a volunteer over the past year, and you are not sure how you will manage certain tasks without them, please contact us in the Council Office and we will direct you to organisations we believe will be able to help you in the future.

The most heartfelt thank you possible to our steady band of volunteers all of whom help make East Preston such a wonderful, friendly place in which to live. Long may it last.



East Preston Festival Weekend 2021 Friday 23rd July to Sunday 25th July

The East Preston Festival Committee is planning a Festival weekend to celebrate a return to village life. The main events will take place on the Village Green and will comply with any regulations still in force. It will kick off with a Summer Fun Day on Friday 23rd July; on Saturday 24th July there will be a Community Fete, with charity stalls, art exhibition, mini tennis court and children's entertainment and on Sunday 25th July we will be holding a Craft Fair and Farmer's Market.

There will be a Scarecrow competition which will have a 'Tropical' theme. If you want to enter, make your own scarecrow to display in your front garden. You can also grow a sunflower in your front garden and enter the

Sunflower competition. These lovely sunshine flowers are a symbol of hope and happiness so let's spread some round the village. The local shops will be hosting a competition for children: find the sunflower motif in their window display and match the name of the business to the number of the sunflower. Entry forms for these competitions are available from Buds 'n' Blooms, Kerry's Teashop or Seaview Stores and there will be prizes for the winning entries.



The subject for the photo competition is St Mary's, East Preston's iconic 12th century church.

There are three categories: exterior view, interior view and a special category for under 16s. There will be cash prizes for the winner in each category. Email your entries (no more than three per person, please) to -

eastprestonfestival@hotmail.co.uk

For more information look out for posters displayed throughout the village and a Festival Weekend programme will be available at village outlets from the end of June.

**Don't forget to
shop local**

A breath of sea air

Sea Air
RESPITE BREAKS
THE DAVID HUNT FOUNDATION

In the first of an occasional series, we talk to an East Preston resident volunteering with a local charity.

Two local residents, together with two Trustees, have recently created a

new charity, The David Hunt Foundation.

The Foundation is marketing itself as Sea Air Respite Breaks. It has purchased a property in Rustington to offer free respite holidays to people whose circumstances have changed through long-term serious illness and are unable to afford a holiday. Once ready, the property will be made available to adult guests who may have recovered from or still be recovering from their illness. Their children and pets will also be very welcome.

Some local East Preston residents are already helping to bring the project to fruition, for example helping with the renovation of the property.

If successful, funds are available to purchase a further property in the area.

Kiera Dalton, 21, is the Social Media Marketer for Sea Air Respite Breaks and had this to say:



"I have known the founders for the past few years and when they told me their idea, I really wanted to be involved. The idea is amazing, and the people being helped by the Foundation are close-to-home, both geographically and emotionally. It is really rewarding to be involved. We are looking for people who can offer time or services or products to help with the renovation of the first property. Anyone wanting to support the charity can contact us through the website."

<https://www.seaairrespitebreaks.com/>

Helping our schools

Last Autumn, the council agreed it wanted to help the village return to some kind of normality, but found that the schemes it came up with or which were suggested to it were not possible because of the constraints within which town and parish councils operate.

However, the council did agree to set up a COVID-19 discretionary fund to consider applications from organisations operating within the village for some extra support to tackle hardship resulting from the pandemic.

One application received was from the Friends of East Preston Infant School. The council agreed to fund nine iPads to assist with "home learning during lockdown".



Pictured here are (right to left) Cllr John Gunston who had the initial idea for a discretionary fund, Headteacher, Mrs Claire New, and Mrs Alexa Gardner, Chairman of the Friends of East Preston Infant School, with her son.

On hearing of the award, Mrs Gardner said, "Thank you so much for the brilliant news regarding our grant application. It is very exciting to hear and I'm sure it will be a great boost to the children and teachers."

