Healthy Communities Monthly Report

October 2026 – Arun contract

Local Highlights:

- 6th October- Pop Up shop with RNLI to raise awareness and vital funds for the RNLI. Age UK Pop up and Energy Advice pop up -Arun District Council at Littlehampton Wave.
- 7th October -One Big Walk – we braved the torrential rain for 12 of us to celebrate the incredible work of our Volunteer Healthy Walk Leaders. We will deliver another One Big Walk in Spring '27
- Wear It Pink Day-Breast Cancer Now -we raised £175.44 with our 'Wear It Pink' Aerobics session, run by Jazz and fundraising on the day!
- £4,000 Bid for Sports Fund – Littlehampton to widen participation and inclusion in sport -aiming to expand our Basketball provision with staff training, Specialist SEND provision and equipment, outreach sessions and a basketball festival.
- 2 RJF's approved to recruit Friday Night Project supervisors at Littlehampton Wave to ensure sustainability of the programme.
- Safe Space Sussex -Littlehampton Wave and Arun Leisure Centre have registered as Safe Spaces for anyone seeking refuge from a threatening or intimidating situation -providing a private space, water, toilet and use of a phone as well as further support from a duty manager, if needed.
- £8,330 Raised for The Stroke Association
- Sit To Get Fit – Start evaluation paperwork completed using the new Healthy Communities Toolkit to monitor and evaluate our HC sessions.

Last month in numbers:

	Sport and Active Recreation	Community Wellbeing	Health
Participation	**2,714**	**906**	**858**
Sessions	**56**	**60**	**48**

FREE swims	Concession memberships	Health referrals	Health memberships
47	**400**	**136**	**7**

FLAIR members	Volunteers	Funding received	Funding applied for
4	**34**	**£0**	**£6,500**

Local updates:



Sport and Active Recreation:

Young People/Teenagers

- Donna and Sam leafleted the Bersted estate surrounding Bersted Park Community Centre to try and boost awareness. We promoted Little Leapfrogs, Arun Youth Club and Parties (600 x leaflets).

- £2,500 Community Safety Grant bid – To improve community safety across Arun. A project to educate young people at the Friday Night Project at Arun Leisure Centre in local safety issues such as Knife crime, E-bikes and e-scooters and county lines with interactive workshops, providing some diversionary activities with the purchase of new equipment and a multi -media project for young people to create content based on the topics covered.



Community Wellbeing:

Elderly



- PSI Falls Prevention course started at Littlehampton Wave and Bersted Community Centre. They have been well attended, and another has now been booked to start on Weds 18th November. (Funding £1,080)

- AHS Wellbeing have bid for the tender to deliver the PSI Falls Prevention contract across West Sussex and have named Freedom Leisure as a sub-contractor on the bid which, if successful, will create further opportunities for Freedom Leisure to deliver these highly impactful programmes into the new financial year 27/28.



Volunteers

- Launch of 'Volunteero', the new volunteering app to support volunteer recruitment and management -recruited 3 new Healthy Walk Volunteers and a new Chatty Café volunteer.

Health

SEND



- SEND friendly gym sessions- Liaising with Steve Hawes on how we can utilise quiet times in the gym at ALC to provide SEND friendly gym sessions.

Long Term Health Conditions

- The final evaluation report for the men's mental health project was submitted to WSCC highlighting the successes and challenges of the programme. 4 fantastic case studies were also submitted to showcase the incredible impact the programme has had. It has been really enjoyable watching the group grow and develop such a strong supportive network.

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
PSI Falls Prevention Courses launched and being delivered successfully with great partnership working between AHS Wellbeing and Freedom Leisure.	How to create a robust SLA (service level agreement)	I would like more information on Menopause Courses and delivery models

Partnerships and Networks:

Pillars - Sport and Recreation, Community Wellbeing and Health	
Partnership progress	Meetings with all the Town and Parish Councils regarding Out and About- Active Play re-booking for 2027 and developing new referral pathways and activities to meet the needs of their local residents. New funding opportunities discussed. Met with Arun Wellbeing to discuss use of Bersted Green Hub and Warm Spaces.
New partnerships created	Active Sussex meetings set up to work more closely with them and Turning Tides meeting set up to discuss stronger partnership working -Street Memberships and Fundraising
Networks attended	Active Sussex – 'Let's Lift the Curfew' to help women feel safer to be active.


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Littlehampton Wave

Stroke Association
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OF FUNDRAISING
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This certificate is proudly presented to
The Wave Littlehampton
£8,330
for the Stroke Association
Thank you for making a difference!




Lifeboats


I'M WEARING IT PINK





