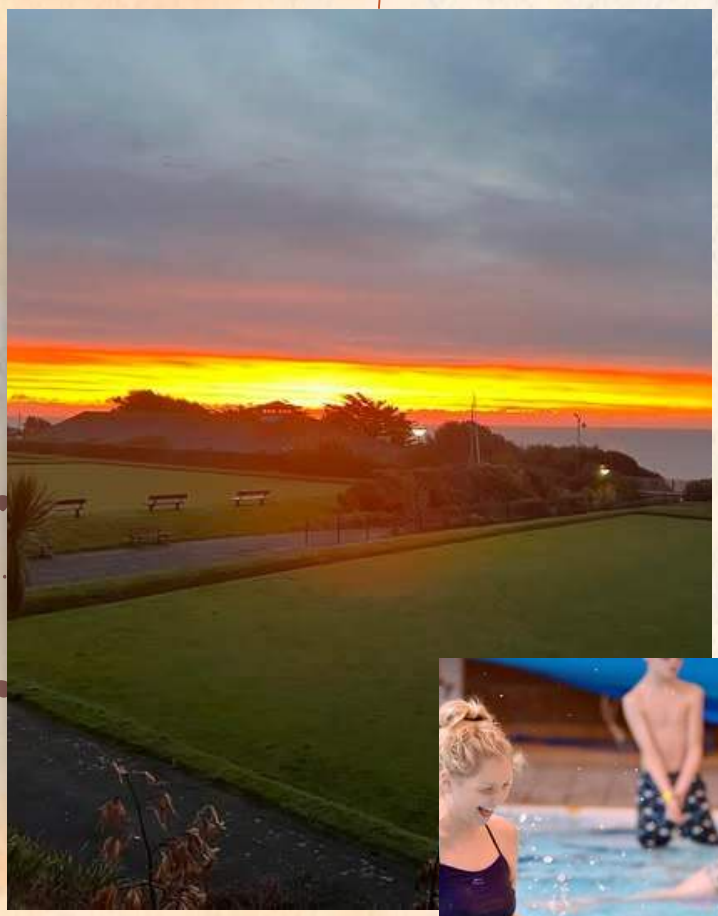
freedomleisure
where you matter

the hastings & rother freedom flyer!



November 2026

As autumn settles in and winter approaches, there's plenty to explore across our centres and communities.

This month, discover what helps make Freedom Leisure such a vibrant place to be.



PEOPLE & COMMUNITY



Falaise member of the month!

This month, we're celebrating the wonderful Valentine!
Valentine recently shared how being part of the Falaise community has been life-changing for him, helping to build his confidence, improve his wellbeing and make him feel happier.
Stories like Valentine's remind us why we do what we do. A leisure centre is about so much more than fitness. It's about creating a welcoming community where people can feel supported, make connections and achieve their goals.
We're incredibly proud to have Valentine as part of our Falaise family and would like to thank him for sharing his journey with us.

New Spin studio unveiled!

We're delighted to announce a £25,000 investment in our Spin Studio at Summerfields Leisure Centre. The refurbishment includes 15 brand-new IC6 indoor bikes, a refreshed studio environment and an enhanced cycling experience for our members.
Whether you're a regular rider or new to indoor cycling, there's never been a better time to join a class and experience the new studio for yourself.





The Studio By The Sea official opening day!

Join us on Wednesday 4 November as we celebrate the opening of Studio by the Sea with two free taster sessions:
11:30am - 12:00pm Foam Roller with Andy McTear
12:00 - 12:30pm Kettlebells with Andy Colesby
Spaces are limited, so book now by calling 01424 457692.
We can't wait to welcome you to our newest fitness space at Falaise!

Getting Sussex moving!

Martyn, our Healthy Communities Manager recently attended the Active Sussex Annual Conference at the University of Sussex, joining colleagues from across the sport, leisure, health and community sectors to share ideas, explore best practice and discuss ways to support healthier, more active communities across Sussex.





Swim 10K for Cancer Research this November!

We've teamed up with Cancer Research UK this November to encourage our customers and staff to take on the Swim 10K Challenge at Summerfields Leisure Centre.
The challenge is simple: swim a total of 10 kilometres throughout November and raise money to help fund vital cancer research.
Good luck to everyone who has signed up. Keep on swimming!



What a fantastic day at the Live Well, Age Well Community Fair!!

It was great to see so many people attend the event at the De La Warr Pavilion last month and speak with Martyn from our Healthy Communities team. The fair was a real success, bringing together local organisations and residents to explore opportunities to stay active, healthy and connected within the community.

