# POLEGATE COMMUNITY CENTRE *News*

"WITH EACH OTHER ~ FOR EACH OTHER"



Roz Nathan's Art Classes. (see *page 22*)

**Polegate Community Association**

Founded 1961

REGISTERED CHARITY NO 305293

**The Community Centre. 54 Windsor Way**
**Polegate, East Sussex BN26 6QF**
**Tel: 01323 482434**
**Email: polegatecc@gmail.com**
**www.polegatecommunityassociation.org.uk**

## July and August 2026

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## Polegate Community Centre

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Polegate Town Council

LOTTERY FUNDED

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Dave: 07967 695984
Mark: 07549 097480
e: dholmesph@sky.com


BreatheEasy Eastbourne Support Group
BreatheEasy
Eastbourne
Lewes & Wealden
Supporting People with Lung Conditions and Asthma
The Breathe Centre
142 Whitley Road
Eastbourne BN22 8LT
Support Group Meetings
Social Events
Outings
Allotments and more
Pulmonary Rehabilitation
Exercise Maintenance
Eastbourne
Polegate Lewes & Wealden
Home Visiting
Pulmonary Rehabilitation
Exercise Maintenance
Telephone Support Line
07949 811599
Funded by Wealden Council, Sport England, Active Sussex, The Lawson Trust, The Hendy Foundation, Sussex Community Foundation, Albert Hunt Trust, The Chalk Cliff Trust Post Code Lottery
Email – breatheeasyeastbourne@gmail.com
Website– www.breatheasyeastbourne.org
Registered Charity in England & Wales No. 1186901

Podiatry & Wellness Clinic

# Bring your body back into balance with Podiatry & Wellness Clinic



Located in the heart of Polegate, Podiatry & Wellness Clinic offers a range of head-to-toe treatments to the local community. Our clinic is modern and superbly equipped, and provides patients with expert podiatry, chiropody, acupuncture, physiotherapy and massage therapies in a safe, comfortable and welcoming space.

## OUR SERVICES

| | |
|---|---|
| Podiatry/Chiropody | from £38 |
| Biomechanical Assessment | £90 |
| Toenail Surgery | from £375 |
| Verruca Treatment | from £45 |
| Physiotherapy | from £53 |
| Acupuncture | from £45 |
| Sports Massage | £70 |
| Deep Tissue Massage | £55 |
| Reflexology | £60 |
| Lymphatic Drainage Massage | £65 |
| Holistic Massage | from £35 |

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**3 Millfields, Station Road**
**Polegate, BN26 6AS**
**www.podiatrywellnessclinic.co.uk**

# Brain Gym

Completed Crossword on page 28

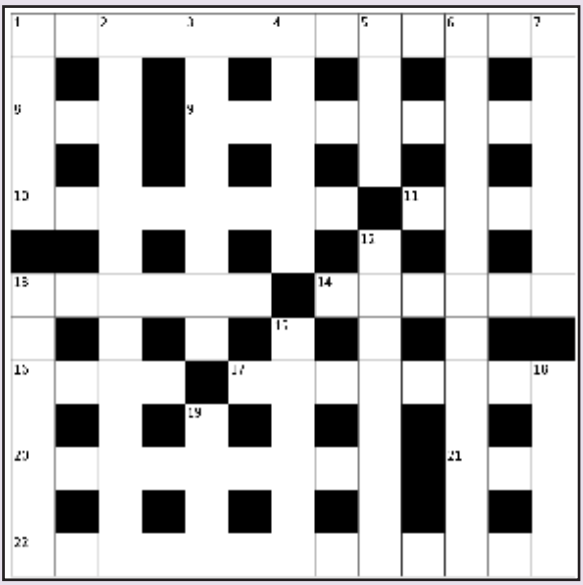


**Across**

1 Conceited dignitary (4-4-1-4)
8 Zero (3)
9 Boxer's plate (9)
10 Emergent (8)
11 Snitch (4)
13 Judder (6)
14 Massachusetts city (6)
16 Ice-skating jump (4)
17 Fattened liver (4,4)
20 Invertebrate with many pairs of legs (9)
21 Boxing superstar (3)
22 Phew! (5,8)

**Down**

1 Rest (upon) (5)
2 Water between Sweden and Finland (4,2,7)
3 Electromotive force unit (8)
4 Concrete powder (6)
5 Painful (4)
6 Arrangement of information and options on screen (4,9)
7 Goat leather (7)
12 Brow (8)
13 Cougar, e.g. (7)
15 Spanish dance - jacket (6)
18 From Zurich, e.g. (5)
19 Stoat-like carnivore (4)



**Community Pop In**
POLEGATE COMMUNITY ASSOCIATION
Everyone Welcome

Pop along to the warm hub. Lots of pastries and bread to have with a hot cup of tea, coffee etc 10am-12pm.



**Friday Social Group**

This club continues to thrive on Fridays 10am until 12 in the lounge. A variety of activities take place including craft, card making, knitting, sorting tombola prizes or just putting the world to rights.

