



East Preston Christmas Celebrations

Saturday 20th November midday to 5pm

Here in East Preston, Christmas starts on 20th November!

That's the date for this year's East Preston Christmas Celebrations which will again be a great way of starting your Christmas season. Please note we have had to scale back on certain elements to ensure this year's event could go ahead.

The numbers on this map identify specific event locations as detailed in the timetable overleaf.

This year, Father Christmas will be hosting **Storytime** so he can see more children whilst maintaining social distancing. Storytime slots will be at either midday or 1pm, depending upon when Father Christmas chooses to have a lunch-break, then at 2pm and 3pm. All children will receive a gift bag at the end of the story. It will be necessary to **pre-book for Storytime with Father Christmas**. This can be done by emailing Alison on admin@eastpreston-pc.gov.uk.

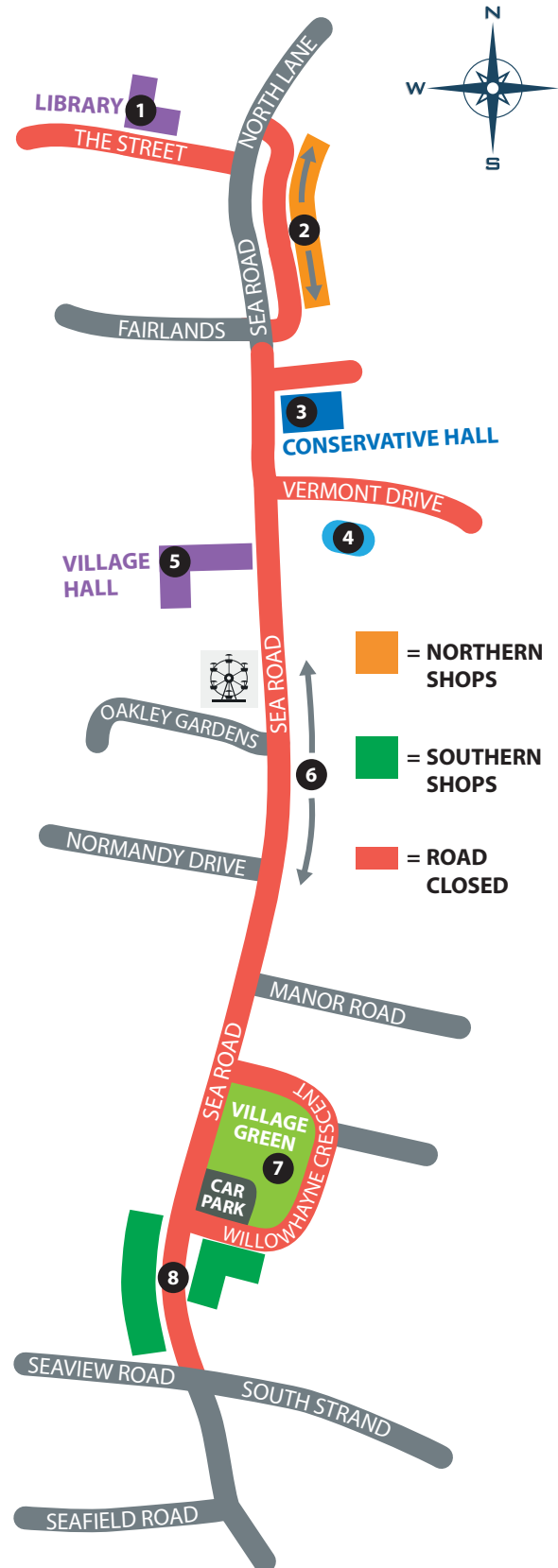
Having greeted children and their parents in his grotto, Santa will lead our children's procession from the Conservative Hall to the Village Green, assembling there to enjoy a short fireworks display. Lanterns can be made at East Preston Library. If you can bring your own jam-jar that would be great. If you have any spare jam-jars, please bring them along to the Council Office during office hours (10am to midday) in the week before the event.

We had hoped to have the French Market back in the village, but that has not proved possible. We are working on potential alternatives though.

