Exciting New Social Enterprise for Eastbourne

A local Eastbourne-based company is delivering an initiative which provides stable housing for families at risk of homelessness and provide support across other parts of their lives. Here's how it all started.

One evening in July 2016, a local businessman was called away from dinner to take an urgent call from a friend asking if he knew of anyone who had a had a property which could be made available to a homeless family. He didn’t, but he returned to the table determined to help.

A few weeks later, the first community-funded house was purchased and the Goscombe Homes social initiative started to roll. Realising this was just the tip of a massive social issue, Alistair and Ruth Wickens, the husband and wife founders of Goscombe Homes, set out to buy more property. Particularly of interest were homes which were empty or had fallen into disrepair, using the combined financial resources of friends and family who wanted to help but on an individual level lacked the capital to buy a property outright. Four months later, they bought their second property and are currently purchasing two more, which puts them firmly on track to achieve a potential return on their capital at a rate which exceeds the current low returns from traditional savings. Alistair commented “It’s like donating cash to a charity but getting your money back”.

In January 2017, Goscombe Homes partnered with the Eastbourne Networx charity providing access to training, mentoring and social support through the local community – a hugely successful partnership which has already placed 75% of Goscombe Homes tenants in a college-based course.

Eastbourne Volunteers asked Alistair to describe the vision. He explained “the vision is a world where investing in a social enterprise is just as attractive as investing in a conventional business. At that point, it’s possible we could see the release of huge capital resources to relieve elements of social deprivation.” Goscombe Homes has already shown this is possible. In their first four months, the business secured £450,000 to buy the first two properties. Funders have been impressed by the vision and the speed at which this enterprise has taken off, using phrases such as “truly inspirational” to describe the model and the initial results. Recent world events have shown there’s a steady increase in the number of people prepared to use their hard-earned cash to the benefit of others who are less fortunate – whether it be building a school in Africa, donating to a disaster relief fund or helping to alleviate poverty on the streets of Eastbourne. The great thing about the model is that it allows an individual to invest in a business with charitable aspirations at its core, backed by tangible ‘bricks and mortar’ assets to achieve a potential return on their capital at a rate which exceeds the current low returns from traditional savings.

For further information: phone: 07876 521097 email: info@goscombehomes.com
Music for The Brain

Helen Burton, Project Co-ordinator

Welcome to the July edition of The Volunteer! Our project has been very busy over the last month. Our website is being further developed and we have two new organisations which will be working from our Information Hub on a Tuesday morning. If you help to run a community organisation in Eastbourne you might like to know that there will be lots of help for you at The Hub on a Tuesday morning.

Stephen Hughes, 3VA’s Community Development Officer for Eastbourne will be in our Hub every Tuesday to help you with any issues to do with running your organisation, from creating policies and procedures to planning and grant applications. We are very excited to have Stephen working with us and hopefully the collaboration between our two organisations will help to achieve a lot more in the community.

If you want to book an appointment with him email: Stephen.hughes@3va.org.uk or call 01323 639373 ext.215. From the 11th July Katherine Russell from Possability People will also be in on Tuesday mornings to help.

“Book an appointment to get advice on making your project more accessible”

Music for the Brain

An American company, Music & Memory, have done lots of work in care organizations which show consistent results:
- Participants are happier and more social.
- Relationships among staff, participants and family deepen.
- Everyone benefits from a calmer, more supportive social environment.
- Staff regain valuable time previously lost to behavioural management issues.

There is growing evidence that a personalised music program gives professionals one more tool in their effort to reduce reliance on anti-psychotic medications. Of course, a personalised music programme takes time to develop for each patient but having a group session based on lots of different styles so there is something to please everyone can have equally effective results.

Music improves quality of life - can you image a world without it? No atmospheric background in film/TV, only news and chat on the radio (although for those of us who are Radio 4 fans maybe it’s an escape?) No concerts, no recordings, no means of expressing emotion other than spoken or written word....

