



East Preston Christmas Celebrations

Saturday 26th November 12:00 to 17:00

This year, East Preston's Christmas starts on 26th November

This year's East Preston Christmas Celebrations will again be a great way of starting your Christmas season.

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

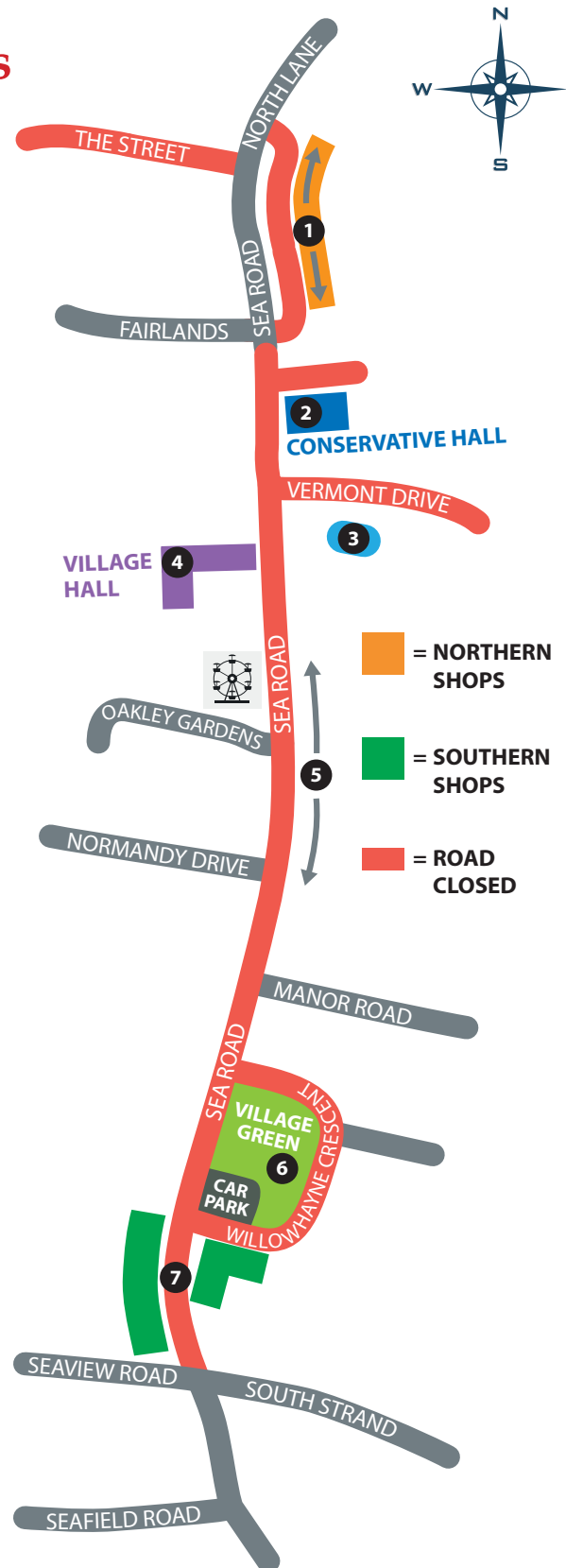
Father Christmas's Storytime was so successful last year, more places will be available so more children can take part. Storytime slots will be at 13:00, 14:00 and 15:00. All children will receive a gift bag at the end of the story. It will be necessary to **pre-book for Storytime with Father Christmas**. This can be done online (<https://www.eventbrite.co.uk/e/storytime-with-father-christmas-tickets-414035490297>) or by emailing Alison on admin@eastpreston-pc.gov.uk. Later in the day, Father Christmas will lead our children's procession from the Conservative Hall to the Village Green, assembling there to enjoy a short fireworks display.

Unfortunately, East Preston Library is unavailable this year, owing to building works. We are hoping to find a suitable alternative venue for lantern-making. Alternatively, if you would like to make a lantern at home, we can supply you with a kit – please contact Alison as above. Anyone taking part in the children's procession should assemble in front of the Conservative Hall from 16:30.