Please remember there will be the usual road closures on Saturday and if you usually park in Sea Road, please could you ensure your vehicle is parked elsewhere by 9am on the day. This will help with the success of the event. Thanks. There will be no access to Beechlands Close owing to events taking place in the service road.

Special thanks to:

- the East Preston Clinic which is again sponsoring the conversion of the Conservative Hall into the Miles Ahead Music Club offering a great variety of music between midday and 4.30pm;
- all the community volunteers who willingly give their time, imagination and care to the event.



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Saturday 20th November midday to 5pm

Event Guide - see overleaf for map of event locations



Unless otherwise stated, all events run **from midday onwards**

All event details may be subject to change

Keep up to date by liking East Preston Christmas Celebrations on Facebook

THE STREET

- 1 East Preston Library
 - A variety of children's activities including badge-making and lantern decorating, inside, **midday to 3.30pm**
 - West Sussex Waste Prevention Team, outside, midday to 4pm (weather permitting)

NORTHERN SHOPS / CENTRAL SHOPS

- 2
 - Christmas window displays
 - Other activities to be confirmed

MILES AHEAD MUSIC CLUB AT CONSERVATIVE HALL (sponsored by East Preston Clinic)

- 3
 - East Preston Junior School Choir, **midday to 12.45pm**
 - The Cherubs, **1pm to 2pm**
 - The Juice, **2.15pm to 3pm**
 - Rebekah and Graham - Steel Pan Duo, **3.15pm to 4pm**
 - Celebration Samba workshop, **4.15pm to 4.45pm**
 - Pebbles pop-up catering

OUR LADY, START OF THE SEA CHURCH, Vermont Drive

- 4
 - Storytime with Father Christmas, **midday or 1pm until 4pm** (pre-booking essential)

VILLAGE HALL (N.B. only hearing and guide dogs allowed inside)

- 5
 - Craft and Gift Fair, **midday to 5pm**
 - The Baytree Club pop-up catering
 - Outdoor Street Food stalls

SEA ROAD AREA

- 6
 - Charity gift, tombola and card stalls
 - Fun fair, **midday to 6pm**

VILLAGE GREEN

- 7
 - Sing-a-long carols, **4.45pm**
 - Short firework display, **5pm**

SOUTHERN SHOPS

- 8
 - Christmas window displays
 - Beer Festival, The Clockhouse Bar
 - Kit Bradshaw playing a selection of classic covers and Christmas hits to singalong to, live outside the Clockhouse, **4pm to 6pm**
 - Aurora performs the well-known hits of Blondie and Debbie Harry, The Clockhouse Bar, **8pm**
 - Other activities to be confirmed.

Thanks to our major sponsors:



Personal Professional Patient Care
The East Preston Clinic



Funday Sunday

On a bright sunny afternoon in the middle of October, the council ran another successful 'Funday Sunday' event.

Almost all the tickets were sold for the Village Hall's currently reduced capacity. Live musical entertainment was provided by Vintage Candy in the shape of Jay, performing solo as his partner Carrie was sadly too unwell to join him. After an initial set of happy 1940s songs, guests were treated to the savoury half of an afternoon tea, some already having lit up the dancefloor. The sweet half of the afternoon tea came after a second set of Vintage Candy before the final set had most guests up and dancing to some Elvis Presley songs and a rousing finale of *Theme from*



New York, New York, complete with kickline. A gentler encore of *One For My Baby* closed the afternoon.

Special thanks to the Village Hall Foundation, Sam at The Seahorse Café, Carol, Kerry and the Littlehampton Fridge for their help with this event.

Men in East Preston Sheds



Men's sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun.

Sheds bring health benefits by encouraging physical and mental activity, and improved wellbeing by providing an enjoyable way to stay socially integrated in local communities, by being creative, and learning or passing on skills. Whilst most Sheds are for men, about a third involve women.

Not all Men's Sheds are the same – if you look inside, you might see a number of men drinking tea and coffee and chatting in a comfortable area. If you looked further into the Shed you might see a well-equipped workshop with men restoring furniture or bicycles for a local school, making bird and bat boxes, fixing lawn mowers, playing cards or a game of pool or learning to cook. You might also see younger men obtaining new skills and learning something about life from the men with whom they work.