We all remember and even learning can sing as well as they might like CAN SING! Granted not everyone can sing but everyone can join in and I, for one, am not looking for perfection in these Music for the Brain sessions. The purpose is to involve everyone and to have fun joining in songs we all remember and even learning some new ones. We do a little work on breathing which increases lung capacity and increases blood flow to the brain and also incorporate some action songs to help with mobility and help to challenge the brain to fire up the synapses.

To quote Lisa S. Lewis from Love’s Road Home “Music was a balm for any weary soul. It could either lift a person out of the doldrums or comfort him if there was no other solace to be had.”

As a Dementia Friend I currently holds a monthly Music for the Brain session in the Phoenix Centre in Lewes and would dearly like to extend it into surrounding areas and into care homes.

For more information please contact me at: enquiries@debraskeen.co.uk

Debra Skeen
"Let’s grow what’s around us…. all about food and outdoor spaces and activities".

**Thursday 13th July between 9.30 am and 1.30 pm at Faraday House, Hampden Park, Eastbourne.**

**Eastbourne Community Network Meeting.**

You are invited to attend the Eastbourne Community Network meeting for voluntary and community groups organised in partnership by 3VA (Voluntary Action in Eastbourne, Lewes District and Wealden) and the Locality Link Workers.

‘What works well where we are?’ At the last Eastbourne Community Network Event on the 17th March attendees found out more about the Locality Link Workers role and the Integrated Locality Teams. We spent the morning exploring the gifts we bring and the assets we have in our communities using ‘ Appreciative Inquiry’ and we identified several topics to explore and work on further for the benefit of our communities.

As we prepare for the summer using the diagrams our participants produced at the last event (See the copies at the end of this invitation), we would like to explore Eastbourne’s Outdoor Spaces, Activities and Food.

Where are they? How are they used? How could they be used? How can we work together to maximize the benefits of these and develop more in Eastbourne to make it a happy and healthy place to live?

The Eastbourne Community Network meeting is open to anyone delivering services in a voluntary or community group of any size anywhere in the Eastbourne area. The Forum is an informal meeting that enables groups across the area to network together.

By coming along, you can:

- Talk to other groups and organisations active in Eastbourne and explore ways of working together.
- Learn from each other and from what works well.
- Design how we can all be more involved in local conversations and plans in the future.

The event will give you opportunity to visit the newly refurbished Faraday House in Hampden Park and explore the new community and office space, conference suite and a large garden.

You can attend completely free but demand for places is usually high, so to be sure of your place, please book by Thursday 29th June 2017.

**Volunteers held a community group meeting for Eastbourne and Pevensey!**

On Friday 9th June Eastbourne Volunteers held a community group networking event to celebrate Volunteers Week. The event was held in the Tesco Community Space in the Lottbridge Drove Store and it was well attended by many local groups doing great work in the Eastbourne Community.

The Tesco Community Champions told us about their role and how Tesco could support community groups, Brenda Bruzon told us about Operation Shine, Katherine talked about the Mother’s Union Family Contact Centre and all the groups attending had a chance to share a little briefly about their work.

There was a lot of chatting, coffee drinking and cake eating going on, as well as a raffle with prizes to pamper the attendees who all do so much for our community.

Thank you to Families for Autism for donating some china items from their shop, Janets’ Flowers for donating a beautiful flower arrangement and local art gallery, The Makery, for donating a £10 voucher. Attendees also won a Thai foot massage and a head, neck and shoulder massage from Meesuk (based at The Labyrinth next to our Hub) and a professional nail manicure from Divine Nails and Beauty in Mark Lane. We think volunteers should be pampered!

A lot of connections were made and we had a lot of positive comments about the evening, so we will now be making this a regular monthly event. Our community networking meetings will be held on the last Monday of every month, 7-9pm at the Tesco Community Space, Lottbridge Drove. There is disabled parking and the venue is fully accessible with an accessible toilet.

Come along and find out what is happening in Eastbourne and Pevensey. If we share knowledge, ideas and resources we can achieve so much more together!

**New Community Networking Event for Eastbourne and Pevensey!**

**Mad Mouse Media**

High quality graphic and brand design from one of Eastbourne’s newest digital design agencies. Our services cover all visual identity for your brand including marketing campaigns, print design, websites and social media. Contact Chris for a free consultation or if you would like some free advice.