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 09:00 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:

- all the community volunteers and local businesses who willingly give their time, imagination and care to the event.



East Preston Christmas Celebrations

Saturday 26 November 12:00 to 17:00

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



NORTHERN SHOPS / CENTRAL SHOPS

- 1 - Charity gift, tombola and card stalls
- Christmas window displays
- Other activities to be confirmed

MILES AHEAD MUSIC CLUB AT CONSERVATIVE HALL

- 2 - East Preston Junior School Choir, **12:00 to 12.45**
- Music Express, **13:00 to 14:00**
- Wellington Wailers, **14:15 to 14:45**
- Johnny Zero, **14:45 to 15:15**
- Wellington Wailers, **15:15 to 15:45**
- Celebration Samba, **16:00 to 16:45**
- Vice Puddings pop-up catering

OUR LADY, STAR OF THE SEA CHURCH, Vermont Drive

- 3 - Storytime with Father Christmas, **13:00, 14:00 and 15:00** (pre-booking essential)

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

- 4 - Craft and Gift Fair, **12:00 to 17:00**

SEA ROAD AREA

- 5 - Outdoor Street Food stalls
- Fun fair, **12:00 to 18:00**

VILLAGE GREEN

- 6 - Festive singing with the Upbeat Community Singers, **16:30**
- Short firework display, **17:00**
- A bit more from the Upbeat Community Singers **until 17:15**

SOUTHERN SHOPS

- 7 - Christmas window displays
- Christmas Wellness Shop (tbc – No. 109, The Wellness Clinic)
- Mel the Pocket Rocket, singer – Tudor Tavern, **14:00 to 16:00**
- Other activities to be confirmed

A word from the Major Events Committee – please read

The two biggest events the committee organises are the Food & Drink Festival in August and the Christmas Celebrations in November. Both events have been running for several years now, are enjoyed by many in the village, and involve fewer than 12 hours of road closures. These road closures are important for the safety, benefit and ultimately the enjoyment of everyone. If you are someone who refuses to move your car from where the extra space would be appreciated, or someone who insists on driving through closed roads where people are setting up for that day's event, please ask yourself why you feel that is acceptable.

Please join other responsible drivers and park your car outside the closed roads and if you do need to drive through the village please use the suggested alternative routes so that we can all enjoy these two annual events.



Men in East Preston Sheds

Soon to be a year old, East Preston Men in Sheds has a committee in place which is currently working hard to secure premises within or close to the village. A number of avenues have been tried, some of which have turned out to be dead-ends, unfortunately. The group has also started raising funds for its future.

In the meantime, the members continue to meet on the first Tuesday of every month (except January) at 14:30 at the Royal British Legion in The Street. They have some guest speakers lined up for the winter months. For example, the November meeting had a very enjoyable talk from local thatcher, Gavin MacDonald.

If you are interested in joining or would like more information, please contact the Council Office, the Chairman Neil Ellis **07516 603935** or Kelvan Gale **07515 505538**.



Pine no longer - the Christmas Tree Festival is back!

There's no such thing as a lonesome pine in East Preston, at least not at the Christmas Tree Festival in East Preston's St Mary's church, because dozens of them will be lining the aisles in sparkling form, their branches festooned with unique and quirky decorations created by local businesses and organisations.

If you came to any of the three previous festivals you'll have been among the thousands of visitors who wound their way through the wooded wonderland.

(Many carried on to the Spire Room beside the church to enjoy a cup of tea, a slice of cake and even a delicious light lunch - and the pop-up café is back again this year too.)

The Christmas Tree Festival runs from 9th to 11th December and is a wonderful way to boost the Friends of St Mary's East Preston's Iconic Church (EPIC) appeal, as it aims to raise £100,000 to help fund essential maintenance and repairs to the oldest working building in the village!

The children from East Preston Infant School and East Preston Junior School will be singing at the festival on Friday, 9th December and the Grand Draw will be made on the final afternoon during the carol service to discover who has won some amazing raffle prizes.