**Everyone is welcome. Just £3 a morning and as much tea coffee and cakes as you can eat.**

Polegate Community Association
Office Hours - Monday - Friday
10am - 4.30pm
Telephone: 01323 482434
Email: polegatecc@gmail.com
Facebook: Polegate Community Centre
www.polegatecommunityassociation.org.uk

Our Patron Joan Shoesmith
President Sarah Bond
Chairperson Pat Payne
Vice Chairperson Ann Morrish
Treasurer Desmond Alder
Assistant Treasurer Di Pierce
Editor Sue Hitchen

# From the Editor's Desk

Well, what a busy couple of months we have had. At the beginning of May, I went to see Polegate Drama Groups Show "'Allo 'Allo 2". What a fabulous evening my friends and I could not stop laughing. What a joyous evening well worth it. Now we are looking forward to the next one.

Those of you who have come to the Centre recently could not fail to see all the scaffolding up ready for the roof works. This work has now started and for the next fourteen weeks. The builders will be busy. Once this work is done, the Solar panels can be placed on the roof to help reduce the electricity bills. The centre is expensive to run so any savings will help.

During the last month, we had the AGM and so there are changes in the Committee that run the Centre. Our previous Chairman John Rogers and his wife Wendy have stepped down from committee duties but are going to be around.

There are lots of events coming up including the Summer Fair on 20th June. So you can Keep Fit, Dance or just come and enjoy Coffee or Tea. Have a look at all the activities in the centre of the magazine and try something new!

**Sue Hitchen -** *Editor*



## Coffee Morning



| July | | August | | September | |
|---|---|---|---|---|---|
| 4th | CONSERVATIVES (L) | 1st | Pevensey Flower Club (L) | 5th | PETANQUE (L) |
| 11th | WINDSOR CLUB (L) | 8th | DRAMA (L) | 12th | DRAMA (L) |
| 18th | PCA FUNDRAISING (HTH) | 15th | GENERAL FUNDRAISING (HTH) | 19th | PCA FUNDRAISING (HTH) |
| 25th | SUNDOWNERS WI (L) | 22th | MS (L) | 26th | BOWLS (L) |
| | | 29th | GARDENERS (L) | | |

**Lets get together for coffee & cake!**

## CHAIRPERSON'S REPORT



At the AGM on, 20 May 2026, I was pleased to accept the position of Chair of the PCA. I would like to thank John Rogers for his work on the Executive for the past year. Both John and Wendy have assured me that they will still be around should I need them to help.

For those of you who visit the Centre regularly you will have noticed that the Building Works on the roof has already commenced. I apologise to anyone who has been inconvenienced or will be inconvenienced during this period. I would also like to thank Desmond Alder our Treasurer for Project Managing and overseeing the works.

As a fundraising idea, it was put to me at the AGM, that if everyone donated £1 every time, they visited one of their groups, then we would be able to raise the money for the roof match funding very quickly. I am sure that I could arrange for a donation box to be available if this is something that you would like to happen.

Talk to your group and let me know through the office. I have spoken to a few groups with mixed response but that is OK as this will be a completely voluntary method of fundraising.

We have received a very generous donation to the roof funding of £1,000.

If anyone would like to get involved in the fundraising or helping out, then please come and see me or contact the office.

I would like to thank you all for your continued support for the Community Centre.

Kindest regards, **Pat Payne** - *Chairperson*

*continue pg 10*




## Leaving a legacy

Please consider leaving a legacy to the Polegate Community Association in your Will. This would greatly help the finances of this charity. It will mean that the Community Centre will be there for future generations. Speak to your solicitor about it.

## POLEGATE GARDENERS SOCIETY



You may or may not get to see we are trying to broaden our appeal by adding 'and Social Group' to some of our advertising as nowadays that is predominantly what we are.

For sure the origins of the group is in an interest for gardening but as the demographics change over time we mainly enjoy a get together and invite a speaker to come along the topics can vary and are advertised on the notice board at the Community Centre.

It always seems the warmer and lighter months go quicker than the dark colder ones. As this magazine edition comes to you hopefully you are enjoying that precious time, if you do garden things will be more or less be in full swing now.

If you would like to find out anymore contact **Di 01323 482413**.

**Alan Eversfield / Di Pierce**

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## POLEGATE SKETCHING & PAINTING GROUP



The Group has continued its work on portraiture. The class has grappled with capturing expressions, hair and elements like glasses and hats with our tutor Roz Nathan.

This last series of sessions have been challenging but also satisfying, with the class making good progress.



*Trip to Chichester*

Early in May many of the Group had a trip to Chichester to visit an art exhibition featuring William Nicholson at the Pallant Gallery. William Nicholson (1872-1949) is not as well known these days, but he was a prolific and recognized artist in a wide range of areas.

Today he would have been called a graphic artist for his earlier work designing advertising posters and illustrations for books. Some of his images from these books are very distinctive and widely recognized, such as the illustrations for Twelve Portraits with pictures of famous people such as Queen Victoria and Rudyard Kipling. He then gave up his graphic work and concentrated on painting.

His still lives, particularly metallic items, were amazing and were a feature of the exhibition. Nicholson also was a gifted portrait and landscape painter. Some of his landscapes are of the area around Rottingdean where he had house.

Contact Bruce Margett (brucemargrett@hotmail.com) for more details of the Group's class on a Tuesday.

## POLEGATE CAMERA GROUP



We are a small group of local photographic enthusiasts with a diverse range of skills; using a wide range of cameras from mobiles phones to digital DSLR, meeting on the first Tuesday of each month in the Coffee Lounge at the Polegate Community Centre (September to June).