01323 484341
info@madmousemedia.com
www.madmousemedia.com

**Eastbourne Balloon Festival**

The idea of a few hot air balloons in Hampden Park in the summer has morphed into an International Hot Air Balloon Festival and mini County Show. Follow us on #balloonsovereastbourne or Facebook Eastbourne Balloon Festival. Lots of fun for all, from toddler to grandma.

balloonsovereastbourne@gmail.com
The Win-Win of Volunteering

By chipping in with even the smallest task you can make a real difference to people’s lives. You may have heard it said how invaluable and appreciated volunteers are to the organisations, people and animals that they help. Volunteers give up some of their time and skills for free, driven by a desire to help others, but what are the non-monetary benefits for the volunteers themselves?

The most fun and rewarding placement will most likely be one that matches your goals, personality and interests and that you are capable of doing. It’s important that you have a positive, open minded attitude and that your commitment matches the need.

Volunteering can provide you with valuable self-help and support at difficult times in your life. You may be searching for employment or retired with spare time, feeling stuck or wanting to find a new pathway forward in your life or career. You might have suffered the bereavement of a loved one or perhaps you are feeling lonely, isolated, depressed or anxious. Perhaps none of these apply and you simply want feel happy doing something to make the world a better place.

Job seekers might not want to give their skills away for free when their top priority is to find paid work. Surely it will take time away that could be used for job searching? Don’t undervalue this CV boosting resource to help get you back into employment or even to provide the idea, inspiration and motivation to start your own small business.

Volunteering can be a good confidence booster by having your efforts, “To get different results and feel differently about your lives or career it is necessary to do something differently.”

skills and experience appreciated. Especially if unemployment has affected your self-esteem. You can try out new areas of work or you can seek a placement for a specific job you are interested in. You will gain new contacts and many volunteer placements provide valuable training too.

If you are feeling sorry for yourself there is no better antidote than to help others in need, and you can therefore help yourself to combat stress, anxiety and depression. You can take your mind off your worries, finding a strong sense of purpose and have fun too. You can forge new friendships with other likeminded people with common interests. Not all of us have naturally outgoing personalities and there are many benefits if you are shy or introverted.

The opportunity to ‘get out of the house’ and improve social and communication skills by connecting with new people with a shared commitment and purpose.

In my own work as a Pathway Mentor and Coach I help my clients turn their goals and dreams into a practical achievable plan. We explore new possibilities and I inspire and motivate them whilst holding them accountable for agreed actions as they move forward.

To get different results and feel differently about your lives or career it is necessary to do something differently. I recommend volunteering as it provides a safe environment in which you can move out of your Comfort Zone into your Stretch or Learning Zone and experience a different perspective on your own life through helping others.

Jason Cornes. Pathway Mentor and Coach.
07842 339639

V-O-L-U-N-T-E-E-R

A Monthly Column by Stephen Lloyd

I was thinking through the word volunteer the other day and thought it would be interesting to break it down into each letter to see what I came up with, relating each to the values of what being a volunteer bring to us and to the wider community. See my efforts below folks, I’m sure you have your own interpretations as well but it’s a good starter for ten!

V = vocation. I have seen numerous people over the years for whom once they have started volunteering it soon became a real passion. In short if it wasn’t a vocation to start with, it soon became one. I call it the virtuous circle, we try to do good for others and we discover good comes back. Now that may sound overly simplistic but many volunteers have discovered it to be true.

O = offer to help. It’s what it says on the tin. Volunteers step up for the cause, the community, the issue. They offer to help make a difference selflessly for no pay or obvious tangible reward.

L = love for our community. That’s what you need and that’s what millions of volunteers have in spades.

U = underpins the social wellbeing of our town. Take a look around. If you see a town with a lot of volunteer activity you will see an area with a vibrant sense of community. The cause and effect is connected!

N = never give up. Sometimes it can take a few different volunteering attempts before we find our feet. That’s normal so folks - don’t give up.

T = time. Yours and your colleagues in the time you give the community and the cause you are volunteering for.

E = effort. Doing good takes effort sometimes but the outcomes are worth it.

