



**20  
MPH**

In 2022, the council consulted on a proposal for a 20mph zone which included The Street, Fairlands and Sea Road. This area was proposed by the village Community Speedwatch (CSW) team, based upon guidelines issued by West Sussex County Council Highways (WSH).

The roads in the proposed zone were identified as providing the highest risk to the community i.e. roads which have many:

- a) Bends and junctions, narrow sections, pavements only on one side, pavements without verges, many parked cars and crossing points
- b) Shops/cafes/pubs/restaurants
- c) Community facilities (parks/fields/play areas/toilets/village green), village community hall, sheltered housing, Junior and Infant schools, Nursery and Pre-school playgroups.

Over 77% of respondents supported the proposal and the parish council made its case to WSH. They initially supported this proposal but following their on-the-ground survey they concluded that the cost of the proposed zone (road markings, signage of roads feeding into the zone) was too much.

WSH's preferred option would be to implement a 20mph speed limit across the whole village.

We would like to know your thoughts on this.

Please complete a very short survey - scan the QR code on this page or visit <https://www.smartsurvey.co.uk/s/DUNDYL/>. Alternatively, please call or write in to the Council Office and we shall record your comments.

Please let us know your thoughts by the end of 31st March. Thank you.



## Chairman's Charity



In 2023, the council decided to start selecting an annual Chairman's Charity, towards which small bits of money raised by councillors could be directed.

In 2024, the council supported the RNLI lifeboat station at Littlehampton and last year the Air Ambulance Charity – Kent, Surrey and Sussex.

At its December monthly meeting, councillors voted Chestnut Tree House as the Chairman's Charity for 2026. Please look out for collection tins in the Council Office, at some council meetings and at council events throughout the year.

Community Fundraiser Alice Jalley writes, Chestnut Tree House is the children's hospice for Sussex and South East Hampshire. Thanks to support from the local community children and families who know they don't have long together have the chance to live life to the full.

On a visit to Chestnut Tree House, kids can be astronauts for the day in the multi-sensory room, discover new smells and sights in the sensory garden, bounce high on the wheelchair trampoline, or form their very own pop group in the music room.

As well as care provided at the House, we have a community nursing team of expert clinicians which visits families at home, taking children out to explore their local community and giving tired parents and carers the chance to take a well-earned break.

Then, when the time comes, Chestnut Tree House is there for children and families to provide specialist end-of-life care and ongoing support. There is a bereavement suite, 'Stars', which has a special bedroom for the child to lay at rest, as well as accommodation for the family. Ongoing bereavement support is available through counselling, bereavement groups and remembrance events.

The generosity of the local community makes this happen. It costs almost £6 million every year to provide hospice care for local children, with only 21% of this funded by the government. You can show your support by fundraising, volunteering, taking on a challenge, playing the Chestnut Tree House lottery, or leaving a gift in your will.

Please help the council support this great work if you can.

## 2026/27 precept

A portion of the Council Tax paid annually by every household to Arun District Council is used to fund most of the work carried out by the parish council on behalf of the village. This portion is known as the precept.

Mindful of the cost of living crisis, the council has kept the precept unchanged since April 2020 while continuing to provide all the services residents expect.

With the overwhelming support of the community, the council has decided to purchase 118-120 Sea Road and refurbish it for future use by the community. Although around 50% of the costs will be covered by council reserves, as we mentioned in this newsletter last year, the remainder will necessitate an increase in the precept. With effect from April, the East Preston precept for a Band D property will increase by £5.72 to £104.15. We do not know what increases may affect the other elements of your council tax – Arun District and West Sussex County Councils and Sussex Police.

Last year, we correctly predicted more council tax money would come to the parish council because of the increased charges for second homes in the village. That welcome benefit has now reversed as a number of second homes have been sold for that very reason.

The council appreciates the trust the village puts in it and councillors never underestimate the need to be careful with your money.

Rising  
local  
star

## Southsea Bakery

Bailey Hackett is a local resident and an aspiring young writer and journalist. Bailey has had two previous features in All About East Preston, and has volunteered to work alongside the Parish Council to produce this piece.

Championing local business owners has always come naturally to the people of East Preston, and Mya de Hoedt's journey with Southsea Bakery exemplifies this perfectly. Southsea Bakery is so named as it is run from South Sea Cottage in The Street.

