

# Healthy Communities Monthly Report 25 - 26

April 2026

## Local highlights:

**Easter Day Camps** - 163 Children at LW -£5,953.75 income  
128 Children at ALC-£4,563.50 income

**May Half Term Day Camps**, promoted and planned: staffing and themed programme of fun activities: Celebrate The World, Ninja Warrior Day, World Cup Day and We Love Disney.

**May Half Term Active Play** sessions promoted and organised [Poster May Half Term Active Play.pdf](#)

**BEM -Honouring a Lifetime of Service-** David Slade founder of Littlehampton Wave Life Saving Club and lead instructor of the Royal Life Saving Society, was awarded the Medal of the Order of the British Empire in the King's Birthday Honours List 2025.

**Worthing Thunder workshop** and Personal Appearance at Easter Day Camps and we had an article published in Sussex World [Sussex World Worthing Thunder](#)

**Mind and Body Stretch-ability course-** 6 week programme - followed by a social tea/coffee and chat session— funded programme by WSCC and Public Health in support of Men's Mental Health – Feedback collated at beginning and end of 6 weeks to assess impact. Feedback has been excellent. One participant said that *'It has transformed my social life'*

**ukactive Awards-** We have nominated our longest standing healthy walks volunteer for Physical Activity Hero for her services to the local community, championing physical activity which has supported over 15,000 walkers over the last 2 decades, Martine Powell. It's a wonderful way for Freedom Leisure to recognise and celebrate our volunteer Healthy Walk Leaders and the Healthy Walks programme.

**Pebble** -We are piloting a new on-line booking system for May Half Term Day Camps which if successful will roll out and include party bookings and will enable a smoother customer journey with parents and guardians being able to re-book easily and have more flexible payment options such as Klarna and Child Care Vouchers in readiness for OFSTED.

**Age UK -Act Now Age Better-** Timetable created for 50-65 year olds based on activities we offer in partnership with AGE UK for their launch of the Act Now Age Better Campaign.

[Age UK - Act Now, Age Better | Freedom Leisure](#)

**Filming Day at Littlehampton Wave-** to create training videos in partnership with Kidzivity to support quality standardisation of activity and session delivery for Freedom Leisure Day Camps.

**Friday Night Project** -Littlehampton Wave has been running more smoothly with new procedures in place to manage behaviour which has been working well. Plans are underway to split the age groups in Sept 26 to maintain these standards.

## Last month in numbers:

|               | Sport and Active Recreation<br> | Community Wellbeing<br> | Health<br> |
|---------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Participation | 2,127                                                                                                            | 751                                                                                                       | 528                                                                                           |
| Sessions      | 146                                                                                                              | 50                                                                                                        | 28                                                                                            |

| Free Swims<br> | Concession Memberships<br> | Health Referrals<br> | Health Memberships<br> | FLAIR Members<br> | Volunteers<br> |
|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| 25                                                                                               | 380                                                                                                          | 17                                                                                                     | 10                                                                                                       | 7                                                                                                     | 39                                                                                                 |

| Funding Received<br> | Funding Applied for<br> |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| £0                                                                                                      | £0                                                                                                         |

**Total Income Healthy Communities: £18,630.54**

## Local Updates:

### Sports and Active Recreation:

- Partnerships being developed to create more opportunities for marketing of our Healthy Communities and Learn To Swim programmes, particularly with having a stronger presence in schools.  
Examples;

Barton's Primary School- Summer Fair –19th June

Specialist SEND school event –working with Shawn The Regis School "Our SEND School"

The Connection Hub – SEND activities for Adults and Children – They have now booked regular hall hire at ALC for SEND disco and Inflatable session and The Windmill for Sensory Stories and Craft workshops for families.

- Re-branded and re-launched Adult Gymnastics to Beginners Adult Gymnastics to generate more interest.

### Community Wellbeing:

- West Sussex Community Prevention Officer, Dympna Mines- Prevention Assessment Team have booked space at Arun Leisure Centre to deliver a Thursday monthly community health and wellbeing pop-up alongside NHS team to advise and promote their services to customers and staff.
- Arun Wellbeing** – developing stronger links –Littlehampton Wave will be hosting a monthly pain management session starting in May and are currently running a WISE Healthy Eating workshop at Littlehampton Wave with one of our Personal Trainers delivering a session included in the offering to community members attending.

### Health:

- Mental Health Awareness Week** 11<sup>th</sup>-15<sup>th</sup> May being organised with a variety of wellbeing activities at Littlehampton Wave and Arun Leisure Centre to raise money for Mental Health Foundation and awareness on mental health. Arun Wellbeing will be hosting a 5 Ways to Wellbeing stand and Chatty Café will be launching.

## Monthly Reflections

**Note:** Share what has worked, what you are proud of. What you have overcome or learnt in the process. Let HD know what you want to hear more about in our HC networks.

| Success                                                                                                           | I have learnt / overcome                                                                                                                                                                                                                                              | I would like more information on / I would like to share with others in the HC network meeting                                                                             |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Great feedback for the first of 10 courses launched to support men's mental health. Mind and Body Stretch-ability | How impactful our programmes can be in a short space of time and the power of offering a social aspect to physical activity sessions and this is something the HC team will be looking to expand in our centres to support social isolation and a sense of community. | I can share some of the learnings I have found with this initial mental health programme and things to improve delivery and to consider with this particular client group. |
|                                                                                                                   |                                                                                                                                                                                                                                                                       |                                                                                                                                                                            |

## Partnerships and Networks

**Note:** Use the table below to update partnership development, bullet points on existing partnerships, new connections made and networks attended.

| Partnerships         | Sport and Active Recreation | Community Wellbeing                                                                                                                                                                                                                                                                                                                                                                                              | Health                                                                                                                                                                                                                                                                          |
|----------------------|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Partnership progress |                             | <ul style="list-style-type: none"> <li>Shawn from The Regis School working in partnership with HC team to deliver a specialist SEND event planned for June/July. 'Our SEN School Festival.</li> <li>Jane at The Connection Hub have now booked space at ALC for a monthly disco and inflatable session for children/adults with SEND needs. She is also setting up 2 x sessions a month for a sensory</li> </ul> | Arun Wellbeing – developing stronger links –LW will be hosting a monthly outreach pain management session starting in May and are currently running a WISE Healthy Eating workshop at LW with Personal Trainer session included in the offering to community members attending. |

|                          |  |                                                                                                                                                                                |                                                                                                                                                                                                                                                         |
|--------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                          |  | story and craft session at The Windmill.                                                                                                                                       |                                                                                                                                                                                                                                                         |
| New partnerships created |  | <ul style="list-style-type: none"> <li>Barton's Primary School Healthy Communities and Freedom Leisure Awareness stand at their -Summer Fair -19<sup>th</sup> June.</li> </ul> |                                                                                                                                                                                                                                                         |
| Networks attended        |  |                                                                                                                                                                                | <ul style="list-style-type: none"> <li>LCN partnership meeting – 14 x different health organisations – discussing COPD and how to best support and get them more active. Opportunities to work together and cross promote activities/events.</li> </ul> |

