

Spring/Summer 2010

# the beacon

Newsletter of The Sussex Beacon



## Gardens galore!

Summer is coming – which means it's time for the Garden Gadabout

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a copy

# Welcome



We've had a very busy few months at the Sussex Beacon, and once again I've been inspired by the level of support and goodwill from our local community. I'd also like to extend my gratitude to our trustees, staff and volunteers for maintaining such a great service during this busy time.

We're making real progress in developing our Clinical Services here at the Beacon, by improving our policies, procedures and service user evaluation. Huge thanks must go to our dedicated nursing team who continue to offer an excellent standard of care, particularly in supporting an increased number of clients with high-dependency needs.

We have expanded our Women and Families Service, which now has over 50 women registered and receives strong support from key HIV service providers in the area. Our Day Service is running at full capacity and has been recognised as a vital service for the long-term diagnosed. Our new Mindful Living courses have been very successful (see page five), and we're pleased to be offering a new service, Pathways to Skills, which will help service users develop IT skills (see opposite).

Service user involvement has also been developing at the Beacon, with regular forums and the appointment of three service user representatives, two trustees and a dedicated volunteer mentor and administrator.

Our reception at the Royal Pavilion last November was an enormous success, significantly raising our profile among key partners. And if you haven't done so already, then watch our new film 'The Sussex Beacon' on the new-look website – it gives a real insight into the organisation and our work.

We are also very excited about the recent opening of our new charity shop in George Street, Hove, and are very grateful to the Elton John AIDS Foundation for donating designer clothes from Sir Elton John and David Furnish (see page 12).

And as summer arrives, we once again look forward to our annual Garden Gadabout, which promises to be a fantastic event (see page six).

Sadly, our long serving Chair, Michael le Garst, will be resigning from the Board of Trustees at the next AGM and we are currently seeking a new Chair to replace him by October.

Although the Sussex Beacon is progressing really well, we can't be complacent and must constantly raise funds to make up the shortfall each year. We couldn't do it without the loyal support of our community, our friends, our workers and volunteers – so a very big thanks again to you all.

With warmest wishes,

*Kat Williams*

**Chief Executive, Sussex Beacon.**



## About the Sussex Beacon

The Sussex Beacon is a unique centre providing innovative services to meet the changing needs of people living with HIV. Set in a tranquil location overlooking the South Downs, it is one of only two centres of its kind in England. We care for people via our ten-bedded residential unit and through our Day Service and Health Management Services. The Sussex Beacon opened in November 1992 as a purpose-built hospice for people dying of AIDS. Thanks to the huge advances in drug treatments, we now care mainly for men and women living with HIV.

### For more information:

**During office hours**  
01273 694222

**Email:** [info@sussexbeacon.org.uk](mailto:info@sussexbeacon.org.uk)

[www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk)

The Sussex Beacon  
10 Bevendean Road  
Brighton BN2 4DE  
Charity number: 298388.

# News from the Beacon

## Making a splash!

The Sussex Beacon has been awarded a grant from the Department of Health to improve our in-patient unit. The grant of £66,060 will allow the complete refurbishment and re-decoration of two bedrooms and their en-suite bathrooms. It will also provide much needed mobility equipment and enable the development of wheelchair access to the garden.

We are grateful to the Department of Health for helping us to provide a safe, tranquil environment for our patients. We aim to complete the work by December 2010.

We are also actively seeking funding to refurbish all the bathrooms in the in-patient unit.



## New IT Courses

In February 2010, The Sussex Beacon was awarded a grant from the May Gurney Foundation, through the Sussex Community Foundation, for our Pathways to Skills Course, which aims to help those who are HIV positive and currently have little or no IT skills. Each course will run once a week for four weeks and will cover basic IT skills and applications – including email, word processing, using the internet and troubleshooting – as well as information around how to look after and manage your computer.

If you are interested in attending this course please contact [Sean Skinner](mailto:Sean.Skinner@sussexbeacon.org.uk) on 01273 645695 or email [sean.skinner@sussexbeacon.org.uk](mailto:sean.skinner@sussexbeacon.org.uk)

## Michael Le Garst passes the baton

After more than three years as Chair of the Sussex Beacon, Michael Le Garst will sadly be leaving us at the next AGM in October. Michael became Chair of the Beacon in November 2006, after having initially joined the Board as a trustee in 2001. Although sad to be saying goodbye, Michael feels he is leaving a growing and healthy organisation with a strong management team, better financial accountability and with strategic plans in place for the future.

Michael says: "I became Chair at a time when the Sussex Beacon was facing some uncertainty. Consequently, I have worked to influence positive change in the way the community views the Beacon and in creating stronger ties between the board and the rest of the organisation. I am also delighted to have been able to implement the appointment of a dynamic new Chief Executive in 2008, Kat Williams. I have felt hugely privileged to be Chair of the Sussex Beacon, and so proud to be a part of many positive changes across the organisation."

On Michael's departure, Kat Williams says: "We would like to thank Michael for his steadfastness and commitment over the years. He has been instrumental in moving the Beacon forward and he will be greatly missed."