Mya has been a wonderful entrepreneurial force, uniting customers through flavoursome sourdough loaves and delicious sweet treats.

Inspired by the joy of creating from scratch - and the pleasures of baking with her family - Mya's drive expanded what initially started as a home passion into a well-loved microbakery.

Her savvy instincts as a young business owner enabled her to identify a gap in the market: a bakery that was proudly East Preston-based and accessible to local customers.

Since its launch, Southsea Bakery has enjoyed great success. When asked about her highlights of running Southsea Bakery, Mya recounted fondly that it was "seeing people come back week after week, hearing that my bread has become part of their routine, and selling out at markets."



Mya and Bailey towards the end of a busy Saturday morning



Mya's dedication and commitment are clear. For her, "creativity, determination, and a good sense of humour" are the key ingredients for her achievements within family life and business. 2026 is set to be a great year for Southsea Bakery, with classic favourites and plans for new pastry products!

## All together now for another Funday Sunday!



After a string of joyful afternoons in recent years, the council is delighted to bring back Funday Sunday on 19th April – an afternoon of tea sipping, toe tapping and a touch of old fashioned merriment, all in the East Preston and Kingston Village Hall.

If you have never joined us before, imagine this: a warm and welcoming atmosphere with dainty afternoon tea, gentle live music drifting throughout the hall and – for those who fancy it – a whirl around the dance floor. The festivities run from 14:00 to 17:00, and tickets are just £10 per person.

There will be a wonderful musical guest filling the air with favourites from across the decades.

To secure your spot, simply scan the QR code or give Alison at the Council Office a ring. These afternoons fill up quickly, so early booking is very much encouraged.

Following a previous event, a guest wrote, "Thank you for a wonderful Funday Sunday. Good food, music and dancing – what a way to spend a Sunday afternoon. X"

Come along for good vibes, a little nostalgia and a perfect village afternoon.





## Sorry! I didn't quite catch that!

According to the Royal National Institute for Deaf People, national estimates often state almost 80% of people over 70 have hearing loss. Late last year, the council was approached by local resident Juliet, asking if it could help with some sort of social group for local residents with hearing loss. As a first step, we asked Juliet a few questions.

### How has later life hearing loss affected you and left you feeling?

Deafness has cut me off from life and interaction with people.

This is the worst thing that has happened in my life in spite of having had radical surgery for more than one form of cancer. To say it is isolating is a complete understatement. It left me feeling inadequate, unable to communicate with other people. Frustration and loneliness followed as I could no longer participate in normal everyday activities. I felt the need to apologise for appearing stupid. Worst case scenario was managing everyday tasks, I have had to re-think how I communicate: by telephone to arrange tradespeople; to get an appointment, especially to agree a quotation! Just speaking with a shop assistant... Due to it being a hidden disability (no white stick!) it is even more difficult to communicate to "the world" you just "can't hear"! I had to give up various activities like social walking as it's not possible to watch the ground and talk. Meeting in groups and hearing a speaker became difficult if not impossible and hearing music is a huge loss.

### What changes have you had to make in your own life?

I have had to learn to be more tolerant of those who just don't understand deafness; I recall being impatient with my deaf gran. Once over the stigma of wearing them, I have had to experiment with every hearing aid possible, in person and online, agencies that offered "answers to hearing aid problems". Now, after several years, I am learning

to "manage" the best possible hearing aid for "my deafness" – there is NO CURE – hearing aids are just an aid!

I am still learning to manage the various problems connected with them, e.g. they are uncomfortable; the batteries have "died"; you must let your brain accept them and so on. It took some time to find the brand that suited me. (I don't think some deaf people realise there are many brands of hearing aids!)

I have had to learn ways of responding to people whose questions I can't hear, and turn the onus back on to them! This leads on to the next question.....

### Any tips for anyone having a conversation with you?

Most importantly, please face the person you are talking to. That way, you can partially "read their lips" and the sound is travelling directly towards you. Don't talk to my back!

PLEASE don't shout at me – that just makes it worse as the sound then goes into "high frequency" and becomes impossible to clarify the words. Please don't accuse me of "selective hearing" – I want to hear you and need you to fit in with my disability. Try to enunciate your words clearly but not so strongly I feel an idiot. I have to replay your words to my brain and then translate!