But... this is a little way 'down the line'. Initially we wish to gauge the level of interest such a project might attract. An initial meeting or get together would give an opportunity for everyone to share ideas of how to proceed.

One of the main stumbling blocks to setting up a Men in Sheds project is to find suitable premises. If anyone in the village has or knows of an empty, secure building that could be used, please let us know.

Please get in touch through the Council Office if you are interested.

Correspondence Corner - Foxes

Back in the height of the summer, early evening, my dog was in the sunroom with the door open when she confronted a fox which had come into my garden. She stood barking so I ran out. The fox didn't run off but then they both ran off close together. I approached them shouting and rattling the shrubs but the fox stood its ground. It wasn't even worried about my actions. Eventually I found a large stick and thrashed the shrubs making the fox run one way allowing my dog to run inside. Once she knew the fox was separated from her she had no intention to confront it. When I came inside I saw the fox had scratched her face and bitten her badly. She required immediate surgery at the emergency vet with three layers of stitches and a protective collar for nearly three weeks. This was expensive and whilst the injury was healing, I had to take my dog in the garden on a lead. Even I was apprehensive of foxes after dark.

This fox could have damaged my dog's eye, or it could have attacked a child as they are often outside all day. I ask the community to please stop feeding foxes. They are now so commonplace I see



at least three a day around my house or garden. Foxes breed to the capabilities of access to food, meaning they wouldn't breed as much if they weren't fed. Overbreeding causes more adults to survive longer and potentially die a slow death with mange. Drastic measures like poisoning or installing razor wire on fences are unacceptable as pet cats are around and these measures would cause a slow and painful death. So, think again, fox feeders. You are causing more harm than good. MA

N.B. Already this autumn this is not the only correspondence the council has received from residents concerned about how other residents feeding foxes has seen the fox population increase.

The current legislation around e-scooters

Understandably, electric scooters (e-scooters) are being seen more and more in the village. In response to both owners and other residents' questions about the legislation around the use of e-scooters, we contacted Sussex Police for the advice that follows.



Electric scooters are becoming an increasingly popular method of transport especially now the Government are supporting greener transportation that is kinder to the environment.

We are more and more frequently seeing them on the pavements and roads across Sussex. However it is currently against the law to ride a privately owned Electric Scooter on a public road, in cycle lanes and tracks, and on a pavement. The only place an Electric Scooter can be used is on private land.

Privately owned electric scooters are classified as Personal Light Electric Vehicles (PLEVs) so they are treated as motor vehicles and are still subject to all current legal requirements for motor vehicles. They must have:

- Motor vehicle insurance
- Vehicle licensing and registration
- Display of registration plates

In addition:

- Users must wear a motor-bicycle helmet
- Only one person should use an e-scooter at one time
- Nothing can be towed
- A mobile phone must not be used when using an e-scooter.
- A screen to display navigation information may be used, but this must be set up prior to setting off.
- Bags or other small items carried should not cause a danger to the user or others around them. For example hanging them from the handlebars.
- Drunk, intoxicated, careless, and dangerous driving offences can all apply to users of e-scooters.

Actions which Police Officers can take for privately owned e-scooters not complying with the above are:

- Issue a Section 59 warning to the driver (Section 59 of the Police Reform Act 2002) allows Police to give road users a warning if they are reported to have used their vehicle in a manner which causes alarm, distress or annoyance.
- Report the driver for driving a motor vehicle on a road other than in accordance with a driving licence.
- Electric Scooter can be seized.



Sussex Safer Roads Partnership and Sussex Police understand the public's support for environmentally friendly modes of transport. We want to work with the public to make sure the roads are safe for everyone. The UK Government is currently taking part in 'Future Transport Zone' trials for Electric Scooter hire, with a view to making them legal to use on the roads. However Sussex is not part of the trials.

Music in the air

In the second of our occasional series, we talk to one of our residents who started a music therapy service that recently received full charity status. The charity is called Waves Music Therapy and they are based in East Preston and work with people with complex needs all over West Sussex. We caught up with the founder, Victoria.

Victoria Hartkemeyer has practiced as a music therapist since 2005 and has lived and worked all over the world. When she settled in West Sussex she was surprised to discover that there was no music therapy provision in the county yet much needed. Victoria also realised that for many, therapy was simply prohibitively expensive. Waves began as a vehicle to raise funds so that every person who would benefit from sessions could receive the support that they need.

