



A Soup-er Warm Space

The cost of living is already affecting millions of people across the country with many people saying they are unable to switch on their heating. During the winter months many people also feel lonely and isolated from their community.

Wanting to look after local residents during the energy crisis, the council has been working with the Royal British Legion to offer an official Warm Space where residents can go to save a few hours of heating, socialise, play games and listen to music.

The first session was held on 16th January and was attended by twenty local residents who enjoyed a soup lunch courtesy of the council and then stayed on to chat with friends old and new. Amongst the feedback received, this positive comment sums up those of most present, "Dad really enjoyed himself and is

looking forward to attending again next week."

The council plans to run such sessions every Monday until the end of March.

Pre-registration is essential as numbers are limited. Please contact the office before midday on the Friday before the Monday you would like to attend. Alternatively, please email warmspace@eastpreston-pc.gov.uk. We will ask you for a few details and add you to our list if there is space.

We would like to thank Arun District Council for a generous donation from its Arun Warm Spaces Small Grants Fund which is helping to fund this initiative.



East Preston Parish Council presents

Funday Sunday

Sunday 30th April 2023
2pm until 5pm

East Preston & Kingston Village Hall,
Sea Road BN16 1LP

Come and join us for a lovely afternoon tea accompanied by the music from **Vintage Candy**, a singing duo performing hits from the 1950s, 1960s, 1970s and 1980s.

Dress to impress and dance if you wish.

Pre-booking essential - tickets are £10 and can be booked on-line:
www.eventbrite.co.uk/e/funday-sunday-tickets-519670928737
or by calling Alison in the council office:
01903 770050 or emailing
admin@eastpreston-pc.gov.uk

Beach Clean, Sunday 2nd April

As an experiment we are going to start the next Beach Clean an hour later than previous cleans, as some of you have asked us to do so.

Please meet at the bottom of Sea Road between midday and 1pm if you would like to take part. Pre-registration appreciated but not essential – (01903) 770050 or admin@eastpreston-pc.gov.uk



Looking back over the past term

As the current (four-year) council term comes to an end, we asked our thirteen current councillors to have a quick look back over the term. We asked them all the following questions:

1. When did you join the council?
2. What is the best part of being a councillor?
3. What is the council's best achievement over the past four years?
4. How have you contributed as a councillor?
5. What do you or did you do for a living?

Here's what they had to say:

Steve Toney (Chairman)



1. July 2015
2. Having been the Parish Chairman for the past 4 years, I have enjoyed the goals that we have set ourselves and the achievements that we as a Council have made for the benefit of our community.
3. I believe our greatest achievement over the last 4 years was to set up a Volunteer Scheme to help members of our Parish during the Covid pandemic. On that score, I would very much like to praise the work of everyone involved.
We have also completed the Sea Rd Toilet refurbishment, having put in a Hoist Assisted Toilet package to assist people with disabilities, and the 2 new unisex toilet cubicles. By doing so, in the last 2 years of entering "loo of the year competition", we have achieved 2 platinum awards.
4. Holding down a full time job, I try to participate in all the Council activities. When it

comes to certain specialized meetings, I like to delegate to other Councillors who have more experience in these subjects and then they can report back, I find it keeps everyone interested in being a Councillor and not just feeling like a number.

I am looking forward to the next 4 years and seeing what challenges we can achieve.

5. West Sussex Fire & Rescue Service, man and boy.

Elizabeth Linton (Vice-Chairman)



1. June 2012
2. Being part of the community and being able to help the residents with concerns and bringing some of their ideas to fruition. I try to listen to all sides of any debate and do the best for the village.
3. Recommendation to Arun District Council for hedgehog highways and swift bricks in all new developments; the Happy to Chat benches and the new clock in the northern shopping parade; three more blue plaques

commemorating notable former residents; successful community events such as the Food & Drink Festivals and the Christmas Celebrations; but most of all the East Preston Voluntary Service set up ahead of the first lockdown.