Mrs New added, "East Preston Infant School is so grateful to the Parish Council for its generous donation towards the purchase of nine iPads. Many families do not have the technology at home to support remote learning, or there are too many siblings who all need to use the same computers and tablets at the same time. These iPads meant that nine families were able to be supported in their teaching and learning whilst at home during lockdown. Now the school has reopened they are continuing to be invaluable as an additional resource in supporting our Computing curriculum."

The council also helped the Junior School's campaign to adopt some second-hand laptops and tablets, more generic than the equipment provided for the Infant School. Headteacher Michael Tidd said, "Every donated laptop is one more family who don't have to put themselves and their relatives at risk, and one more child who can continue to learn who wouldn't otherwise have been able to, so the generosity is greatly welcomed. Please pass on my thanks on behalf of the recipient families who have also been delighted to be supported."

Cllr Gunston summed up by saying, "I am pleased the Parish Council has been able to support such a worthwhile cause and help local families."

Correspondence Corner

There is a growing trend, especially amongst young people, to adopt unhealthy, unnatural diets, such as vegetarian and vegan diets, for ideological rather than nutritional reasons. The human species has evolved to require both meat and plant foods, roughly in the proportion of 20% meat and 50% fruit and vegetation. Departing from this natural omnivorous dietary ratio should not be done without medical consultation, as it can lead to serious deficiencies in vitamins, minerals, and protein. Unlike meat protein, plant protein does not contain all essential amino-acids, neither do plants or fungi (now known to be animals) contain the essential vitamin B12, whose absence in the diet can lead to pernicious anaemia, a potentially fatal condition. Plant food plus mouthfuls of supplement tablets are a poor substitute for a natural, balanced meat and plant mixture, whose ratio can be lowered in meat content safely to 10% meat plus 90% plant if desired, but no lower. A gluten-free diet for someone without a gluten intolerance is also highly undesirable, and yet this practice is also growing in popularity.

On no account should dietary advice ever be taken from websites without scientific accreditation, as these are set up in their thousands by the no-meat lobby and other veggie propagandists.

Brian Day
Biochemist and Geneticist

Living in a village is no excuse, and yet there is bad behaviour all around, and whilst each "criminal" may think their "crime" is minor, it all adds up.

In February, there was a drugs bust in Sea Road.

In April, there were two stabbings in the village, once again in Sea Road, once just off Sea Road.

We live in a fantastic village. I've lived here twelve years, have settled in nicely, thank you, and see myself living out my days here.

There have been parking problems here for as long as I can remember, the fancied logoed vans of local companies are not the first or the only ones to park inconsiderately and often illegally.

These all add up to give East Preston an image where any crime goes. I'm not so stupid as to be worried there's any threat to me as a law-abiding resident, but the more crime there is, the more likely the unwitting to see or hear something they shouldn't. Then the threat becomes a whole lot closer to home.

Victimless crimes - parking on verges, riding electric scooters on public roads, driving just over the speed limit, a little drugs for the weekend, may all seem harmless to the perpetrator, but they all show a casual disrespect for the law and the spirit of the law and for other residents.

Come on, fellow East Preston residents, clean up your act and our village. Before it's too late.

PW

In the last issue, JH suggested a dog-free area be provided in the village as "somewhere we can all go without the fear of a small number of less well-behaved dogs disrupting our enjoyment."

The council's Community Engagement Committee has considered this suggestion and agreed the areas of land for which the council is responsible are too small to implement dog-free areas which the council would struggle to police anyway.

Several residents provided positive advice in response to JH's letter:

TE - "Perhaps JH could try and visit parks for picnics/family fun where dogs have to be on leads i.e.: Swanbourne Lake, Arundel or some nature reserves where dogs are totally banned. Warnham Nature Reserve, near Horsham is brilliant as is Pulborough Brooks and they do allow own picnics to be consumed. It's fantastic for children with super bird hides and boarded walkways (great for buggies or wheelchairs). Children are requested to be quiet though in the hides - which is understandable. When we are allowed, another fantastic place is Sussex Prairie Gardens, nr Henfield. They do allow dogs, but on short leads at all times. They have a

field for picnicking. Borde Hill Gardens is good too, they only allow dogs on Mondays. I hope this may help your reader."