As Michael will be standing down in October, the Sussex Beacon is seeking a new Chair to lead the organisation into the future. Candidates will require strong leadership skills with the knowledge and experience to facilitate clear strategic direction. If you are interested in the role of Chair then please forward your CV to [kat.williams@sussexbeacon.org.uk](mailto:kat.williams@sussexbeacon.org.uk) in the first instance. If you would like to learn more about the role then contact Kat direct at the Sussex Beacon for an informal chat. We hope to have a short list of candidates to present to the Board by May 26th.



## The Sussex Beacon raises awareness

In November last year, the Sussex Beacon hosted an evening reception at the Royal Pavilion in Brighton. The aim of the event was to share the most up to date insights into the field of HIV/AIDS as well as seeking new support.

Over 120 guests gathered in the beautiful surroundings of the Pavilion's music room to hear Dr Mark Nelson – Director of HIV Services and Clinical Trials at Chelsea and Westminster Hospital in London – give a short but powerful speech about the reality of what living with HIV means today and blasted away many preconceptions. He made it clear that with infections on the increase in the UK, HIV has not gone away. He also added that as hospitals see cuts in funding, it is important that organisations like the Sussex Beacon continue to exist.

David Nowicki-Stephen, trustee, spoke about his own experiences as a service user at the Beacon, and guests also heard from Dr Yvonne Gilleece, Consultant in HIV/ GUM at The Lawson Unit, Royal Sussex County Hospital.

Service users added their own voices in a powerful and moving testament to the essential work carried out at the Sussex Beacon, via a short film, which can be viewed at [www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk)

The Sussex Beacon is very grateful to the Spencer Wills Trust for generously sponsoring this reception.

Photo: James Pike [www.jimpix.com](http://www.jimpix.com)

## Donations wanted

Our Women and Families Service, currently supporting over 50 women, is in need of donations of women's clothes and any good quality household goods that you no longer need such as pots and pans, curtains and so on.

Your donation could really help to make a difference to a family. If you have anything you would like to donate, please contact **Paula Evenden** or **Hattie Yannagh** on 01273 645698 or email [paula.evenden@sussexbeacon.org.uk](mailto:paula.evenden@sussexbeacon.org.uk)



## Marathon success stories

A number of brave runners recently took to the streets of Brighton and London to raise money for the Sussex Beacon. Running in this year's very first Brighton Marathon on 18th April were Dex Bailey, Simon Burgess, Matthew Collins, John Handley, Alan Jones and Terry McFarlane. And taking part in this year's Virgin London Marathon on 25th April were Rui Goncalves, Noele Hawker and Andrew Terrington. We would like to thank all our runners for their invaluable support and incredible effort and will update you in the next newsletter on how much they raised.

## Shop and raise money

If you are an online shopper, then you could really help us to raise much-needed funds by registering with and shopping through [all4charities.co.uk](http://all4charities.co.uk). It is free to register and won't cost you a penny more than the advertised price of the item that you are buying. You can check out more details via the link on our website – [www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk)

The Sussex Beacon will earn commission from all the retail sites when you shop through [www.all4charities.co.uk](http://www.all4charities.co.uk)



## Half Marathon bigger than ever

The weather may have tried its hardest, but strong winds and a torrential downpour did not deter 6,199 runners starting this year's Sussex Beacon Half Marathon on the 21st February. The number of people actually registering to take part was 1,500 more than in 2009, demonstrating the growing popularity of this important annual event.

With entry fees going to, and many people raising money especially for the Beacon, we have so far raised £50,000, which will be an incredible help in our ongoing work. The Sussex Beacon's charity partners, St Dunstons and Water Aid, also raised a combined figure of around £30,000.

Becky Stevens, Race Director at the Sussex Beacon, congratulated runners on completing the race in tough weather conditions and thanked volunteers saying: "Without the hard work and dedication of our absolutely brilliant volunteers on the day, this event couldn't take place. We just couldn't do it without them!"

She also acknowledged that some runners faced difficulties with congestion at the end of the race, adding: "We know that there were some problems for some runners and we will make sure that we address those issues next year, when we hope the race will be more successful than ever."

The awards and prize giving ceremony was held in The Mayor's Parlour on the evening of Wednesday 10th March. Her Worship the Mayor, Councillor Ann Norman, presented the awards and met with runners and volunteers. The men's race was won by Dave Wardle in a time of 1.06.59, while the women's event was won by local athlete, Fiona Powell, in 1.23.47.

The 8-11 year olds, 800 metre youth race was won by Archie Davis and Maria Andrews, and the winners of the 12-16 year old mile youth race were Max Pickard and April Johns. Max completed the mile in an incredible 4m 32s – definitely a young athlete to watch out for in the future.

The Sussex Beacon would like to thank: Lucozade Sport, Brighton & Hove City Council, Sussex Police, Southern Rail, Friday Ad, Asics and NGP Events for all their support with the 2010 Half Marathon.

