

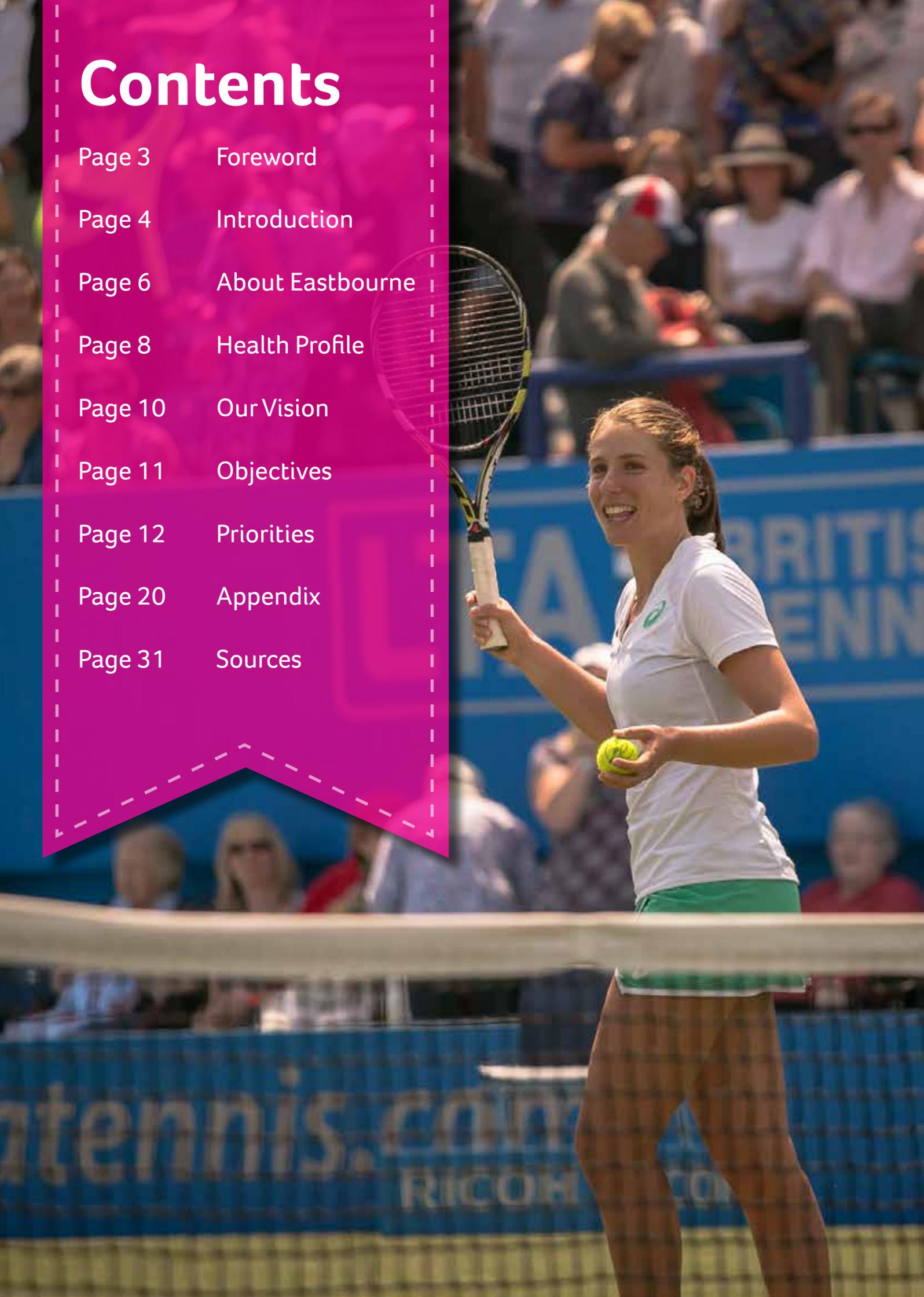
Active Eastbourne



Strategy 2017 - 2022

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Foreword



Welcome to the Active Eastbourne Strategy for 2017 to 2022. Located in East Sussex, Eastbourne has a close association with sport and physical activity. The town hosts multiple sporting events every year, with highlights including the pre-Wimbledon Aegon International Tennis Tournament, Eastbourne Extreme, one of the UKs largest extreme sport festivals, and the Eastbourne Cycling Festival.

