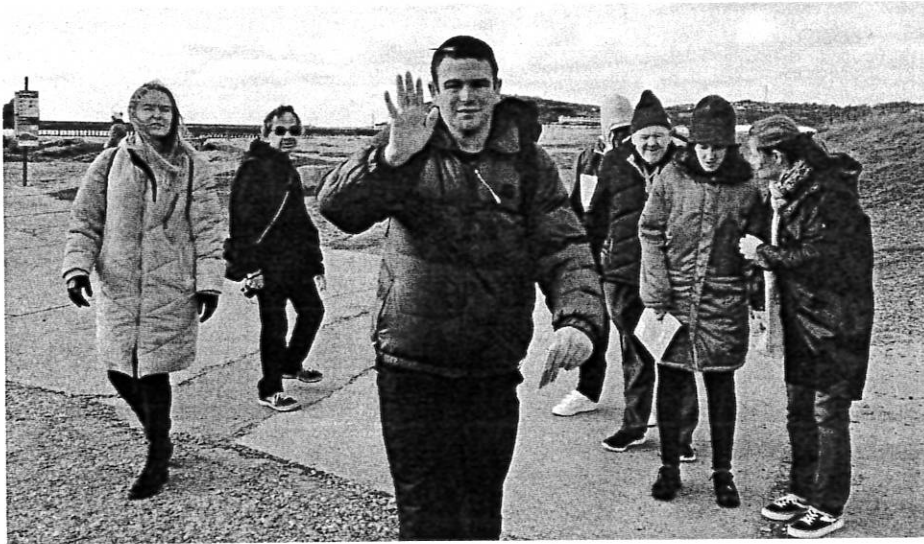


# The Busy Bee Newspaper

Issue 003



The end of the 4 week lockdown is drawing near and it's going to be great to see the return of some familiar faces before we break up for the Christmas holidays. For those who have continued attending during lockdown it's been a jam packed few weeks with a lot of activities and trips to talk about. Without further ado, lets get into it!

# News & Updates

## The Hive of Hopes and Dreams (HHD)

In the coming weeks, the advocacy group will be paying a visit to the Volt gallery as part of the Eastbourne Snapshot 2020 exhibition's planning and preparation. This will allow the group to get to grips with the venue, understand how much space we have to fill and work with, and also allow for suggestions and ideas.

## Cooking Recipes

As requested by Rosie, in future issues of the Busy Bee Newspaper we will be looking to include the recipes from cookery sessions carried out during the week. This will give those who don't take part in cooking a chance to give the recipes a go at home and also allows those who take part in cooking to try out the recipes on their own.

# Target Games

Think you have good aim? I can guarantee some of the target games participants will give you a run for your money. Requiring a more diverse range of skills than boccia, target games has provided a good substitute for those who attended the regular workshop and allowed the development of skills using a variety of sports equipment, testing both strategy and accuracy. From full games including target based bingo, to more simple aim and shoot activities, the workshop has been very well received by those who attend.



## Swoove Stars



Some of the regular Swoovers including Vessa, Christina, Jo and Natalie can be seen in the middle of a dance routine.



Jo continues with her enthusiastic Swoove stars. There is always a brilliant amount of energy and enthusiasm from all those partaking in Swoove. Not only is it great fun, but due to its active nature it is actually a very good workout for those involved. I certainly struggle to keep up whenever I drop in and the few times I've taken part in a full session I have left feeling thoroughly worn out. The regulars seem to walk it off with no problem.

## Art and Craft

An original idea from Mel provided a great few hours making textured art pieces. These pictures were made from wool strands we found amongst the art and craft supplies downstairs. The pictures all had wild-life themes with Karen, Tina and Rosie each producing their own original piece.



These woolly pictures have since progressed even more and will be visible for all to see at the Eastbourne Snapshot 2020 exhibition next year. An excellent use for otherwise unused art supplies that came together to make something truly unique and interesting.

Top right, Rosie experiments with some concepts before settling on her final idea. Bottom left, Tina and her garden.

# Photography

## Trip to Motcombe Gardens

Motcombe Gardens is a small park/gardens situated in Old Town which houses a beautiful pond and some interesting history. The pond itself is a natural spring that is the source of the Bourne Stream from which Eastbourne derives its name.



