

# Healthy Communities Arun

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“ improving lives  
through leisure ”

# What is Healthy Communities and what do we do?

We work with a large majority of people of all ages and from all walks of life, to engage them with our leisure service. This is both within our centres but also out in the Arun community.



A majority of the people we work with won't be your average gym and swim users, many of these people have barriers in the way to participating in leisure activities. Barriers include, low income, social isolation, lack of confidence, health conditions ... the list goes on.



The job of the Healthy Communities team is to break down these barriers for people to make activities **ACCESSIBLE, FUN** and **WELCOMING** to help empower people to live healthier lives. This is done through sourcing funding, working with a variety of partners, regularly adapting programmes to meet peoples needs and above all, building an **AMAZING** team of staff, all of whom are passionate about making a positive difference and can deliver on our objectives!



In addition to our Healthy Communities targeted work, we also work on developing and building the Junior Activities provision at both leisure centres. We recognise that a healthy lifestyle needs to start early for everybody and we want to help young children and families create healthy habits that become a lifestyle choice.





## For Families and Young People

**Active Play 'Out & About' sessions** - A record **2,198** attendances this year on our community Active Play 'Out & About' sessions. The team delivered free play provision across 8 green spaces in Arun, all supported by parish and town councils.

**Little Leapfrogs** – Due to demand, 4 sessions are now running per week. Leapfrogs aims to support parents and families of young children with an affordable play session. **7,640** child attendances during 2023. Leapfrogs sessions will be launched at Arun Leisure Centre in 2024.

**Gymnastics & Trampolining**- We now have over 160 gymnasts coming through our programme here at Wave each week and 32 at Arun Leisure Centre. As well as our courses, we also offer drop in Gym Tots sessions for under 5's. Supported by an exceptionally dedicated and supportive team of coaches.

### Day Camps

Our holiday club runs at both Arun Leisure Centre & Littlehampton Wave. This provides working parents with affordable, wrap around child care Mon-Fri.

**Friday Night Project** – Up to **90** young people aged 11-16 years were engaging each week with our Friday Night projects at Wave and ALC. Due to reasons out of our control, both projects are currently on hold but we hope to relaunch shortly.



## Ageing Well

### Forever Active

Forever Active sessions each week at Wave geared towards older adults. These sessions aim to tackle social isolation and bridge the gap between health referral and centre exercise classes. Incredible testimonials coming from these classes of how they are helping customers. 8 customers have already joined our phase 4 cardiac rehab classes as a result of coming to Forever Active. This is exactly what we set out to achieve.

### Walking for Health in Arun

36 dedicated volunteer walk leaders leading 7 weekly and 3 monthly walks. Average attendance of **700** walkers per month.

### Adult Multi Sports

Now available at Wave for adults with learning disabilities. Sessions funded by Grace Eyre foundation & the Together Fund from Active Sussex.

### Exercise Referral Programme

Running in partnership with Active Sussex through the NHS Sussex Personalised Care and Prevention funding. These sessions are to target adults on low incomes and/or with a health condition through physical activity sessions. 26 weeks of funded activity available.

### Dementia Friendly Swimming

A dedicated, quiet pool space just for individuals living with age related memory loss.

## Affordability & Accessibility

### HAF

1,105 attendances at our Day Camps through the WSCC HAF scheme during 2023.

### Ukrainian Refugees LTS

In partnership with ADC, we are now offering 12 months worth of swimming lessons to Ukrainian refugees at Arun Leisure Centre and Wave. We currently have 14 children enrolled. In addition, ADC are also supporting supplying each child with swimwear, goggles, a bag and a towel.

### Community Memberships

Free yearly community memberships for community groups and service users to access our facilities. 70 live memberships at the end of September 2023. Groups include Mind, Social Prescribers and Carers Support.

### Free swimming to over 75's

Over 21,000 swims have been swam over the last 18 months.

### Free Swimming for Under 4's and to all those enrolled on our LTS programme



# Investment

## Equipment

### Littlehampton Wave

- 7.5k new roll out Gymnastics matting
- 8.5k replacement Little Leapfrogs/multi purpose matting
- New two modular Inflatazone castle purchased by Arun District Council. This has had an **incredible** impact on the centre and has been extremely well received by our customers of all ages!

