

# Meet your Adur District Councillors 2024/28

## Sompting Councillors

### Cokeham Ward, Sompting



**Cllr Tony Bellasis**  
Conservative  
Tel: 01903 368276  
tony.bellasis@adur.gov.uk  
Serving until: 2026



**Cllr Carolyn Fuhrmann**  
Labour  
carolyn.fuhrmann@adur.gov.uk  
Serving until: 2028

### Peveler Ward, Sompting



**Cllr Saffa Jan**  
Labour  
Tel: 01903 442166  
saffa.jan@adur.gov.uk  
Serving until: 2028



**Cllr Paul Mansfield**  
Conservative  
Tel: 07872 136 782  
paul.mansfield@adur.gov.uk  
Serving until: 2026

## Lancing Councillors

### Churchill Ward, Lancing



**Cllr Steve Neocleous**  
Independent  
Tel: 07817 893 959  
steve.neocleous@adur.gov.uk  
Serving until: 2026



**Cllr Nigel Sweet**  
Labour  
Tel: 07421 309 010  
nigel.sweet@adur.gov.uk  
Serving until: 2028

### Manor Ward, Lancing



**Cllr Carol Albury**  
Conservative  
Tel: 01903 764632  
carol.albury@adur.gov.uk  
Serving until: 2026



**Cllr Carson Albury**  
Conservative  
Tel: 01903 764632 or 07595 089 232  
carson.albury@adur.gov.uk  
Serving until: 2028

### Mash Barn Ward, Lancing



**Cllr Lee Cowen**  
Labour  
Tel: 07966 426 509  
lee.cowen@adur.gov.uk  
Serving until: 2026



**Cllr Sharon Sluman**  
Labour  
Tel: 01903 442166  
sharon.sluman@adur.gov.uk  
Serving until: 2028

### Widewater Ward, Lancing



**Cllr Pauline Higgins**  
Labour  
pauline.higgins@adur.gov.uk  
Serving until: 2028



**Cllr Adrienne Lowe**  
Labour  
Tel: 07968 249 512  
adrienne.lowe@adur.gov.uk  
Serving until: 2028

## Shoreham-by-Sea Councillors

### Buckingham Ward, Shoreham-by-Sea



**Cllr Emma Evans**  
Conservative  
Tel: 07515 825 289 or 07713 088 992  
emma.evans@adur.gov.uk  
Serving until: 2026



**Cllr Nigel Jenner**  
Labour  
Tel: 07769 153 369  
nigel.jenner@adur.gov.uk  
Serving until: 2028

### St Mary's Ward, Shoreham-by-Sea



**Cllr Becky Allinson**  
Labour  
becky.allinson@adur.gov.uk  
Serving until: 2028




**Cllr Jeremy Gardner**  
Labour  
jeremy.gardner@adur.gov.uk  
Serving until: 2026

### St Nicolas Ward, Shoreham-by-Sea



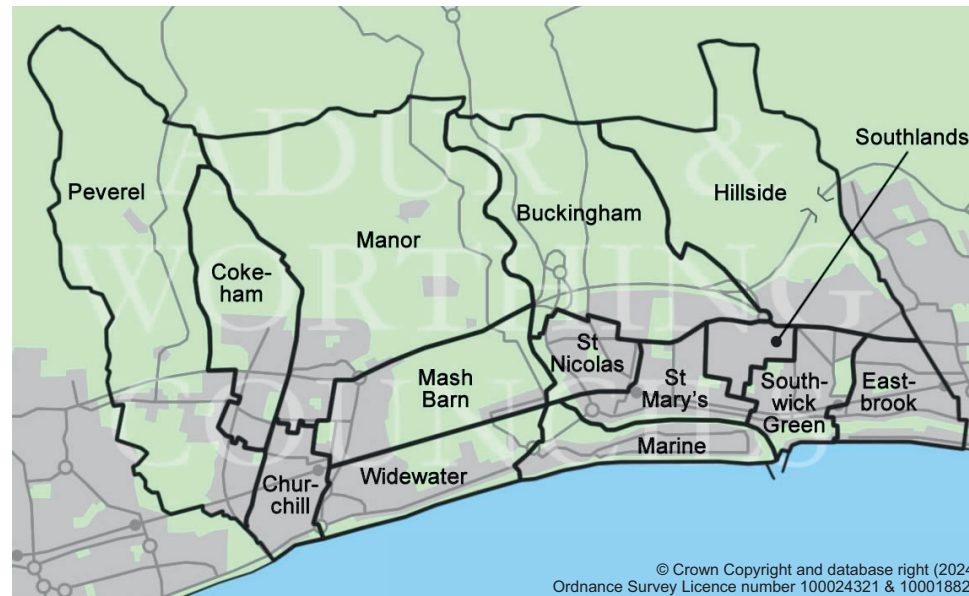
**Cllr Julian Shinn**  
Green  
julian.shinn@adur.gov.uk  
Serving until: 2026



