



Community Impact Report

2022

Providing a Healthy Community



Welcome to the Chanctonbury Community Leisure Impact Report 2022.

The Trustees have been absolutely delighted with the progress that the Charity has made over the past year, which is largely attributable to the professionalism and the dedication of the team here at the Leisure Centre.

In addition, special thanks must go to Storrington & Sullington Parish Council, West Chiltington, Washington and Thakeham Parish Councils and Horsham District Council for their support in assisting the Charity set up. Our extreme thanks also goes out to our current members and users for their continued support and enthusiasm over the past 12 months.

Our core objective is to ensure that Chanctonbury Leisure Centre cements itself as a central Hub for the local community, and the surrounding areas in the South of the District, ensuring that health & wellbeing and sport & fitness opportunities are available to all.

This latest Chanctonbury Impact Report details some of the successes we have achieved as we continue to focus on providing the very highest level of service to the community.

Phil Pickard

Chair of Trustees, Chanctonbury Community Leisure.



Facts and Figures at a Glance



Over 200 hours of sports bookings and hall hires per week.



The FREE Menopause Course had over 25 attendees.



Creché
Started in January 2022 we offer a creché, free of charge, to anyone using the Centre.



WoW
Each 12 week Weight Off Workshop delivered in conjunction with HDC Wellbeing attracted 12+ attendees.



969 current members including Direct Debit and Pay As You Go.



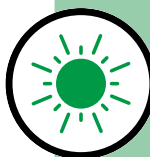
We now have over 100 young people aged 11 – 17 using the gym.



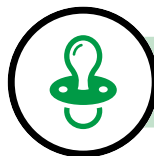
Curently we have 68 active GP Referrals.



Kickstart – We took 4 Kickstart candidates (job placements for 16 – 24 year olds) and provided training and 6 months paid work experience. Two went on to secure permanent positions.



Short Breaks Day, February 2022
60 families attended, each with children requiring additional needs.
We offered Dj'ing, arts & crafts, Karaoke, table tennis, golf, boccia, New Age Curling, athletics, wheelchair sports, soft play, trampoline and footfall.



Save a Baby's Life saw over 50 attendees.



12 clubs use our 3G pitch.

The numbers are stacking up for Chanctonbury Leisure Centre.

Below is an overview of some of the numbers we have recently crunched.



Our Defib Training had 70+ attendees.



Community Recreation attracts 25+ participants each week.



Gentle Fit

We deliver two classes a week. These classes comprise gentle exercises in a seated or standing position and are delivered by our registered Physiotherapist and our resident Yoga Instructor. Attracting 10+ participants to each class these have proven to be extremely successful in helping people to maintain and regain their mobility and core strength.

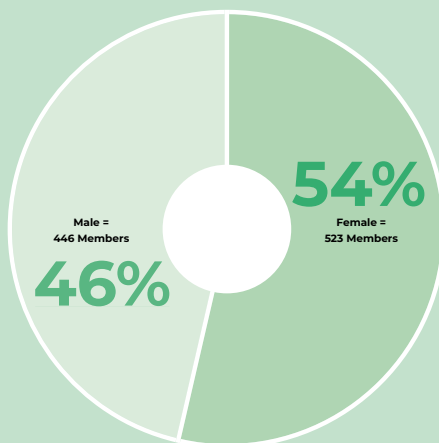


Our café is a thriving community hang out.

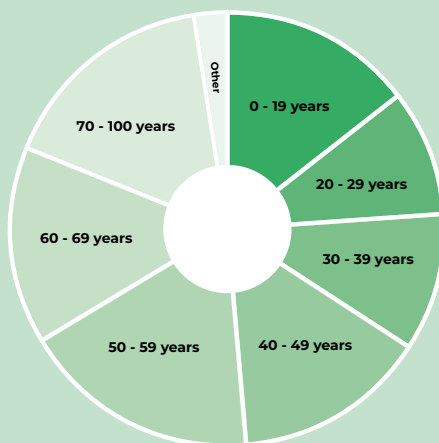


We have 120+ Netball players each week.