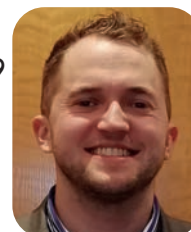
4. Involvement in all of the above and much else besides; Chairman of two committees, Vice-Chairman of the council and other committees.
5. For about thirty years I have had various jobs in the public sector, but it was too long ago for me to be able to remember any more details!

Christine Bowman



1. July 2016
2. I love having the opportunity to be involved in village life and to make a positive difference.
3. The Food & Drink Festivals and Christmas Celebrations events – big, family events enjoyed by many.
4. Being involved in the community events mentioned above.
5. Aviation Training Consultant

Kit Bradshaw



1. November 2019
2. I like being able to have a say on matters of importance to the village and having a responsibility to listen and respond. It is always rewarding to hear people's positive reactions to council actions.

3. For me personally, I love the Jubilee Clock installed into the centre of the village, and the blue plaques which have appeared around the village.
4. I am the only councillor to have personal experience of being a licensee and I bring that experience to Licensing applications which come before the council. During the lockdowns, it was a privilege being a personal shopper for local residents who could not go out.
5. By day I am an oddjob man and forklift driver in a warehouse. By night and at weekends I sing and provide discos at various events across the South Coast.

Andrea Chapman

1. July 2018
2. I love East Preston and know it very well. I really enjoy assisting with events and with projects which help the village progress, hopefully without harming the village's unique charms. Four and a half years on, I still feel privileged to be part of such an active parish council.
3. The Covid voluntary service was a brilliant and possibly life-saving contribution to the village. I think the Jubilee Clock is great, and I love the enhancements brought to the village by East Preston In Bloom.
4. I have enjoyed working with all ages at the council's events. I love mingling with residents as this allows me to canvass opinions I can then input to council's discussions.



I seem to have become the council's creative designer for events and specials such as the Christmas Tree Festivals.

5. Part-time teacher, full-time mum.

Lisa Duff

1. July 2015
2. Meeting all the lovely people of East Preston and putting on great events when it's so appreciated.
3. For me it was the volunteer service during lockdown. The response was amazing and although it was a huge amount of work, the effort was worth it and we helped so many people, our volunteers really were amazing and it reminded me how lucky we are in this village.
4. I love the events and fun side of the council activities but also the important work of spending public money wisely and supporting so many groups of people in the village, and keeping it a beautiful place to be.



5. I have worked in the NHS for 21 years.

Barbara Gale

1. August 2015
2. I joined the council so I could help people. If I am only able to help one person in the village, I will still be happy having helped that one person.
3. The additional flower displays we have brought into the village, brightening



up everyone's days, even during a pandemic.

4. I like to speak on behalf of residents who maybe do not have a voice otherwise.
5. Now retired, I spent 28 years working for British Rail and 14 years working for Sainsburys.

Pat Gander

1. July 2015
2. Listening, talking to and, when possible, supporting local residents whilst simultaneously learning more about our wonderful community.
3. Without doubt, helping residents during the Covid lockdowns. Swiftly and proactively we set up an emergency committee, co-ordinating 100 volunteers who helped over 150 residents who needed assistance. This was a challenging time for everyone, but I feel incredibly proud of our residents and council response to this crisis.



4. I have been enthusiastic about improving the well-being of residents, focussing on people who may feel isolated and lonely. I have led the council's Funday Sunday events, successfully bringing together people who may otherwise not have met. I have recently been involved in helping to set up two new groups, East Preston in Bloom and East Preston Men in Sheds. Already these groups are flourishing, encouraging people to enjoy the

Looking back over the past term continued

outdoors, use their skills whilst making new friends and helping the community.

