

Healthy Communities Monthly Report

July 2026 –Arun contract

Local Highlights:

- Attended Healthy Week event at St. Catherine's Catholic Primary School to promote Littlehampton Wave activities.
- Summer Day Camps and 'Out and About' Active Play launched for the Summer. Littlehampton Fridge have been donating food to 'Out and About' to add value to our sessions. Over 300 children across the contract have attended Day Camps so far this Summer.
- RNLI booked in to deliver a water safety workshop at both Littlehampton Wave and Arun Leisure Centre during Day Camps. During the swimming session, the children will practice their water safety skills in the swimming pool 4th and 6th August.
- Attended South Bersted School Summer Fair to promote activities at Arun Leisure Centre.
- Advertising, recruiting, training and onboarding of 4 x new junior activities assistants to support our summer programmes; Day Camps, 'Out and About' and Friday Night Project. All new staff have proven to be invaluable members of the team already and have made a great start to the Summer.
- MSK Pain Management, Arun Wellbeing Wise Weight Management and PAT teams have continued with an on-going booking at Littlehampton Wave and Arun Leisure Centre.

Last month in numbers:

	 Sport and Active Recreation	 Community Wellbeing	 Health
Participation	4,539	650	459
Sessions	174	71	51

 FREE swims	 Concession memberships	 Health referrals	 Health memberships
15	222	12	8

 FLAIR members	 Volunteers	 Funding received	 Funding applied for
3	41	0	0

Local updates:

Sport and Active Recreation:

YOUNG PEOPLE

- **Junior Badminton** – Shuttle Stars Programme Launch for age 7-11 years. Launch Date: Friday Sept 11th – 5-6pm. A brilliant swimming teacher at Littlehampton Wave and recently trained L1 Badminton Coach, Vittorio Varisco will be driving the new programme, supported by NPLQ Trainer and Day Camp Supervisor at Littlehampton Wave, Jackie Blaker.
- Due to the success of the **Junior Basketball** programme our dedicated new Basketball Coach, Tamas Beiczner is expanding the programme to inspire younger children 5-7 years old to begin their basketball journey on a Monday afternoon 4.15-5.15pm starting Monday 10th September to compliment the Wednesday 5-6pm session 8–11-year olds.
- **1:1 SEND Learn to Swim Case Study**- Jack Herriot, a 13-year old who has progressed from being very anxious to get in the water to swimming competently and now taking 1:1 Deep Sea Diving lessons thanks to the dedication of his swimming teacher Tim Baylis and the brilliant determination of Jack!



Community Wellbeing:

LOW SOCIO-ECONOMIC FAMILIES

- **'Out and About'** Active Play has started off in full swing for the Summer. Supported by Littlehampton Community Fridge and serving local communities with FREE accessible and fun summer activities. 1,368 Parents/Guardians and Children attended in the first 7 days of the holidays! The weather has been a great boost encouraging families to keep active with their children over the Summer. A big Thankyou to all the local town and parish councils who fund this brilliant project.
- **Little Leapfrogs and Tiny Tadpoles** has been running over the Summer at Littlehampton giving families a low-cost soft play option for under 5's. With an impressive, 408 participants in July



-
- **Men's Mental Health Omnia class** successfully launched with Fitness Instructor, Jazz and have 3 new starters are keen to get fit in the new gym and socialise afterwards to support their mental health.

Health:

- **MSK Pain Management Sessions** are continuing their drop – in sessions at Littlehampton Wave.
- **Arun Wellbeing** are continuing to deliver their Wise Weight Management Sessions at Littlehampton Wave along with a fitness session with one of our PT's, Jayden.
- Discussions with our newly expanded **health referral team** are developing on how we can broaden our reach across the contract and how we can monitor and evaluate this programme more robustly. HC Manager is supporting Health Referral Team with this.
- **Prevention Assessment Teams** Pop-Up at Arun Leisure Centre continuing monthly to support the local community with blood pressure checks and health referral advice.



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
Successfully recruited and on-boarded 4 x new Junior Activities Assistants	Having completed the Freedom Leisure 'Hiring with Purpose' Training I'm more confident in recruiting fairly and have successfully hired and on-boarded our bright new Junior Activities Recruits.	We have had some enquiries regarding programmes to support children who struggle with obesity and are currently exploring HC links we can develop locally and what potential membership options and ways we can support families within this community.

Partnerships and Networks:

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

Pillars - Sport and Recreation, Community Wellbeing and Health	
Partnership progress	Exploratory Partnership meeting set up with Leigh-Beth Shroud, Area Development Manager for Parkinson's UK-19 th August. Macmillan Coffee Morning booked for 25 th September.
New partnerships created	Stone Pillow – Homeless and Temporary Accommodation Support Charity to promote men's mental health programmes and £5 'Street' Membership.
Networks attended	Attendance at Littlehampton Sports Fair 19 th August booked to promote all junior activities

Out and About 'Active Play' FEEDBACK: 'These Guys are amazing, so friendly, I tell everyone about the activities through the hols and come back every week and every year 😊'