Physical activity and sport are key components of a healthy lifestyle, and we are keen to continue doing all we can to support and promote them. Other forms of activity are important too and may be more accessible and have greater appeal to those people who are much less active. Our aim is to increase opportunities to help everyone become more active, whatever their circumstances, and to stay active and enjoy the benefits of greater fitness and health throughout their lives.

We are all working and living in a fast-moving and ever-changing landscape and this strategy is designed to shape the way we will adapt to different needs and opportunities as they arise. With increasing pressures on resources, we need to support people and communities to become healthier. We cannot do this alone and this strategy looks at the ways we can work with communities, leisure providers, local sports clubs, businesses, voluntary organisations and in liaison with schools, colleges, the University, health teams and other key partners to encourage involvement in all kinds of activity from informal activities such as walking and cycling to participation in the wide range of sports opportunities available in the town.

As the legacy of the London 2012 Olympics begins to diminish, participation in sport has fluctuated. It is essential that we do what we can to maintain and build on the enthusiasm and momentum created in 2012. This means supporting people to volunteer and qualify as coaches and health professionals, ensuring that there is a good range of affordable and accessible facilities and amenities for people to use, and that we all make the best use we can of the many opportunities on offer. By following these key principles, we hope to inspire residents and visitors to Eastbourne to engage with sport and other forms of activity and create a fitter and happier community.

Councillor Margaret Bannister, Cabinet Portfolio Holder, Tourism & Enterprise



Introduction

This Strategy has been developed by Eastbourne Borough Council in partnership with East Sussex Public Health, Active Sussex and members of the Healthy Eastbourne Campaign. It sets out our aims and priorities for promoting and developing sport and physical activity in Eastbourne. It is vital that the strategy meets the needs of the local area as well as aligning to national and county priorities.

In particular, the strategy will help deliver the latest Government Strategy for Sport, 'Sporting Future: A New Strategy for an Active Nation', 2015, which highlights the leadership role that local authorities have to play bringing schools, voluntary sport clubs, National Governing Bodies of sport (NGBs), health and the private sector together to forge partnerships, unblock barriers to participation and improve the local sport delivery system.

The Strategy is also designed to support delivery of Sport England's Strategy, 'Towards an Active Nation' 2017- 2022; Public Health England's Everybody Active, Every Day – an evidence-based approach to increasing physical activity levels; and, locally, the East Sussex Health and Wellbeing Strategy 2013-2016, Active Sussex Strategy and Eastbourne Borough Council Corporate Plan 2016 to 2020.

Promoting active lifestyles can help us address some of the important challenges we face today. Increasing activity levels has the potential to improve our physical and mental health, reduce the incidence and premature onset of diseases, improve life expectancy, and significantly ease the burden of chronic disease on the health and social care services. Relatively small increases in activity can significantly improve our quality of life irrespective of age. People who are physically active reduce their risk of developing major chronic diseases and regular physical activity is estimated to prevent one in ten cases of stroke or heart disease. Being physically active also reduces the risk of developing type 2 diabetes by 30-40% and can reduce the need for medication amongst those who already have type 2 diabetes. Daily activity can also reduce the risk to women of developing breast cancer by 20%.





Research has also demonstrated the beneficial impact of physical activity on mental health, reducing the risks of developing dementia, for example. Research has shown that people who are inactive are three times more likely to report moderate or severe depression than those who are active. Overall, physical activity provides benefits for our general well-being - improved mood, increased confidence, increased mental functioning, a sense of achievement, relaxation or release from daily stress.

The Strategy also takes account of the need to promote active travel options, such as walking, cycling and running. Fewer car journeys can reduce traffic congestion and pollution, improving the health of communities and protecting our environment. Public Health England's 'Working Together to Promote Active Travel: A briefing for local authorities' spells out the impact of road travel in terms of noise, air pollution, injuries physical inactivity, and outlines the costs to the physical environment and the economy. The briefing proposes a range of measures that local authorities can take to shape the local environment to encourage walking and cycling.