During the Summer Break we arrange our monthly meetings as visits to local areas for some practical photography. Finally, we also have regular coffee mornings each month, usually the third Sunday, with a chance to chat about all things photographic.








Typical monthly evenings start with a "show and tell" of images taken by members since the previous meeting. This will normally be a selection of images based upon the 'theme' from last month (chosen at random) and is a chance to show members' interpretation of the theme. It's a good opportunity to see a range of others' work and how they approached the subject. Always a good chance to get ideas to improve your skills as a photographer.

We usually have a short tea/coffee break, with a chance to catch up since the previous month and exchange ideas on photography.

*continue pg 12*

After the break, we typically have a talk/presentation by an invited guest; a slideshow featuring work by one of the members, or a technical presentation intended to inspire members to try something new.

At the start of the calendar year, we hold an annual "Members Choice" competition, where entries are printed and mounted for members, with a chance to win a trophy for the favourite image (chosen by the members).

So, if you're interested in photography and want to come along, you are more than welcome to join us, your first visit is free. Whatever level of skill and whatever camera you use, we're here to help each other learn more about the hobby we all enjoy. We use a private Facebook Group for sharing images between members and a private WhatsApp group for arranging visits and photographic opportunities. Finally, there is a monthly newsletter, distributed via email.

**First Tuesday of the month from September to June at Polegate Community Centre, 54 Windsor Way, Polegate. From 7:00pm for a 7:30pm start.**

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## POLEGATE STITCH-UPS



Great news! Pat is the first to finish her Somerset Garden quilt designed by Suzanne Campion which is pictured below. It is beautiful and an inspiration to us all to press on and finish our own versions. Pat not only painstakingly hand pieced the whole thing but also did a two-day course to learn longarm quilting which finished it off perfectly. Look out for more pictures as we all finish our own efforts.



We also had an excellent workshop led by Karen on confetti quilting where unusual designs are created by arranging scraps of fabric on a felt backing then covering with gauze and stitching down to achieve a unique art fabric. Members turned their fabrics into small bags and purses, and a great morning was had by all. It is a great way to use up even the smallest scraps of fabric which would otherwise go to landfill.

## SHORT MAT BOWLS CLUB



Hello All. At last, summer has arrived, we have been waiting a long time for some warm weather.

As I write this many of our members are on the Isle of Wight so this nice weather has come at the right time.

It was great news that a grant has been secured to replace the roof and the addition of solar panels.

When I moved to Polegate in 1967, Windsor Way and the Community Centre was only just being built so for nearly 60 years, it has been looked after by good people so that all the activities that take place there can still be enjoyed including our short mat bowls 3 times a week. All credit to those who have been involved, I hope you agree.

Have a wonderful Summer everyone and keep well.

**Anne Branch**

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## CUCKMERE VALLEY PETANQUE CLUB



"Ne'er cast a Clout till May be out." An 18th century saying that I have often heard but never understood or had any idea of its meaning, however the last two or three weeks we have enjoyed many games thanks to the wonderful spring weather that we have been blessed with. Sunshine always brings our attendances numbers up resulting nearly every piste being used on several occasions. A really great sight to see our club so active.

On the social front on April 24th, we held the first of our Coffee mornings at the Polegate Community Centre our thanks to those who attended and helped to raise valuable income for our club. Also, we have set a date for our annual Barbeque which will be held on July 12th. This is an enjoyable afternoon with Homemade Burgers and Sausages with a vast array of Salads followed by a wonderful spread of Cakes naughty but nice Puddings. In addition, we will be inviting some ex-members to join us at this popular social event and hope they will be able to come and meet some old friends.

Finally, back to where I started, the actual meaning of the saying I started with is, A Clout was a warm item of clothing, so it means do not put your winter clothes away 'till the end of May or alternatively 'till the Mayflower is out. Take your own choice!!

*continue pg 14*

Interested in joining us? Then visit our facebook page at Cuckmere Valley Petanque Club or Email to cuckmerevalleypetanqueclub@gmail.com or alternatively contact our Membership Secretary on **01825 873310**.

**Phil Hudson**

## POLEGATE TWINNING ASSOCIATION

**Polegate Welcomes Saintry-sur-Seine town Twinners for their 35th Anniversary!**




How many times have you driven past these roadside signs into and out of Polegate? Polegate Twinning Association has just welcomed 27 French guests 13-17th May to celebrate the 35the Anniversary of the signing of the Twinning Charter between the two towns.

Objectives of Twinning:

- Promotes international friendship & understanding
- Stimulates & fosters mutual exchanges at all levels
- Organises activities to promote the aims of the Association
- Twinning is more than the sum of its parts – For the PTA, it's like having an extended family in two countries!

**2026 May - Saintry Visit to Polegate Programme:**
On 13th May, we greeted our guests who would be with us until 17th May at a Welcome Reception in the United Free Church hall. Our new Mayor Cllr Stephen Shing and his deputy Cllr Dan Dunbar.


PTA & STA Chairpersons, Polegate & Saintry Mayors & Deputies

The next day we visited Rye and our guests were appreciative of the Rye Heritage Centre followed by Dinner with their Hosts. Friday saw a visit to Petworth House and Deer Park followed by a fish & chip supper.

Saturday our guests had a free day which enabled some of the group to walk on the Downs while others wandered around Polegate and Eastbourne Market. The evening entertainment was a shindig in Hailsham where we all met up with another group from Gourney en Bray.

A very jolly evening was had by all.