## Mindful Living Course a success

Dealing with anxiety and depression or with chronic pain can be an issue for many people living with HIV, this is why the Sussex Beacon launched its Mindful Living Course late in 2009. As the second course drew to a close recently, we are delighted that it has been so well-received by those taking part, and are looking forward to running another course later in the year.

The course takes place over nine weeks, with one two-hour session each week. The first half of the course is about cultivating mindfulness, and as well as practising during the session, those taking part are also required to practise at home.

Judy Lewis is Facilitator of the course and has been running her own mindfulness practise for best part of 20 years. She says: "We are very pleased with how well the course has been received.

"The purpose of the course is to help people be aware of what is going on in their thoughts and feelings and bodies, helping them to understand what is going on in certain situations, be they small or large. A lot of it is about paying attention to what is inside and how we respond to the world."

The group dynamic really seems to help; "People get so much out of being in a group and hearing each other's

stories," says Judy. "I think the way the course is structured allows people to learn from each others' experience – their difficulties, their problems, and how they deal with them."

Judy admits that for some the course will be challenging, but ultimately rewarding. "The more you practise, the more benefits you will have," she says. "The rewards can be manifold."

As part of our Health Management Services, the Mindful Living Course is supported by the Elton John AIDS Foundation and the Peter Moores Foundation. The next course is due to start in October – contact **Sean Skinner** or **Jackie Titley** on **01273 645695** to book a place, or email [healthmanagement@sussexbeacon.org.uk](mailto:healthmanagement@sussexbeacon.org.uk)

**Supported by:**





# Here comes the Garden Gadabout!

After a long winter, the Garden Gadabout is once more almost upon us and, as usual, we're looking forward to this great, annual, green-fingered event

The Sussex Beacon's Garden Gadabout is one of the most widely anticipated events in the Sussex gardening calendar and is a key fundraiser for the Beacon's coffers. Taking place every summer, gardeners across the region open their green spaces and welcome members of the public and fellow enthusiasts – and this year looks set to build on the success of 2009's event.

After coordinating the Garden Gadabout last year, Bridgette Saunders once again takes the helm with her team for 2010. She is keen to point out, however, that while 2009 was bigger and better than in previous years, this year is more likely to be a time of consolidation.

"We went from 42 gardens in 2008 to 75 last year," she explains. "Although it's tempting to push on and make the event even bigger, we feel it is equally important to pause, take stock and invest in the wealth of fabulous gardens we have. As a result, we will probably keep the number of gardens to around 75 for this year, and look at growing this event more steadily in the future."

This doesn't mean that everything is going to stay the same, of course. One key difference this year is that the Gadabout will be run over two weekends rather than just the one. Also, anyone who has enjoyed this event in the past will be familiar with



the 'trails' – gardens in specific areas that can be seen as part of a group – and they are set to be strengthened this time around.

"Our aim is to make it easier for visitors to walk from one trail to another," explains Bridgette. "This will enable them to enjoy visiting as many gardens as possible. We are also planning to create a coastal trail, and are combining Fiveways and Roundhill, while still maintaining our trails outside of Brighton, in Lewes and Rodmell."



## Gardens and cakes

One aspect of the Gadabout that delights many of the visitors is the sheer variety of gardens waiting to be discovered and explored – from small, city centre courtyards to more sprawling spaces, and from neatly manicured lawns to harbours of wildlife. "This is such a brilliant way to show off your garden and hard work," says Bridgette. "We've found that people genuinely enjoy sharing their space and come back year after year. Personally, I love visiting the gardens and offering encouragement as well as experiencing each individual's own way of creating something special with their plots, large or small."

As usual, Bridgette will be opening her own unique 'Garden House' – an imaginatively and beautifully restored old market garden – where she also runs



horticulture workshops. Last year, BBC Radio Sussex broadcast their gardening programme 'Dig It' live from the Garden Gadabout, straight from Bridgette's garden, which also featured some of our gardeners, visitors and Bridgette's chickens too!

Also coming back this year will be the allotments in Moulescoomb, a popular addition last year. "I think people were stunned to see just what can be created in an allotment," says Bridgette. "There are some breathtakingly beautiful plots, vegetables and flowers, small ponds and wildlife as well as places to sit, tiny oases of tranquillity and calm."

## People genuinely enjoy sharing their space and come back year after year

Another of the more popular aspects of the Gadabout is the tea and cakes that are available in many of the gardens – it's definitely part of the experience. Some of the gardens also offer sandwiches and lunches, so after a nice day pootling around one of the trails you can sit in a peaceful garden and enjoy some lunch and a chat. Some of our gardeners have a real reputation for producing some fantastic food, which can be enjoyed in beautiful surroundings.

### Come and join us

We couldn't make this event happen, of course, without our absolutely brilliant gardeners who open their gates, welcome in visitors, and sell cakes, jams, plants and share their enthusiasm, passion and love for gardening. We are working hard to make this year's event a real success and increase our profit from last year. All the money, from the entry fee to goodies sold, comes straight to the Sussex Beacon, providing the vital funds needed to maintain our current service levels.