Evidence of the benefits to learning and self-esteem amongst children and young people has emerged in recent years. These include enhanced positive mental wellbeing, self-esteem and confidence and lower levels of anxiety and stress, improved confidence and peer acceptance, and there is emerging evidence of improved concentration and attention and enhanced academic performance.

Physical activity has many definitions, but it includes all forms of activity such as 'everyday' walking and cycling to get from A to B, active recreation such as working out in the gym, dancing, gardening or families playing together, as well as organised and competitive sport. Sport, active recreation and active living are all interlinked, as shown on the next page.

About Eastbourne

Eastbourne is a seaside town on the south coast with an estimated population of close to 100,000 people. The town is at the gateway to the South Downs Way, one of the UK's most popular National Trails and includes part of the South Downs National Park. Eastbourne's location means that 1,200 acres of Downland can be accessed via a coastal footpath with an array of walkways and paths open to public use, with gentle, more accessible paths as well as more trails for walkers and ramblers. More ambitious residents and visitors can take part in challenges such as the Beachy Head Marathon and Velopace Butts Lane Hill Climb.

The town has an elegant seafront and beach, including a lit promenade which is used by runners and walkers throughout the year. Eastbourne's beach, from the Pier to the Wish Tower, has won many awards for its excellent water quality and provides opportunities for swimming, rowing, fishing and other activities. Further east, Sovereign Harbour has a marina, popular with sailing and fishing facilities.

Despite these amenities and huge array of sports clubs, gyms, leisure facilities and parks, it is estimated that only 59.4% of adults living in Eastbourne achieve the recommended levels of activity to maintain good health. This means that 40.6% of adults are not active enough and are at risk of developing a range of health conditions and 29.4% achieve less than 30 minutes of physical activity a week, increasing the risks to their health.





EASTBOURNE

Breathe It In

Health Profile of Eastbourne

Eastbourne shares many of the challenges faced by other areas in the South East which may contribute to the low levels of physical activity. Whilst there is an increasing proportion of young people and families in the town, there is also a high proportion of older residents and people living with long-term limiting illness. There is a significantly higher percentage of older people aged 65 years and over and 85 years and over compared with England as a whole and population projections show that the proportion of older people is expected to continue increasing. The average age of residents in the town is 43 whilst Meads is the first Ward in the country to have an average age of over 70.



Older age is associated with increasing risks and incidence of coronary heart disease, stroke, type 2 diabetes, cancer and obesity. Older adults are also at greatly increased risk of falling. There is strong evidence that physically active adults aged 65 years and over have higher levels of cardio-respiratory fitness and physical function, and lower incidence of numerous chronic non-communicable diseases than those who are inactive.



Within Eastbourne it is estimated that 19.5% of children live below the poverty line and the health profile of Eastbourne shows that there are issues with:

- The prevalence of some chronic diseases – asthma, COPD, coronary heart disease, hypertension, heart failure and stroke - and the percentage of cardiovascular deaths are significantly higher than the England averages
- 18.1% of children up to the age of 11 are classified as ‘obese’
- Admissions to hospital related to alcohol are significantly higher amongst under 18s than nationally
- The rate of drug misuse in those aged 15 -64 is significantly higher than the national average
- The prevalence of smoking amongst 18-64 year olds is significantly worse than both the county and the national average.
- Teenage pregnancy rates are 6% higher than the national average.

The latest Department of Health guidelines for recommended levels of different types of activity at different ages are available at:

- <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-children.aspx>
- <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>
- <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>
- <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-older-adults.aspx>

Be Active...



Our Vision for Eastbourne

Our vision is for Eastbourne to be an active town where more residents and visitors choose to take part in sport and physical activity. In line with the Sport England Strategy we are keen to place more emphasis on groups who are less active, such as women, disabled people and those from lower socio-economic backgrounds, as well as those who are already very active.