Whether you've never been to a Christmas Tree Festival before, or you've come to the previous ones, please make a note in your diary to step into Christmas in a unique and very special place - the heart of East Preston's parish church.

The Christmas Tree Festival, St Mary's Church, Vicarage Lane, East Preston, runs from 9th - 11th December 2022.

**9th and 10th December 10.30am-6pm
11th December 12pm-6pm, followed by
carol singing and the Grand Draw**

More information at www.stmarysep.org.uk/friends-of-st-marys/

Improving animal welfare abroad

For the latest in our occasional series of articles featuring an East Preston resident's involvement with a charity, we met Lindsay Geddes.

In 2005, before moving to East Preston, pharmacist Lindsay holidayed on the Greek island of Paxos. At that time, the island had never been home to a veterinary surgery and there seemed to be little animal welfare.

Back at home, Lindsay decided to act. Told by friends she would never get an answer, Lindsay wrote to the then Mayor of Paxos offering to help him with animal welfare on the island.

Much to her surprise, she received an enthusiastic and supportive response. With the money she could have spent had she brought a Greek cat home with her, Lindsay started Paxos Animal Welfare Society (PAWS). As well as some education, PAWS supplies veterinary services to the island, ensuring the stray cat population remains under control.

"Left unneutered, two cats can end up as a million cats after five years. We knew we were winning when the first Greek man brought in a cat to be neutered. Previously, and understandably, Greek men had been particularly reluctant at denying male cats their manhood."

Very occasionally, the charity needs to rehome an animal into the UK. Back in April, Lindsay asked the council if it could advertise



Left to right in the photo: Sheba, Vanessa, Lindsay, Mike and Steve.

that Mike, a 5-year-old crossbreed, needed a new home. Within a few days, Vanessa and Steve had agreed to adopt Mike, and he arrived in East Preston at the end of June.

Lindsay summed up by saying, "A huge thank you to Steve and Vanessa for giving Mike the home he deserves."

Sadly, in the middle of September, Vanessa passed away after a period of illness. Vanessa was well-known and much-loved around the village. Steve said, "Mike and Vanessa fell in love at first sight. Vanessa was delighted to be able to give Mike a new and loving home. We will both miss her greatly."

For more information on PAWS please visit <https://www.pawspaxos.com/>



Councillor (your name)?

The current four-year council term is rapidly coming to a close. In the next edition of this newsletter we will have a feature on all current councillors and the achievements of the council over the past four years.

Have you ever thought about becoming a parish councillor? As you will hopefully recognise from reading these newsletters, the parish council gets involved in a wide

range of village life and gets to interact with a broad spectrum of residents, businesses and organisations. It may be many things, but life as a parish councillor is never dull.

Every parish councillor brings something different with them. If you would like to know more about the role, please contact our Clerk, Simon Cross, and he will happily talk you through the role and commitment of an East Preston parish councillor.

A new clock for the village

In September, a new clock was installed on land at the northern shops. In the 1960s, there used to be a clock attached to the wall above what is now the chemist. A couple of years ago, we asked you how you would like the village to mark Queen Elizabeth II's Platinum Jubilee, and one of the suggestions we received was for a new clock in the centre of the village.

Response to the clock has been fantastically positive, far above what we could have wished for. Comments received have included: "I think it's lovely. Well done ep council", "Lovely clock. Really enhances this end of the village" and "What a lovely addition to our village xx". Thank you.

Despite the council's best efforts, it was only possible to install the clock soon after the passing of Her Majesty, leading a few residents to ask what the clock would be called. The council has given this due thought and has settled on **The Queen Elizabeth II's Platinum Jubilee Clock**. That is the official name, but we will be happy for it to be known unofficially as just the East Preston or Jubilee Clock.



Village Bus Service

After a delay because of the pandemic, the parish council is pleased to announce a trial of the bus service to the south end of the village will start on 11th April 2023. This trial will be for one year and, should it prove successful, it is hoped the service will continue.