Music therapy is the clinical, evidence-based use of music to support people with additional needs. Anyone can benefit from music therapy, there is no musical skill required and the therapist uses improvised music making to encourage communication, connection, self expression and play. Music therapy can be particularly powerful for those for whom words are too difficult. *"Where words fail, music speaks."*¹

Since 2013 the service has grown and now reaches over 750 people a year. Victoria coordinates a team of 10 therapists who work in settings from neonatal to end-of-life care and support people with learning, physical, communication, social, emotional and mental health needs.

In 2020 a fund was established in memory of Toby Finnett, an East Preston resident who tragically passed away in a boating accident, aged just 15. His father, Paul, and his wife Amanda established Toby's Fund in order to support vulnerable children to access life changing therapy in Toby's memory.

You can read more on the website www.wavesmusictherapy.com and if you feel moved to support the work, 100% of donations go directly to sessions for people with additional needs. You can donate here: www.wavesmusictherapy.com/donate

¹ This quote is paraphrased from Hans Christian Anderson's "What The Moon Saw"



Village Life

December

- 6th Full Council (7pm)
- 13th Finance & General Purposes Committee (7pm tbc)
- 20th Planning & Licensing Committee (6pm)
Major Events Committee (7pm)
- 23rd Council Office closes for Christmas (tbc)

January 2022

- 4th Council Office opens for 2022 (tbc)
- 10th Full Council (7pm)
- 11th Planning & Licensing Committee (6pm)
- 17th Personnel Committee (6pm)
- 24th Planning & Licensing Committee (6pm)

February

- 7th Full Council (7pm)
- 14th Planning & Licensing Committee (6pm)
Amenities Committee (7pm)
- 21st Finance & General Purposes Committee (10am tbc)
- 28th Planning & Licensing Committee (6pm)
Major Events Committee (7pm)

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.

2022/23 precept

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.

For the second year running, the council has agreed to freeze the precept, giving you a small amount of extra money to spend in the village.

Making East Preston greener

It's often difficult, when faced with all the facts and figures about climate change, to work out what we as individuals can do. The Parish Council feels we have a responsibility to do all we can to help. The Environmental Initiatives Working Party is looking at ways that we can make the village a greener place. We are in the process of putting together a plan to reduce the carbon footprint of many of the communal buildings in the village. The first step is to commission a surveyor to produce an Energy Performance certificate for each of the buildings. We are planning to do this before the end of this year. Once we have an idea of the costs involved we will be putting together a plan and then applying for funding to help us achieve the proposed savings. If you have any expertise that you could share with us, be it product management or experience of submitting funding requests and you feel you could help in some way, however small, then please get in contact by contacting the Parish Council Office.



If you would like to see how you may be able to cut down on your own carbon emissions why not check out our Environmental Checklists for homes and businesses by logging on to the Parish Council website <https://eastpreston-pc.gov.uk/i-want-to/complete-an-environmental-checklist/>

If you would like to join our group or have any ideas on what more we should do as a Parish Council please let us know.

East Preston in Bloom

Have you enjoyed seeing the wonderful flowers around the village this year? The formal displays organised by the Parish Council are beautiful, including wildflower displays on the Village Green and in Sea Lane. Several residents have also taken the opportunity to seed wildflower beds attracting bees and other insects.

Lockdown has enabled us to spend more time in our gardens, allowing seasoned gardeners to have more time to nurture their plants, or for residents to discover the newly found joy of gardening with all the benefits that it can bring, including helping the environment.

Would you like to be involved in a community project to enhance and complement the floral displays? As a Council, we are keen to support the wellbeing of our residents and at the same time help the environment. We consider this is a good opportunity to make new friends, enhance the village by bringing people together in a safe outdoor environment. You may have ideas or suggestions how we can do this or have skills that could help.



Initially the Parish Council is happy to provide its support to set up the group, but in time it will be community led.

Please contact us if you are interested.

The neck of it

As summer turned to autumn, the East Preston Yarnbombers auctioned their summer displays to raise money for future projects, the East Preston Festival and the South Strand Community Toilets.

