

# Healthy Communities Monthly Report 26-27

June 2026

## Local highlights:

**Arun Housing and Wellbeing Committee Annual Report Presentation** at the council chambers on the 23<sup>rd</sup> June. It was a wonderful opportunity to showcase all the brilliant work that has been done by the Healthy Communities team over the last 12 months April 25-March 26.

**Men's Mind Body and Stretch-ability-** videos have been created to promote sessions on social media and generate more engagement from men who may be experiencing mental health issues. 3 x new participants have signed up as a result.

**Healthy Walks-** Some lovely participant videos have been created highlighting the positive impact of the healthy walks and some personal good news stories to promote sessions and to drive more engagement to our popular sessions.

**Day Camps-** Planning is underway for Day Camps for the Summer, themes and activities are programmed in, and recruitment has started for new junior activities staff and bookings are coming in. LW bookings are at 29% and ALC are at 21%. All local schools have been sent marketing.

## Last month in numbers:

|               | Sport and Active Recreation<br> | Community Wellbeing<br> | Health<br> |
|---------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Participation | 2,503                                                                                                              | 944                                                                                                         | 994                                                                                             |
| Sessions      | 123                                                                                                                | 47                                                                                                          | 51                                                                                              |

| Free Swims<br> | Concession Memberships<br> | Health Referrals<br> | Health Memberships<br> | FLAIR Members<br> | Volunteers<br> |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 16                                                                                                | 400                                                                                                           | 12                                                                                                      | 106                                                                                                        | 13                                                                                                     | 41                                                                                                  |

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

## Local Updates:

## Sports and Active Recreation:

### YOUNG PEOPLE:

**Junior Basketball Launch** Junior Basketball was successfully launched on 3<sup>rd</sup> June. Our new coach, Tommy had a great month with 12 children registered and we are looking forward to now expanding a second session on a Monday starting in September. Watching Tommy in action has been great, he has some fantastic drills and activities to keep the children engaged!

**River Beach Primary School and Bartons Primary School Summer Fairs 19<sup>th</sup> June** - Awareness stand with a Tombola to promote all of our activities for young people. 22 leads generated for memberships, swimming, gym, family shows and junior activities.

### WOMEN AND GIRLS

**JUNO project**- This fantastic initiative to support young girls age 10-13 years are looking at putting on a 4 day programme over the Summer and then a 12-week course in the Autumn Term at Littlehampton Wave.

## Community Wellbeing:

### OLDER PEOPLE:

**Age Uk** had their 1<sup>st</sup> pop up session at Littlehampton Wave and due to the success of this they have booked another session on Tuesday 6<sup>th</sup> October. To compliment the next session, we have arranged for Beehive Care (Dementia Cafe) to also deliver a pop up in our Cafe/MPR room.

### LOW SOCIO-ECONOMIC FAMILIES:

**Temporary Accommodation** – We met with Arun Wellbeing and discussed opportunities to create a membership for those living in temporary accommodation. There is potential LCN funding to subsidise this project.

**Summer 'Out and About' Active Play Sessions** – Planning is underway for the Out and About Summer programme, we have a full Summer of activities planned across the Arun district funded through local town and parish councils.

## HEALTH

**MSK Pain Wise** - We have now had 2 x sessions 28<sup>th</sup> May and 4<sup>th</sup> June and due to the success of these sessions they now have another session booked on 23<sup>rd</sup> July.

**Community NHS Pop Up** - monthly pop-up sessions have begun at Arun Leisure Centre, visitors benefit from blood pressure checks and general health advice and signposting. These new initiatives are supporting the longer-term objective for our centres to becoming Community Health and Wellbeing Hubs.

## Monthly Reflections

| Success                                                                                                                                                                                                                              | I have learnt / overcome                                                                                                                                    | I would like more information on / I would like to share with others in the HC network meeting |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| I'm extremely proud of the presentation 25/26 to the Housing and Wellbeing select committee. The feedback has been extremely positive with the CEO of the council sharing her thanks for all the work we have contributed this year. | 'How to Hire With Purpose' following training to set me up in readiness of the recruitment drive for new Day Camp and 'Out and About' staff for the Summer. |                                                                                                |

## Partnerships and Networks

| Partnerships                    | Sport and Active Recreation                                                                                                                                                                                       | Community Wellbeing                                                                                                                                  | Health                          |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| <b>Partnership progress</b>     |                                                                                                                                                                                                                   | Rise Life - Seated Sports and Beehive Care are looking at delivering seated sports sessions for anyone with early onset dementia. They have funding. | MSK Outreach sessions re-booked |
| <b>New partnerships created</b> | Juno Project – Chat and Craft project for 10–13-year-old girls. (They are looking at booking 4 days on the Summer and 12 week programme in the Autumn term.<br>RNLI – booking a pop-up shop at Littlehampton Wave |                                                                                                                                                      |                                 |
| <b>Networks attended</b>        |                                                                                                                                                                                                                   | Wellbeing and Communities Meeting WSCC 5th June- All participants have been emailed to connect with promoting our men's mental health programmes.    |                                 |



## Wellbeing Pilates

Supporting Men's Mental Health in Arun

**Thursday 12.45 - 1.45pm**  
**£2 per session**

ARUN | Supported by | West Sussex Council | FreedomLeisure



## Active Play Summer Sessions 2026

Look out for the Freedom Leisure Park and Play van this summer, packed full of play equipment! Sessions last for two hours and are FREE of charge. **Please be aware that children cannot be left unattended.** Children must be accompanied and supervised by an adult over the age of 18 at all times. Suitable for 3-12 years but all the family are very welcome!