Unfortunately, we are not accepting any more gardens for this year's Gadabout, but if you have ever thought about opening your own garden, this is your chance to see how it works and decide if it's something you'd like to do in the future. As Bridgette says: "There is inspiration in shovelfuls and all the



gardens taking part are opening for such an incredibly important cause. We really are working hard to make this year a great success."

### Pick up a brochure

All the gardens opening this year will be featured in the free Garden Gadabout brochure, which includes photographs and a description of what to expect. Pick up your free copy, plan to make a day of it, working in where to stop for lunch and tea too! And for any Wimbledon fans out there, fear not, many gardens will offer the opportunity to catch up on the score whilst enjoying a cream tea!

You can pick up your free brochure from local libraries, garden centres, cafes, and from our charity shops in George Street, Hove, and St James' Street Brighton. You can also check it out online at [www.gardengadabout.org.uk](http://www.gardengadabout.org.uk) from early June.

## FIND OUT MORE!

The Garden Gadabout 2010 takes place on Saturday 26th and Sunday 27th June, and Saturday 3rd and Sunday 4th July.

Please check the website or brochure for each garden's opening times as they will vary.

## TICKETS

Entry is £2.00 to each garden, or Day Tickets are just £7.00 each which will give day entry to all gardens.

Day Tickets go on sale from 4th June at the Brighton Dome Box Office – 01273 709709 [www.brightonticketshop.com](http://www.brightonticketshop.com)

## GET IN TOUCH

If you would like to know more about the Garden Gadabout, contact Bridgette Saunders or the Fundraising Team on 01273 694222 or email [www.gardengadabout.org.uk](http://www.gardengadabout.org.uk)



## The Gardener's Tale

This year, Jan Curry will be opening her garden for the Gadabout for the second time. On Richmond Road, Brighton (part of the Fiveways and Roundhill trail), Jan's garden won the Best Wildlife Garden in 2002 as part of a competition run by the Wildlife Trusts of Great Britain, sponsored by the *Daily Telegraph*. It was a Gadabout highlight for many two years ago and the Beacon is delighted that she is taking part once again. Here is what she had to say in the lead up to the main event.

"I'm really looking forward to this year's Gadabout. Technically it's going to be my second, but I actually view it as my third. I didn't actually do it last year, but some people obviously had held on to the brochure from the previous year and popped round thinking that we were open. I didn't have the heart to disappoint them, so I let them in and showed them around!

"People are always amazed by our garden. I don't like to give too much away because I like to see the looks of delight on their faces when they come here. As well as the Best Wildlife Garden award, we were also featured in the BBC's 2003 Chelsea Flower Show programme. It's a multi-level garden, with lots of wildlife features despite being in the middle of a city, and it's full of surprises, that's all I want to say! But it will be of interest to all sorts of different gardeners.

"I'm very fortunate to have such a great space, I guess. I feel very privileged to have this land in the middle of a city and am privileged to share it. I'm not a professional by any means, but I'm very enthusiastic and gardening runs in the family. One thing I love about the Gadabout is that I have met lots of gardening addicts and can share tips and learn loads. And of course, it is raising money for a very good cause.

"I'm very much looking forward to welcoming fellow gardeners this year – so do make sure to

include us when you are gadding about!"



## Changes to the Beacon's garden under way



Thanks to a grant of £8,711 from The Big Lottery Fund, the first 'Garden Volunteers Project' is now underway at the Sussex Beacon. The aim of the project is for volunteers, including service users, to work together to create a garden of year-round interest, also growing fruit and vegetables so that the kitchens can cook with fresh seasonal produce, and creating tranquil areas where people

can sit with friends and relatives in beautiful, private, and hopefully restorative surroundings.

There are also plans to develop the balconies outside each in-patient room, so those people who cannot manage to get into the garden can enjoy a little bit of the garden coming to them.

The project will also work towards creating a woodland area and developing the pond. It also hopes to restore hard landscaping sheds and summerhouses, as well as seating areas. There are plans to develop the front of the Beacon to create a welcoming space and to use parameter fences to support wildlife.

Bridgette Saunders, horticultural lecturer, is overseeing the project and says: "We are so excited about this work and although at the moment it does look a bit bleak with hard pruning and relocation of some shrubs and trees, we have a real vision for the creation of something really beautiful that everyone can enjoy."

Everyone is welcome to volunteer, whether service users or from the general public, and no previous experience, just a sense of enthusiasm, is needed. If you are interested in working on the Garden Volunteers project please contact [Bridgette Saunders](#) or [Ian Money](#) on 01273 694222.



**LOTTERY FUNDED**

The Big Lottery Fund distributes half of the National Lottery good cause funding across the UK. The Fund is committed to bringing real improvements to communities and the lives of people most in need.



# The great outdoors

## How a new group, Outdoor Positive, is helping people with HIV enjoy the health benefits of countryside walking in a supportive and friendly environment

For centuries, 'getting a bit of fresh air' has been associated with exercise and good health. And now a new self-help group for people with HIV has taken that philosophy to heart.

Outdoor Positive is an independent organisation that aims to provide a supportive environment where HIV positive people can get out and about and enjoy the beauty of the Sussex countryside through informal walks and days out.