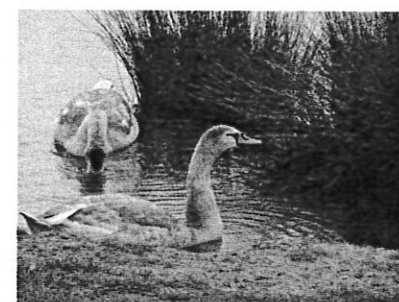
To the left, a photo taken by David showing the pond and the impressive statue of Poseidon.

The garden is also home to a historic dovecote from the 1300's which has undergone excavation, investigation and renovation work to provide a better understanding of the area and it's history. Who knows what they will find?



## Trip to Shinewater Lake

Last week a trip to Shinewater provided some gloomy but also surprisingly vibrant photo opportunities. During our walk around the lake there was a particularly still atmosphere which I believe was captured brilliantly in some of the photos taken by the group.



Above, some photos of a mute swan family taken by Piers. The occasional water bird seemed to be the extent of the wildlife with an elusive squirrel sighting breaking up an otherwise still autumn morning.

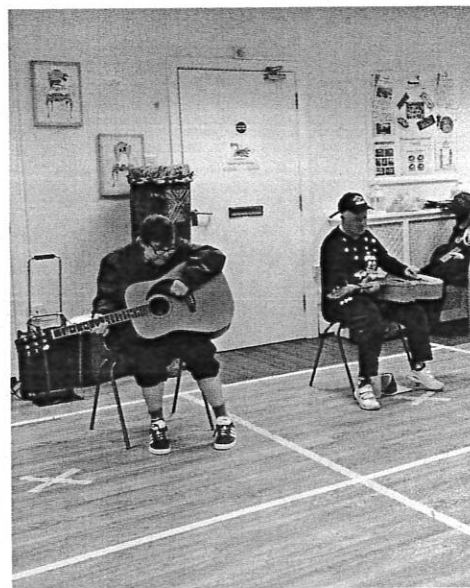
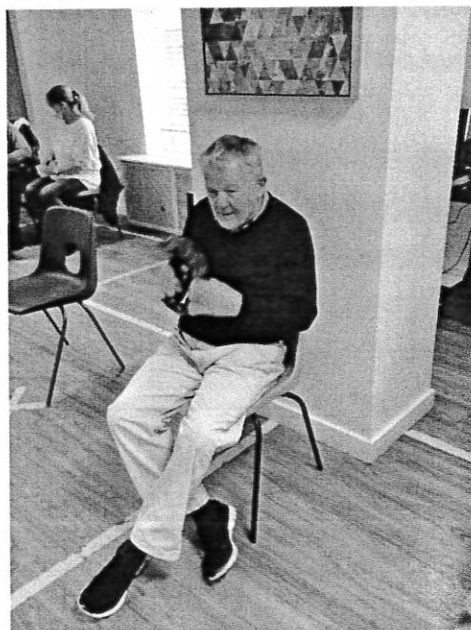


When heading under the bypass some graffiti art was discovered featuring some familiar lakeside residents and large text spelling out Shinewater.



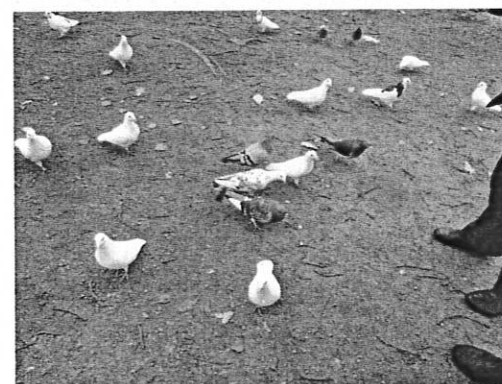
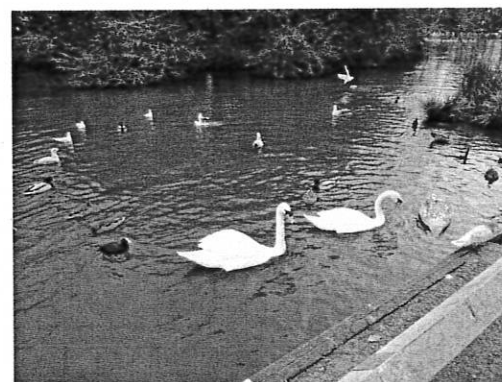
## Music with Nick

A cheery afternoon with Nick and the music group. Nick has been a Hive regular for a long time, long before I started working here. He has built up a great relationship with the guys and it's brilliant that his workshop now has such a cult following. Each week Nick sings and plays group requested songs on his guitar and everyone is issued instruments so they can join in. Many well known songs are covered and it is a great afternoon music experience for everyone.



