




Healthy Communities Monthly Report 25 - 26







March 2026



Local highlights:

- First Men's Mental Health Suicide Prevention Mind, Body and Stretch-ability 6 week programme launched 31st March -5 participants. (LW)
- Littlehampton Wave Open Weekend- Healthy Walks Taster Session- Sat 28th March -5 New walkers and was a great opportunity for Volunteer Walk Leaders to meet new walkers and promote their walks.(LW)
- Arun Leisure Centre -Open Day –Pickle Ball Taster Session (6 new participants and potential members) (ALC)
- Volunteer Healthy Walk Leaders Meeting to celebrate and thank them for their contribution and discuss current provision and development potential – new information shared to improve the website content. (ALC/LW)
- Tracey's Challenge- Raised money for Kidney Care UK. (£1,500 raised) Cycling 100 miles for training for the London Marathan (LW)
- RED NOSE DAY- (LW) Staff/Members at LW and young people from FNP took part in a 1,000 mile spin cycle challenge to raise money. 20th March Over £500 raised! (LW)
- International Women's Day (ALC) Women were treated to a FREE day pass to the centre, giving everyone a chance to move, connect and celebrate together. 8th March
- Easter Day camps (ALC/LW)have started with some great themes – Inventors Day, Under The Sea and Easter. A treat has been booked for children booked on Day Camp this Easter on the NBA Basketball themed day. Worthing Thunder have been booked to come and deliver a fun session for the children and Zaire Taylor an ex-NBA player from the US making a special appearance. Inspiring the next generation of basketball players and to promote our Junior basketball re-launch with LA Sharks.
- Arun Kickers (ALC)- increased participation of young teenage girls (15/16years) who are being scouted for professional teams and at the request of families we are supporting them with highlighted development areas that have been observed by our coaches at these sessions to prepare them.
- 'Industry Insight Day - Careers in Theatre' booked for 6th May at The Windmill. £500 to deliver an Arts career guidance day to a secondary school in Littlehampton. The Windmill are providing insight into careers such as Lighting and Sound technician roles to inspire the next generation of Art (The Windmill)
- Swimathon (LW/ALC) celebrating 40 years of raising money for Marie Claire. 30 participants across both sites.

Last month in numbers:

	Sport and Active Recreation 	Community Wellbeing 	Health 
Participation	1,372	1,228	745
Sessions	207	50	39

Free Swims 	Concession Memberships 	Health Referrals 	Health Memberships 	FLAIR Members 	Volunteers 
	350	9	10	0	39

Funding Received 	Funding Applied for 
£0	£10k

Local Updates:

Sports and Active Recreation:

Meetings arranged with Rhianna Wyer, British Gymnastics to support our newly qualified Gymnastics team.

Donna Martin is working with Izzy Drinkwater on potential fundraising for School Swims (schools in deprived areas)

We have organised for Worthing Thunder Basketball team to visit Easter Day Camps -8th April. The Littlehampton Gazette will be covering the story and providing an official photographer at ALC.

Community Wellbeing:

Meetings arranged with West Sussex Community Prevention Officer, Dympna Mines- Prevention Assessment Team to discuss partnership working

Meetings arranged with My Sister’s House to explore fundraising support with their flip flop campaign.

£10K CIL Infrastructure Fund (31/03/26) applied for to enhance SEND provision at ‘Out and About’ Active Play community sessions. The funding is to replace the Bouncy Castle, purchase SEND activity equipment to creating sensory areas and staff training on SEND.

Health:

This month we have started men’s mental health fitness and wellbeing sessions- 6-week programmes. We have developed a feedback form to monitor and evaluate positive outcomes at the end of the 6 weeks to feedback to the funder.

We have updated the Healthy Walks information to update the website with additional details such as walk duration – difficulty and social opportunities such as tea/coffee at the end.

Total Income Healthy Communities: £17,333.35

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
Completed funding bid for ICL Infrastructure Fund £10K Organised PA and press coverage of Worthing Thunder PA at Day at NBA themed days for Day Camps. May Day Camps advertised and themed confirmed.	As new in post I’m learning new things every day particularly learning who to liaise with regarding various functions of my role.	Organisations I can network and connect with to develop the programmes.

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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"> Emerging Futures – 3 residents booked on to Mind, Body and Stretch-ability course (men only- mental health support) 	
New partnerships created		<ul style="list-style-type: none"> Home Start- potential to do Little Leapfrogs pop-ups to promote healthy starts for young families. Sage – Counselling service in homes for people who are socially isolated to promote our relevant programmes. Emerging Futures – Drug and Alcohol supported living 	
Networks attended		<ul style="list-style-type: none"> Blue Horizon Networking event - VAAC 	




Get ready to run
6 week beginners body & mind conditioning programme for Men 18yrs+

6 weeks from Thursday 9 April
2.30 - 3.30pm / £2 per session








Mind & Body Stretch-ability
Gentle beginners course for Men 18yrs+

Tuesdays 11.30am - 12.30pm
£2 per session







Healthy Walk

FREE taster session
Saturday 28 March 2pm




February 2026