David Fray, one of the organisers, explains how the group came about. "I believe the idea for Outdoor Positive came from Spencer, one of the nurses at the Beacon," he says. "He got talking about how clients had told him how much they appreciated the countryside, and how it helped deal with feelings of isolation. And that planted the seed."

Indeed, from that conversation a matter of months ago, Outdoor Positive is now up and running and enjoyed its first event in Stanmer Park on April 8th, with around 25 people turning up to enjoy a gentle walk in the spring sunshine. "We were delighted with the turnout," says David. "It makes us really optimistic that the group is going to take off."

### Building momentum

While the project is not organised or managed by the Beacon, it has been able to support the setting up of Outdoor Positive by providing a space for the organisers to meet and get the project off the ground. As Jim Stanford, Education and Information Officer at the Beacon says: "We realise that many of our service users may well become members of the group, so we were pleased to be able to help them get started."

David Fray is optimistic that after a good start, the group will begin to develop a momentum all of its own. "What we want to do is create a space where people can support each other and enjoy nature. With summer coming, now is the ideal time to be starting Outdoor Positive."

David acknowledges that people joining the group will have different levels of mobility, so the events will vary from a simple day out in a park or a nice, leisurely stroll to ones that are maybe a little more challenging. "We are planning on having one event a fortnight, but maybe more according to demand. The walks will be free, but we do appreciate any help towards running costs," he explains. "We also hope that the website will become a 'library' of different walks and that members can use it to arrange their own walks."

David is optimistic that Outdoor Positive is going to be very empowering and have health benefits. "I firmly believe that being outdoors can help both physical and mental health, as well as helping strengthen the immune system," he says.

## FIND OUT MORE!

To learn more about Outdoor Positive, please visit [www.outdoorpositive.org](http://www.outdoorpositive.org) where you can also join the mailing list. There are FAQs that should answer any questions you might have. You can contact Outdoor Positive on [info@outdoorpositive.org](mailto:info@outdoorpositive.org) if you have any other questions.



# A lasting gift

## With the launch of its will writing campaign, the Sussex Beacon hopes to make people aware of the importance of making a proper will and the value of leaving a gift to charity

Post credit crunch, it is hardly surprising that people are more concerned about what they are doing with their money here and now, rather than planning for their futures. As for planning for their loved ones after they have died, a recent report indicates that this is, for many, even less of a consideration.

According to the October 2009 survey from unbiased.co.uk, the professional financial advice website, a staggering 57% of the UK's adult population currently does not have a will. There will, of course, be many reasons for this aside from the financial climate, but not making a will can lead to all sorts of problems once an individual has passed away:

- There can be wranglings (often legal) over who actually gets what – the rules of intestacy are very specific and if you die without making a will, the money will go to specific people in a certain order. This could mean that a family member would end up with everything while your partner ends up with nothing
  - Inheritance tax can become a problem – often reducing larger estates by a considerable amount
  - Bequests that you would have liked to make to specific organisations are likely to be forgotten or simply not made

### Will writing campaign

As you can imagine, the latter of these points is very important to the Sussex Beacon, and that is why we are we are running our first ever will writing campaign where we are offering you the chance to make or update your will at a reduced fee—we also hope you will consider leaving a gift to the Beacon as part of that will.

As Kat Williams, Chief Executive of the Beacon explains: “Making a gift in a will is a way of safeguarding future care for the increasing numbers of newly diagnosed. It also helps the Sussex Beacon plan services for those living with HIV into old age.”

Here are just a few examples of how we could use your legacy:

- £500 – a month's worth of nutritious lunches for our in-patient unit
- £2,500 – a portable hoist for immobile patients
- £3,500 – an electric bed
- £10,000 – over 1,000 individual complementary therapy or massage sessions, to help relieve pain.
- £50,000 – 137 nights of nursing care for seriously ill patients

The Sussex Beacon has joined up with two local solicitors, Dean Wilson LLP and Mayo Wynne Baxter LLP to launch the will writing campaign. This gives you a chance to make or update your will at a discount, while supporting the Sussex Beacon, at the reduced rate of:

- £75 for a codicil
- £110 for a single will
- £150 for a joint will

You can phone to make an appointment with a solicitor between Monday 12th July and Friday 16th July (see details below right).

The Beacon is very grateful to Dean Wilson LLP and Mayo Wynne Baxter LLP who have very kindly agreed to donate the whole of their will writing fee to the Sussex Beacon.

If you want to find out more, you can get a copy of our 'Your guide to making a will' pack by emailing us at [giftinwills@sussexbeacon.org.uk](mailto:giftinwills@sussexbeacon.org.uk). If you would like to discuss leaving a gift in your will with us please call **Amanda Jordan** or **Julie Rawcliffe** on 01273 694222.