Current Members Male and Female Demographic



Current Members Age Demographic



Clean Energy and Solar Savings

Our solar intake readings from May 21 to present have generated 66535 KWh which is equivalent to 15511.97kg (15.51 tonnes) of estimated CO2. The average persons carbon footprint is around 7 tonnes of CO2 for the year.

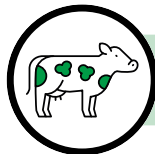
Did you know that 1 tonne of CO2 is equivalent to:



Driving 23,000 miles in an average car



25 million plastic straws



The weight of 18 adult dairy cows



Driving once around the world in an average car

FIRST AID COURSES

Save a Babies Life Course

A **FREE 2 hour session** that will run through how to react in an emergency focussing on babies and toddlers under 5 years of age.

DeFib Awareness Course

A **FREE 1 hour session** teaches you how to perform CPR and to use a Defibrillator correctly on female patients.

boditrax

precision body composition

A **FREE Full Body Composition Analysis** at the centre.

Boditrax will give you a clear indication of your weight, metabolic rate, metabolic age, visceral fat, water mass, muscle mass, bone mass and fat mass.

These are just some of the data points that are essential to understand more about your body and what you can do to improve your health, fitness and general well-being.

Just what the doctor ordered!

The GP Referral Scheme accepts referrals from a number of agencies including local GP Practices, Physiotherapists, Chiropractors and Horsham District Council's Wellbeing Team.

The patient receives an initial consultation with a GP Referral qualified instructor and then embarks on a 12 week wellbeing programme with further consultations at week 6 and week 12.

Referrals are made for a variety of reasons ranging from rehabilitation from injury, surgery, obesity, depression, medical health, COPD or general wellbeing. Patients receive this service at a reduced rate for the 12 week duration to facilitate their journey to enhanced fitness.



Bernard's Story

Bernard was referred to us by his physiotherapist for Diastasis Recti (stomach muscle separation) and weight loss.

With guidance from us under the exercise referral scheme, we put together a simple and effective programme. Bernard has consistently attended the gym and progressed throughout the 12 weeks. We have seen positive changes in his weight, BMI, visceral fat and metabolic age, along with an increase in muscle mass and reduction in fat mass. But most importantly for Bernard is in the increase in his core strength and a marked improvement in the Diastasis Recti.

Bernard quoted, *"Core strength is a must for any age and the gym at Chanctonbury is so easy and friendly to use – I am very happy here indeed."*



Annie's Story

Annie was referred to us by her physiotherapist.

She has been suffering with knee pain and general leg weakness and relies on the use of a walking stick. Her confidence, mobility and strength were in decline.

After a consultation, we put together a simple gym programme which Annie has consistently followed now for 5 weeks and she is already seeing and feeling the benefits. Annie's ultimate goal is to lose the use of a walking stick, and at home she is already moving around without it!

Annie said, *"This has made a huge improvement to my general wellbeing and my physio has been really impressed with my increased strength in my legs. Vicky, my Instructor, is a delight to work with and has been so supportive and helpful – brilliant!"*



Paula's Story

Paula began her journey at Chanctonbury Leisure Centre in April 2021 and by her own admission, she had not been looking after herself properly.

A reduction in her physical activity levels meant she was also starting to experience joint pain, particularly in her shoulder. Her decision to join the centre was finally influenced by a regular diabetes check-up that highlighted a reading

exceeding 9mmol/l-6mmol/l being the average. Her recent spell of feeling uninspired, unmotivated and discouraged meant that diabetes medication was now necessary.

Paula said; "Andy, the centre manager, showed me all the facilities, as well as the safety measures that had been put in place to prevent the spread of Covid-19. I left feeling very safe and welcome."

Fast forward a few weeks and Paula was attending the gym 3-4 times each week, working with one of the centre's fitness instructors.

"Together, we built a plan that was effective and achievable. I do really enjoy my gym sessions, achieving and exceeding my targets

and reassessing the plan when I feel the need to."

