

the wealden freedom flyer!

Summer is here!

Discover the latest activities, events
and community updates

2026
JUNE



COMMUNITY



Building Healthier Communities

The Healthy Communities team recently came together to discuss a range of exciting community projects aimed at improving wellbeing across the local area. The meeting focused on identifying new initiatives and strengthening existing programmes to ensure that exercise and physical activity are accessible to everyone.

Hailsham Launches Cancer Rehab Programme

Hailsham Leisure Centre recently celebrated the launch of its new Cancer Rehabilitation programme, welcoming local health professionals and charities to learn more about the initiative and its benefits. The event highlighted how the programme will support people living with and beyond cancer through tailored exercise and effective referral pathways within the community.



Take on the Tayathlon Challenge this June!

Get active and make a difference with Taylor-Made Dreams' exciting new Tayathlon on Sunday 14 June. It's a fun team biathlon combining an indoor spin challenge with a 3km outdoor run. Taking place at Crowborough, this event is open to anyone and is a fantastic way to come together with friends, challenge yourselves, and support an incredible local cause. Sign up at www.taylormadedreams.org.uk

Drowning Prevention Week

Freedom Leisure is proud to support Drowning Prevention Week this June, helping to raise awareness of vital water safety skills within our communities. Throughout the week, we'll be incorporating water safety activities into our swimming lessons, giving participants practical knowledge and confidence in and around the water. In addition, our reception areas will feature helpful information and guidance for families.



Uckfield Welcomes New Gym Equipment

We're excited to share that Uckfield Leisure Centre has upgraded its gym with new cardio equipment! Members can now enjoy a refreshed workout experience with state-of-the-art treadmills, cross trainers, and bikes. Whether you're just starting your fitness journey or looking to push your limits, the new equipment offers something for everyone





SUPPORTING SUCCESS: LEIGH'S STORY



Freedom Leisure's Athlete Investment & Recognition (FLAIR) scheme supports nationally competing athletes by providing free access to our facilities, empowering them to train, progress and achieve their full potential. Read on to find out more about Leigh Harris' success...

I began competing in triathlon in 2012 after a football injury and was immediately hooked on the sport. Just a few years later, in 2015, I qualified for the Great Britain Age Group Team and competed in my first World Championships in Mexico in 2016.

Since then, I have qualified for the Great Britain team for multiple World and European Championships, with a standout experience being the 2018 World Championships on the Gold Coast, Australia.

In 2018, I joined Freedom Leisure's FLAIR scheme and have since regularly trained at Crowborough Leisure Centre. Balancing a busy job and a young family means my training time is limited, but I consistently manage to fit in 10–12 hours per week. The support from the FLAIR scheme has been instrumental in helping me structure my training and continue progressing as an athlete.

Some of my most notable race results include:

- Windsor Triathlon – 2nd in Age Group in a large field, qualifying for the 2025 World Triathlon Championships.
- Bournemouth International Triathlon – 3rd in Age Group, crossing line on a golden sandy beach and qualifying for the 2026 European Triathlon Championships.
- Eton Dorney – 2nd in Age Group, qualifying for the 2025 European Triathlon Championships
- Cardiff British Championships (Sprint Triathlon) – 11th in Age Group

I am also aiming to compete at the World Aquabike Championships later this year in Pontevedra, Spain. I qualified by finishing 2nd at the Eton Dorney qualifier, a flat and fast course where I averaged 41 km/h over the 40 km bike leg.





DISCOVER!



Make this summer your time to feel good

Soak up the season with a membership that fits your lifestyle. Whether you love a refreshing swim, energising workouts or simply taking time for yourself, we have everything you need to stay active and feel your best all summer long. Scan the QR code to enquire or join today and start enjoying your summer with us.



Dive into confidence this June

Make waves this summer with swimming lessons designed for all ages and abilities. From first splashes to building strong technique, our friendly teachers are here to help every swimmer progress with confidence. Scan the QR code to enquire and get started on your swimming journey today.

Member Testimonials



“We really like the facilities and especially the swimming pool. Our kids love the little slide and the flume.”

- Carly, Uckfield



“Well equipped gym, pool and multi sports venue with ample parking. Staff are friendly and helpful.”

- Rich, Crowborough



“Brilliant pool & slide, I had so much fun”

- Alfie, Hailsham



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 hannah.coleman@freedom-leisure.co.uk