## Nature and Wildlife

Last Friday on a rather dreary overcast day, the nature and wildlife group headed out for a short walk around the Hampden Park lake. Despite the grey weather, there were many birds and animals to see: one of the local herons was taking a bath in the shallows, pesky seagulls and a huge flock of pigeons were wandering around and squirrels were busy preparing themselves for the coming winter.

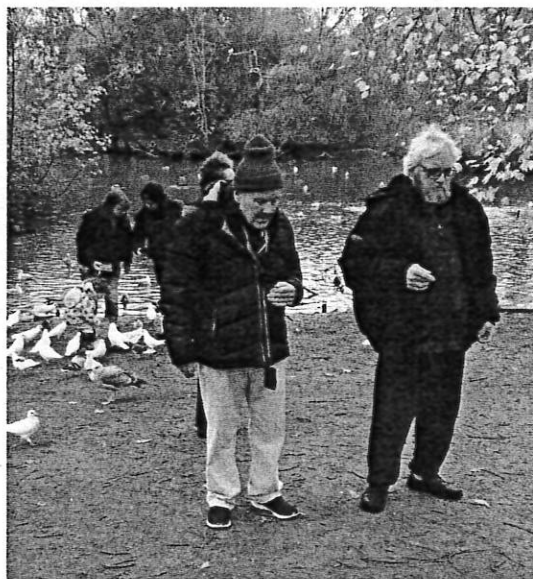


On the left are a couple of pictures taken by Piers. One showing a few of the water bird species present at the lake and another of the very large and varied flock of pigeons that call Hampden park home. It's always great fun heading to Hampden Park as you never know what you are going to see.



There were some great photo opportunities and those who came with cameras managed to get a selection of nice photos, including a pair of beautiful mute swans and their not so little signets. To the left and below, Patrick, Debbie, Piers and David can be seen feeding the various birds.

After the walk, we stopped by the local cafe to get some drinks and ice cream. We even saw some familiar faces from Sedgmoore House who were also at the cafe queuing up for drinks.



## Out and About

### Trip to Tide Mills

A recent out and about workshop involved a trip to the abandoned village of Tide Mills. Unheard of to many in the group, this old derelict site was once a small village that became uninhabitable in 1936 and was then fully abandoned in 1939.



A brilliant day to be out on the coastline. The Tide Mills site covers a large area so there was plenty to explore!