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Clean Air Everywhere
An article by Eastbourne and District Friends of the Earth

Our ‘Clean Air Everywhere’ Week of Action got off to a flying start on Saturday June 24th with a campaign stall at Bankers Corner in Terminus Road, that was eye-catching, to say the least! Our volunteers easily shone out, despite the wind and rain. Even better, a very lively and constructive discussion about local air pollution started up on social media which generated a huge number of practical suggestions and proposals about the way forward for action on cleaning up Eastbourne’s air. What is clear is that quite a few people agree there is an urgent need for much more detailed and consistent monitoring of air pollution across Eastbourne in order to identify all the hotspots that require urgent action to reduce air pollution, especially if those hotspots are next to local schools. What’s also clear is that there is a real appetite amongst local residents to get a citizen science project up and running to create this mapping of Eastbourne’s air pollution, and work is under way to try and make this happen, drawing upon best practice elsewhere but also using the talents and creativity of local activists and entrepreneurs, especially from Eastbourne’s creative tech industry, as well as the expertise and advice of air quality academics from local universities.

There’s also a need for Eastbourne Borough Council to team up with community groups and local residents to put pressure upon East Sussex County Council to make changes to its transport and roads policies in order to help reduce the amount of diesel traffic going through certain parts of Eastbourne, especially as the pollutants from diesel vehicles - such as nitrogen dioxide and particulates - are very toxic to human health. Eastbourne FoE has been talking to the volunteers of the Bespoke Cycling group, which has a great plan for a dedicated cycle lane along part of Marine Parade that would not only make cycling along the seafront much safer and more popular but also help to reduce traffic congestion and improve traffic flow along the very busy Marine Parade. Such a detailed proposal is exactly the sort of thing that East Sussex County Council should consider very seriously. Apart from creating healthier air for all of us to breathe in, reducing diesel traffic in Eastbourne would also help to reduce the carbon emissions of Eastbourne that contribute to climate change, that elephant in the room which we can never get rid of until it is dealt with properly. Indeed, it’s been said by many now that all policy proposals in any area should acknowledge climate change and not incorporate anything that would worsen it through increasing carbon emissions.

“there is a real appetite amongst local residents to get a citizen science project up and running to create this mapping of Eastbourne’s air pollution”

So important will the issue of climate change be in the new Parliament, regardless of the Brexit negotiations, that Eastbourne FoE has just sent a letter to the new Eastbourne MP, Stephen Lloyd, expressing the group’s concerns about this and other issues, and expressing the hope that Stephen will work within Parliament to deal with those concerns. We look forward to whatever ongoing dialogue with Stephen may emerge from this letter. In the meantime, we always welcome new volunteers to our group, which meets on the second Tuesday of every month at Eastbourne Town Hall at 7pm. For more information about us, check us out on Facebook or at www.foe.co.uk/groups/eastbourne

Andrew Durling, Eastbourne & District Friends of the Earth

Neighbourhood First

Neighbourhood First manage a group of volunteers who enjoy getting out in their local community and contributing to environmental improvements. Over the past 2-3 years we have carried out multiple beach clearances, tree planting, bulb-planting and educational talks with school groups, scouts, local companies, partner’s such as the police, locals and other like-minded people from all over the South Coast. We are always looking for projects and additional volunteers, whether it be joining us once a year for a beach clearance or becoming one of our dedicated volunteers who go out every day and litter pick our beautiful coastline. If you would like to be a part of it or would just like to know a bit more you can contact Mel at Eastbourne Borough Council melanie.bucknell@eastbourne.gov.uk

Our events are also posted on social media, children welcome under supervision.
**The Mayor’s Month**

**A Monthly Column by Pat Hearn, Mayor of Eastbourne**

*Without a doubt, there are many numbers of charities in our town, all making an unbelievable contribution to our community. Of course, we all know that without their many dedicated volunteers, Eastbourne would be a very much poorer place. It is for this reason we must send out a reminder to everyone that their skills, whatever they may be, are desperately needed. Among these volunteers are the more than fifty who work to cover the services provided by Eastbourne Talking Newspaper Association and I recently had the privilege of attending their AGM. ETNA is a free service, financed solely by voluntary contributions, which helps visually impaired people keep in touch with both local and national news. It regularly provides 60 minutes of recorded material which is delivered and returned in a post-free wallet. Media players can also be provided POC to all members. Anyone who needs this service, or who believes they can help, should ring 01323 727273.

