

the *hastings & rather* freedom flyer!

September
2026



Autumn is here

Explore activities,
celebrate achievements
and see what's
happening near you
throughout the month.

PEOPLE



Falaise member of the month!

Dave has shown incredible consistency throughout his health and wellness journey at Falaise, using exercise and fitness to help manage his MS for many years.

He is a hugely valued and well-liked member of our community, always bringing a friendly smile and positive attitude. Dave has made many like-minded friends here and truly enjoys the welcoming atmosphere. He's always happy to stop for a good old natter and gets on brilliantly with both members and staff alike. Congratulations Dave!

Success at the Transplant Games!

Tracey, who works at Bexhill Leisure Pool, has recently returned from Sheffield after competing in the 2026 British Transplant Games.

Taking part in the Games for the second consecutive year, Tracey competed in both the 25m swimming event and the Donor Run. Her participation is particularly special as she donated one of her healthy kidneys to her son in 2019, helping to transform his life through organ donation. Congratulations Tracey!



Happy Birthday Debbie!

There was only one place one of our longest-standing members wanted to spend her special day... her favourite leisure centre! ❤️

Our early morning swimmers and team members were delighted to help celebrate and make a fuss of her on her birthday. It's always wonderful to see the friendships, support and sense of community that make Summerfields Leisure Centre so special.



Bexhill Leisure Centre Staff Member of the Month!

Congratulations to Freya for her outstanding contribution and positive attitude. Freya has shown great flexibility by taking on a variety of roles across the centre, demonstrating both her adaptability and strong aptitude for work. Her willingness to step in where needed, coupled with her commitment to delivering high standards, makes her a valued member of the team and our staff member of the month.



COMMUNITY

New Images of Bexhill Leisure Centre!

Bexhill Leisure Centre has recently commissioned a new set of professional photographs showcasing its newly refurbished gym following the completion of the £200,000 investment project.

The refurbishment has been extremely well received by members, with positive feedback highlighting both the upgraded equipment and the improved gym layout. The enhanced facility provides a modern, spacious, and welcoming environment, helping members to enjoy a better fitness experience and achieve their health and wellbeing goals



New Classes at Bexhill Leisure Centre!

Bexhill Leisure Centre's new Fusion Flow and Freedom Circuits classes, introduced in August, have already received an enthusiastic response, highlighting growing demand for diverse and engaging fitness classes at the centre.



Summerfield Leisure Centre go Litter Picking!

Staff, community members and Councillor Glenn Haffenden recently joined forces for a community litter pick at Summerfields Leisure Centre in support of Plastic Free July.

Together, volunteers helped clean the local area, collect litter, and raise awareness of the impact of plastic waste. A huge thank you to everyone who took part and helped make our community a cleaner, greener place!

Summerfields refurb Progressing Well!

The male pre-cleanse refurbishment has now been completed and has received excellent feedback from customers, with many praising its clean, clinical appearance and modern design.

Work on the female pre-cleanse is progressing well and will mirror the aesthetic of the male facility, ensuring a consistent look and feel throughout. Once complete, it will offer the same high-quality finish, featuring clean lines and a welcoming environment for customers.



Bexhill Leisure Centre Celebrate nomination!

Bexhill Leisure Centre is thrilled to have been shortlisted for the UK Active Award for Regional Centre/Club of the Year.

This achievement recognises the passion, commitment and energy of our fantastic colleagues, members and community partners who help make our centre such a special place every day.

The winners will be revealed at a ceremony in October 2026 at the ICC in Birmingham.

FREEDOM LIFE STORIES!



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. This September we celebrate Cathy Bargh our resident Badminton coach.

When did you start working at Summerfields Leisure Centre?

I started working at Summerfields in 1984, shortly after its official opening. At the time, my badminton coaching qualifications were already in place, and my involvement with both the Sussex Junior County and later the Sussex Senior County teams was well established.

My goal was to develop and maintain a thriving badminton programme for adults and juniors of all ages and abilities, creating opportunities for everyone to enjoy and progress in the sport.

When Freedom Leisure took over the contract at Summerfields 21 years ago, it marked an exciting new chapter. The transition provided fresh opportunities and support, enabling me to further develop and expand the badminton programme at the site and continue building on the strong foundations already in place.

Tell us about your personal badminton achievements?

Alongside my coaching career, I have been fortunate to enjoy success as a Masters singles and ladies doubles player. My achievements are recognised nationally and internationally, and I am honoured and humbled to have represented England on numerous occasions. Highlights include:

- Masters National Singles Champion
- All England Seniors Singles Champion
- England representative at the Five Nations Championships
- European Masters Singles and Doubles Champion
- World Masters Ladies Doubles Champion
- World Masters Silver Medallist

Representing my country and competing at the highest level of Masters badminton has been a privilege and remains one of the proudest aspects of my sporting journey.

How has badminton developed at Summerfields?

Driven by a passion to introduce more people to badminton, I helped establish Summerfields as a thriving hub for the sport. Our successful turn-up-and-play programme became one of the inspirations for the national No Strings Badminton initiative, now delivered across the country. It has been incredibly rewarding to see this work enable thousands of people of all ages and abilities to improve their health, build friendships, and develop a lifelong love of badminton.

DISCOVER!



Get September Half Price!

Join Freedom Leisure this September and get the whole of September half price. Don't miss your chance to save and enjoy access to our fantastic facilities, classes and expert support. Scan the QR code to enquire today. Offer commences 1-20 September.



Back to School, Back to Swimming!

With the new school term underway, now is the perfect time to get back into swimming lessons. Help your child build confidence, develop essential water skills and stay active all year round. Scan the QR code to enquire and secure your place today.

Member Testimonials



- Kerry, Bexhill Leisure Centre



- Peter, Falaise Fitness Centre



"I wasn't expecting much, as I'd heard a few negative comments on the grapevine. However, from the moment we arrived, those opinions were completely turned around. Lin on reception and the lifeguards were incredibly welcoming, knowledgeable and generous with their time, giving us a thorough tour of the facilities and answering all of our questions."

- Katie, Summerfields 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