In July 2021, Paula had a follow-up with her diabetic nurse, who was pleased to report her figures had dropped from 9mmol/l to 7.5mmol/l. She had noticed a significant improvement in her shoulder too.

"I really could not have achieved this without the fabulous support of the great team at Chanctonbury Leisure Centre. The facilities and choice of classes available are second-to-none, and whilst I go on my own, I'm with friends every time I'm there. I've regained my confidence, my mental health is much more settled, and my physical health is the best it's been for quite a long while."



Pascal's Story

Pascal joined Chanctonbury Leisure Centre towards the end of 2021, after a road crash left him with a fractured hip and damaged quadricep muscles.

When he left hospital after a two-week long stay, he

was determined to walk again without assistance from crutches. He began his recovery with physiotherapy, and moved to gym-based training as soon as he was able.

"It was not easy at first, as I would get tired very quickly, but I pushed through those boundaries to regain strength."

It wasn't long before he was exercising up to five times a week, and today he is virtually free from all the complications his accident had caused.

When asked about how Chanctonbury Leisure Centre had helped him get back on his feet - figuratively AND literally - he had this to say:

"The Chanctonbury gym is a great asset to Storrington, and has been central to my recovery. The staff have been very encouraging, and I really appreciate their help and support with my training. I would not have made this progress without them."

Pascal's journey is truly inspirational, and we're very proud of him for what he's achieved.



Nostalgia Café is a great success

Chanctonbury Leisure Centre in collaboration with Home Instead – alongside supporting agencies and businesses including Age UK, Alzheimer's Society, Nisa – Power Station, Storrington and the Chatty Café Scheme, delivers a Nostalgia Café every Thursday, which supports those living with dementia, alongside their carers.

"It's been great to see so many people who are living with dementia, and their carers, in the community come together," said Andrew Dunstan, Director, Chanctonbury Leisure Centre.

The monthly initiative provides refreshments, support, activities and information to attendees, carers, and volunteers as well as the chance to have a chat in a relaxed environment.

Andrew added: "Dementia affects so many families in different ways and it's great to be able to bring this project together. Seeing everyone smiling, chatting, and singing along

is wonderful and I'm so pleased that we can provide people with a safe place to come and spend some time together.

"This café is something I'm really passionate about and we hope to develop it even further as we progress. It's also great to collaborate with local businesses and agencies such as Home Instead Godalming, who are experienced in dementia care, Nisa in Storrington who raised an amazing £500 to help fund the event, The Alzheimer's Society, Making a Difference Locally, The Chatty Café Scheme, Carers UK, and Age UK."

We have a new website

Information at your fingertips!

Making it easier for the community to learn more about Chanctonbury Leisure Centre and what we offer, our new website includes information about the facilities available, up-to-date timetables for the many classes, details for the activities we have going on along with contact details and so much more.

Visit www.chanctonburyleisure.co.uk and have a look around. There's something for everyone!



Grub Club

We have 30 children, who receive free school meals, each school holiday accessing free childcare and free meals each day.



Waitrose

The Women's Institute

The WI (Women's Institute) have been using Chanctonbury Leisure Centre on a Wednesday afternoon for many months which for most of us is the only opportunity we have to exercise to a doable level bearing in mind our age and then put the world to rights in the newly decorated refectory over a hot drink.

"How lucky are we to have such an amazing facility on our doorstep and couldn't imagine life without it. Some of our colleagues have also joined in with the walking netball and their other halves have fun at walking football, what a great way to try and stay young and healthy.

The services offered to those of us not lucky enough to have all our faculties is humbling and I can only imagine the pleasure and comradeship felt by those who need the care this centre offers. Storrington is fortunate indeed.