The timetable will be Monday to Friday daytimes and will start from Tesco in Littlehampton and take a route past the Leisure Centre, through Rustington, into the village along Vicarage Lane and down to and around the Village Green and back to terminate at Sainsbury's. Exact timings and stopping points are being finalized.

Bus passes will be permitted and it is hoped residents will use this service as much as possible in order for it to continue.



East Preston Festival news



The Festival Committee held its Annual Meeting on 10th October, when profits made during this year's Festival were distributed between village clubs, charities and local good causes. The total amount given out was £8,000. Representatives were invited to say a few words about their organisations. A list of the 2022 recipients can be found here www.eastprestonfestival.co.uk.

East Preston in Bloom

Autumn Update

The group has had a busy few months, weeding overgrown areas in the village, planting up new areas and planning new projects.

We have added plants, kindly donated by a resident, to the existing beds at the northern shops and will nurture and maintain these through the winter months.

The library frontage was enhanced with the planting up in July of begonias in planters, all donated by Ferring Nurseries. The plants are still thriving in October, but we have plans to add more colour for the winter months.

We have started work on a newly cultivated bed at the western end of Two Acres. A Rowan tree will be planted in the middle of the bed with the addition of evergreen shrubs providing colour and texture throughout the year. Christine, Patrick, and Sandra are seen forking in the rotted manure to the bed.

The Village Green woodland glade has been planted up with a variety of shrubs. Carol, Terry, Pam, and John have worked on the planning of the planting and hope that this will add a new area of interest and colour to the Village Green.



We don't intend to be idle through the winter, with a programme to plant up many areas with spring bulbs.

Our friendly group meets regularly and whilst we are very pleased to enhance the appearance of the village, we also like meeting new people, stopping for a coffee and a chat. If you wish to join our group, please contact Pat Gander on cllr.patricia.gander@eastpreston-pc.gov.uk.

GREEN ROOFING

A member of our Environmental group suggested that we consider green roofing in the village at our last meeting. There are a number of community benefits to growing flora on roofs including helping to manage stormwater, saving energy, as well as the enjoyment of seeing more green spaces in our community. Clearly the weight and the potential damage caused by plants also need to be carefully considered.

Green roofing has a long history - one of the Seven Wonders of the Ancient World being the Hanging Gardens of Babylon. Today however you are more likely to see green roofing on the top of bus shelters and this seemed like a good place to start when considering the project as the Parish Council owns the four wooden bus shelters within the village. As these all have pitched rather than flat roofs this is another issue we need to consider when choosing

the type of covering.

Green Roofs comes in two main types - extensive, lightweight and low maintenance typically using sedum vegetation, or intensive which aim to replicate what can be found at ground level and are consequently heavier and require more maintenance.

The feeling of our meeting was to consider an extensive type as this would offer a better fit for our existing shelters.

Over the next few weeks we will be conducting more research and contacting potential suppliers to see if this is a viable project. If you have any thoughts, experience or expertise in this area or feel you may be able to help please contact the Parish Council office. As always we would welcome your support.



The gift of time!

During lockdown, so many East Preston residents were amazing and either joined the East Preston Voluntary Service or

helped their neighbours and friends in other ways.

We are so fortunate to have a wonderful caring community in our village and although lockdowns are hopefully behind us, we continue to face huge challenges financially which bring other problems into our lives this Winter.

We have heard media coverage of rising energy and food prices, and of people being unable to heat or feed themselves. This may also increase some people's loneliness and worry.

We all have very busy lives and sometimes all we want to do at the end of a long day is to put our feet up. We have good intentions and worry about how our elderly neighbours are getting on but just don't find the time to check it out. We may wave hello as we rush

past, but perhaps this winter we can give them the gift of time.

A lot of elderly people or those who live on their own are independent and manage very well but would really welcome a chat over tea and a chocolate Hobnob.

So please, knock on a neighbour's door, call loved ones and, most importantly, if you haven't seen someone around for a few days, don't ignore it. Curtains not being drawn; blinds being closed or items sticking out of the letterbox are all warnings that someone may not be feeling their best.