## The dangers of not making a will

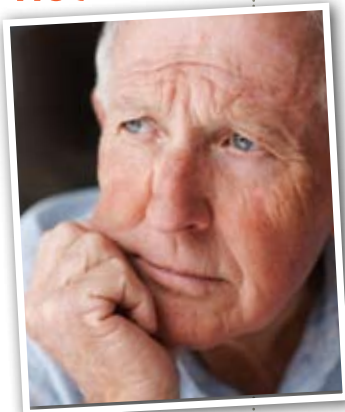
John and Carl had been partners for 16 years when John passed away. They had not entered into a registered civil partnership and their house was in John's sole name as he had purchased it before the start of the relationship. John had not made a will but believed Carl would inherit as his 'common-law' partner.

However, without a will, his estate passed by law to blood relatives. The only surviving relative was his sister, Esther, who he had not spoken to for 20 years.

Esther became the sole beneficiary of all John's estate. Carl was only entitled to the small amount in the joint bank account. Esther insisted that the house be sold. She also insisted on selling all of John's personal effects that Carl could not prove were jointly owned.

Carl, already grieving, had to bring a legal claim against the estate that lasted over a year and caused a great deal of stress. Whilst he achieved a financial settlement it was only a small proportion of John's assets and the house still had to be sold.

If John had made a will he could have ensured that Carl was provided for after his death and that Carl was spared the stress of legal proceedings.



## Get your items valued



One of the UK's best known and popular antiques experts, Mark Stacey of *Flog It!* and *Bargain Hunt* fame, will value your antiques for free at two special events, in support of the Sussex Beacon's 'A Lasting Gift' campaign.

You can bring your items to Mark Stacey for valuation for inclusion in your wills.

Valuations will take place in our charity shops in July,

please watch out for posters in our shops or check our web site [www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk)

Mark is donating his time to the Sussex Beacon for free and all valuations will be carried out for free, although donations to the Beacon will be gratefully received.

If you are unable to make the valuations, Mark runs an antique valuation service and can be contacted separately from this campaign on [mark@markstacey.co.uk](mailto:mark@markstacey.co.uk)

## Make an appointment!

To book your will writing appointment please contact our participating solicitors directly between 12th July and 16th July only.

Call Ursula Tanner at Dean Wilson LLP on 01273 249262 or Helen Roberts at Mayo Wynne Baxter LLP on 01273 223236.

The offer is only available for appointments taking place over set dates in July and August, your chosen solicitor will give you the details. There are a limited number of places, which will go on a first come first served basis.

Dean Wilson LLP  
SOLICITORS



Mayo Wynne Baxter  
Solicitors

# Spectacular launch for new shop

The Sussex Beacon charity shop on George Street, Hove

## The Sussex Beacon's new charity shop in Hove enjoyed a fabulous launch party and opening weekend, thanks to clothes donated by the Elton John AIDS Foundation (EJAF) straight from the wardrobes of Sir Elton John and David Furnish

It was something the likes of which George Street in Hove had never seen before and might not see again for some time – the opening of a charity shop that attracted the attention not only of television and radio, but also of collectors from around the globe. Indeed, it may be the first time that a charity shop had a queue outside the front door on its first day!

The reason for such interest was no mystery. It was due to the fact that a collection of fabulous designer clothes kindly donated by Sir Elton John and David Furnish was going to be on sale on opening day. Shoes and clothes from top names such as Alexander McQueen, Versace, Chanel, Yohji Yamamoto, Prada, Yves Saint Laurent, Burberry and more headed the shopping list.

The clothes had actually been donated to the Beacon by the Elton John AIDS Foundation (EJAF) at Christmas time last year as they closed the doors on their own very successful London fundraising



event, 'Out the Closet'. The challenge for the Beacon was to maximise the potential of such a wonderful gift. Thankfully, the opening of the new Hove shop provided the perfect opportunity and the Beacon decided to launch an exclusive sale – 'Out The Closet Comes to Brighton, well... Hove Actually!' – over the Easter weekend.

Kat Williams, Chief Executive of the Sussex Beacon says: "We are so incredibly grateful to EJAF and were delighted to be benefitting from such an exceptional clear out! We thought it would be a great opportunity for local people to buy some items from an exclusive collection of flamboyant and stylish designer clothes, whilst at the same time benefitting a vital local charity."

### Centre of attention

Prior to the shop opening on Good Friday, the event was already being splashed across the press with coverage from local newspapers, radio and television. "I don't think we could quite believe all the attention we were getting," says Juley Ayres, Communications Officer at the Sussex Beacon. "It was all a little crazy, but thrilling at the same time."

On the Tuesday prior to the main event, there was a launch event for press, selected guests, trustees and supporters who were treated to a catwalk show, hosted by local cabaret star Miss Hap, with Beacon volunteers acting as models. Then on Friday 2nd April, it was time for the grand opening.

When the time arrived for the doors to open, there was a queue of 25 eager shoppers ready to come in – and at the front of that queue was a very excited Elton John tribute artist! As Juley Ayres explains: “It was amazing to see a queue, but it was a sign of things to come – the shop was busy for both days of the sale.” With prices ranging from £20 to £1,000, a total of around £8,000 was raised over the two days.