Thank you to all the staff for your politeness, friendship and well of advice, we appreciate you all more than words can say." *Hannah*



Youth Initiatives

The Leisure Centre has been delighted to work with the Neighbourhood Wardens to deliver activities including:

- Free DeFib Courses for the Community
- Free First Aid Course for the Community
- Free Gym Session to attract older youths
- Opening the floodlit 3G Pitch to young people for free on a weekly basis
- Boxing Club
- Summer Fun Days
- Dementia Friends Courses
- Community Coffee Mornings



Free First Aid Courses



Floodlit 3G Pitch

ACE Football Academy



ACE Football Academy run weekly sessions for children aged 3.5 - 13 years old from Chanctonbury Leisure Centre.

We currently have 80 players on roll on our weekly sessions, boys, and girls from the local area. This number has increased drastically since the installation of the new 3G facility.

We also run holiday camps throughout all holidays which are very well supported with 50/60 children attending per camp.

Since launching in Storrington at Chanctonbury Leisure Centre we have had a huge impact on the local community. This is all thanks to the facility at Chanctonbury Leisure Centre.



STARS Netball Club

Stars Netball Club celebrates its 10 year anniversary this year, and is enjoying continued success, with a team of coaches and committee members who are constantly striving to provide 'netball for all' within its community.



Stars provides weekly netball opportunities for around 100 members using Chanctonbury Leisure Centre as its base.

Training and matches are run for 6 - 25 year old's, alongside a range of extracurricular activities and a young volunteer programme training our future coaches and umpires. This year Stars has also supported the development of termly Walking Netball, encouraging people to return to, or try for the first time, a fun activity at a level to suit.

Looking to the future, Stars would also like to support a return to netball / senior team, to build on coach and umpire teams and continue with a range of events from Holiday Camps to Tours, to local, County and Regional leagues, to Young Volunteer and performance pathway programmes. Members are welcomed with 2 free taster sessions.

More information is available on the website at www.starsnetballclub.com or by contacting starsncaffiliations@gmail.com or 07808 404240.

Storrington Judo Club

Thanks to Chanctonbury Leisure Centre, we have been able to continue with our Judo club, bringing sessions to the local community.



We have now extended this to two classes which has proved very popular. As well as running our usual sessions, we put on our first competition since before Covid. The day was a huge success, attracting over 70 entrants and around 100 spectators. We had lots of positive feedback about the centre and the staff from visiting clubs and Judo organisations who found the centre an excellent venue to showcase our sport and values.

We believe that we are very lucky to have such a well run, modern venue for our club and feel very proud to call it our Judo home since 1982!

Luv 2 Sk8

The Luv2Sk8 roller disco is a very popular event at Chanctonbury Leisure Centre.



We enjoy being able to provide exercise and entertainment in a healthy environment, and average 45 skaters each session. This is a family friendly roller disco, from beginners to more experienced skaters, and we attract all ages and abilities.

In addition, we have enjoyed hosting private events for other groups in the community including the Life Community Church and several private roller skating parties at the Centre.

Junior and Senior Table Tennis

I run weekly junior and senior table tennis sessions at Chanctonbury Leisure Centre, which are building nicely. The facilities are good and the staff are very helpful.



I have also organised some youth summer sessions, contributed with TT at a junior disability festival and plans include coaching from September to the new 50+ Wednesdays and hopefully starting a new Storrington junior dodgeball club.

In time perhaps we can help encourage the local primary schools to do more at Chanctonbury Leisure Centre!

It's a pleasure to work with a leisure centre which is so development orientated and can-do attitude!

Project: 3G Lights

In June 2022 CCL replaced the inefficient floodlights on the outside 3G pitch and installed the latest in LED technology.

Assisted by funding from LoCASE and the Feed In Tariff from Storrington & Sullington Parish Council the project has further enhanced CCL's green credentials.

Already boasting a 50Kw solar array, LED's monitored by PIR's throughout the Centre and water saving measures in place, Chanctonbury Leisure Centre operates a robust Environmental Policy and is committed to consistently lowering it's carbon footprint.



Walking Football

We talked to three of our 'Walking Footballers' to see what they think about the activity and to hear of the benefits that it has brought them.