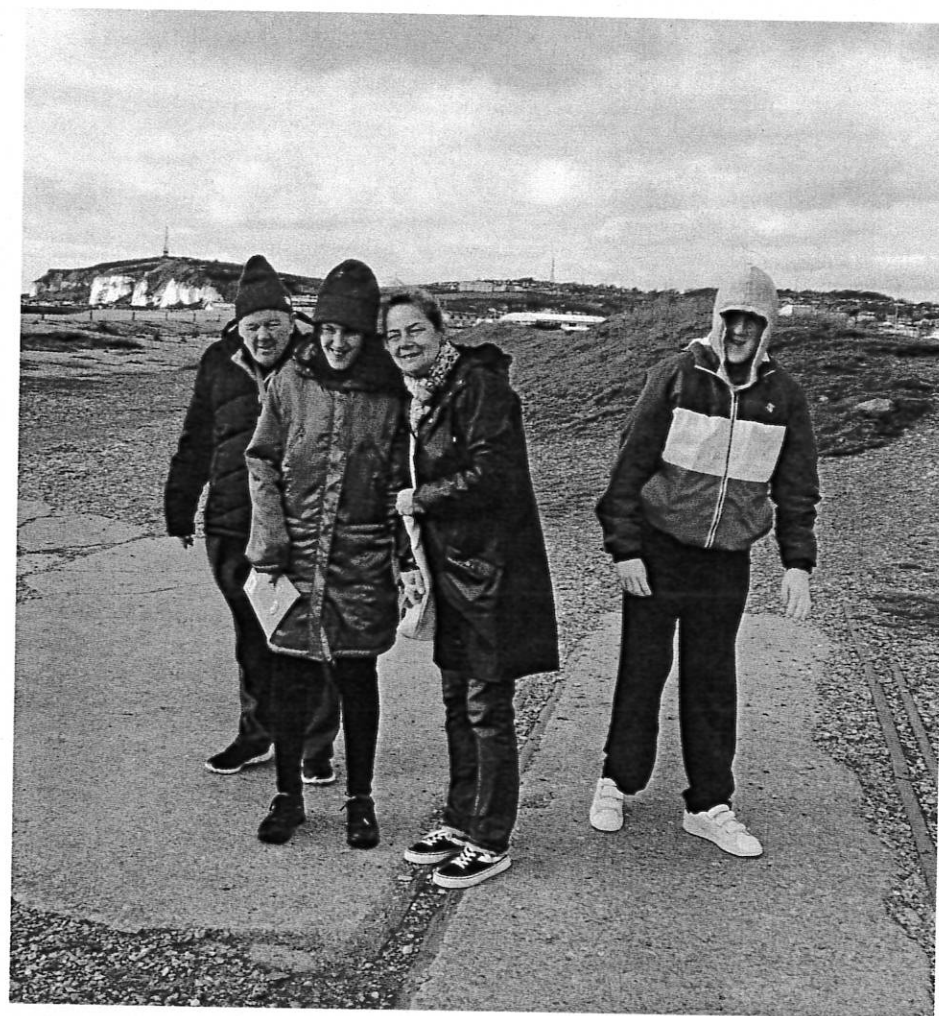
The Village used to house around 70 people and included a school, train station and most importantly a large mill. The Mill was the primary source of work and income for those living in Tide Mills at the time.



The scattered remains of old buildings can be seen dotted along the coastline. Some are more intact than others. On the left, the guys gather round for a group photo.



Sarah, Vesa, Max and Piers pose for a photo.



Despite the time of year, we have been very lucky with the weather over the past few weeks and poor conditions have rarely disrupted our various trips out and about.

Below are a few pictures taken by David.



## ☆ Star of the Week ☆



Congratulations

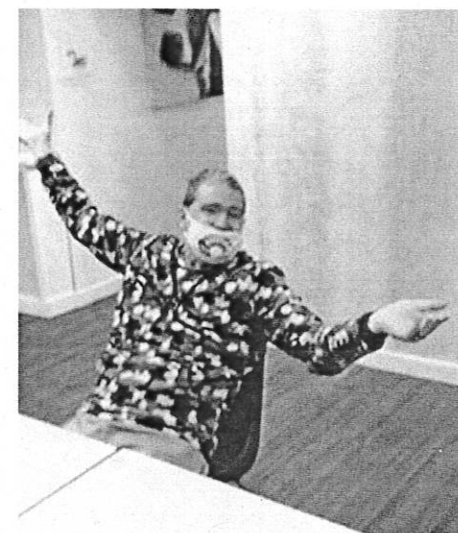
Rosie!

A big well done to Rosie for her ongoing work with the drama and advocacy group as well as her tremendous effort with the giant HHD Spider Diagram. Your hard work doesn't go unnoticed!

Congratulations

Andrew!

Andrew is a former service user turned volunteer as well as a dedicated singer, actor and JPK Project employee. Thank you for all your help and hard work Andrew, it's very much appreciated!





# Games

E	N	C	A	V	E	A	A	A	E	E	V	N	T
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N	P	V	E	R	H	R	N	E	D	C	A	O	A
R	N	R	K	N	V	A	D	B	S	R	T	O	I
E	D	D	E	B	B	I	E	I	O	E	E	A	R
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I	N	A	T	A	L	I	E	A	R	T	D	A	I
I	N	A	A	L	D	A	H	H	I	R	I	R	W

PATRICK  
TINA  
ANDREW  
SHARON  
DEBBIE  
NATALIE  
ROSIE  
VESA  
TABITHA  
PIERS

