Healthy Communities Monthly Report

September 2026 – Arun contract

Local Highlights:

- Littlehampton Lifesaving Club -Diamond Anniversary Celebration of relay Channel Swim -Sunday 6th September. David Slade was an original member of the team and commemorated the occasion with tea and cake in our Café after another great lifesaving club demo on the seafront at Littlehampton Wave.
- Ferring Healthy Walkers- 15 Year Anniversary Celebration at Clapham and Ferring Village Hall -It was a lovely event where Healthy walkers and Healthy Walk Leaders, past and present, met together to share memories and celebrate this wonderful milestone. We created certificates for all the walk leaders and walkers to commemorate their achievements. Mon 7th September.
- Littlehampton Town Show – Sat 12th September. This was an opportunity for Freedom Leisure to showcase and promote all our healthy communities and junior activities.
- Parkinsons UK -Meeting to discuss putting on Open Day at Littlehampton Wave 6th Feb to support residents with Parkinson's.
- Macmillan Coffee Morning -the Littlehampton Wave team baked some fantastic cakes for our Macmillan coffee on Friday 25th September. A total of £241.05 was raised by our customers.
- My Sisters House – Arun Leisure Centre and Littlehampton Wave have been collecting toiletries for My Sisters House to support vulnerable women. Sam's fantastic community classes kindly donated over £192 worth of toiletries. In November Arun Leisure Centre will be partnering with Arun District Council to host a fundraising Dance-athon to continue to support this very worthy cause.
- Sunday 6th September- Littlehampton 10K Run- Our Healthy Communities team supported the runners by giving out water bottles and cheering on the runners as they passed by on Littlehampton Seafront.
- CIL Infrastructure Fund – £10K our bid has been shortlisted ready for full council approval in November. which includes the purchase of a new bouncy castle and SEND equipment for 'Out and About' Active Play sessions.
- Warm Spaces- £250 per site -Littlehampton Wave / Arun Leisure Centre to provide a warm and welcoming space for Arun residents to come and have a hot drink and access a social space to combat social isolation over the winter months. We are partnering with Littlehampton Community Fridge to get much needed surplus food supplies to vulnerable local residents. Sessions will run Dec-Mar 27.

Last month in numbers:

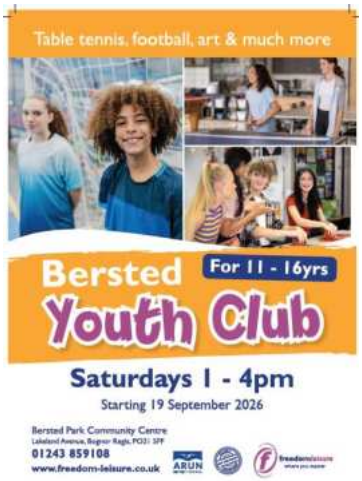
	Sport and Active Recreation	Community Wellbeing	Health
Participation	**1,654**	**1,245**	**572**
Sessions	**63**	**56**	**51**

FREE swims	Concession memberships	Health referrals	Health memberships
19	**399**	**95**	**6**

FLAIR members	Volunteers	Funding received	Funding applied for
4	**38**	**£0**	**£8,595**

Local updates:

Sport and Active Recreation:



Young People/Teenagers

- Bersted Community Centre – NEW Youth group launched.
- Application- under-way for £4K Sports Fund -Littlehampton Town Council. The aim is to increase participation and inclusivity in sport. We are looking at putting on a Basketball Festival in the Spring '27 and some outreach basketball sessions in partnership with local town and parish councils across the Summer.
- FLAIR- We have a new FLAIR applicant in Bognor who is No.2 in the country for Weight Training and he is going off to train for Mr. Universe 2027, which is a fantastic achievement.

Community Wellbeing:

Elderly



- PSI Falls Prevention-2 x NEW Courses set up starting Oct 26 Bersted Community Centre starting Friday16th Oct and Littlehampton Wave – 24 weeks (Funding £4,095).
- Outreach sessions at The Phoenix Centre –'Sit To Get Fit' on Thursdays (currently 6-7 participants) and 'Dancefit' (currently 8-12 participants per week)

Mental Health

- Men's Mental Health programme, final report completed and submitted to WSCC /Public Health. 4 Case Studies included in the submission.

Health (include Health and Wellbeing Hub)**:**



- New EGYM re-furb at Littlehampton Wave (Launch date 15th October 26) and Arun Leisure Centre (Launch date end Oct) this will be a fantastic asset to share with the local community. It will provide greater assistance to new and existing gym users on tailored fitness programmes which will increase the likelihood of exercise adherence and expand opportunities to deliver Healthy Community programmes.
- Lana Jelisejev has now qualified as Health Referral instructor, which increases our capacity to manage health referrals and expand this provision in the longer term.

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
Positive meetings to review 'Out and About' Active Play with Town and Parish Councils and the Summer '26 'Out and About' report has been completed and shared. All would like to book for next year.	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.	I'd like to find out more about 'Wellbeing Swim and Chat' sessions and funding opportunities to support this.

Partnerships and Networks:

Pillars - Sport and Recreation, Community Wellbeing and Health	
Partnership progress	Parkinson's UK. We have penciled in a date for a Parkinson's Open Day at Littlehampton Wave.
New partnerships created	
Networks attended	LCN Network meeting, Arun Wellbeing Updates Meeting, Networking with all the town and parish councils to review 'Out and About' and plan for 2027.

Diamond Anniversary Event
Sunday 6th September 2026



Thursday 10th September 2026 sees the 60th Anniversary of a 6 strong team of members, of what was then The Portsmouth & Southsea Life Guard Corps, successfully completing a relay swim across The English Channel from Cap Gris Nez to St Margarets Bay in a time of 12 hours 6 minutes.

David Slade, Chair and Lead Instructor of Littlehampton Wave Life Saving Club, was a member of that team, and to celebrate that event he invites you to join him in a celebratory (very gentle) swim, any time during an appropriate 60 minutes, between 5.45 and 6.45pm on Sunday 6th September. Yes it's a B&W photo!

This will take place at the Club's usual training 'spot' between the two groynes to the left of the Mewsbrook Park Lake outlet pipe on Littlehampton's Beach, almost opposite The Wave Leisure Centre BN16 2NA, where there is a convenient large car park.

Afterwards it would be great if you would please join him for a hot drink and a chat at The Wave Café . If the weather is against us, we will simply meet at The Wave and, if so inclined, you might like to have a swim there. The Wave Café remains open until 7.00pm but the complex until later.

Even if you are not intending to swim, it would be good to see you again and to offer some support to the Club and to The Royal Life Saving Society and its mission to reduce drowning accidents, an event we here in Sussex, have sadly seen very recently.