### Arun Leisure Centre

- 15k junior equipment investment, including a large 10k two modular castle and 5k's worth of pre-school equipment. This will enable us to launch the following:
  - A re-vitalised and fresh party programme, including a brand new sports hall party offering with parties available for those 0-16 years on both Saturday and Sunday.
  - A new weekend junior activity programme, including Little Leapfrogs and Junior Sports Club.
  - Grow and raise the profile of our Day Camp provision.

## Staff

### Funded by Freedom Leisure, we have upskilled staff in the following areas:

- Provided Dementia Friends Training for staff teams in partnership with Zachary Merton.
- 2 x staff trained and passed their a Level 1 Boccia Course
- 2x staff trained and passed their Level 2 Gymnastics Coaching





# Healthy Communities in pictures!





# Healthy Communities Team

Together  
Everyone  
Achieves  
More!





## Testimonials & Engagement



*"My Grandad was very anxious but the staff made him feel so comfortable! He did some exercise and played board games, it was so lovely to see him laughing, smiling and telling jokes like the good old times – thank you Littlehampton Wave!" – **Forever Active Customer***

*I attend Leapfrogs every week with my toddler and baby. Every week Abi gives 100%, playing with them both, being aware of their needs and reacting when I have to help one of them independently. She is a lifesaver and has made our lives easier, happier and more wonderful whenever we attend leapfrogs" – **Leapfrogs Customer***

*My daughter was very nervous attending Day Camp for the first time but the staff made her feel at ease immediately. She absolutely loved the range of activities and especially the themed days. You can see the staff work so hard to engage the children and I am very grateful for this provision so I can go to work in the knowledge she is happy. Thank you Littlehampton Wave team! – **Day Camp Customer***

*"The team are so friendly and attentive. I hope this will continue for as long as possible as it makes the children & adults very happy!" – **Ferring parent***

*"The best activity team ever! They are very friendly and super kind with all the kids. A HUGE thank you to all" – **Wick parent***

*"My boys have had an amazing summer holiday thanks to the activity team, well done all" – **Wick parent***

*"Great to have these free sessions on our doorstep, loved having more sessions at different locations too, please do them again next year!" – **Angmering parent***

*"We love these sessions as they are great fun and also help with health and confidence in my child due to the friendly staff" – **Rustington parent***

*"My children have really enjoyed this, the team get so involved with the kids and make it such a fun experience!" **Yapton parent***

*"Staff really lovely, it's been great to be able to go somewhere this summer that doesn't cost the earth" – **Bersted parent***

## Positive Engagement





# Case Studies

## active communities

Date Completed: December 23

### Case Study: Exercise Referral Classes

Programme Code: ARUN/ER

#### Overview:

In August 2023 we were awarded 26 weeks' worth of funding through Active Sussex from the NHS Sussex Personalised Care and Prevention, to target adults with a diagnosed health condition through physical activity sessions. The funding is also linked to the current NHS agenda around increasing referrals to their Digital Weight Management Programme.

We launched our Exercise Referral classes in September 23. Our classes are delivered by our Level 3 instructors, one of whom has extensive knowledge and training in a range of exercise specialities, including Cardiac and Pulmonary Rehab, Long Term Neurological Conditions, Obesity, Diabetes, and Chronic Lower Back Pain and can provide individuals with an incredibly high level of support. Individuals can be referred to classes by an exercise professional or can self-refer. Initially, our instructors did a fantastic job of getting an understanding of a new group of people and the multiple and complex health conditions that they have. Understandably, this took up lot of extra time and effort outside of the sessions. Indeed, it is not easy to recruit and sustain activity with people living with a range of conditions who were not previously active. All participants (12 in total to this date) self-referred themselves into the activity sessions which was fantastic, however, this brought significant challenges. After conducting a detailed PARQ, there were a number of participants who were more at risk than others due to their complex health conditions. For our instructors to be able to continue delivering the sessions safely and appropriately to all participants then Freedom required some of these patients to be signed off by a GP that they could exercise.

This then immediately put a barrier in the way for these self-referring individuals, as it is not easy to see a GP quickly for something that might not be considered a priority. The team at Freedom are passionate about not turning service users away and leaving them without support. Particularly as many of these individuals have made the first step back to addressing their health and wellbeing. One participant in particular struggled a lot with their anxiety and the instructor was concerned about asking them not to attend until a GP can sign them off as there was a high chance the individual would lose their confidence.

