

Things to do in Sussex during May

Walking

As we head towards the summer months and the weather (hopefully) improves it's worth remembering that East Sussex has some beautiful countryside and walking routes.

May is **National Walking Month** and many people find walking hugely beneficial to both their physical and mental health.

[Find a walks near you.](#)

If you want to begin with something slightly more 'bite sized' [The Conservation Volunteers offer guided, shorter walks](#) one-hour 'Health' walks at various locations across East Sussex.

This is a great way to meet people, see some of our beautiful countryside in the fresh air and switch off for an hour from the demands of everyday life.

[Eastbourne Carnival](#)

On Saturday 25 May Eastbourne is holding the 2024 Eastbourne Carnival . The theme of this year's carnival is 'Into The Wild' – a celebration of the diversity and beauty of the natural world.

The carnival features a parade of floats and costumes from a variety of community groups, as well as a range of carnival events.

[Further details can be found on the Eastbourne Carnival website.](#)

Rother Valley Model Railway exhibition

This slightly more specialist activity is being held on 25 and 26 May between 10 am and 4 pm at Robertsbridge Village Hall.

This two-day event has a wealth of attractions for railway enthusiasts, as well as newcomers to the hobby.

Promised attractions include a second hand 'railwayana' shop, assorted train related displays, a classic car display (Saturday only) and an opportunity to see the ongoing renovations to Rother Valley Railway's station just across the road from the event.

Further [details can be found on the Rother Valley Railway website.](#)

Rother Valley Railway are also hosting some [50th anniversary events](#). These are being held on 1 and 2 June. Timetables and further details about the Gala can be found on the [KESR 50th Anniversary Gala page](#).

Vyshyvanka event

On 16 May Ukraine celebrates an event called Vyshyvanka Day.

There is a Vyshyvanka Day Event on 18 May at Emmanuel Church Hall in Eastbourne. The event opens at 10am and has been organised by 'Aid For Ukraine'.

[Vyshyvanka is the Ukrainian cultural tradition](#) of making and wearing highly ornate, embroidered clothes.

Vyshyvanka is a celebration of national identity and folk traditions, with variations in the designs being specific to different parts of the country.

To many Ukrainians in these difficult recent times Vyshyvanka has become a reminder of home and an assertion of their Ukrainian identity.

Ukrainian Children's Day

A free fun-filled day celebrating Ukrainian Children's Day has been organised by SCDA Positive Activities.

The event is being held at Denton Island Community Centre for a Ukrainian Children's Day on 1 June between 11am to 3pm.

This event is about bringing families together for a day of activities, games, and food.

From circus skills to arts and crafts, there's something for everyone to enjoy. Let your little ones immerse try something new while making friends and memories.

Don't miss out on this special day dedicated to Ukrainian children and their families. We can't wait to see you there!

[Find more information and book tickets.](#)