Sessions are weather permitting and run during the week in the school summer holidays from: **Thursday 23<sup>rd</sup> July – Friday 28<sup>th</sup> August**

| Programme |                                                         |                                           |
|-----------|---------------------------------------------------------|-------------------------------------------|
| Day       | 10am – 12pm                                             | 2pm – 4pm                                 |
| Monday    | Angmering<br>Decoy Drive – Palmer Road Rec              | Wick<br>Water Lane                        |
| Tuesday   | Ferring<br>Ferring Village Green                        | Yapton<br>King George V Playing Field     |
| Wednesday | Angmering<br>May Flower Park                            | Wick<br>Water Lane                        |
| Thursday  | Laburnum Grove Recreation,<br>next to Bersted Green Hub | Rustington<br>Woodlands Recreation Ground |
| Friday    | Bersted<br>Jubilee Fields                               | Wick<br>Water Lane                        |

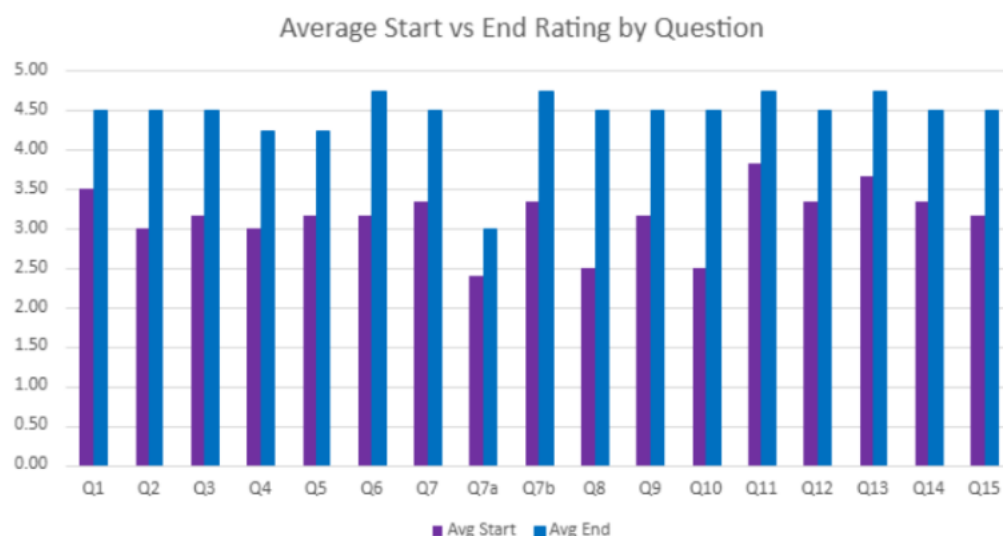


### No need to book!

For further information please contact: **01903 725451**  
hcarun@freedom-leisure.co.uk



## Men's Mental Health Programme – Initial Findings Impact report (See Appendix I for questions)



### Appendix 1

#### Wellbeing (SWEMWBS-aligned questions)

1. I've been feeling optimistic about the future – Start (1–5): \_\_\_\_
2. I've been feeling useful – Start (1–5): \_\_\_\_
3. I've been feeling relaxed – Start (1–5): \_\_\_\_
4. I've been dealing with problems well – Start (1–5): \_\_\_\_
5. I've been thinking clearly – Start (1–5): \_\_\_\_
6. I've been feeling close to other people – Start (1–5): \_\_\_\_
7. I've been able to make up my own mind about things – Start (1–5): \_\_\_\_

#### Physical Activity Levels (Active Lives-aligned)

- 7a. Days per week with 30+ mins activity – Start: \_\_\_\_
- 7b. Confidence to be active – Start (1–5): \_\_\_\_

#### Community Belonging & Support

8. I feel a sense of belonging in my community – Start (1–5): \_\_\_\_
9. I feel supported by people around me – Start (1–5): \_\_\_\_
10. I feel less isolated / lonely – Start (1–5): \_\_\_\_
11. I have people I can talk to when I need support – Start (1–5): \_\_\_\_

#### Personal Development and Confidence

12. I feel confident in myself and my abilities – Start (1–5): \_\_\_\_
13. I feel motivated to make positive changes – Start (1–5): \_\_\_\_
14. I feel confident engaging in new activities – Start (1–5): \_\_\_\_
15. I feel comfortable interacting socially with others – Start (1–5): \_\_\_\_