On Sunday we said goodbye.


Mayors & Deputies exchange gifts at the Charles Hunt Centre.

**What's next? – Twinning "Lite" and a final visit to Appen?**

Over the last 5 years (post-Covid-19), it has been more difficult to recruit members able to accommodate guests and to raise sufficient funds to receive and host visitors.


Morning farewell – "now PLEASE get aboard"!!

It is therefore regrettable that the 35th Anniversary Visit will be the last to follow the typical physical model with Saintry-sur-Seine. The two twinning committees are in discussion as to a "twinning lite" model with more on-line and virtual exchanges as the norm. Options will be discussed at the AGM in November 2026.

We do still propose to take a small number of Twinners to Appen, near Hamburg - again as a likely final "in-person" visit in September 2026 and planning for this visit is now underway.

**INTERESTED IN JOINING POLEGATE TWINNING ASSOCIATION?**
If you can host one or two visitors and/or would like to talk about joining the Association, then please do get in touch with the PTA Committee - email: PolegateTwin2024@outlook.com; or visit https://polegatecommunityassociation.org.uk/polegate-twinnings/

**Dr Yusaf Samiullah** - *Chair*

*continue pg. 18*

## *Rooms availability for hire*

There are a number of rooms available for hire at competitive rates. For more information contact the office on (01323) 482434 or email polegatecc@gmail.com
For more information about the Association, Clubs and Events, please visit www.polegatecommunityassociation.org.uk

# What's On

## Every Week

### Monday

| | | |
|---|---|---|
| Hartbeeps | Activity Room | 9 am - 2 pm |
| Pilates | The Lounge | 9 am - 9.45 am |
| Chair Pilates | Henry Twine Hall | 10 am - 10.45 am |
| Roz Nathan's Art Lesson | The Lounge | 10.15 am - 1.15 pm |
| BINGO | Henry Twine Hall | 1.30 pm - 4.30 pm |
| Body Move Pilates | Lounge | 6.30 - 7.15 pm |
| Willgate Badminton Club | Henry Twine Hall | 7.30 pm – 9.30 pm |

### Tuesday

| | | |
|---|---|---|
| Polegate Sketching Group | The Lounge | 9 am - 12 pm |
| Polegate Stitch Up's | The Activity Room | 9 am - 1 pm |
| ZUMBA | Henry Twine Hall | 10.30 am - 11.15 am |
| Roz Nathan's Art Lesson | The Lounge | 1.30 pm - 5.30 pm |
| Bowls | Henry Twine Hall | 1.30 pm - 5.30 pm |
| Body Move Pilates | Activity Room | 7pm - 7.45pm |
| Drama | Henry Twine Hall | 7.30 pm - 10.30 pm |

### Wednesday

| | | |
|---|---|---|
| Sporting Memories | The Lounge | 10 am - 11.30 am |
| Yoga – Teresa | The Activity Room | 9.30 am - 10.15 am |
| Bowls | Henry Twine Hall | 1.30 pm - 5.30 pm |
| Breathe Easy Support Group | The Lounge | 12 pm – 3 pm |
| Over 40's Table Tennis | The Activity Room | 1.30 pm - 4.30 pm |
| SWOOVE | Henry Twine Hall | 6.30 pm - 7.30 pm |
| WW | The Lounge | 5.30 pm - 7.30 pm |

### Thursday

| | | |
|---|---|---|
| Chair Pilates | The Activity Room | 9.30 am - 10.15 am |
| Community Pop In | Henry Twine Hall | 10 am - 12 pm |
| Yoga Life | The Activity Room | 10.30 am - 11.30 am |
| Polegate Quilters | The Lounge | 9 am - 12.30 pm |
| Bowls | Henry Twine Hall | 1.30 pm - 5.30 pm |
| Zumba | Henry Twine Hall | 6.30 pm - 7.15 pm |
| Drama | The Activity Room | 7.30 pm - 10.30 pm |
| Line Dancing Classes | Henry Twine Hall | 7.30 pm - 10 pm |

### Friday

| | | |
|---|---|---|
| Friday Social | The Lounge | 10 am - 1 pm |
| Zumba | Henry Twine Hall | 10 am - 10.50 am |
| Pilates | Henry Twine Hall | 11am - 12 am |
| Whist Drive | The Lounge | 1.30 pm - 4.30 pm |
| Willingdon School of Dancing | Activity Room/ The Lounge **(Term Time Only)** | 3.45 pm - 7.30 pm |
| Polegate Beavers | Henry Twine Hall **(Term Time)** | 5 pm - 6.15 pm |
| Polegate Cubs | The Activity Room | 6.15 pm - 7.30 pm |
| Polegate Scouts | The Activity Room (October – February) | 7.45 pm - 9.30 pm |

(Beavers, Cubs and Scouts will be at Bushy Wood - weather dependent)



**PLEASE REMEMBER**

**Final date for magazine contributions for September/October 2026 is 1st August 2026. Please email contributions as a word attachment to polgatecc@gmail.com. Photos will also be welcomed! Many Thanks.**

## Committee Meeting

**Executive Meeting** Tuesday 14th July, 5.30 pm **Executive Meeting** Tuesday 4th August, 5.30pm
**Council Meeting** Thursday 6th August, 7.30 pm