There are many clubs, leisure and training providers, funders and other health, community and business partners involved in efforts to promote sport and physical activity and to improve the health of local people and by establishing an Active Eastbourne Partnership we will work together to share resources and coordinate our efforts to promote more active lifestyles.



Our
Vision...

Objectives

Objective 1: To support inactive people to be more active

Objective 2: To encourage people to stay active

Objective 3: To promote volunteering, training and professional development

Objective 4: To improve local facilities and amenities

The following pages will form the basis of our action plan to implement this strategy.



Priority One:

Support inactive people to be more active

We are particularly keen to encourage those who are the least active to increase their levels of activity. We aim to focus particularly on girls and women, disabled people, and older people and others at particular risk.

What	How	Who	Targets	How will it be measured?
Communicate opportunities to inactive people	Target publicity to promote activities and opportunities effectively using the full range of media including the internet, social media, texting, local notice boards and newsletters, newspapers, community events, and local networks and ensure communication is inclusive and accessible	<ul style="list-style-type: none"> EBC Charities Age Concern YMCA 	Partnership to set SMART targets and measurements	
Improve	Work with partners to identify groups of people who are at risk and would benefit from outreach programmes. Monitor and tackle practical barriers to participation - cost, safety, access, time pressures and health issues		Partnership to set SMART targets and measurements	
	Develop a Cycling and Walking Strategy and promote and encourage active travel options such as running, cycling, skating and walking .	<ul style="list-style-type: none"> EBC ESCC 	Write Strategy	Implementation with KPI's
	Use 'This Girl Can' and other campaigns to encourage girls to become more active. Build on high profile events to attract people to try new activities	<ul style="list-style-type: none"> All partners 	AE Partnership to set smart targets	
	Promote swimming, linking with Swim4Life, 10 Minute Shake Up and other campaigns Encourage higher levels of activity in the home environment and promote One You campaign.	<ul style="list-style-type: none"> Partners 	AE Partnership to set smart targets	
	Offer free taster sessions in identified areas. Attract funding	<ul style="list-style-type: none"> Partners 	AE Partnership to set smart targets	Amount of events/sessions Head counts
	Support and promote the development of community gardening, 'grow your own' schemes and allotments			

Support...



Encourage...



Priority Two:

Encourage people to stay active

We aim to encourage those people who are already active in sport and other physical activities to maintain their levels of activity. This includes supporting local sporting events and working to ensure children and young people remain active as they move through school and into further education and work. See below Table of recommended activity levels.

What	How	Who	Targets	How will it be measured?
Deliver varied, balanced dynamic programmes, events and pilot projects.	Work continuing in EBC sports Centres. Work with existing and new partners to maintain existing events and encourage more.	<ul style="list-style-type: none"> • LA Sports Centres • Eastbourne Leisure Trust • University of Brighton • YMCA • AGE Concern • NGB's • Wave Leisure 	Annual Targets To be set by AE Partnership	Amount of Events and participants
Promote Local Success Stories and encourage local champions to help	Contact local champions and involve them in open days, events ETC		Annual Targets To be set by AE Partnership	Amount of Events attended/ promoted
Liaise with Schools	Support schools to engage students and families	<ul style="list-style-type: none"> • Partners 	Annual Targets To be set by AE Partnership	Meetings
Increase Activities on the Seafront	Build a Beach Volleyball Arena Investigate opportunities for more events Investigate an outdoor gym (similar to archery rec)	<ul style="list-style-type: none"> • EBC in partnership • EBC Events and Seafront Team 	AE Partnership to set smart targets	Amount of Events and participants

Priority Three:

Promote volunteering, training and professional development

We will work to promote and support volunteering, and make good use of opportunities to develop coaching, accredited training and professional development for people interested in delivering sports and other leisure activities.