DW - "As a dog owner I sympathize with people who worry about over-friendly dogs scaring adults and children. They may not have been brought up with animals nor been taught what to do. Dogs Trust (Shoreham) have a useful guide on how to teach children or adults what to do; stand still facing away from the dog, with arms down. No shouting, waving arms. Or screaming!

"Most dogs will be concerned and run up to try and find out what the matter is. Like children, dogs need training and the only way they can do that is to go somewhere relatively safe and quiet, off lead to learn to come to their new name, return, sit, stay and so forth.

This may be a rescue dog with a new name and a new owner."

JM - "Might I suggest that if he/she and their family would like to enjoy a picnic & swim in a dog-free area, they take a stroll up to Littlehampton beach where there is plenty of space to do so! Or perhaps a longer walk to Worthing beach, where they also implement dog restrictions on their beaches."

The views expressed in Correspondence Corner letters are not necessarily the views of the Parish Council. If you have any views you would like to share with the village, please email or write to us, marked Correspondence Corner.

The Reluctant Vegetarian

Last issue, we promised you an article on Cllr Gunston's experiences of following a vegetarian diet for a week. Here are his thoughts:

Eating less meat seems to be a popular preoccupation at the moment perhaps for health, financial or environmental concerns. Many organisations such as The Soil Association claim that "a transition to a fully agro-ecological Europe will require dietary change, particularly a shift towards 'less and better meat.'" The well-publicised Meat-Free Monday campaign also urges us to cut down on our meat intake.

As a confirmed meat-eater, it was therefore with some reluctance that I accepted the challenge to try a vegetarian diet for one week in January. I thought that this would be a useful start to following part of the government's Eatwell guide recommendation (as shown) to eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily and to eat less red and processed meat. The full guide can be downloaded from <https://www.gov.uk/government/publications/the-eatwell-guide>

Some of the meals I enjoyed included a three-bean casserole, oven baked salmon, meat free burgers and vegetarian haggis. The Littlehampton Fridge on Tour provided a useful source of fruit and vegetables, including celeriac, which makes excellent mash and soup, beetroot, leeks and pears. Although you can

never be sure what is going to be available at the fridge I, like many others in the village, have enjoyed the challenge of using products that would otherwise be going to landfill. (The Fridge can be found outside the Council Office every Wednesday between approximately 14:15 and 15:15).

So having survived and indeed enjoyed the opportunity to try some different dishes, I have decided to incorporate the experience into my weekly diet and make at least one day meat free - usually Monday.

Perhaps as we come out of lockdown, which has had such an impact on us all, this is a good time to be asking what small steps we can all take to help the environment. Maybe making our gardens more insect friendly, taking up the Southern Water Target 100, reducing our food waste or introducing more walking or cycling into our daily routines.

The information on this page is general. If you have a medical condition, are pregnant or a child, please seek advice before making any changes to usual dietary advice.

Cllr John Gunston

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives
Choose lower fat and lower sugar options

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Oil & spreads
Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Easter Egg Hunt



Congratulations to Ethan McIntyre who is the joint-winner of the Easter Egg Hunt 2021. Ethan and his sister – she ticked the No Publicity box – both found 18 of the 20 eggs on display. This is a picture of Ethan and his mum, Helen, collecting a couple of Easter Eggs for their prize.

Thank you to everyone who took part and the following businesses:

Arun Business Supplies	Graham Butt
Brennan and Chatterton	Grub and gumption
Buds 'N' Blooms	Just Because...
Canine Design	Kerry's Community Tea-Room
Cooper Adams	Lloyds
DART	Ristorante Al Mare
dizzy	Seahorse Café
East Preston Dental Clinic	Seaview Stores
Fuller Associates	Shortcuts
Glyn-Jones	Toni Todd Hair and Makeup.