### Would a village group of hearing impaired/hearing as well as allies be a good thing?

Yes, it definitely needs to be a mixed group although there is also need for some specialist activities for deaf separately. Learning sign language would be a good start for a mixed group.

Our thanks to Juliet for a lively and engaging conversation, of which the above is just the highlights. If you would like to be kept informed about the council's progress with setting up some sort of support group for those with hearing loss, please get in touch with us via the office.



## Taler du dansk?

Every now and then, the parish council receives what can only be described as an unusual request. At the tail-end of last summer, Daphne Beale asked whether we knew of anyone in the village who could speak Danish.

Nobody came to mind but the council included a request in an e-newsletter to residents and, just a few days later, a lady called the Council Office to offer her services, having heard about the request through a neighbour.

The lady wishes to remain anonymous but is Danish by birth and, although a UK resident for many years, she still speaks to her sisters

in Denmark on an almost daily basis. The two ladies met and, over a cup of very English tea and biscuits, Daphne explained her project. Daphne's mother, Gerda, had been born in England and raised in Denmark. In 1929, aged just 15, her father gave Gerda a diary in which she could record her thoughts and memories of her first solo trip to England. Gerda was to stay with an aunt in Newcastle-upon-Tyne.

However, despite being brought up as bilingual, speaking English at home but Danish at school and with friends, much of the diary was written in Danish, most of which Daphne was unable to translate or understand.

Luckily, our new found volunteer agreed to help. Despite the combined challenges of fading handwriting and somewhat archaic language, she successfully translated much of Gerda's diary, finding it delightful with little illustrations and honest teenage comments. Daphne and her family are eternally grateful.

The council too would like to thank our anonymous lady for helping another resident in this way. Fællesskab er alt.

## Calling all wheelers, walkers and riders

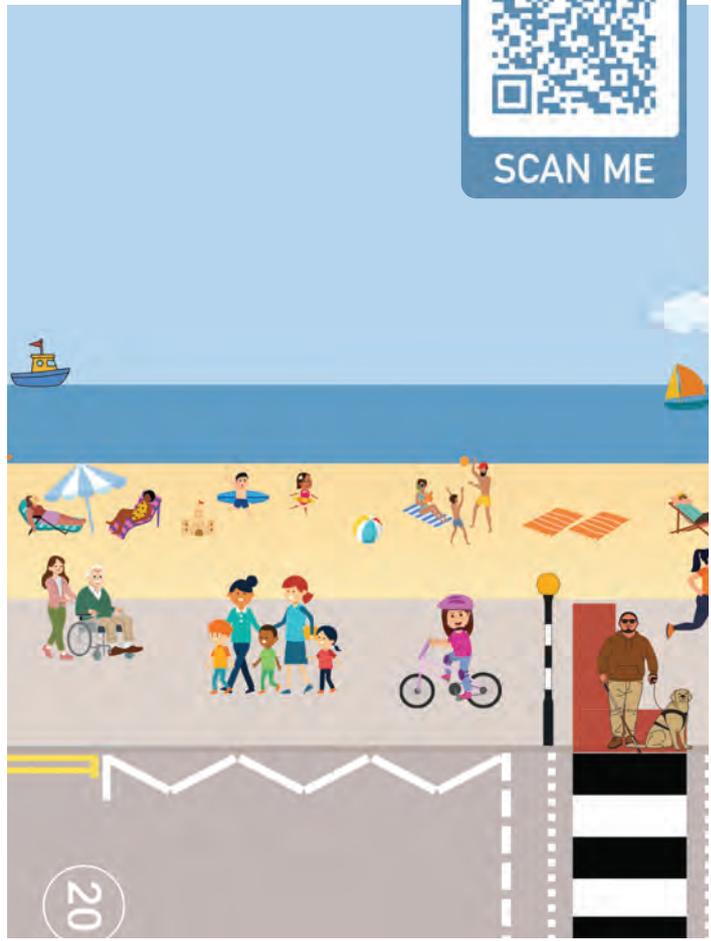
Active travel means getting around using your own physical effort instead of motorized transport.