I wanted to let you know just how important and enjoyable our weekly walking football has proved to be over the last few years. Having moved to Storrington in 2016, and not knowing anybody, the leisure centre has been invaluable as a means to connect to other people, keep fit in my latter years and maintain my mental health during these difficult times. The staff are a credit to the organisation, long may this continue to be such an important part of the Storrington and surrounding area community. *Howard*

This regular Monday activity is easily the hardest yet most enjoyable part of my exercise regime and means I can pretend at least for a short while to be 50 years younger. It also allows me the opportunity to meet with other men of similar age and have a good exchange of humour which I otherwise would not get. Thus, that one session alone, allows me to exercise body and brain to the benefit of my whole being. *Alan*

Walking football is a great activity. It is great for fitness and camaraderie. The love of the beautiful game never leaves you, no matter how old you are. *Trevor*

More details of this and many other activities can be found on our website.



KICK THE WEIGHT



This is a 12 week fitness regime designed for men with a BMI over 25 looking to lose weight, inches from their waist and play football!

Starts with a max of 15 places.

Nutrition & Weigh-in at 6pm.

Football starts at 7pm.

£60 Members.

£75 Non-members.

Places limited to 15 spaces and booking is essential.

Sessions will include food diary, nutritional advice and coached football session out on the 3G pitch.

BOXING PROGRAMME



Let's get ready to rumble!

The Community Youth Boxing Programme

Little Champs Boxing

Tuesdays 4pm - 4.55pm

For ages 5 - 11 years

£4.50 per session

Booking: 01903 681 220 or email info@chanctonburyleisure.co.uk

FREE Community Youth Boxing

Tuesdays 5pm - 5.55pm

For ages 11 - 17 years

FREE 12 week course

Booking: 07885 737184 or email info@wbccaresuk.org

Chanctonbury Leisure Centre is the hub for many local clubs

There's something for everyone with so many clubs and organisations making use of the Main Hall and Studio.

Weekly bookings include:

- Powerchair Football
- Walking Football
- STARS Gymnastics
- STARS Netball
- Judo
- Kendo
- Luv2Sk8
- Chanctonbury Badminton Club
- ACE Football Academy
- Life Community Church (Storrington)
- Horsham Sports Services (Table Tennis)
- Premier Education (22 days of school holidays activities)
- Numerous Short Tennis and Badminton Groups
- Tesla Football
- Fox Football
- Community Recreation (Short Mat Bowls, Badminton, Short Tennis)
- Weekly Birthday Parties

Visit our website at www.chanctonburyleisure.co.uk to see the latest information and timetables for all classes and activities.



Storrington Women's Recreational Football

The group was launched in September 2021 by Sarah Osborne and Gillian Weston who both live in Storrington.

The two women have known each other for many years as their sons were friends. Sarah is a very experienced coach who has run sessions for over 20 years in the local community for boys and girls. Gillian is new to coaching football and has completed the first two coaching certificates. Despite both women having a lifelong passion for football they were never allowed to play until they joined Crawley Old Girls Recreational Football Group in 2017. Their enjoyable experiences in playing made them keen to bring women's recreational football to their local community.

Their first sessions were on Storrington recreation ground on a Friday afternoon, and although they advertised widely, attendance was low. They then heard that there was going to be a 3G pitch installed next to the Leisure Centre and approached the manager Andi Dunstan about having an evening session. Andi and Gordon Hay helped with promoting the sessions and on

a chilly night in January 2022, 5 enthusiastic women booked to play.

Since then, the numbers have steadily grown and there are now 20 women playing; ranging in age from 18-60+. The Leisure Centre have given ongoing support to the sessions. All the employees are incredibly helpful, and welcoming to the women who attend. Andi and Gordon continue to promote and support the sessions, and offer advice and help. The group is now affiliated to the FA, and is supported by Albion in the Community, the Women's Euros Legacy Project and the FA Just Play Scheme.

With the success of the England Women's Team and advertising by the Leisure Centre, and on local Facebook groups, interest has increased. The group has now been able to extend what it can offer to two sessions – Beginners and Intermediates. The leisure centre was again very helpful in making a second Friday evening slot on the 3G available immediately after the first session.