What	How	Who	Targets	How will it be measured?
We will work to promote and support volunteering, and make good use of opportunities to develop coaching, accredited training and professional development for people interested in delivering sports and other leisure activities.	<ul style="list-style-type: none"> • Offer an annual forum with Active Sussex to promote the opportunities to network. • Build on Sport England work on coaching plan to improve recruitment and training of volunteers and coaches • Work with Active Sussex and other funders and training providers to develop and promote accredited training opportunities for volunteers and paid sessional staff and ensure local clubs make good use of these and improve the representation of women, disabled people and people from BME backgrounds amongst staff and volunteers • Work with the University of Brighton, Sussex Downs College and other training providers to support pathways to adult learning and professional practice, particularly with groups at risk of exclusion or under-represented in physical activity in Eastbourne • Support and promote the new approach to coaching set out in 'Sporting Future' • Work with sport, leisure and community partners to ensure opportunities for volunteering and training are promoted as widely as possible • Identify appropriate rewards for volunteers – e.g. free tickets • Promote the use of apprenticeships, student and work placements • PROMOTE SUPPORT REWARD 	<ul style="list-style-type: none"> • EBC • University • Colleges • Clubs • NGB's 	Annual Targets To be set by Partnership	Annual Measurements Attendees at Forum



VOLUNTEER

Volunteer & Development...



Improve facilities...

Priority Four:

Improve local facilities and amenities

Eastbourne has a range of outdoor and indoor spaces which need investment both to improve their quality, increase participation and ensure their financial sustainability in the longer term. We will work together to ensure a coordinated approach and make the best use of resources available.

What	How	Who	Targets	How will it be measured?
New Amenities on the Seafront	<ul style="list-style-type: none"> • Develop a Beach Volleyball site. • Investigate other amenities 	<ul style="list-style-type: none"> • EBC with local partner 	By Summer 2017 Ongoing	
Using under used facilities	<ul style="list-style-type: none"> • Investigate ways of encouraging sites to open longer (Schools ETC) • Support and encourage sports clubs and organisations to identify appropriate external funding sources 	<ul style="list-style-type: none"> • EBC 	Annual targets to be set by AE Partnership	
Invest in facilities	<ul style="list-style-type: none"> • Review the Council's Rent Support Grant policy to ensure financial assistance is directed where it is most needed and supports investment in facilities 	<ul style="list-style-type: none"> • EBC • Partners 	Annual targets to be set by AE Partnership	
Devonshire Park development for Tennis	<ul style="list-style-type: none"> • Invest in extension of tennis courts and surrounding facilities at Eastbourne Tennis Centre in Devonshire Park • Invest in Eastbourne Sports Park and explore the potential for a cycling hub 	<ul style="list-style-type: none"> • EBC 	To be completed by 2018	



Appendix 1

General Content

Current NHS Guidelines

NHS guidelines are updated in line with new research findings. The recommended levels of activity vary according to age and currently cover early childhood, young people, adults and older adults.

Current guidelines emphasise the need to encourage movement in babies and recommend three hours a day of active play for toddlers. There is growing evidence that long periods of inactivity (other than sleep) in the under 5's can increase the risk of poor health.

Young people aged 5 to 18 need to do three different types of activity including at least one hour of moderate or vigorous activity every day and exercises to strengthen muscles and to strengthen bones three times a week.

Adults aged 19 to 64 and older adults, aged 65 and over are recommended to be active every day and to do at least 150 minutes of moderate activity or 75 minutes of vigorous activity or a combination of moderate and vigorous activity every week. They should also include exercises to strengthen muscles at least twice a week. The guidelines recommend breaking up long periods of sitting and inactivity.

More detail on the different types of activity recommended and examples are included on the NHS physical activity guidelines pages on its Live Well website.





The links between physical activity on wellbeing

In 2008 the Big Lottery commissioned an evaluation of their Well-being and Changing Spaces programme from the Centre for Local Economic Strategies and New Economics Foundation. The report highlights the key lessons drawn from a survey of projects funded under the programme.

The programme had three key aims: to develop new or better early intervention approaches to common mental health problems, to educate and promote healthy eating within communities, and to increase participation in physical activity, including active travel.

The evaluation found that increasing their levels of physical activity often led participants in the programme to improve their diet. Increases in physical activity were also associated with people feeling more positive, greater self-esteem and self-confidence and an overall increase in general happiness.