## Monthly Groups

| | | | |
|---|---|---|---|
| 1st Tuesday | Polegate Camera Group | The Lounge | 7 pm - 10 pm |
| 3rd Tuesday | Polegate Sundowners WI | The Lounge | 7.30 pm - 9.30 pm |
| Every other Tuesday | Healthy Living | The Activity Room | 2 pm - 4 pm |
| 3rd Wednesday | Association of Carers | Activity Room | 10.15 am - 11.15 am |
| 4th Thursday | Polegate Gardeners | The Lounge | 2.30 or 7.30. See poster |
| 4th Thursday | U.P.C. | The Lounge | 6.30 pm - 22.30 pm |
| 4th Thursday | Sundowners WI | Committee Room | 7 pm - 9 pm |
| 2nd Saturday | East Sussex Sewing Bee | Henry Twine Hall | 9 am - 5 pm |
| 3rd Saturday | Bingo | Henry Twine Hall | 1 pm – 5 pm |
| Every other Saturday | So Sew Mad | Committee Room 2 | 9.30 am – 1.30 pm |
| 2nd Sunday | Military Whist | The Lounge | 12.30 pm - 3 pm |
| 3rd Sunday | White Eagle Lodge | The Lounge | 10 am - 2 pm |

Tuesday
Wednesday
Thursday
Saturday
Sunday

## Saturday Coffee Mornings



**July**
4th CONSERVATIVES (L)
11th WINDSOR CLUB (L)
18th PCA FUNDRAISING (HTH)
25th SUNDOWNERS WI (L)

**August**
1st PEVENSEY FLOWER CLUB (L)
8th DRAMA (L)
15th GENERAL FUNDRAISING (HTH)
22th MS (L)
29th POLEGATE GARDENERS (L)

**September**
5th PETANQUE (L)
12th DRAMA (L)
19th PCA FUNDRAISING (HTH)
26th BOWLS (L)

## What's On

**July**
**Dance Til You Drop** Saturday 30th May
Henry Twine Hall, 7.30 pm - 11 pm.

**NIGHT AT THE MUSICALS**

Friday 14th August @ 7.30pm
Saturday 15th August @ 2.30pm and 7.30pm

Box Office Open's Monday 6th July at Polegate Community Centre

BOX OFFICE at the Community centre and from Archer and Partners in the High Street or you can even book online at www.polegatedramagroup.com.

**This is only a guide for what is on during the day, week, and month and maybe subject to change. For more information, please contact the Office 01323 482434 or email polgateccmagazine@gmail.com.**

# POLEGATE HEALTHY LIVING CLUB



**The Dates for July and August**

| | |
|---|---|
| **Tuesday 07 July 2026** | Ashley Walker-Carter – Yoga |
| **Tuesday 21 July 2026** | Teresa Boyle – Seated Pilates |
| **Tuesday 04 Aug 2026** | Active Friends – Exercise Class |
| **Tuesday 18 Aug 2026** | Ashley Walker-Carter – Yoga |

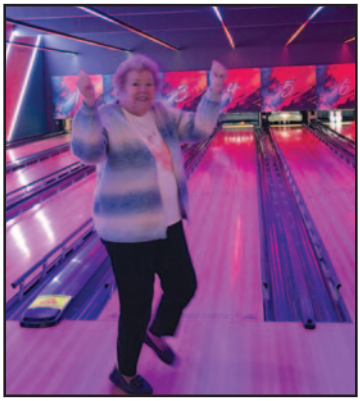
We have the 1st hour as an exercise class followed by a 2nd hour for Games or Socialising.
Please dress in layers as windows will be open.
£5.00 entrance fee for tea, coffee or a cold drink and biscuits.
Raffle Tickets £1 each (Please bring a donation gift for the raffle).
Everyone over 50+ is welcome.
Held at: Polegate Community Centre, 54 Windsor Way, Polegate, BN26 6QF.
Any questions please ring Sharon on **07708 564488**.

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# POLEGATE SUNDOWNERS WI

Polegate Sundowners WI is a friendly group who meet on the third Tuesday of every month, 7.30-9.30pm, normally in The Lounge. Our programme has something to suit everyone, including talks, activities, dance/ fitness and crafts. We even invite you to join celebrations with us!

Recent meetings have included "Desert Island Castaway Memories", where we heard from a couple of our members, and get a little snapshot of their lives so far. We've had a fake auction (a Sundowners favourite!), and a talk on Scam Awareness which members found very interesting!



Coming up, we have our 10th birthday celebrations, some walking netball (we'll be taking our meeting on tour for this one!), some crafting, and some talks. Keep an eye on our social media for news of the upcoming meetings. Why not come and visit us – we'd love to see you!

Outside of our meetings, we regularly host the coffee mornings at the Centre, with funds going to our chosen charity of the year.

It's St Wilfrid's Hospice for 2026! Our fundraising efforts have previously included driveway sales,

and the amazing "Tour de Polegate", where we pedalled the length of The South Downs between 2 static bikes outside the Co-op!

Contact us by emailing on sundownerswi@gmail.com or on our Facebook page for more information and with any questions.



2 static bikes outside the Co-op

## POLEGATE DRAMA GROUP



**Another record breaking show from Polegate Drama Group!**

Did you get to see 'Allo 'Allo 2? If you did, you were part of another record breaking attendance of 642, this beat last year's attendance for "Calendar Girls" and all box office records for a play in the last 20 years, the all-time record was 50 years ago back in 1976 when just over 800 came to see "Doctor in the House", ticket price 40 pence (which included the programme!)