More than half of the women who currently play have never played before, as they were not given the opportunity to when they were younger. These sessions have enabled them to have that experience. It not only benefits their physical health but their mental health too.

Quotes from some of the players:

"I feel better mentally than I have done for ages"

"Friday night is so important to me – I hate it if I can't go"

"It's an hour of the week when I can forget about everything else that is going on in my life"

"At last, I have found exercise I can enjoy"

"Thank you for setting this up – it has made such a positive impact on my life"

Some of the women recently felt confident enough to compete in a tournament that was held in Ashington – not only did they have a great day but they came away with the winners' trophy!

Plus, five women from Ashington were inspired to join the group.

Interested in joining? please contact Sarah at sarahfosborne@hotmail.co.uk.



The WildCats

The Storrington Leisure Centre 3G pitch provides the perfect venue for the FA WildCats Club for girls aged 8-11.

Sarah Osborne again provided the coaching, supported by two qualified parents and two 'young leaders' taking their first steps into coaching having played girls football for a few years.

Storrington Leisure Centre not only provided support for the group but were able to secure important funding which enabled the WildCats session to be without charge. This was an important factor in the success of the group.

Because of this success, the girls will go forward to play as a U11 team in the Sussex County Women's and Girls League; continuing to train at Storrington Leisure Centre and a second WildCats group will soon be starting, up using the 3G facility, to offer football to girls aged 6-8.

If you are interested in knowing more about the Ashington Cougars FC WildCats then email Sarah Osbborne at sarahfosborne@hotmail.co.uk.

Horsham District Council are proud to work with the team at Chanctonbury Leisure Centre.



Horsham
District
Council

The partnership work with the Sports Development Team is developing well due to a positive and proactive approach from all involved and we are excited about the projects and opportunities ahead.

There have been great success stories already that include a table tennis project, with both junior and 50+ sessions taking place resulting in a sustainable club being set up along with some vital work creating opportunities for families with children and young people with additional needs to experience a range of different activities as part of a short break family fun day during the school holidays.

Future projects being planned at the moment include a stronger for life initiative, opportunities for local primary schools to come together for sporting events and youth work involving the youth provisions team and the local warden scheme.

It is evident that the centre operates as much more than a leisure facility provider and it has quickly established itself as a significant hub for the local community. The staff are tremendously professional and personable and that approach can't be underestimated when creating an environment that people enjoy coming back to time and time again. From what we have witnessed so far, Chanctonbury Leisure Centre is catering for the needs of the whole community, from 5 year old's to 85 year old's. *Paul, Sports Development Officer*

Horsham Wellbeing

Working in partnership with Chanctonbury Leisure Centre has enabled Horsham Wellbeing to provide an accessible service to the residents of Storrington. It has led to higher levels of engagement with our service and more people accessing health and wellbeing interventions.

Tess Davison, Health & Wellbeing Manager

horsham district
wellbeing

COME and PLAY **PICKLEBALL**



**Community drop-in sessions
every Thursday 8am - 10am.**

Come and have a go at Pickleball.
A fun sport that combines many
elements of tennis, badminton and
ping-pong. Played indoors on a
badminton-sized court.

FREE to Members
£4.00 - Standard Members
£6.00 - Non-members

Booking: 01903 681 220 or email
info@chanctonburyleisure.co.uk

STRONGER FOR LIFE

**Drop-in sessions every
Wednesday 9am - 12.30am.**

Come and try a range of different
sports and classes. Drop in and
try any of the sessions available or
stay for the whole morning and try
them all! All for one entry price.

FREE to Members
£6.50 - Standard Members
£8.50 - Non-members

See website for more information.

Booking: 01903 681 220 or email
info@chanctonburyleisure.co.uk

JUNIOR CIRCUITS

**Junior Circuits will be
held every Thursday
4.30pm - 5pm with Dalton.**

A full circuit class to really focus on
your all round fitness.