We raised this issue promptly with Active Sussex and with their support, we took our concerns to the ARUN PCN and local GP/Clinical Director. After discussions over the matter at PCN meetings, the following plan has now been put in place by the Clinical Director moving forwards:

- Member of public 'self refers' to our exercise referral classes
- They fill in a PARQ supplied by Freedom Leisure.
- Freedom Leisure send PARQ over to the PCN email address
- PARQ is reviewed and individual is approved to attend our classes or referred for further review from Clinical staff rather than Freedom staff.
- Member of public has not had to book an appointment with a GP, potentially experience a long wait for this appointment and then potentially lost interest/confidence in their cause, to then be back to square one.

This is partnership working at its best and is a HUGE step forward for Arun and Freedom Leisure. This breakthrough will make such a huge difference not only to our service users accessing services quickly but it will allow us to move closer into the community of more vulnerable adults in a safe way.

#### Feedback:

"The class has made such a difference to my life in just a few months. Having suffered with ongoing age-related conditions over the last 10 years I was extremely apprehensive about attending this class but knew I needed to take the step for my health and wellbeing. My balance in particular has improved incredibly. I have managed to stop myself falling recently which I would never have been able to do before" Class Attendee

#### Outcomes:

- New partnership with the Arun PCN agreed.
- Individuals PARQ will now be reviewed by a medical professional on receipt from Freedom Leisure, as opposed to the individual having to book an appointment (and in some cases pay) for a GP sign off to exercise.
- Extremely positive joined up approach with Freedom & the PCN to make the individual feel supported on their journey to improve their health and wellbeing.
- Class attendance can take place much sooner for these individuals and instruction given will help contribute to the prevention of further medical issues.
- Retention of participants.



Themes of activity completed (tick appropriate box):

X

X

## active communities

Date Completed: December 23

### Case Study: Healthy Walks in Arun

Programme Code: ARUN/WFH

#### Overview:

Healthy Walks in Arun is a Freedom Leisure scheme. The programme consists of 8 different walks, led by 36 volunteer walk leaders across the district, with some months seeing over 700 attendances. The walks are designed to combat social isolation, encourage sedentary people to move more, build confidence make friends and improve an individual's health and wellbeing. All walks are free of charge and do not need to be pre-booked.

Our walking scheme strives to be inclusive. We have shorter and longer routes to help participants progress. Within the Littlehampton Walk, a wheelchair friendly route is incorporated.

Although a great way to improve physical and mental health, many people also come along for the social aspect. Many additional events have been organised by the leaders off the back of the walks, including meals out, quiz nights to raise money for charity and regular trips to the theatre. The walks offer people so much and play a vital part in their livelihood.

Pre-Covid, our walking programme was recognised on a county level. We are incredibly proud of our Healthy Walks in Arun volunteer walk leader Sian Fletcher, who won the Active Champion award at the Active Sussex Sports Awards. Sian has been volunteering with us for 10 years and has made a phenomenal impact on the community, not only running the Ferring walk each week with attendances that reach over 60 people but constantly going above and beyond, organising new walks for her groups, arranging walking holidays and raising copious amounts of money for charity. Sian is a true pillar of the Arun Community!

Although we are lucky enough in Arun to have a Walk Coordinator to manage the programme itself, the delivery is carried out solely by volunteers. They do the most incredible job. An example of their dedication is as follows. We started one of our walks in Rustington 7 years ago, at the beginning we had between 10-15 walkers each week. This has now grown to 40-50 with a record number of 56 participants attending in July. Much of this is down to the six leader's hard work of building up a fantastic rapport and maintaining relationships with current walkers, keeping them coming back week after week but also being a huge driving force behind continuously promoting the walk and welcoming new participants.

#### Feedback:

"I joined the walking programme when my husband passed away. I had become very lonely and needed something to help me find my confidence again." Current Walker

"The walks have given me a new lease of life. I love the walking, the fantastic friends I have made and the extra social events. I don't know where I would be without my walks. The leaders are absolutely fantastic and a credit to Freedom Leisure and Healthy Walks in Arun" - Current Walker

#### Outcomes:

- 7 weekly walks
- 3 monthly walks
- 2 inclusive walks (wheelchair and buggy friendly)
- Specialised organised walks with the South Downs Rangers
- 36 volunteer walk leaders
- 700+ attendances per month



Themes of activity completed (tick appropriate box):

X

X

X