Healthy Communities Monthly Report

August 2026 – Arun contract

Local Highlights:

- Out and About-Active Play Summer play attracted 1,909 children plus their families (approx. 3,818 total) Great feedback has been received;

"All staff fantastic, really mindful with children on bouncy castle with numbers, being safe etc. Love the variety of activities" Gabriella, Bersted

"These sessions are amazing for the children especially because every child has the opportunity to take part, no matter their backgrounds" Jackie, Bersted

"Amazing ☺ So, much fun for children. Please organise it again ☺, Joanna, Wick

- Day Camps-We had a successful fun, theme filled Summer of Day Camps -684 children at Littlehampton Wave and 570 at Arun Leisure Centre during August with Worthing Thunder making a special PA at the end of the Summer to both sites. They kindly gave a FREE ticket to each child who attended on the 27th August to their first game of the season! The RNLI also provided some brilliantly engaging water safety workshops at Littlehampton Wave and Arun Leisure Centre.

- Little Leapfrogs-We ran 3 x sessions a week over the Summer and had 272 participants at Littlehampton Wave. Despite the hot weather families were appreciative of having a fun and safe place for their children to play.

- Exciting Plans for the new Bersted Youth Group are well underway -Launch date 19th September to take place at Bersted Community Centre, Saturdays 1-4pm. This is a great addition to our Friday Night Project provision across Arun to support 11-16 year olds with engaging sports and recreation activities to keep them healthy and providing an opportunity for them to make friends and play a variety of sports with their peers.

Last month in numbers:

	Sport and Active Recreation	Community Wellbeing	Health
Participation	**5,535**	**794**	**487**
Sessions	**119**	**49**	**51**

FREE swims	Concession memberships	Health referrals	Health memberships
38	**391**	**11**	**11**

FLAIR members	Volunteers	Funding received	Funding applied for
4	**38**	**0**	**0**

Local updates:

Sport and Active Recreation:



- Junior Activities at Littlehampton Wave are now being managed by Izzy Drinkwater, Assistant Manager with Sam Bayley, Community Engagement Co-ordinator taking the lead on Junior Activities at Arun Leisure Centre to allow for Healthy Communities Manager, Donna Martin to have greater focus on Healthy Communities across the Arun contract.

- New Junior Basketball for 5-7 years olds has now been set up to launch at the beginning of October every Monday at Littlehampton Wave.

- Day Camps have been a success with the new Pebble System streamlining the booking process and allowing much more efficient managing of the programme. A much smoother process with great feedback from parents and allowing junior activities staff to share information seamlessly.

Community Wellbeing:



- Sam Bayley attended King George's Park Community Fair, Felpham -To promote all of our Summer Activities and Arun Leisure Centre and Bersted Community activities. It was also a great opportunity to network with other local providers.

- Out and About Active Play sessions were well attended throughout the summer, with thanks to Littlehampton Community Fridge for providing rescued food to families on several occasions. Despite periods of extreme heat and red weather warnings, the team adapted brilliantly, sourcing gazebos and alternative craft activities to ensure sessions could continue safely when the bouncy castle could not be used.

Health (include Health and Wellbeing Hub):



- Our Men's Mind & Body Stretchability group at Littlehampton Wave has been running for just four months and has already grown into a fantastic community of supportive friendships, improved health and greater confidence.

  The impact has been incredible. One member, who struggled to walk a mile when joining the programme, recently achieved over 31,300 steps in a single day!

  One participant shared:
  "Joining this group has made me more confident in talking to new people and I've noticed an improvement in my ability to exercise, particularly my breathing. I do feel healthier and I recently went out and walked further than I'd done in years! It has improved my confidence in social situations by being in the group."

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
The Men's Mental Health Programme- 'Mind and Body Stretchability', is growing and there are some lovely success stories and friendships that have been made. I have been collating feedback ready to report back to WSCC (funder) by Oct 12th.	Some important lessons have been learned from delivering Out and About, Active Play over the Summer on how to manage and resolve issues such as extreme heat to keep staff and the public safe.	

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	MacMillan Coffee fundraising coffee planned for 25th September 10-12pm Parkinsons UK meeting to discuss funding opportunities and explore partnership working. Possible open day event in Feb '27 at Littlehampton Wave.
New partnerships created	RNLI
Networks attended	Littlehampton Town Council -Sports Fair Wed 19th August networking with local sports providers – Littlehampton Rugby Club, Littlehampton Cricket Club, Littlehampton Badminton and Squash Club to promote junior activities.