5. Now retired, my career was working in the NHS, mainly in primary care management.

I have decided not to seek re-election in May 2023 to pursue other activities and spend more time with my family. I have been privileged to be a parish councillor, have made many friends, and would like to take this opportunity to thank my fellow councillors, the parish council staff and all residents for your generosity of spirit and support in making this such a special period of my life.

John Gunston

1. May 2019



2. Being part of a group of people who work together to make East Preston an even better place to live.
3. The response to the Covid 19 lockdown was inspiring. We were overwhelmed with the number of volunteers who came forward to support the vulnerable members of the community. A number of long term friendships have been established and it was great to see how much enthusiasm and thanks were generated by so many small acts of kindness.
4. Working with fellow councillors on community projects such as the Covid volunteer programme, the Food and Drink festival and the Environment Initiatives Working Party have been the highlights for me as a

councillor.

5. I worked in IT distribution before retiring and moving to East Preston.

Glyn Mathias

1. May 1995



2. Feeling I am contributing to life in the village.
3. This has been my seventh term as a Parish Councillor. For me, this term's greatest achievement has definitely been the Jubilee Clock. I think it adds greatly to the character of an already lovely village.
4. My main personal contribution has been as Chairman of the Planning & Licensing Committee. We try to ensure new developments in the village are appropriate. I also chair the Audit & Governance Committee which makes sure the council is running as it should.
5. I worked for BT as a Chartered Engineer, mainly in central London.

Rick McElroy

1. May 2015



2. It is important to me to feel I am making a difference for the local community and my family, and being a councillor gives me that.
3. The council has again achieved a lot in the past four years, but I am very pleased the council completed its refurbishment of the Sea Road toilet block, making the block more accessible. I am also pleased. the council has spent wisely and been able to keep the precept the same for three

years now.

4. Heading up the committee which improved the Sea Road toilets and the Warren Recreation Ground, and the committee which looks after the council's finances.

5. I run my own specialist security company.

David Moore

1. July 2015



2. In the seven years since joining the council, I have been a member of the Planning and Licencing, Amenities and Community Engagement Committees. I feel that I am an effective member of these committees and of the numerous Working Parties I have been on.
3. I think the council works hard for the community we serve, making the village a very pleasant place to live in. It is difficult to single out the best achievement the council has made, but the Queen's Platinum Jubilee Clock, must be up there, I think.

4. Since I joined the council, hopefully, I have made a good contribution to the committees and working parties I serve on.
5. Royal Marines Band for 26 years, then Music Master at Lancing College and now retired.

Steve Wilkinson

1. November 2017



2. On a personal level, I really enjoy the sense of satisfaction I achieve from seeing how the work the

council undertakes in the village is appreciated. From a wider perspective, it is very important that the council provides the villagers a sense of 'value for money' - I think we do this admirably.

3. The single most important achievement has been the successful conclusion of the improvement works at the Sea Road toilets. Other notable achievements have been the Jubilee Clock, memorial benches, floral displays, and the various celebratory events and festivals which are always well-attended and well-appreciated.
4. My contribution as a councillor has been through the four committees and four working parties I am a member of. I am currently the chairman of the Amenities Committee which is our largest budget-holding committee, responsible for making the village an attractive, and enjoyable place in which to live.
5. Since retiring I have devoted my time to the parish council and volunteering for WSCC on countryside projects.

We also thank former councillor, Danny Shah, for his contributions at the beginning of the four-year term.

2023/24 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 third year running, the council has agreed to freeze the precept, giving you a small amount of extra money to spend in the village.



Mervyn Howdle

The council was saddened to learn former councillor Mervyn Howdle died early on Monday, 9th January. Before a minute's silence in his honour, current Chairman, Cllr Steve Toney, said:

"Mervyn served two full terms on the council from May 2007 until standing down at the local elections in May 2015. A highly active member of the council, in addition to serving as Vice-Chairman of the Amenities Committee and Chairman and Vice-Chairman of the Audit & Governance, Finance & General Purposes and Personnel Committees, Mervyn also served on the Buildings & Facilities Committee, the Planning Committee and the Transport & Infrastructure Working Party."