We can't thank our audiences enough for your support.

Here are just some of the comments made by the audience via social media.

"Absolutely brilliant show", *"The casting was spot on"*
"I've not laughed so much for ages", *"It was a triumph"*
*"All the character's captured the 'Allo 'Allo fun, loved the "Can Can scene"*
"Brilliant performances from start to finish, what a tonic"



The cast

From the NODA reviewer (The full review can be found on our website).

*"All the Actors in this production did so very well, embodying their characters and very bravely in some ways: especially the three of them that appeared in their underwear. There were many*

*continue pg. 20*

*stand out pictures from this production for the audience to take away and talk about and laugh afterwards. Huge congratulations to everyone in this super production"*

At the end of May we all got together for an after-show dinner at the Pomodoro Mozzarella (Camembert cheese was the starter!! )

## 🏆Another award for the PDG🏆

Our production of "Calendar Girls" in May last year has been recognised by NODA (National Operatic and Dramatic Society) with an Accolade of Excellence Award, this is our second award, the other being the panto Robinson Crusoe in 2024.

These awards recognise the standard of production the group is putting on and the all-round talent of our actors and the creative team's.

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***A time to relax at the***

**"SUMMER BALL"**
Eastbourne Golf Club, Saturday August 1st, 7 for 7.30pm Dinner.
Carriages 11.30pm

This is a black tie event, a chance for ladies to dress up (and the men!). Tickets still available, for further details, contact us at adminpolegatedramagroup.com

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***Our next production***

**A NIGHT at the MUSICALS 4**

Box office opens Monday 6th July.

A Night at the Musicals returns in 2026 and it's funnier, funkier and more extravagant than ever.

Now in its fourth, unforgettable year, we tune in to this broadcast that promises a show of bangers and belters with a touch of comedy and chaos that will be sure to flip the script.

This year, get ready to press play on a night of unforgettable show tunes and theatrical flair with: A Musical Mixtape. A vibrant two-act celebration of musical theatre, old and new.

Friday 14th – 7.30pm
Saturday 15th – 2.30pm & 7.30pm

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Details about our next play in October, in the September edition of the "Community News"

We here at the PDG hope you all have a lovely summer

Once again thank you for your support.

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## TABLE TENNIS



Established 13 years ago, Over 40s Table Tennis is a social group for fun and exercise and is open to players that have played before even if it's many years ago.

We meet on Wednesday anytime between 1.30pm and 4.30pm. £5 per session. Just call in at the Polegate Community Centre, we will be in the Activity Room. For information contact Chrissie – **07779 983796**.

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## THE WINDSOR CLUB

Half the year gone already – lets hope you have had a chance to enjoy some of the activities offered by the club.

The Abba tribute was a popular evening, and a lovely afternoon was had by all on the last Sunday in May when Lynn and Mark sang some good crooner classics.

Unfortunately, some of the entertainment in May was poorly attended – as a committee we need to review our approach.

How the Dog Show went on June 6th is impossible to say (our article is sent to the editor prior to this date) but hopefully all went well and a wonder-woof-ful time was had by all.

Elvis was back in the building after the Dog Show – acknowledging that there indeed 'aint nothing like a hound dog'.

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Looking ahead to the summer months we have the following:

**July 4th** – Mick Sweetman singing Country and Western – from 8.30pm
**July 11th** – Steve Dunnitt – more crooner classics from 8.30pm
**July 18th** – to **July 25th** – Sherbert Fountains – Guy Sunshine joins us as his fabulous duo keep us entertained from 8.30pm Meat Raffle from 5pm

**August 1st** – After Four – a great band from 8.30pm
**August 8th** – G the G Man Genie is back with his Bingo Medley – from 8pm
Summer Party – **15th and 16th August**

We have Move Around and Rachel Farrow entertaining us that weekend along with cocktails, BBQ and good fun in the sun.

**August 22nd** – In house disco – come and request a tune and dance the night away
**August 29th** – Meat Raffle from 5pm
**August 30th** – Guy Sunshine is back by popular demand at 2.30pm

Don't forget our usual popular weekly events:

**Tuesday** – Bingo from 8pm
**Wednesday** – Quiz night from 8pm
**Saturday** – Raffle at 10pm
**Sunday** – Cash windfall 12.45, 1pm, 1.15pm
Quickie Bingo – 1.45pm
Raffle – 2pm
Open the box – 2.15pm

**Member Shout Out**

Finally we wish to share our congratulations to our wonderful member Kevin Turner, who has been elected Chairman for Radio DGH in their 75th year! Well done Kevin keep up the fantastic work.



Thank you to all our staff, committee, suppliers and of course our many fantastic members (over 500 of you) who keep our very special club thriving.

## ROZ NATHAN'S ART CLASSES SUMMER '26



Roz's regular weekly classes continue to run on Monday mornings and Tuesday afternoons in the Lounge at PCC.



Both groups are very lucky to be based in such a light, large room, which means students can have a long table each!

Coffee and biscuits are included in the session price, and the lessons are fun and relaxed, with lots of support and guidance.

The weekly Monday morning Mixed Media, Print and Collage class (10.15-1.15pm) keeps the same overall title each 'term', but in each seasonal course students work with different themes and varied combinations of the three areas. We're having a great time as usual working loosely and creatively – it's messy play with a focus!!