It can take minutes to check on a neighbour, and even if they don't want to be disturbed, the worst that will probably happen is them saying so. Therefore, it can benefit everyone to get to know their neighbours wherever possible, as a sense of community can be good for everyone, of any age.

If you know of caring initiatives around the village we may be able to promote, please get in touch.

Thank you

Living with less

Approaching 40 felt like a time for reflection and forward planning. Happily married with a 7-year-old son and a very old and grumpy cat, we all had a busy life. Our home included an office, full of not office things! Upstairs, a loft full of "just in case" stuff. Outside, a shed bulging with bikes, buckets and brushes!

We holidayed in a small but very tidy chalet. We arrived with five days' clothes. I cooked in the basic kitchen and it was fine! I started to think maybe I should just live with a holiday mentality? It is a mindset, but my downfall came on an evening out, freezing, wearing my holiday clothes!! I then realised I needed to change what we surround ourselves with.

I read about living with less.

Few of us have time for a sort-out every time we buy new. I had a lightbulb moment – stop bringing in new things. I challenged myself to do this for a year, much to the amusement of friends.

I felt loads better, I had a year to clear out with nothing extra coming in; that choice was always mine but making it felt good. Initially, I decided I must avoid clothes shops, tough when new clothes are available all around us. After reading that items should be useful or bring you joy, I started sorting. I sold and gave away clothes and haven't missed anything. It's easier to dress now as I know what I have suits and fits me.

I had such an eye-opening year and only bought essentials (think shampoo!). As my year

drew to a close, nobody noticed or cared I hadn't shopped, I had items which would last another year or two, and I would probably choose less but better quality in the future. I love the extra space at home, which is easy to clean. I rarely lose anything and everything has a place.

I wrote this account 4 years ago as a blog, reading it makes me smile. Four years on, sadly there is no grumpy old cat but there is one very bouncy dog who I love walking, something I didn't think I had time for.

Now I have finally worked out what the change was I needed, and it made my life simpler, easier and happier. I consume less and really do live intentionally.

Cllr Lisa Duff

Wheelie-bin stickers: is yours a well- dressed wheelie-bin?

The council has recently purchased some more wheelie-bin stickers bearing speed-awareness messages. In 2015, when we first introduced these, a local resident who worked for West Sussex Fire & Rescue Service has said, "I think the speed awareness wheelie bin stickers are great. I've seen them used in Horsham and they definitely work."

We are giving East Preston households up to two stickers each – if you would like a couple, please contact the Council Office.



And how best to keep track of all your engagements and your loved ones' birthdays than with an East Preston 2023 Calendar? Twelve lovely photographs of

East Preston through the year.

Available in a strictly limited quantity, please contact the Council Office to buy yours. The cost is just £5 each and we will even hand-deliver within the village.

Call the office on (01903) 770050 or email Alison at admin@eastpreston-pc.gov.uk.

Village Life

December

- 5th Full Council (19:00)
- 12th Finance & General Purposes Committee (18:00)
- 19th Planning & Licensing Committee (18:00)
Major Events Committee (19:00)
- 22nd Council Office closes until 3rd January (12:00)

January 2023

- 9th Full Council (19:00)
- 10th Planning & Licensing Committee (18:00)
- 16th Personnel Committee (18:00)
- 23rd Planning & Licensing Committee (18:00)
Community Engagement Committee (19:00)

February

- 6th Full Council (19:00)
- 13th Planning & Licensing Committee (18:00)
Amenities Committee (19:00)
- 20th Finance & General Purposes Committee (10:00)
- 27th Planning & Licensing Committee (18:00)
Major Events Committee (19:00)

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.

Thanks to....

Everyone who took part in the East Preston Beach Clean on 25th September. KEPT and ADC for the loaning of equipment to support the event, and SALT Kiosk for providing refreshments to support those

All East Preston Bloomers, who are making such a difference to the public areas of the village, bringing colour and life to areas which have been overlooked for a while.

Geordie Gresty for help with repairing the net on the Warren Recreation Ground tennis court.



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



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