Mervyn will be much missed and the council's thoughts are with his widow, Myra, and all his family at this time.



Paul Andrews

At the beginning of December our much-loved staff member, Mr Paul Andrews, unexpectedly died. Paul had been at East Preston Infant School for 7½ years and was a highly valued member of staff who worked to support children and staff across the school. He was also our Forest School Leader and his passion and enthusiasm for this was infectious. Most recently Paul had been working as part of the reception team, where his friendly and reassuring nature enabled pupils to successfully begin their school journey. Paul was not only our colleague but also our friend and his death is a huge loss.

Mrs Claire New, Headteacher

Flowering for 55 years (so far)

East Preston Floral Club has recently celebrated its 55th anniversary. On 14th November, 1967, some ladies met at the British Legion, formed a small committee and East Preston Floral Club was born. We asked some questions of the Treasurer, Sheila Cheal – well-known for her and husband Dave's many years of service running the village butcher's shop.

Initially, the club met once a month to watch a flower demonstration, often joining in with festivals in the area. Chichester Cathedral, Nymans Gardens, Arundel Castle and Lancing College Chapel are some of the local venues the club has helped to decorate whilst nationally the club has decorated both Westminster Abbey and Cathedral. In addition to the meetings on the first Wednesday of most months, the club hosts workshops on the art of flower arranging, coach trips and an annual lunch.

Throughout the years Club members have won awards in local, area and national competitions. Teams from the Club have represented Sussex: in 2000 winning a gold medal at the Nationals in Cardiff, in 2006 assisting Sussex Area to win a gold medal at RHS Chelsea, in 2007 winning a bronze medal at the Nationals in Harrogate and in 2009 represented NAFAS at the 2009 RHS Spring Show where Sue Seath and Valerie Adams were awarded a gold medal. For the past twenty years, the club has been twinned with Kumeu Floral Club in New Zealand, corresponding regularly.

The Club has always supported village life, including arranging flowers in the village churches and at Christmas in the library. For many years, the club organised an annual Art and Flowers Exhibition as part of the East Preston Village Festival, each with a different and striking theme. The club still produces a very popular, three-day exhibition during the Festival, involving as many members as possible. Proceeds of the exhibitions are donated to St Barnabas Hospice and now exceed a brilliant £25,000.

If you would like to know more about the club's aim to continue encouraging the art and enjoyment of flower arranging and design, please contact the secretary, Linda Coleman on 07983 322578. The club also has Facebook and Instagram pages to look at.
<https://epfloralclub.co.uk/>



Village Life

March

- 6th Full Council (19:00 tbc)
- 13th Planning & Licensing Committee (18:00)
Audit & Governance Committee (19:00)
- 27th Planning & Licensing Committee (18:00)
Community Engagement Committee (19:00)

April

- 2nd Beach Clean No. 19 (12:00)
- 3rd Full Council (19:00)
- 17th Planning & Licensing Committee (18:00)
Personnel Committee (19:00)
- 24th Planning & Licensing Committee (18:00)
Major Events Committee (19:00)
- 30th *Funday Sunday* (14:00)

May

- 4th Local Elections
- 7th Big Coronation Lunch (tbc)
- 15th Annual Full Council (19:00)
- 16th Planning & Licensing Committee (18:00)
Finance & General Purposes Committee (10:00)
- 22nd Planning & Licensing (18:00)
Amenities 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

100 Years Young

East Preston & Kingston Bowls Club celebrates its Centenary in 2023

Peter Lloyd, Chairman of the club writes:
In 1916, William Hollis purchased some 25 acres of land in East Preston for housing and to incorporate within the development a village green with sports facilities to include bowls.

However, it was not until 1923 that East Preston Bowls Club was formed. Membership cost 5 shillings a year. The Worthing Herald reported the Club's first game would be against Arundel B.C. on 21st April.

