

# Healthy Communities Monthly Report 25 - 26

Arun – October 2025



## Local Highlights

Oscars is now open from 7am to 7pm during term time, offering a welcoming space for children to play and stay active. It provides a fun and engaging indoor option throughout the winter months, giving families a great place for little ones to enjoy hours of play.














- The Friday Night Project restarted in September and is now fully booked at Arun, with 50 young people aged 11 to 17 attending. Attendance at Littlehampton Wave has also grown, with over 40 young people taking part, which is fantastic to see.
- On the 16<sup>th</sup> October we marked Restart a Heart Day. At Arun, sessions focused on the importance of learning CPR, while at Littlehampton Wave a continuous CPR challenge took place. Everyone got involved, including managers from both sites, highlighting strong teamwork and shared commitment.
- Brook at Arun is one of our young people with additional needs who is visually impaired. Over time, her confidence in the water has grown hugely. She has now completed her 25-metre swim, which is a fantastic achievement and something to be very proud of. Her progress has been wonderful to see, and her confidence in the pool continues to improve. A huge thank you to Mandy for the excellent support and teaching she has provided.

- In October we marked Breast Cancer Awareness, with Pink Jumper Day taking place on Friday 24<sup>th</sup> October. This is a cause that is particularly meaningful to some members of our team, with staff who have personal experience and strong connections to the campaign.
- Sit to Get Fit has now launched, with 15 spaces available and the programme already almost full. Feedback from participants has been very positive.
- An NPLQ Assessors course was delivered at Littlehampton Wave with nine participants, all of whom successfully passed. Congratulations to everyone involved.
- Leapfrogs sessions are launching at Bersted on the 5<sup>th</sup> November, with leaflets distributed locally and posters displayed to support awareness.

## Last month in numbers:

	<b>Sport and Active Recreation</b> 	<b>Community Wellbeing</b> 	<b>Health</b> 
<b>Participation</b>	<b>1,328</b>	<b>3,635</b>	<b>1,107</b>
<b>Sessions</b>	<b>83</b>	<b>71</b>	<b>58</b>

<b>Concession Memberships</b> 	<b>Health Referrals</b> 	<b>Health Memberships</b> 	<b>Funding confirmed</b> 	<b>FLAIR Members</b> 	<b>Volunteers</b> 
<b>2,371</b>	<b>73</b>	<b>81</b>	<b>£1,000</b>	<b>5</b>	<b>40</b>

## Local Updates:

### Sport and Active Recreation

- Winter half term has begun, with colder temperatures well and truly setting in across the community.
- Throughout the holiday period, a wide range of activities were delivered, including Active Play Sessions, Day Camp, Little Leapfrogs and Tiny Tadpoles, as well as Inflatable Splash sessions.
- Two Active Play Community sessions were held, welcoming a total of 81 children. This was particularly encouraging as it was the first time Active Play Community sessions have run at this time of year.
- Healthy Walks will continue throughout the winter months, encouraging participants to wrap up warm, stay active and enjoy the benefits of getting outdoors during the colder season.

### Community Wellbeing

- Warm Spaces are planned to return from December 2025 through to the end of February 2026 at both Arun Leisure Centre and Littlehampton Wave. These sessions will offer a welcoming environment where people can come along to enjoy board games, have a hot drink, and socialise, with activities such as table tennis available to encourage connection and gentle activity.