Bexhill Leisure Centre essential improvement works update!

We're delighted with the progress being made as the improvement works continue. Recent upgrades include a brand-new sports hall roof, full redecoration of the sports hall, a new heating system currently being installed, and freshly painted sports hall changing rooms.

Throughout the project, the team has worked hard to keep as many facilities open as possible, helping to minimise disruption and ensure customers can continue to stay active and enjoy the centre.

As we move into the final phase of the works, we are currently working towards a temporary closure from Monday 9 November for up to two weeks to allow the remaining improvements to be completed safely and efficiently. While this date is yet to be formally confirmed, it is the provisional target date we are planning towards.





Contributing to the drive to get Hastings active!

Martyn, our Healthy Communities Manager, was pleased to attend the last Active Hastings Partnership meeting and be part of the discussions around strengthening partnerships and improving opportunities for local residents to lead active, healthy and connected lives. We look forward to continuing to work with partners across the area to support the health and wellbeing of our communities

Supporting Restart a Heart!

We were proud to support Restart a Heart Day, helping local people gain the confidence and skills to act in an emergency. The event highlighted the importance of CPR and early intervention, with attendees taking part in demonstrations and learning how they could help save a life.

A huge thank you to Hastings Police and South East Coast Ambulance Service NHS Foundation Trust for their support, expert demonstrations and valuable insight into the resuscitation process. Their knowledge and guidance helped make the morning both engaging and informative.

Every person who learned a new skill or refreshed their knowledge is now better prepared to make a difference when it matters most.



FREEDOM LIFE STORIES!



Celebrating 21 years of Freedom Leisure in Hastings!

As Freedom Leisure celebrates entering its 21st year in partnership with Hastings Borough Council, we've been shining a spotlight on the dedicated staff who have also been a part of that journey. Here are just a couple of dedicated staff members.

Tony Adams!

This year, we're proud to celebrate Tony's 21 years with Freedom Leisure. Tony first joined Summerfields in 2005 and has since built a fantastic career, from working in children's activities and the crèche to becoming a highly respected swimming teacher. Over the last two decades, he has taught swimmers of all ages, helping countless people gain confidence and achieve their goals in the water.

Tony says: "Even if I won the lottery tomorrow, I would never give up swimming teaching. I am passionate about watching the children achieve."

Thank you, Tony, for 21 years of dedication, passion and service.





Lin Moon

Having worked at Summerfields for over two decades, Lin's passion for keeping our community active has never wavered. Today, you'll still find her behind the reception desk, always ready with a warm welcome and a friendly smile.

Lin takes great pride in helping customers and has built many lasting friendships with the regular faces she sees every day. Her positivity, willingness to help and dedication to our members make her a valued part of the Summerfields team.

Thank you, Lin, for 21 years of commitment, kindness and outstanding service. You make a difference every single day.

DISCOVER!



Try something new this November!

As the colder days arrive and winter draws closer, it's the perfect time to focus on your wellbeing. From 1st to 30th November, enjoy a FREE 5-day pass and discover everything your local Freedom Leisure centre has to offer. Scan the QR code to find out more and get active this season.



Make a splash this November!

With autumn in full swing, now is the perfect time for your child to dive into a skill for life. Our swimming lessons help children gain confidence in the water, improve their technique and have fun while staying active all season long. Scan the QR code to learn more.

Member Testimonials

★★★★★

"It's a lovely gym with good lockers. Very friendly staff. Although I live in Bexhill its worth the trouble to go to Hastings."

- Colin, Falaise Fitness Centre

★★★★★

"Friendly gym with everything you need and a great bunch of people ."

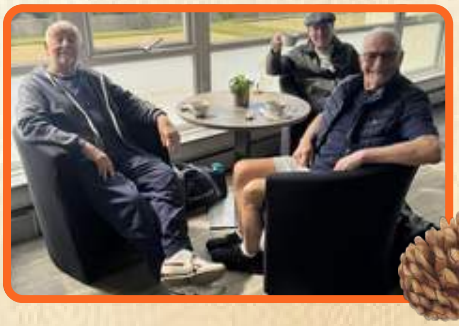
- Ben, Bexhill Leisure Centre

★★★★★

- Larysa, Bexhill Leisure Centre







BE A PART OF THE FREEDOM FLYER!

If you have an idea for an article, an update from your area or a story to share, please email jessamy.lavocah@freedom-leisure.co.uk