The study found “a positive cycle of increasing well-being” with improvements in mental health and well-being underpinning changes in eating and increased levels of activity. However, the report stresses the importance of participants developing their self-confidence before feeling motivated to make improvements to their eating and exercise habits. The study also found that projects which focused on food growing or cookery were particularly effective engaging people in physical activity.

The report identifies a number of factors associated with success including a holistic approach, enabling friendships to develop and encouraging engagement through volunteering, suitable venues, empathetic staff, volunteers who can provide peer support, providing training, measuring progress and flexibility.

Public Health England, Everybody Active, Every Day sets out data on current levels of inactivity and the impact on health outcomes and services, and outlines inequalities in participation in physical activity. The report identifies four areas for action:

- active society: creating a social movement
- moving professionals: activating networks of expertise
- active lives: creating the right environments
- moving at scale: scaling up interventions that make us active

Government Strategy for Sport, ‘Sporting Future: A New Strategy for an Active Nation’, 2015

The Government’s new Strategy for Sport focuses on the wider social benefits of physical activity including mental wellbeing, individual development, social and community development and economic development as well as physical wellbeing. There is a particular focus on those people who tend not to take part in sport, including women and girls, disabled people, older people and those in lower socio-economic groups. As part of this, Sport England’s remit has been extended to cover younger age groups from the age of five rather than 14. Active Lives survey will replace the Active People Survey and will measure how active people are rather than their participation in sport. There is also an increased focus on involvement in sport through volunteering and watching sport as well as participation in the sport itself.



Sport England, ‘Towards an Active Nation’ Strategy 2016 – 2021 sets out Sport England’s strategy for achieving the Government aims and delivering the key outcomes of physical wellbeing, mental wellbeing, individual development, social and community development and economic development. More money will be focused in the next five years on tackling inactivity, developing positive attitudes to activity amongst children and young people from the age of five, and helping people to stay active. The strategy also stresses the importance of welcoming and inclusive activities, and of collaboration, partnership and learning from best practice to achieve change across the sector.

Sport England – Coaching Plan for England 2013 to 2017 recognises the vital role of coaching and looks at ways of adapting coaching and training to encourage wider participation, deliver a coordinated approach to coaching and raise the profile of coaching in England. **Sport England – Getting Active Outdoors** looks at the factors which motivate people to be active outdoors and the barriers that stop others from being active outdoors.



Public Health England, Change4Life provides information and resources for people to Eat Well, Move More and Live Longer. Campaigns such as '10-minute Shake Up!' and 'Get Going Every Day' build on research into the impact of different levels of activity and the recommended guidelines. The annual Workplace Challenge, promoted locally by Active Sussex, is part of Public Health England's 'Shake Up September' campaign.

The English Federation of Disability Sport and Sport England have also produced a range of resources under the heading '**Mapping Disability**'. This includes research and a guide to engaging disabled people.

This Girl Can is a national campaign that has been developed by Sport England to inspire and encourage women to get active whatever their level of fitness.



Appendix 2

Local Context - Strategies and Plans



East Sussex Better Together is a programme designed to transform health and social care services across the county. As well as integrating services, a key aim is to reduce over-reliance on medical and hospital services and priorities include improving health and wellbeing and tackling health inequality. The programme involves working with employers, voluntary and community organisations and schools to support people to lead healthy lives and reduce the risks of poor health. Health Improvement Grants to schools and colleges will fund the development of projects which encourage healthy eating and physical activity and support mental health.

The Annual Report – Director of Public Health 2015/16 focuses on ‘Strengthening Personal Resilience’ and identifies the promotion of wellbeing as a key way in which local authorities, communities and services providers can contribute to personal resilience. The report recommends a continued focus on work with parents and children through work in the early years of childhood; work with partners in all sectors to promote work-based programmes; and actions to tackle loneliness and social isolation, particularly amongst older people.