Many of you may already be familiar with ‘Swoovathon’ the latest in musical fitness exercise. Recently, they got together with Sport Eastbourne to hold a special 3 hour session at the Hampden Park Sports Centre, with all the proceeds going to the Eastbourne Foodbank. At the last count they had raised £700 with still more to come in, plus stacks of much needed food for the Foodbank. (I must confess that although I was delighted to join them all for the start, I didn’t actually have the staying power for the 3 hours. I had to leave them to it!) Sadly, although food donations are increasing, so the need is also rising and the Foodbank is looking to expand into outer areas. Anyone wishing to contribute food, or volunteer their time, should contact them at their premises in Cornfield Lane or ring 01323 409925. June 12th to 18th was Carers Week, an annual national awareness week celebrating the millions across the UK who provide unpaid care for a disabled, ill or older family member or friend. Eastbourne Arndale Centre hosted an information event, bringing together many partner organisations, focusing on Building Carer Friendly Communities. Others attending included East sussex Young Carers, Alzheimer’s Society, Southdown Ambitions and East Sussex Families and Carers Team. Visiting the stalls, it was brought home to me that nobody needs to feel alone. There are many loving people out there who understand and can help. Perhaps take the first step by contacting Care for the Carers on 01323 738390. I really can’t finish without mentioning the fabulous film ‘Dementiaville’ screened at the Birley Centre by Ivy House. This was episode 3 of a Channel 4 documentary which told the story of 4 couples living with dementia and how it changed their lives. Again, the message is please don’t feel you are alone. There are friends waiting to help. The contact number for Ivy House is 01323 431801. Just pick up the phone.

My very best wishes to you all

**Pat Hearn, Mayor of Eastbourne**

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**Roller Derby**

Hello all, your local Eastbourne Roller derby team are on the hunt for new players and NSO’s (non-skating officials) to join the UK’s biggest growing sport. Roller Derby if a fast-paced exciting game, with teams that compete all over the UK and the world. Over the last 4 years Eastbourne Roller derby have had a tournament held at the festival Extreme, the name of which has now changed to Beach Life. This is a great opportunity for you to meet the team and be introduced to the wonderful sport that is Roller Derby! It’s a FREE entry event held over the weekend of 15th and 16th of July. We have always been blessed with amazing weather creating a lovely atmosphere where you can get a tan while watching and there are stalls for you to buy cake, refreshments and merchandise.

If you are interested and would like to know more please find us on facebook:https://www.facebook.com/EBRollerDerby/# and drop us a message.

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**Sponsor This Space!**

Could you or your business become one of our community sponsors? We are looking for sponsors who are prepared to invest just £300 a year, that’s only £25 a month, in our project.

If we can find just 30 regular sponsors in Eastbourne it will fund our Community Hub in the town centre, our community newspaper and also enable us to recruit volunteers and map all of the social opportunities in Eastbourne, making it easy for people to get involved in our community.

We think that’s pretty good value, but as if that wasn’t enough we will also give our sponsors advertising in our newspaper, put their business cards on the wall of our Hub and publicise their help on our website and on social media!

If you can help to support our project or would like to find out more please email:

*eastbournevolunteers@gmail.com*

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**Send us your articles**

If you have a story or event to share then please email:

*eastbournevolunteers@gmail.com*
Correspondence

Feedback from June’s community group networking meeting:
Well done all involved at Eastbourne Volunteers. Great networking event and good to hear all the stories from everyone. Thank you for providing the opportunity. Keep up the good work,
Kind regards, Sara Latimer

Response from editor: Thanks Sara, we will be holding the community group networking events monthly from now on as it was so successful. They will be held on the last Monday of every month, 7-9pm at the Tesco’s Community Space in Lottbridge Drove. Hope to see you there again in July!