In 1936, land off Sea Lane was bequeathed to the Parish Council for the sole provision of creating an enlarged new bowling Green and better facilities.

Much work has taken place over the intervening years to develop and grow the club with outdoor bowling, indoor short mat (winter months) and social events available for members.

Many celebratory events are planned during the year to commemorate this historic achievement including friendly home matches against Arundel BC, Sussex County and the Chelsea Pensioners.

For further information <http://www.epkbc.org.uk>



East Preston & Kingston Bowls Club – the early days



The East Preston Village Festival 2023 Friday 2nd June to Sunday 11th June

Preparations for the Festival are well under way and the Committee is busy planning a full programme.

The theme is 'Musicals' and with so much iconic entertainment to choose from, we look forward to seeing a variety of characters from stage, film or animation created by our imaginative and talented participants.

Alongside established favourites, new events include a Fun Run, a Call My Wine Bluff evening and the specials this year are Paul Reason as Robbie Williams and Abba tribute duo, Chiquitita. As usual, we welcome village pubs and restaurants organising their own celebrations; encourage sports clubs to have open days and invite local charities and social groups to hold fundraising events under the umbrella of the Festival.

Check our website and Facebook page for regular updates. If you would like to receive Festival news by email, please contact eastprestonfestival@hotmail.co.uk to confirm you are happy for us to message you.

Defib update

There is a new defibrillator in the village. It is on the outside wall of the Marjorie Bridger Scout Hall in The Street, and is accessible 24 hours a day. This was made possible by a generous donation in 2022 from the East Preston Festival Committee. This is just one of the ways in which the village benefits from the annual Festival, aside from all the events we enjoy.



A Sign of the Times



At our recent Environmental Initiatives Working Party meeting we discussed transport and we agreed to look into an addition to the four Welcome to East Preston signs. We thought a small sign welcoming

careful drivers to the village would be appropriate, particularly as residents complain to us regularly about the speed of traffic in the village. Imagine our surprise when we looked at the signs and realised they already have a please drive carefully message! Clearly a sign we do not always read messages we pass often.

Taking this to heart the parish council is looking at installing flashing speed limit signs that can be periodically moved around the village. Hopefully this will make them more visible and increase drivers' awareness of their speed.

Another issue we discussed was how to encourage drivers to turn off their car engines when the barriers are down at level crossings. We feel this is particularly important as both crossing points are used by schoolchildren. Research funded by Canterbury Council tested the effect of persuasive messages to change people's behaviour: messages such as "Join other responsible drivers in Canterbury. Turn off your engine when the barriers are down." The results showed these messages encouraged up to 42% more drivers to switch off

engines. The reduction in vehicle idling significantly reduces the concentrations of atmospheric particulate matter 2 metres above ground level.

The findings of the research also demonstrated drivers may feel a strong urge to conform to the norm of turning their engines off when those ahead of them do too. The parish council is looking to see if we can put up some persuasive signs. Meanwhile we would like to urge all drivers to turn off their engines while waiting at the barriers and who knows, you may encourage others to follow your lead.

Encouraging cyclists in the village by making drivers more aware of them was another issue we discussed. We took away a number of actions from the meeting so watch out for signs of our progress.

Thanks to...

All businesses which took part in the window display competition as part of the East Preston Christmas Celebrations. Congratulations to the joint winners: Buds 'N' Blooms and No 109 - The Wellness Clinic.

Thanks to The Two Ronnies whose grotto in Oakley Gardens raised over £500 for St Barnabas House and Chestnut Tree hospices.

Thanks to everyone who has purchased or contributed to new (public) trees around the village in the past year. Please contact us if you would like to donate a tree too.

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



**A Civility & Respect
Pledge Council**



Contact point: Parish Clerk - Simon Cross, Assistant Clerk - Dawn Reid
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