

Healthy Communities Monthly Report 25 - 26

Arun - December 2025












Local Highlights

- The Christmas Disco at Arun Leisure Centre on 19th December from 5pm to 7pm was enjoyed for its lively atmosphere, music and dancing.
- The Leapfrogs Party at Arun Leisure Centre on 22nd December from 9:30am to 12pm was praised for its fun activities and keeping children engaged.
- Christmas parties at Littlehampton Wave on 22nd December included a toddlers party from 1pm to 2:30pm and a junior party from 3pm to 4:30pm. Feedback highlighted the organisation, inclusivity and festive fun.
- The Leapfrogs Party at Littlehampton Wave on 22nd December was well received for its interactive activities and welcoming atmosphere.
- A pantomime production of *Scrooge* by ADC and Touring Pantos was hosted at Littlehampton Wave, with performances on 20th December at 5pm and 7pm, and on 21st December at 1pm and 3pm. Attendees praised the performances, festive atmosphere, and high level of organisation, making it a memorable and enjoyable experience for both children and adults.



Last month in numbers:

	Sport and Active  Recreation	Community Wellbeing 	Health 
Participation	2,264	6622	428
Sessions	80	40	12

Concession Memberships 	Health Referrals 	Health Memberships 	Funding confirmed 	FLAIR Members 	Volunteers 
1845	7	2	3,000	7	40

Local Updates

- Sit to Get Fit has now started and has reached full capacity with 15 spaces. Great feedback has been received so far.
- A National Pool Lifeguard Qualification course will take place at Arun Leisure Centre during February half term, providing valuable training opportunities and helping to develop skilled lifeguards for the local community.
- Gymnastics classes began at Arun Leisure Centre on 10th January 2026, giving children the chance to develop physical skills, coordination and confidence in a fun and structured environment.
- Warm spaces are now available at Arun Leisure Centre and Littlehampton Wave, working in close partnership with Arun District Council, Bognor District Council, and Littlehampton Community Fridge, offering safe, welcoming environments that support community wellbeing during colder months.

Sport and Active

- Healthy Walks will continue throughout the winter, encouraging participants to wrap up warm and enjoy the fresh air. These walks are beneficial for physical health and wellbeing, and participants enjoy the opportunity to socialise and stay active.
- Two new junior activity supervisors have joined the Friday Night Project. Matt has returned to Arun Leisure Centre, and Jackie has joined Littlehampton Wave, while Samantha continues to support activities across both sites. Their addition strengthens the team and enhances the support and supervision for young people taking part in the project.

Community Wellbeing

- Warm spaces are now in full swing at both Arun Leisure Centre and Littlehampton Wave, running from December 2025 until the end of March 2026. These spaces provide a welcoming environment for people to connect, relax, play board games, read, or enjoy a hot drink, supporting community wellbeing and social engagement during the colder months.
- Community transport is now operating with 100 commute spaces, helping vulnerable people travel to Littlehampton Wave to stay active and engaged, increasing accessibility and participation in leisure activities.
- Two football coaches are now in place across Littlehampton Wave and Arun Leisure Centre, improving coaching provision and opportunities for participants to develop skills, fitness and confidence.
- Plans are being developed, in partnership with Synergy Dance, to start dance sessions for SEN participants at Arun Leisure Centre on Saturday mornings and at mid-day from the end of February 2026, which will provide inclusive, structured activities that promote physical development, creativity and social interaction.



Community Transport to Littlehampton Wave

Community Transport Sussex offers a weekly bus service, helping you travel comfortably and confidently to enjoy time at the centre.



Warm Spaces

Warm Spaces are free places where anyone can stay warm, enjoy company, take part in activities, access refreshments, and be welcomed with dignity and respect throughout winter.



Join us for our

Christmas Parties!

Christmas/party outfits are encouraged!

Festive fun, tasty treats, and holiday cheer for little ones and their families!



Community Transport to Littlehampton Wave

Community Transport Sussex offers a weekly bus service, helping you travel comfortably and confidently to enjoy time at the centre.