The East Sussex Healthy Weight Plan (2016–19) sets out four objectives covering

- creation of a physical and social environment that enables healthier lifestyle choices to be made in healthy eating, physical activity and mental wellbeing
- services and support to help people achieve and maintain a healthy weight and reduce their risk of developing a condition associated with excess weight
- communication and engagement to help people to understand the importance of a healthy weight and take action to address it
- developing capacity and capability within the local workforce so that they are able to support others in achieving and maintaining a healthy weight.

The Joint Youth Strategy for Eastbourne (2015–18) identified the need to continue promoting physical activities. Two priorities are to maintain the number and range of affordable, accessible clubs and activities and raise the profile of what is available and to help young people to stay healthy – with a particular emphasis on weight management and physical activities.

Local Context - Needs and Priorities

The **Joint Strategy Needs Assessment** reviews statistics from different parts of East Sussex and compares them to the county average. Of the areas it compares, Eastbourne has the lowest adult population that engages in the recommended level of physical activity (55%) in comparison to a county average of 60%. The Assessment then highlights that 32% of adults in Eastbourne are 'physically inactive', in comparison with 27% of adults in Lewes. The lack of active adults in Eastbourne is highlighted through the concerning statistic that 1 in 4 adults are obese, compared to a county statistic of 1 in 5.

In attempt to raise awareness of opportunities for people to improve their health, a website entitled '**Healthy Eastbourne**' was set up. The 'Get Active' page gives details of all sporting activity and news which is taking place in and around Eastbourne. The site provides information regarding latest news and events within Eastbourne as well as listing community projects and schemes which are open for the public to use. A page can be found which describes parts of Eastbourne which present people with an opportunity to exercise, "Eastbourne's seafront, parks, gardens and surrounding countryside makes it the ideal place to get out and about, whether you like walking, running, cycling, gardening or just a gentle stroll."



The Active People Survey is a national tool used by Sport England in order to find out levels of physical activity throughout the country. Conducted on an annual basis, the survey looked into the percentage of adults who took part in 4 sessions of '30 minute moderate intensity physical activity', and found that since 2012 the percentage of active adults in Eastbourne has decreased. In October 2012, the APS 7 survey revealed that 37.9% of adults within Eastbourne were 'physically active', however just 1 year later, in October 2013, this was estimated to have dropped by as much as 5%. This could be attributed to the participation legacy created by the London 2012 games. However, the most recent survey (APS 9 for Sept 2015) reveals that participation is rising again, with 37.4% of adults now participating. In comparison with other areas in East Sussex, Eastbourne now has the second highest proportion of active adults, with only Wealden being higher.

The **Eastbourne Cycling Strategy** was approved in 2012. A new Cycling and Walking Investment Strategy is currently being developed by the government and East Sussex County Council is developing its own Walking and Cycling Strategy.



Active Eastbourne...



Appendix 3

Eastbourne's Resources

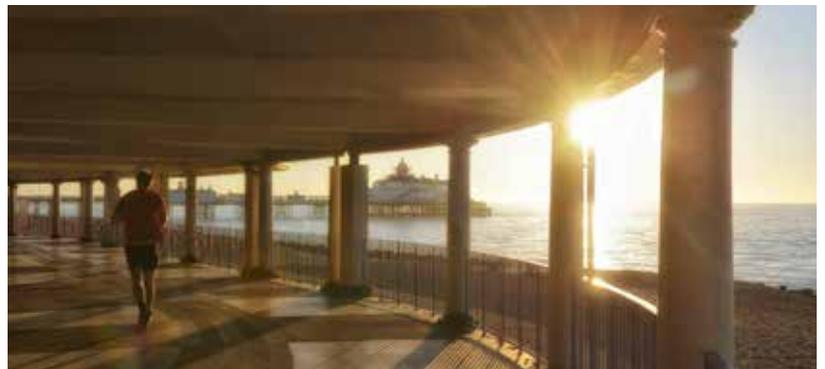
South Downs

The South Downs is a 628 square mile National Park on the edge of Eastbourne which is used by residents and visitors for different activities. The Downs are popular with walkers, runners, cyclists and dog walkers and benefits from a number of trails for walkers and cyclists.