Do you cycle, walk, wheel or ride a horse?

Do you also wish the pavements and roads were in a better state enabling you to travel actively more?

Now is your chance to make your feelings known. On behalf of Arun District Council, Ethos is conducting a survey as the first stage in creating a Local Cycling and Walking Infrastructure Plan. This can be used to attract investment to make active travel safer and easier throughout Arun. The aim is to give people more choice in how they travel. This will involve improving access to schools, workplaces, shops, stations, green spaces, and visitor destinations. Reducing congestion and supporting a more efficient transport network will also contribute to better air quality, help meet climate goals and support health and wellbeing through more active lifestyles.

If you want to have a say in building more attractive, people-friendly streets and places visit <https://ethos.govocal.com/en-GB/projects/arun-lcwip/2> before 15th March.



# 2026 Calendar – a big thank you!

We want to extend a warm thank you to everyone who has supported the East Preston Calendar. Your enthusiasm has been wonderful, and thanks to you, the calendar has completely sold out. It's always great to know that our village's charms will be hanging proudly in homes literally around the world.

A special nod to the talented photographers among you, your images have brought the spirit of East Preston to life. This calendar would be nothing without your creativity and keen eye.

For those already thinking ahead, please keep your



## East Preston in Bloom

As an active and friendly group of volunteers, East Preston in Bloom had another busy and productive year tending to our new and existing borders and planters across the village including the Fire Station, Roundstone Drive, The Warren Recreation Ground, East Preston & Kingston Village Hall, Two Acres, the Village Green and the library. Look out for the oak signs highlighting our areas.

Whilst we have continued seeking permission from West Sussex County Council for various verge-planting locations in the village, we have also been pursuing additional funding – such as from the National Lottery – to create a Welcome planter opposite Hares. We hope to commence this work early this year.

As a group we work to promote friendships, and mental and physical wellbeing. We continue to grow our membership and welcome a wide range of enthusiastic volunteers who both share and learn about gardening opportunities in East Preston.

We are very keen to encourage more people to join us in 2026, and if you would like to become involved in any way please follow us on “East Preston in bloom” Facebook page or email us at [admin@epinbloom.org.uk](mailto:admin@epinbloom.org.uk) or contact us via the Council Office.

cameras close. Later this year, we'll be sharing tips on how to take the perfect shot for our 2028 calendar. From composition tricks to capturing that magical village light, we hope the tips will inspire even more of you to get involved.

Your contributions—whether buying a calendar or snapping the photos that fill it—help keep our community vibrant and connected. Together, we've really developed something special – thank you for helping East Preston stay wonderfully in focus.

Keep clicking and capturing those special moments!

## Driving safely?

One Monday morning in January, the council received a call advising a driver had knocked over a couple of the plastic bollards designed to protect parts of the pavement between the northern shops service road and North Lane / Sea Road.

A local shop's CCTV footage shows the driver attempting to park. He had driven forwards knocking over the first bollard, then over that and knocking over the second bollard. He then successfully reversed into the parking space.

The driver gave no indication he knew he had caused this damage and also damage to his car. He did some shopping and soon returned to his car and drove off.

The council has reinstated the bollards, the work falling below the council's insurance excess. The money is not the important thing here. If you are driving and seemingly unaware you have caused such damage, are you safe to be driving?



## Bus shelter due

We apologise to anyone inconvenienced by the long absence of the bus shelter in North Lane, opposite Hares.

This bus shelter was removed following structural damage incurred by person or persons unknown. The damage destabilised the shelter and meant it needed to be removed and replaced.



Initially, we hoped to install a composite plastic shelter, in line with the council's policy not to use wood for benches. No company yet produces a made-to-measure composite plastic shelter so we are currently working with the West Sussex County Council volunteers who have offered to build a replacement shelter from recycled oak. The design chosen reflects concerns raised about the safety of the previously fully-enclosed shelter.

We still do not have a timescale for this, but rest assured a replacement bus shelter is coming.



## Let us love grass verges

To (mis)quote Love Unlimited, "it may be winter outside, but in our hearts it's spring."