Hi Helen,
Thank you so much for the brilliant article about Matthew 25 in Friday’s Herald. And for mentioning the Coffee & Cake Sale.
One lady in Polegate read the article, can’t come to the Coffee & Cake Sale, and instead made a £50 donation. So a double thank you!!
Graham x

Response from editor: Great news! Such a good cause.

My name is Aaron Nixon I work as a volunteer at the Pevensey Apiary bee sanctuary.
I work once a month on Tuesday mornings and assist the other volunteers in maintaining the site.

“I have gained multiple skills through this volunteer position”

I have gained multiple skills through this volunteer position which are confidence, sharing ideas, skills and having the privilege of new people and trying some new things.
I am so grateful to what the Volunteer Hub has done for me as I would not of known about this opportunity without the weekly bulletin therefore I am very appreciative.
I enclose some photographs of my enjoyment in volunteering.
Kind regards, Aaron Nixon

Response from editor: You are very welcome Aaron, I am glad we could help. Great photos too! Keep up the good work.

Response from editor:
You are very welcome Aaron, I am glad we could help. Great photos too! Keep up the good work.

A Poem by Graham Huntley

We live in our personal heaven, or our personal hell. Often in between. But sometimes we need to be aware of one in order to recognise the other. Some days one sees hell. Like a Chimera, devouring heart and soul, another cancer with which to cope; Destroying hope and consuming pleasure.

Hell is not of our own making. Hell is not selective. It tempts us at times but left unchecked, it dominates. Leaving regret and propagating negativity – A cruel and ruthless Master. Who binds us for eternity.

On other days, Heaven or the promise of its pleasure. Enfolds us in a cloak of joy. Simple things: a hug, a touch, a softly spoken word of love. Both given and received. Our heaven is of our own making, defined by past and present. By friends and family, desire and hopes achieved.

Choose your heaven wisely and build your life around it. Nourish it and share it so that others may grow with you. For one day, for each and every one of us. There will be no tomorrow

Graham Huntley, 2017

Aaron Nixon with Andrew and Fiona Durling at Pevensey Apiary

Huddle

CREATIVE - DIGITAL - TECHNOLOGY
MINI CONFERENCE

20th July 5.30pm
Royal Hippodrome, Eastbourne

FOR MORE INFO & TICKETS VISIT HUDDLEDOWN.COM

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10 July – 7 August
Shinewater Sports and Community Centre
Millfoil Drive Eastbourne
BN23 6ED

For more information
Fleur Maltman
Community Development
01424 776684 / 07595 085628
www.optivo.org.uk

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**MARDIS GRAS 2017**

22nd July
Free Entry 2pm / 9pm

Main Stage Acts at Princess Park Eastbourne

- ABBA TRIBUTE
- BRITNEY FIERCE
- TYLER CHAMBERS
- ELTON JOHN TRIBUTE
- ADELE TRIBUTE
- HARVEY BOURNE
- FRANK SINATRA TRIBUTE
- SEA GYPSIES
- DJ CLAIRE FULLER
- CHARLIE HEAVY
- KYLE FINN
- GEORGIA BURGESS
- LUCY STEPHANO
- SCARLET FANTASTIC
- JELLY FUNK ALL STARS
- & CLOSING ACT MATT CALLOW PERFORMING BELIEVE (CHER)

Dance Tent With DJs All Day & Art and Food Stalls

After Party @ Atlantis Night Club £2 wrist band entry 9pm till 3.30 am

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**Eastbourne Access Group Needs You!**

Eastbourne Access Group is made up of local residents who are passionate about improving the day to day lives of disabled people. By improving access to the built environment, we can support people in their daily lives.

You can support us with:
- distributing the Eastbourne Access Guide for disabled people and groups
- promoting the group and its activities through social media
- supporting and maintaining the Eastbourne Access Guide website
- support with meetings, projects, and events

Contact us to find out more:
T: 01424 23 44 60
M: 07764 61 50 20
E: katharine@possibilitypeople.org.uk

Eastbourne Access Group is working with Possibility People to support disabled people and people with long term conditions to access their volunteering opportunities. We are actively seeking volunteers for this group.