Seafront

The seafront is the most accessible of Eastbourne's natural resources. Activities available include water sports, mini golf, swimming, running, beach sport, jogging, cycling, walking, football, skating and skateboarding, Frisbee, yoga and Tai Chi as well as large scale sporting events.



Parks, recreation grounds and gardens

Eastbourne has 22 different parks, recreation grounds and gardens:

- Hampden Park is particularly popular with local people and families for its wildlife and scenery and has a children's play area and sports facilities - a bowls club, tennis courts, football/rugby pitches, BMX and skate facilities and facilities to store bikes
- Princes Park has a bowls ground, tennis facilities and a water play area
- Gildredge Park has tennis courts, a skate park, newly extended bowls club and play area
- Shinewater Park has a fishing lake, skate and BMX equipment, all-weather court for 5-a-side football, basketball and cricket and children's playground.

Sports Facilities

Eastbourne Sports Park is a multi-sport complex with facilities for athletics, football, futsal and tennis. The athletics track is floodlit with 8 lanes and a 250 seat stand, with field facilities available on the inside of the track. The 3G all-weather pitch is also floodlit and can be used for football and hockey. The park also has 7 senior grass football pitches, 3 junior football pitches and 3 junior rugby pitches. The indoor tennis and Sports Centre is a plexi pave surface, again floodlit, with the facilities to accommodate tennis, netball, basketball, badminton, volleyball and futsal.

Hampden Park Sports Centre has a gym, squash courts, sports hall and a dance studio. The centre is a public facility but also works alongside the Eastbourne Academy College to offer children the opportunity to engage in sport and physical activity through the use of its facilities. Outdoor facilities include a floodlit 3G Astroturf football pitch and a newly re-surfaced concrete court used for netball and tennis. The Centre also hosts Fitness Classes, children's birthday parties and school holiday play schemes.



Shinewater Sports and Community Centre

has gym facilities and a sports hall for hire for 5 a side football, badminton and table tennis. Activities and classes are run for people of all ages and the Centre hosts children's classes and play schemes.



The University of Brighton Sports Centre

is open to the public as well as students. Facilities include a 25m swimming pool, 36 station fitness suite, a large sports hall with cricket nets, 3G artificial football pitch marked for football, hockey and lacrosse, an indoor climbing wall and two gymnasiums with disabled access.



The Sovereign Centre is a community leisure centre with an 80 station fitness suite and 4 swimming pools designed for leisure or competition level swimming or diving. Facilities also include a sports hall and a sauna/ steam room.

Bannatyne Health Centre has a heated, lit swimming pool, a cardiovascular and weights fitness suite, a spa pool and a specialist studio designed for cycling.

Cavendish Sports Centre provides a sports hall, gym and fully-mirrored dance studio. The Sports Hall is suitable for indoor football, badminton, skating and basketball.

Other privately run gyms currently include, the **City Gym, The Gym, Performance Fitness** and **Energie Fitness for Women**.

Golf courses are available at Eastbourne Downs Golf Club, The Royal Eastbourne Golf Club, Eastbourne Golfing Park and Willingdon Golf Club.



Bowls Clubs and facilities are available across the town at Hampden Park, Saffrons Road, Victoria Drive, Gildredge Park, Motcombe Gardens, Eastbourne Parade Bowls Club and various indoor centres

Tennis facilities are available at Devonshire Park, Gildredge Park, Hampden Park, Fisherman's Green and Eastbourne Sports Centre.

Swimming Pools are available at the Sovereign Centre, Motcombe Swimming Pool, University of Brighton Sports Centre, Bannatyne Health Centre and David Lloyd Gym.



Sources

1. Public Health England: Everybody Active, Every Day – An Evidence Based Approach to Physical Activity, October 2014
2. Public Health England: Working Together to Promote Active Transport – a briefing for local authorities, May 2016
3. Chalkley A, Milton K, Foster C: Change4Live Evidence Review: Rapid Evidence Review on the effect of physical activity participation among children aged 5 – 11, London, Public Health England 2015
4. What Works in Schools and Colleges to Increase Physical Activity? A briefing for head teachers, college principals, staff working in education settings, directors of public health and wider partners, Public Health England, October 2015



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