

The Roaming Pen: Goes international

Just a quick update on the travellers that have been gracing our locality recently, they appear to have gone but the cost of clearing up was no less than £120,000, who pays, we all do of course.

Now let's ponder the town of Newhaven for a moment or two, that's all the time it will take. What's there, you may well ask, not a lot is the answer; I once asked a resident how far Newhaven was from Brighton, about 20 years was the answer. I did once spend six months working there, so can speak with a little knowledge and when I say that colleagues would get excited when there were more than ten people walking up the High Street. "It's heaving out there" was the comment. Market day is Thursday which features a couple of fruit and veg stalls and the usual cheap clothing. There is a good Sainsbury's just out of town and a very good fish shop on the harbour side, but that's about it. OK so they have the Fort, which is of moderate interest, but try as they might there really is very little point to Newhaven

Just about the best thing about the town is the ability to drive straight through and onto the Dieppe Ferry. The first time I took the ferry was in 1963 when it was run by SNCF, French Railways; they had two very nice boats with excellent restaurants and very comfortable accommodation which made the four hour crossing quite bearable. It is possibly the oldest ferry route in the UK, started in 1863.

Now run by Transmanche Ferries, they have a new ship – its four years old - the Seven Sisters, it still takes four hours and there is no restaurant as such but a reasonable self service cafeteria. There is a shop, of course, selling a quite decent range of goodies including wine and spirits at surprisingly low prices. The price of a bottle of very nice Multipulciano was $\pounds 2.99$ which you were at liberty to open and drink during the voyage. Interestingly the cost of a similar bottle from the bar was $\pounds 9.90$, no surprise then when there were few takers for that deal.

Roger Wheeler

They did design the ship to have a good restaurant but, wait for this; the designers forgot to include an tadequate kitchen. Unbelievable but true. Their main income is from freight and on our recent trip we sat and watched with open mouthed amazement at the number of 40 tonne trucks that they squeezed on board. They can take up to 600 passengers. With that number I really couldn't recommend it but with the 320 we travelled with, it was fine.

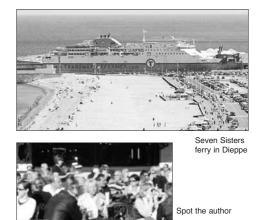
Now Dieppe, there is a really lovely town, possibly one of the nicest on the coast of Normandy, full of interesting shops, dozens of very good restaurants, excellent hotels and a truly wonderful Saturday market when all the local farms bring their produce to town. The French do things differently, they are serious about food to start with. I have had a love affair with Dieppe for many years, it really is the quintessential French seaside port. Its clean and very tidy but also retains a true character, with several lovely churches, if that's your thing and the very interesting Chateau/museum on the hill overlooking the seafront and harbour. The most famous bar/restaurant is Le Tribuneaux, right in the middle of the town. On a warm spring Saturday this is the place to be.

Dieppe's part in WW2 is commemorated with a very poignant memorial to the nearly 5,000 Canadian troops that lost their lives on 19th August 1942 during the catastrophic Dieppe Raid, which failed in all its objectives. The people of the town have, naturally, a great fondness for the Canadians and Businesses have increased sales by advertising with us. To find out more call David on 07590 280661 advertise in **EKEMPTOWN RAG**

there are several monuments. The war grave, just outside Dieppe is a particularly moving place and whilst not exactly a tourist destination I do suggest that a brief stop there is a salutatory reminder of man's inhumanity to man.

A weekend across the channel is something that we love doing, of course with the relative strength of the euro it's not exactly cheap but France never was. You can take the boat with the car for up to five days for about £100.00, there are plenty of quite reasonably priced hotels and of course you are spoilt for choice of restaurants. Its interesting to note that the days of the 'booze cruise' are well and truly over, time was when Auchan, the huge supermarket just outside Dieppe, would be packed with Brits staggering under trolley loads of beer, wine and cigarettes, but no longer.

Amusez-vous et prendre soin. (Have fun and take care)



Laying down the law: With care Patrick Richards

This article concludes my short series on the Law and practical aspects of caring for the elderly with a mental disorder who are still in the community by praising and encouraging carers, and to support the provision of the right therapeutic environments where families can interact.

After all, the cost of proper and suitable support for the elderly and those with dementia in particular, is actually higher than in a care home. At times of vanishing funding, it is difficult to see how any Government can offer true "free residential care" in the community . This is itself limited to minimum nursing care and if the State pays for the facilities of a care home it is likely to benefit only that minority who stay there for longer than the average period of say two years. I alluded to the Carers Centre for Brighton & Hove and I have nothing but admiration for the support, information, respite activities, groups etc which it organises both at its base in Queens Road Brighton and around the city This independent charity has been running for over twenty years and consists of both a young carers team which supports children from the age of eight looking after a parent or sibling and an adult carers team which works with people caring for a friend, relative, partner or under a Power of Attorney because of a multitude of health, age or disability issues. Over 22,000 people in the City are known to be carers. Those who attend the Centre have come direct, referred by GPs, hospitals, voluntary organisations and agencies. Whilst the Centre receives about half of its funding from the local authority and the NHS Trust, this is dwindling and it is increasingly reliant on local fundraising, donations and support from charitable trusts.

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Sunny with a big doud Paul Thomas

June is a temperamental month at the best of times. Yearning for sunshine, we often get rain and think " there goes the summer..."

But fear not! According to some meteorologists based in Wales who have consistently beaten the Met Office forecasts for accuracy, we are in line for a 1976 like summer. '76 has gone down in history and hushed tones as the last sweltering summer the UK had. In those pre air-con and bottled water days, schools, colleges, offices and shops were hell on earth as people got sticky and tetchy. The trains were an overheated nightmare at rush hour. Any bit of beach or grass was covered with sun deprived Brits baring pale flesh with no thought of sun- cream, so scared were they that the unfamiliar hot orange thing aka the sun might disappear at any moment...

The one big cloud over this June is not whether Andy Murray will be claimed as British and win at Wimbledon or lose and be emphasised as Scottish, but the emergency budget due any day now. The one rumour that just won't go away is that VAT will be going up and there has been talk in some circles of extending VAT to food, books, newspapers and children's clothes. The harsh reality is that the UK owes a ton of money, enough to put us in the same company as Greece who are probably still paying off their Olympic debts. So cuts in public services are inevitable, as is the temptation to raise VAT because technically no politician said they categorically wouldn't. In amongst the spectre of this belt tightening, it would be easy to blame politicians and bankers for getting us into this mess, but the truth is we are all to blame. Who didn't accept that pre-approved credit card when they already had a few on the go? Who didn't re-mortgage and grab some of their equity to "make home improvements" that meant a fortnight's research in the Bahamas? Yes, we have all been pigs in the credit trough and now it's the time to squeal and get on with it. Talking of pigs, Portugal Italy Greece and Spain are the countries collectively known as PIGS, and are seen by economists as the most shaky financially, but likewise will probably offer good deals and warm grateful welcomes for your visiting Euros... There maybe some hard times ahead, but at least they are sunnier.