“It was amazing to see a queue... the shop was busy for both days of the sale”

The final figure raised is yet to come, as any remaining items are distributed between the Hove shop and the Sussex Beacon’s other shop in St James’ Street, Brighton. Some exceptional items – such as a full-length, green leather Alexander McQueen coat – will only be available to buy through the Beacon’s eBay shop – visit [www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk) to see what is on offer!

*(Please note: The Sussex Beacon and The Elton John AIDS Foundation does not guarantee that any specific item has been worn by Elton John or David Furnish.)*

Supported by



## Normal service resumed

Now that this amazing sale is over, the shop in George Street will run along with the St James’ Street shop, with proceeds from both going to help the Sussex Beacon continue its good work. As Simon Garland, who will be managing both shops, says: “It’s going to be business as normal from now on. We managed to get the new shop up and running very quickly and we know it is going to be a very valuable addition to the Beacon’s fundraising efforts.”

And while everyone might not have a wardrobe as glamorous as Sir Elton, the shops rely totally on kind donations from the public. You can drop off clothes or items you would like to donate, either to the shop at **130 St James Street, Brighton** (opposite Morrisons), or at **83 George Street, Hove**. Alternatively, we can come and collect your donations – call **01273 682992** for details.

## Opening Hours

### George Street, Hove

Monday-Saturday – 9.30am-5pm

Sunday – 11am-4pm

### St James’ Street, Brighton

Monday-Thursday – 9.30am-5pm

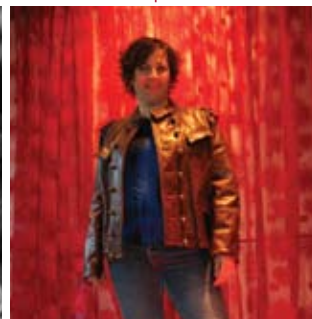
Friday and Saturday – 9.30am-5.30pm

Sunday – 11am-4pm

## Volunteers required!

The Sussex Beacon needs volunteers for both its Brighton and Hove shops. If you are able to offer up a regular amount of time each week, then please contact **Anna Kingston-Royce** at the Sussex Beacon on **01273 645696** to find out more or visit [www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk)

B&W photos: lou.taylor@rocketmail.com \ Colour photos: Pete Rowlands



# A very big thank you!

We remain exceptionally grateful for the thoughtfulness, enthusiasm and imagination that people put into raising funds for the Sussex Beacon.

A huge thank you goes out to the following efforts

**The Elton John AIDS Foundation (EJAF)** for their fabulous donation of designer clothes from the wardrobes of Sir Elton John and David Furnish. See page 12 for details.

## Out the Closet comes to Brighton...well, Hove actually

Thanks to the following people for supporting the launch and run up to the event. Stylists: Hayley Jean and Igor Srzic Cartledge. Make-up: Candice. Hair: Emilie Dieudonnee. Photographers: Lou Taylor, Rollo and Lizzy Carey. Models: Franck, Florentin, Paul, Vaughan, Mark, Cath, Gary, Sarah, Lizzy, Madjik and Laurent. Ruth Chalker from The Brighton Dome and festival for staging and lighting. Chris Williams for tech support. Our compere Miss Hap and guest star Maisie Trollette. And, of course, to all our volunteers and staff who worked over Easter for the sale.



## World AIDS Day events

**The Aquarium Theatre Bar** - £60.56 (Big Charity Bash)

**The Marine Tavern** - £270.63 (Quiz Night)

**Charles Street Bar** - £979.92 (Numerous events)

**Tony McGrath at AMEX** - £131.24 (Collection)

**The Star Inn** - £199.00 (Red Ribbon Party)

**The Queens Arms** - £491.50 (Numerous events)

**Zone Bar** - £134.80 (Numerous events)

**Brighton Tavern** - £106.69 (Cockney Knees Up)

**Hizze Fletcher, Thirteen Art Productions** - £607.00 (100 Artists event)

**Legends** - £35.82 (Bingo with Gabbi)

**Starbucks Coffee Company** - for organising the World Aids Day event at Legends and raising a fabulous £1,626.77, and a further £217.57 via collection boxes at their coffee shops in Brighton.

**World Aids Day Collections** - Thank you to our volunteers who kindly helped with bucket collections at various locations in Brighton on World Aids Day, raising a fabulous £1,290.95

**St Nicholas' Church, Brighton** - The congregation donated £112.70 following a door collection.

**Father John Eldridge, Parish of St John the Divine**, kindly donated £235.00

**Asda, Brighton Marina** for donating mince pies for the carol concert, and the use of 75 trays for the Half Marathon.

**Michael Robbins** for organising the fabulous Easter Bonnet Parade, and the **Bedford Tavern** and **The Grosvenor** for making fantastic fundraising totals.