For ages 11 - 16 years

FREE to Members
£4.50 - Standard Members
£6.50 - Non-members

Booking: 01903 681 220 or email
info@chanctonburyleisure.co.uk



**With something for everyone
we are more than just a gym!**

You can find the latest information
and timetables for the many
activities and various classes
we have at the centre on
our website at

www.chanctonburyleisure.co.uk

Call 01903 681 220 or email
info@chanctonburyleisure.co.uk
for more information.

Fabulous Feedback

"No matter the time of day, this place lifts me up. Everyone here is lovely."

Jana

"It's always nice to be greeted with a smile."

Justin

"Nobody looks down on you or judges you."

Paul

"The Centre has a relaxing, welcoming atmosphere."

Sarah

I organise the drop in badminton sessions on Mondays, where we 'share' the hall in sectioned off areas with the short mat bowling club and children's group. It sounds like a recipe for disaster but it's not. The team at the centre are well organised and set up the courts for badminton early for us and take out any necessary equipment for the bowling club in advance, in order to minimise any interruptions to our games.

The management team are receptive to feedback and try and accommodate any requests or suggestions. Seeing how the number of events have increased since the opening and how varied they are is really a credit to them.

In addition to being an asset to our community, it's also supported by members who live in neighbouring villages who I know appreciate the facility. **Bruce**

My wife and I are both retired and now in our seventies. Prior to the pandemic we used to play badminton at the Storrington sports centre most weeks. But like many things, that ceased with the advent of Covid.

However, during the past six months we have returned to the new Chanctonbury Leisure Centre, and with the expert facilitation of Gordon, and indeed all of the staff, we have resumed our weekly badminton booking.

With Gordon's assistance we are able to play in as protected an environment as could possibly be achieved, for which we are extremely grateful. It seems to me that the staff have truly gone out of their way to make this happen. Such efforts at care and kindness beyond the call of duty should not be underestimated. Our experience of the Centre post-Covid (well almost "post") has been the creation of a noticeable improvement to the service and equally importantly a really welcoming atmosphere.

I have no doubt that Storrington and the whole local community are fortunate indeed to have such a facility on our doorsteps, with such helpful staff and available to all. Long may it continue. In my view, local government can make no finer investment than this practical example of the promotion of the health, well-being and happiness for the whole of the local community. **Chanctonbury Leisure Centre Member**

Bee's badminton have been meeting at Chanctonbury Leisure Centre for many years and it was a huge disappointment for us when the Centre closed.

Since its reopening we have been pleased to welcome new members of all age. It is such a pleasure to have these local facilities and be able to enjoy meeting and engaging with others who share the same interests.

This could not have happened with out the input of so many people from the Councils and trustees to the wonderful staff. They are so friendly, approachable and interested in helping to ensure the smooth running of all the different classes with politeness and care.

On behalf of Bee's Badminton I would like to say well done and Thank you. Please keep up your great work!



"This place is so much more than 'just a gym'. It's an asset to the community." ***Matt***

"Friendly staff, great equipment - accessible whenever I want." ***Phil***

"The sauna is a great space to relax and chill with friends after a little workout." ***Chrissy***

"Genuinely the best facility I've had the pleasure of visiting." ***Dave***

"The centre and staff are cheerful, inviting and very welcoming." ***Laura***

"The instructors are really helpful, members are friendly, and it's affordable - which always helps!" ***Andrew***

We love to receive feedback!

If you would like to share your thoughts or feedback, please use the contact page on our website or call **01903 681 200**



Whether a beginner or a fitness regular, Chanctonbury Leisure Centre is more than just a gym!

It's a place to connect, relax and feel energised
all in the heart of your community.

- Fully equipped Gym with Boditrax System
- Free Fitness Classes
- Personal Programmes
- GP Referral Scheme
- Free Community Activities
- Sauna & Steam Room
- Junior Activities
- Free Creche
- Cafe with Free WiFi



Call **01903 681220** or visit **www.chanctonburyleisure.co.uk** for more.
Chanctonbury Leisure Centre, Spierbridge Road, Storrington, West Sussex, RH20 4PG