The regular Tuesday afternoon (2-5pm) Personal Project session is a small group designed for students to work on their own drawing or painting projects, receiving help and support in several ways such as improving skills in their chosen media, deepening their knowledge of their subjects and developing ideas. Roz also helps with tips on exhibiting and making and selling cards of artwork.

Roz is happy for people to pop in - it's best to come about 40 mins after the start of the lesson, please note the correct session times above. You can also email roz.nathan@hotmail.com for a leaflet to find out more details about classes.

## SPORTING MEMORIES



"If you can remember Geoffrey Boycott scoring his 100th century for England in 1977, the famous Nobby Stiles toothless grin following England's famous World Cup victory in 1966 or the fierce rivalry of Coe & Ovett between 1978 and 1984, you will probably enjoy the Polegate Sporting Memories club which meets every Wednesday morning at the Community Centre from 10pm to 12 midday.

We continue to welcome an enthusiastic bunch of sports fans covering almost every sport under the sun; yes, we have even spoken about bog snorkelling and cheese rolling.

We also enjoy hearing about the members views on the weeks sport plus occasionally, they tell us at which local café they have enjoyed a good full English breakfast during the week. However, we have also been known to discuss more important matters such as VAR in football and the use of the dukes or the kookaburra ball in cricket!

*continue pg. 24*

A good number of members recently enjoyed a day at Hove watching Sussex play against Glamorgan in the County Championship and we have a trip to the Amex, with a stadium tour and lunch shortly.

As you can imagine, all this excitement means that the members don't like to miss a meeting and at present we are up to our maximum number who can attend, but we are very happy to take names and details of potential members who will be able to join the fun when we can accommodate them. If you would like to be added to the waiting list, please pass your details to the office and we will be in touch.

## POLEGATE CONSERVATIVES

We hope you are all enjoying the lovely warmer weather - long may it continue.

Your local Conservatives have been busy supporting the community lending a hand at the Jubilee Nature Reserve, supporting improvements at the Brightling Road recreation area, and getting involved with the exciting plans for a new library utilising the Polegate Town Council building.






We're glad to say that the longer days are now firmly with us. With blooms and blossom brightening the landscape. Your local conservative councillors are continuing to support our community, representing on numerous items that will positively impact our town and in the coming year. We successfully hosted our March Coffee morning at the community centre which was well attended. We also hosted our Pamper/Psychic evening, with many new faces trying out a treatment or a session with a psychic. Thank you to all those that attended and we hope we will see you at the next session for another social drink and a bit of pampering.

We will be hosting our next coffee morning on 4th July, and our second Pamper & Psychic event of the year will be in the Autumn. Watch this space!

For additional information on our activities and events, please visit our Facebook page by searching 'Polegate Conservatives.' Alternatively, you can contact James Heward at misterheward@gmail.com

**Cllr James Heward** - Chairperson

# POLEGATE TOWN COUNCIL

As summer gets underway, there is plenty happening across Polegate, with residents, volunteers, councillors and community groups all playing their part in helping our town thrive. Polegate Town Council would like to thank everyone who continues to support and take pride in our town.



**Polegate Welcomes New Mayor and Deputy Mayor**

Polegate Town Council has elected a new Mayor and Deputy Mayor for the 2026–2027 civic year following its Annual Statutory Meeting on 11 May.

Cllr Stephen Shing has been chosen as the town's new Mayor, while Cllr Dan Dunbar will serve as Deputy Mayor, supporting the Mayor in civic and community duties throughout the year.

Speaking after his election, Cllr Shing said:
"It is an honour to be elected Mayor of Polegate. I look forward to serving our town, working closely with fellow councillors and residents, and supporting the community groups and organisations that make Polegate such a special place."

The Mayor and Deputy Mayor will represent Polegate at a range of local events and engagements over the coming year, helping to strengthen links between the Council, residents and community organisations.

Polegate Town Council has congratulated both councillors on their appointments and thanked them for taking on these important roles. The Council wishes them every success as they work on behalf of the town and its residents during the year ahead. This annual appointment marks the beginning of a new civic year and provides an opportunity to celebrate the dedication of local councillors who serve the community.

If you would like to invite the Mayor to your event, please contact Polegate Town Council via the website or email directly admin@polegatetowncouncil.gov.uk

**Grass Cutting Programme Underway Across Polegate**

Polegate Town Council's grass-cutting programme is now underway, with contractors working across the town to help keep public open spaces, verges and green areas looking neat and well maintained throughout the growing season.

*continue pg. 26*

Residents may notice that grass cutting is carried out in stages. As a result, it can take several days for a particular area to be completed, especially during periods of rapid growth or when weather conditions affect the schedule. An area that appears to have been missed may simply be awaiting the next stage of the programme.

However, as with any large-scale maintenance programme, there may occasionally be locations that are overlooked or require additional attention. The Council would be grateful if residents could let us know about any areas that appear to have been missed once work in their area has been completed.

Community feedback plays an important role in helping us monitor the work being carried out and ensuring that all areas receive the attention they need. Thank you for your support and patience as this year's grass-cutting programme continues across Polegate. Please contact us by phone on 01323 488 114 or email admin@polegatetowncouncil.gov.uk




**Community Litter Pick at Brightling Road Leisure Ground**

A successful community litter pick was held at Brightling Road Leisure Ground on Thursday 25 June, bringing together residents, councillors, Council staff and volunteers in a shared effort to keep the area clean and welcoming.

