freedomleisure
where you matter

the wealden 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



Congratulations to Elliot

A huge congratulations to our Uckfield General Manager, Elliot Key, on winning Young Employee of the Year at the Uckfield Business Awards! A fantastic achievement and thoroughly deserved. We're incredibly proud of you, Elliot! A big thank you to Dawson Hart for sponsoring the award, and well done to all the fantastic entrants and sponsors who made tonight such a special celebration of local business talent.

Restart a Heart

A huge thank you to everyone who joined our CPR sessions for Restart a Heart! It was fantastic to see so many people taking the time to learn these vital, lifesaving skills. Every person who learns CPR has the potential to make a real difference and help save a life.





HYROX Youngstars is Coming to Crowborough!

We're excited to launch HYROX Youngstars for 11-13 year olds, starting on Thursday 12 November. HYROX Youngstars combines running with functional fitness exercises, helping young people build strength, endurance, coordination and confidence in a fun, supportive environment. Don't miss the chance to be part of this exciting new programme!

PAW Patrol Swimming Accessories Now In Stock!

Make a splash with your little ones' favourite pups! We now have a fantastic range of Zoggs PAW Patrol swimming accessories available at your local centre, including goggles, floats and more. Perfect for helping young swimmers build confidence in the water while adding some PAW-some fun to every swim. Visit reception today to see the full range and grab yours while stocks last!





Children in Need

Join us for Children in Need as we come together across our centres to raise money for a fantastic cause. We'll be hosting a range of fun activities and fundraising events for all ages, giving everyone the chance to get involved and make a difference. Keep an eye on our social media pages for more details on how you can take part and support Children in Need.

COMMUNITY



Swim 10K Challenge This November!

Take on the Swim 10K Challenge this November and help raise money for Cancer Research UK. Complete 10K in the pool at your own pace, whether that's over multiple swims or in longer sessions, while supporting a fantastic cause. Plus, if you're new to Freedom Leisure, you can take advantage of an exclusive swimming membership for just £30 when you sign up for the challenge. Grab your goggles and make every length count this November!

Free Activities for East Sussex Baby Week!

Join us during East Sussex Baby Week for a range of free activities for under 5s at Crowborough and Uckfield Leisure Centres. Little ones can enjoy Tiny Tumblers, Soft Play and Seahorses Swim Sessions, with plenty of opportunities to play, explore and have fun in a safe and friendly environment. All sessions are completely free, with no booking required. Keep an eye on our website and social media channels for full session details and dates.





Stronger for Life

We're proud to be supporting the Stronger for Life project at Uckfield Leisure Centre, helping people stay active, independent and confident during their recovery from illness or hospitalisation. For more information about Stronger for Life sessions at Uckfield Leisure Centre, visit www.freedom-leisure.co.uk or speak to the team at the centre.

Free NHS Health Checks Available to Book!

Take a step towards better health with a free NHS Health Check at your local leisure centre. These quick and easy appointments can help identify potential health risks and provide advice on maintaining a healthy lifestyle. Appointments are available at:

- Uckfield Leisure Centre – 18 November
- Crowborough Leisure Centre – 25 November
- Hailsham Leisure Centre – 18 December

Book: nhshealthcheck@oneyoueastsussex.org.uk





Thank You for Supporting Wear It Pink!

A huge thank you to everyone who took part in our Wear It Pink fundraising day in support of Breast Cancer Now. Thanks to the generosity of our members, customers and colleagues, we were able to raise awareness and vital funds for an incredible cause. Together, we're helping make a difference in the fight against breast cancer.

DISCOVER!



Bring a Friend, Train Together, Save Together!

Know someone who would love being part of our fitness community? Refer a friend to join Freedom Leisure and when they become a member, you'll receive one month FREE membership as our thank you. It's the perfect way to stay motivated, achieve your goals together and share everything our centre has to offer. Scan the QR code to find out more.



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

★★★★★

"I have been so impressed with my child's swimming lessons. My child spent years unable to tolerate water on his face and now he's putting his face confidently under the water and is progressing with his swimming super quick. Sue is an amazing teacher!"

- Hailsham Leisure Centre

★★★★★

"Great service amazing centre, so friendly and clean"

- Hailsham Leisure Centre

★★★★★

"Thanks for running the CPR sessions! Such a great community minded initiative- glad I was able to attend."

- Uckfield 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 hannah.coleman@freedom-leisure.co.uk