Village Life

June

- 2nd Business Breakfast (8am)
- 7th Full Council (7pm)
- 14th Planning & Licensing Committee (6pm)
- 16th World Refill Day
- 27th East Preston Beach Clean (11am)
- 28th Planning & Licensing Committee (6pm)
- Major Events Committee (7pm)

July

- 5th NHS Day (see article)
- Full Council (7pm)
- 7th Business Breakfast (8am)
- 12th Planning & Licensing Committee (6pm)
- 19th Audit & Governance Committee (2pm)
- Personnel Committee (6pm)
- 23rd Come and Meet Your Local Councillors (10am – midday)
- 23rd to 25th East Preston Festival (see article)
- 26th Planning & Licensing Committee (6pm)
- Community Engagement Committee (7pm)

August

- 2nd Full Council (7pm, tbc)
- 4th Business Breakfast (8am)
- 9th Planning & Licensing Committee (6pm)
- Amenities Committee (7pm)
- 16th Finance & General Purposes Committee (10am)
- 23rd Planning & Licensing Committee (6pm)
- Major Events Committee (7pm)
- 28th East Preston Food & Drink Festival (midday – 5pm)

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.



SAVE THE DAY!

Fun Day Sunday

After a long wait, we are planning our next Sunday event on Sunday 3rd October 2021. It will be a lovely occasion when you can enjoy a delicious tea, lively music, dancing, dressing up, and entertainment.

More news and the opportunity to book tickets in the coming months.



On 5th July 2021, it will be 73 years since the NHS and social care system was established.



2020 was the most challenging year in NHS history. This year though, the birthday is an opportunity to recognise, reflect and remember, and to recognise the skills, commitment, achievements, compassion and diversity of all 1.9 million people working in the NHS across more than 350 different professions.

For more than a year now, NHS staff have worked around the clock to tackle coronavirus – caring for the many, many patients with COVID-19 who have needed specialist hospital treatment and treating countless others besides, redesigning services and creating backup Nightingale hospitals.

None of this would have been possible without the help and support of countless individuals and organisations around the country.

On Monday, 5th July 2021 there will be a series of events nationwide to show our gratitude to all NHS and front-line staff with an annual day of thanks and remembrance of those who lost their lives because of this dreadful disease.

There will be events involving every aspect of society and raising money for two excellent causes – NHS Charities Together, which supports 250 hospitals and their charitable trusts, and the National Care Association, representing 1.6 million workers caring for some of society's frailest citizens.

In East Preston we could take this as another great opportunity to appreciate the community in which we live and to join with our neighbours and friends in this day of celebration. We invite you to join in with the nationwide celebration and show appreciation of everything the NHS staff and all of the key workers do for our country.

The website below has a suggested programme of events and you can also add on your own events. Please let us know if you host something and send us some photographs afterwards.

<https://www.nhsfrontlineday.org/>

Thanks to....

Everyone who shops locally and keeps our shopping areas thriving.

Everyone who helps keep litter under control in the village, especially the members of KEPT (Keep East Preston Tidy – keptsussex@gmail.com)

Anyone who brightened the village by decorating for Easter and the East Preston Yarnbombers for the Easter chicks and bunnies game.

All the organisers of the recent Find the Fairy Door competition.

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



Find us on Facebook

Rampion 2 Wind farm - an update

A preliminary onshore cable route for the proposed extension to the existing Rampion wind farm, coming ashore at Climping and connecting to the national grid at Bolney, has been prepared. Work has also progressed on technical and environmental surveys together with meetings with all the relevant statutory groups.

Formal public consultation on the Preliminary Environmental Information Report and the refined proposals will now take place in late summer 2021, before final proposals are submitted in late 2021. More details of the proposals and the public consultation process will be in our Summer 2021 newsletter in August.

For the latest information on the proposal, please visit <https://rampion2.com/>
for an opposing view, please visit <https://www.protectcoastalengland.org/>



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Website: <http://eastpreston-pc.gov.uk/>

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