Polegate Town Council would like to thank everyone who participated, as well as local businesses that supported the event. Special thanks go to PJ Skips for assisting with the collection and disposal of the litter gathered during the day. The event showcased the strong community spirit that continues to make Polegate a great place to live.

**Polegate's Best Kept Garden and Allotment Competitions Return**

Polegate Town Council is pleased to announce the return of its popular Best Kept Garden and Best Kept Allotment competitions.

These annual awards celebrate the hard work, creativity and dedication of local gardeners and allotment holders whose efforts help enhance the appearance of the town. Entries will be judged by members of the Council's Flower Working Group, who will be looking for well-maintained, colourful and inspiring outdoor spaces.

Winners will receive certificates presented by the Mayor of Polegate in recognition of their achievements.

Further details will be announced soon on the Council's website and social media channels.

**Polegate Summer Community Fete This July**




Residents are warmly invited to attend the annual Polegate Summer Community Fete on Saturday 4 July, from 2pm to 5pm, at Brightling Road Leisure Ground, BN26 5AZ.

Visitors can enjoy a variety of stalls, activities and entertainment throughout the afternoon, making it an ideal family-friendly event. The fete provides an opportunity to celebrate local life and bring the community together in a relaxed and welcoming setting.

For the latest updates and full event details, residents are encouraged to visit the Ace Events Facebook page and Polegate Town Council's social media channels. Everyone is welcome - bring family, friends and enjoy a great afternoon in the summer sun.

**Volunteer Day at Jubilee Nature Reserve Brings Community Together**

A successful volunteer day was held at Jubilee Nature Reserve, bringing together residents, Councillors, Council staff, and corporate volunteers to help care for and maintain the site.

Volunteers worked hard throughout the day to clear and improve the area, supporting ongoing efforts to protect and enhance this valued local green space in Polegate.

Polegate Town Council extended its sincere thanks to everyone who took part, including Councillors and Council staff, for their time, energy, and commitment to the project.

Special thanks were also given to Jacobs for their valuable contribution and hands-on support during the day, Ace Landscapes for their scrub clearance, as well as PJ Skips for providing equipment and a man with a van.

The volunteer day forms part of wider efforts to preserve biodiversity, improve accessibility, and encourage community stewardship of green spaces across the area.

Anyone interested in becoming a member of Jubilee Nature Reserve can find out more by contacting: polegatenaturereserve@gmail.com.

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# POLEGATE SCOUTS

Hi from the First Scouts Group. We have been busy planning new adventures with the group as well as leaders putting up a new shed and demolishing the old one.



We have just had the first camp of the year, but unfortunately, we were unable to have a campfire as Bushy Wood was very dried out. So that was the end of our much-loved backwoods cooking campfire and smores. But being Scouters, we got round this by using gas stoves.

Her are some pictures of our adventures: Making a mess, eating your favourites and leaning to follow instruction. Ending with watching a film show as a treat.







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**Text or call to book your space on 07817 176413**



# Recipes

***Please note that the recipes are only a guide. All tin sizes are approximate.***



## Strawberry Eton Mess

**Serves 6 - Prep: 20 mins - Cook: 1h and 15mins.**

*2 large egg whites, 120g caster sugar, 500g strawberries hulled and roughly chopped, 450ml double cream, 1 tbsp icing sugar.*

**Meringues: Preheat oven to 120C/100C fan/gas 1 and line a baking tray with parchment. Whisk egg whites to stiff peaks, add sugar in 3 batches, re-whisking each time. Spoon onto tray and bake on the bottom shelf for 1–1hr 15 mins until hard and peeling away from the paper. Cool completely.**

**Eton Mess: Blitz 1/3 of the strawberries into a sauce. Whisk cream and icing sugar to soft peaks. Fold in crushed meringues and chopped strawberries, then swirl through the sauce. Serve in bowls topped with the remaining crumbled meringue.**



## Summer Pudding

**Serves 8 - Prep: 20 mins - Cook: 10mins.**

*500g raspberry, 300g strawberry, 100g redcurrant, 250g blackberry OR 1.25kg/2lb 12oz mixed berries and currants of your choice, 175g golden caster sugar, 7 slices day-old white bread from a square, medium-cut loaf*

**Wash and dry the fruit, keeping strawberries separate. Dissolve the sugar in 3 tbsp water over a gentle heat, then boil for 1 min. Add the fruit (not strawberries) and cook on low for 3 mins, stirring occasionally, until softened and surrounded by dark red juice. Drain through a sieve into a bowl, reserving the juice.**

**Line a 1.25-litre basin with overlapping cling film, leaving 15cm overhanging. Remove crusts and cut the bread: halve 4 slices on an angle, cut 2 slices into triangles and leave one slice whole.**

**Dip the whole slice briefly in juice and press into the base of the basin. Dip the angled pieces and press around the sides, alternating wide and narrow ends. Spoon in the fruit, tucking in the strawberries as you go.**

**Dip the triangles in juice and lay on top, trimming any overhang. Reserve leftover juice. Fold over the cling film, place a side plate on top and weigh down with cans. Chill for at least 6 hrs or overnight. To serve, open the cling film, invert onto a plate and serve with the reserved juice, extra berries and cream.**

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The Windsor CLUB

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