This led to a wonderful romantic gesture by Lol Pifold who bid for the lamp-post giraffe as a Golden Wedding anniversary present for his wife, Dor. Not only did Lol outbid the others interested in the giraffe, he also paid for the Yarnbombers to sneak into his garden to install the giraffe on a tree there as a further part of the surprise for Dor.

Dor said, "It was a lovely, thoughtful and surprising gift. I fell in love with the giraffe the moment I saw it at the beginning of the summer. Lol and I have had fifty happy years together and we've another fifty to come."



The Yarnbombers said, "Stealth yarn bombing is always fun. Obviously a sense of humour is the secret to a long and happy marriage!"

Keeping the village at its best

Thank you to everyone who contributes in any way to keeping the village tidy. From the volunteers of the KEPT (Keep East Preston Tidy) team to local residents who turn out on a couple of Sundays each year to help litter-pick on the beach to anyone who mows the verge outside their property between West Sussex County Council visits to all the Community Speed Watch volunteers helping to keep traffic speeds down to everyone who reports potholes to West Sussex County Council and so much more care shown around the village.

There will always be litter, but we believe the less litter left lying around the less inclined others will be to add to that litter. There will also be cars speeding but again we believe the fewer drivers that speed the less inclined others may be to speed through our village.



Several times a week, KEPT volunteers are confronted with this.

If you would like to volunteer with KEPT or Community Speed Watch, please contact the Council Office which will pass on your details to the coordinators.

East Preston Village WI

Members of East Preston Village Women's Institute (EPVWI) are looking forward to picking up where we left off before Covid interrupted our monthly meetings and activities. We will be meeting in the Conservative Hall on the third Tuesday of each month at 2.30pm. This is a change from our previous arrangement but our meetings will still provide a range of activities and the chance to share the experiences of a variety of speakers. We enjoy an August outing, a monthly coffee morning at Haskins and a regular lunch group. In addition, we have two book groups, a small craft group and the opportunity to join in the activities of the West Sussex federation of WIs which range from Walking Netball to discussions about climate change. We are part of a national organisation which offers members friendship, education and the chance to develop new skills and interests.

EPVWI welcomes new members. Please visit us and share three free meetings before committing to membership. Our programme is on the WI noticeboard close to the central post box but to start with:

- Tues 16th November 'World of Beads' Jan Thompson
- Tues 14th December 'A Celebratory Christmas' Andy Thomas
Mince pies and mulled wine!
- Tues 18th January 'Yardley, Lavender and beyond' Val Smith

For further information Lesley Boardman
01903 782831

Saying thank-you - with cake and laughter



On the 18th September, Councillors from the Community Engagement and Major Events Committees held a Thank You Party. This was for all the volunteers and beneficiaries of the East Preston Voluntary Service the council operated during the pandemic; nearly 100 attended.

The event was held in the Junior School which was decorated with balloons over the entrance and on the stage as well as bunting and pompoms around the walls and on the tables. There was a finger buffet, traditional ice creams from a proper van, Prosecco and soft drinks on offer. The musical entertainment was provided by local guitarist Andy Billups and local photographer Bob Billinghurst was on hand to record the event. We thank them both for giving their time

and services free-of-charge.

Attendees were reminded of how the East Preston Voluntary Service was set up in March 2020 and some of the quirky success stories to which it gave birth.

Friendships created in times of absolute pandemic hardship were celebrated in this much lighter atmosphere and a great social occasion was enjoyed by all those present.



East Preston Voluntary Service – the coordinators.

Thanks to...

Everyone who supported the fifth East Preston Food & Drink Festival in so many different ways, including Ristorante Al Mare and Nibbs Gin, The Clockhouse, the East Preston Festival Committee, Glyn-Jones, KEPT, Seaview Stores and especially Jennie and her jams for saving our bacon at the last minute.

.....
David Sawers for his tireless chairmanship of the East Preston & Kingston Preservation Society for most of this millennium.

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The East Preston Yarnbombers for the summer holiday vibes around the village.

.....
Sean for sorting one of the Council Office doors when all else was failing.

.....
All the organisers of the recent butterfly display.



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
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