One of the advantages of living in a village is the lovely grass verges many of us live beside. But with increasing numbers of vehicles per household, many people park upon or drive across these lovely grass verges and at this time of year it does not take much for grass verges to be destroyed. Not only do muddy, grassless verges look ugly, but the mud can spread and become a slip hazard for many residents. We know some of the damage is from delivery vehicles not resident in the village, and yet we all regularly see the sad state of some of East Preston's grass verges.

Perhaps if we all just showed our grass verges a little more love, we could make a big difference.

## Community mowing team

The council has agreed to buy a battery-operated lawnmower for use by trained volunteers around the village. In some places, this will provide extra cuts which West Sussex County Council can no longer afford to provide. The council will arrange training.

Vic and Linda Ruocca have volunteered to help oversee mowing volunteers in the village. To find out more, please email Vic and Linda - victor.ruocca@gmail.com or telephone 07867 806418

We also hope to find someone willing to store the lawnmower. If you are able to help, please contact Dawn at the Council Office.



## Leading the way

East Preston is a dog-friendly village with lots of areas where our dogs can run and play safely, however, the pavement on a public highway is not one of them.

Recently there have been numerous sightings of dogs being walked along the roads in the village without being on a lead.

Even calm dogs can react suddenly and run into the road. The worst-case scenario is that they get knocked down by a passing vehicle and are badly injured. The law steps in to reduce the risk of everyone around you.

For information the following current legislation applies:

"Road Traffic Act 1988 Section 27 requires dogs to be kept on a lead when they are on designated roads, pavements or any path running directly beside traffic."

"Highway Code (Rule 56) states that when walking a dog on the pavement, road or path shared with cyclists or horse riders, it should be kept on a short lead."

Most of us consider our dogs are very well-behaved and can walk exceptionally well by our sides without being on a lead; however, this is a gentle reminder it is against the law and you could be prosecuted for not having your dog on a lead on the public highway.

Enjoy your dog-walking and please keep our loveable friends safe.

## Special thanks to...

Andy Billups whose contributions to council projects around the village were greatly appreciated. These included designing and building Father Christmas's grotto, the wooden Christmas tree placed in the library for several years, the semi-circular bench outside the Village Hall, regular attendance at East Preston Business Community business breakfasts, musical support at various council events and much more. Andy sadly passed away at the end of December and will be much missed.

## Village Life

### March

- 2nd Full Council (19:00)
- 9th Planning & Licensing Committee (18:00)  
Audit & Governance Committee (19:00)
- 23rd Planning & Licensing Committee (18:00)  
Community Engagement Committee (19:00)
- 29th East Preston Beach Clean (11:00 – 12:00)

### April

- 13th Full Council (19:00)
- 14th Planning & Licensing Committee (18:00)
- 19th Funday Sunday (14:00)
- 20th Personnel Committee (19:00)  
Major Events Committee (19:00)
- 27th Planning & Licensing Committee (18:00)

### May

- 11th Full Council (18:00)  
Annual Parish Meeting (19:00)
- 12th Planning & Licensing Committee (18:00)  
Finance & General Purposes Committee (19:00)
- 18th Planning & Licensing Committee (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.**

## Beach cleans 2026

Following a suggestion from two members of the public, the council first led a beach clean, in its current format, on 26th May 2013. Over sixty members of the public took part, mostly local residents, of course, but also some family members from as far away as Reading and Yorkshire. In two hours, forty-five bags of litter were collected.



Over the intervening years, the amount of litter on our beaches has steadily dropped and fewer local residents have needed to join in.

This year, the council will be running two beach cleans, both in conjunction with our local group of litter-picking volunteers, KEPT (Keep East Preston Tidy). These will start at 11:00 on Sundays, 29th March and 28th September.

Please register to take part by contacting the council at [admin@eastpreston-pc.gov.uk](mailto:admin@eastpreston-pc.gov.uk) or by calling (01903) 770050.

## Council e-news

Would you like to be kept up to date with more East Preston news?

The Council has an email circulation list which is used to keep subscribers informed of local news and events. Subscriber details are not shared with any other organisation.

Please send us an email, details below, if you would like to subscribe to our email list – over 900 households and businesses already subscribe.

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)

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

Arun District Council (01903) 737500 West Sussex County Council (01243) 777100

Designed by Arun District Council, Civic Centre, Maltravers Road, Littlehampton BN17 5LF