**Caledonian Bar** for their wonderful Easter fundraiser.

**Stewart Rampton** raised £149.25 with the Harlequin Returns event on 26th March at the Hanbury Ballroom.

**Lancing & Sompting Lions Club** donated £50.00.

**Clare Breslin, Genome Damage & Stability Centre, University**, donated £84.04 raised at a Christmas party collection.

**Job Centre Plus, Hove**, raised £61.00 through a charity day.

**Brighton & Sussex Medical School** for kindly donating a fabulous £750 from RAG week.

**Victor Slavin, Prowler Brighton** donated £195.00 following the sale of Armani posters.

**SpectaculArt** by Inspired Events at the Thistle Hotel, Brighton on 1st May – thank you to the Brighton University events students for their dinner, music, art extravaganza as part of the Brighton Festival Fringe.

**Alternative Panto 'Peter Pansy'** bucket collections raised an incredible £3,137.64 – many thanks to Brian Ralfe, the cast, and all our collection volunteers.



### Sussex Beacon Christmas Cards

We would like to thank all those who supported the Sussex Beacon by purchasing our Christmas Cards last year and, in particular, we would like to extend a special thanks to the following individuals and organisations for helping us to sell our cards: Mike Edwards, Railway Club; The White Horse Pub, Camelford Street, Brighton; Father John Eldridge, Parish of St John the Divine, Worthing; St Luke's Church, Brighton; All Saints C of E Church, Hove; Gary Forde, Forde Hair, St James's Street, Brighton; Bridgette Saunders; Veronica Clare; Janet Hardacre.

We would like to thank the following charitable trusts and foundations for their very generous support:

The Big Lottery Fund  
The Freemasons' Grand Charity  
The J. C. Robinson Trust No 4  
Peter Moores Foundation  
May Gurney Foundation  
Sussex Community Foundation  
Sussex Masonic Charities

## How to support us

- Set up a monthly direct debit
- Make a one-off donation online
- Leave a legacy – a gift in your will
- Give a gift in kind – we have a wish list and a gift list available on our website.
- Organise a fundraising event – anything from a cake day to cabaret
- Take part in a Beacon event, such as the Garden Gadabout or the Sussex Beacon Half Marathon
- Visit the Beacon shops on St James's Street, Brighton and George Street, Hove
- Donate the proceeds of your sales on eBay
- Place a collecting box in your shop, bar, venue or wherever you work

Call 01273 694222 and ask for the Fundraising Team (office hours) or call our events line on 01273 645697 (answerphone outside office hours) or email [fundraising@sussexbeacon.org.uk](mailto:fundraising@sussexbeacon.org.uk)



PURE CORN COMPANY PRESENTS  
**MOTHER GOOSE**  
BRIGHTON'S FIRST SUMMER ADULT PANTOMIME  
WRITTEN & DIRECTED BY LEE TRACEY & PAUL WICKERTON

## Diary of events

### The Baltimore Waltz

May 2nd-4th, 8th and 9th & 15th and 16th,  
6.15-7.30pm

The Marlborough Little Theatre,  
4 Princes Street, Brighton, BN2 1RD

See The Brighton Festival Fringe for listings.  
The Sussex Beacon will benefit from bucket collections after performances.

### Eurovision Final Show

Saturday May 29th

Duke of York's Picture House,  
Preston Circus, Brighton, BN1 4NA

A must-do event every year, you can expect camp fun and frolics all around. Raffle on the evening with proceeds going to the Beacon. Call 0871 704 2056 for more information.

### Harlequin Returns

Friday May 28th/Saturday July 31st/

Saturday August 28th.

9pm-2am

Hanbury Ballroom, 83 St Georges Rd,  
Brighton, BN2 1EF

A club night at Brighton's most inclusive nightclub. £5 entry or £4 with flyer. Raising money for The Sussex Beacon.

### 'Pure Corn' presents Mother Goosed

13th-18th July

Pavilion Theatre, Brighton, BN1 1UG

10 shows only!

Adult summer panto starring some of Brighton's favourite performers – Maisie Trollette, Miss Jason, Lee Tracey, Jason Prince and Brian Ralfe. To book: [www.brightondome.org/events/Mother-Goosed/3505](http://www.brightondome.org/events/Mother-Goosed/3505)

The Sussex Beacon will benefit from bucket collections made by volunteers at the end of shows.

### Pride Summer Festival Week

Saturday 31st July – Sunday 8th August

There will be a Pride Variety Show on 3rd August – details yet to be confirmed. There will be a Sussex Beacon Community Stall at the Pride Parade & Park Event on Saturday 7th August.

### The Sussex Beacon Halloween Masquerade Ball

Watch out for details of the spectacular Masquerade Ball coming in October. Further details and ticket price to be announced nearer the time.



# THE NEW SUSSEX BEACON CHARITY SHOP NOW OPEN IN HOVE

Donations of good quality seasonal clothes, books, CDs and DVDs are  
always welcome.



The Sussex Beacon charity shop Hove  
83 George Street, Hove BN3 3YE  
Tel. 01273 746712  
[shop@sussexbeacon.org.uk](mailto:shop@sussexbeacon.org.uk)

The Sussex Beacon charity shop Brighton  
130 St James's St, Brighton BN2 1TH  
Tel. 01273 682992  
[shop@sussexbeacon.org.uk](mailto:shop@sussexbeacon.org.uk)