**Cllr Gerry Thompson**  
Green  
gerry.thompson@adur.gov.uk  
Serving until: 2028

### Adur District Wards

You can speak to your district councillor about any of our services. Look at the map to see which ward you live in and call one of your councillors. You can find out which ward you live in by calling us on 01903 221014/5/6.



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**Cllr Andy McGregor**  
Conservative  
Tel: 01273 464463 or 07813 213 201  
andy.mcgregor@adur.gov.uk  
Serving until: 2026

**The political make up of Adur District Council is:**

- 17 Labour
- 7 Conservative
- 2 Green
- 3 Independent

(29 councillors in total)

Poster design: Steve Collins, Adur & Worthing Councils (last updated: 11/07/2024)

### Marine Ward, Shoreham-by-Sea



**Cllr Joss Loader**  
Independent (Shoreham Beach Residents' Association - SBRA)  
Tel: 07838 379 599  
joss.loader@adur.gov.uk  
Serving until: 2028



**Cllr Julia Watts**  
Independent (Shoreham Beach Residents' Association - SBRA)  
Tel: 01273 452968 or 01273 462291  
or 07879 678 840  
julia.watts@adur.gov.uk  
Serving until: 2026

### Southlands Ward, Shoreham-by-Sea



**Cllr Dan Flower**  
Labour  
Tel: 07738 093 753  
dan.flower@adur.gov.uk  
Serving until: 2026



**Cllr Debs Stainforth**  
Labour  
Tel: 07772 006 079  
debs.stainforth@adur.gov.uk  
Serving until: 2028

## Southwick Councillors

### Eastbrook Ward, Southwick and Fishersgate



**Cllr Andrew Harvey**  
Labour  
Tel: 07984 649 911  
andrew.harvey@adur.gov.uk  
Serving until: 2028



**Cllr Carol O'Neal**  
Labour  
carol.o'neal@adur.gov.uk  
Serving until: 2026

### Hillside Ward, Southwick and Fishersgate



**Cllr Nigel Corston**  
Labour  
nigel.corston@adur.gov.uk  
Serving until: 2028



**Cllr Neil Parkin**  
Conservative  
Tel: 01273 884921 (and Fax)  
neil.parkin@adur.gov.uk  
Serving until: 2026

### Southwick Green Ward, Southwick and Fishersgate



**Cllr Robina Baine**  
Labour  
Tel: 01273 595293 or 07519 503 009  
robina.baine@adur.gov.uk  
Serving until: 2028



**Cllr Jude Harvey**  
Labour  
Tel: 07588 792 249  
jude.harvey@adur.gov.uk  
Serving until: 2026

### Postal address for councillors - and contact details for councillor support:

(Councillor name), c/o Democratic Services, Adur & Worthing Councils,  
Worthing Town Hall, Chapel Road, Worthing, West Sussex, BN11 1HA  
Tel: 01903 239999 democratic.services@adur-worthing.gov.uk

For more councillor information see: [www.adur-worthing.gov.uk/councillors](http://www.adur-worthing.gov.uk/councillors)

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ADUR DISTRICT  
COUNCIL