

ANNUAL BOARD REPORT

2025/26



More people active



Stronger communities



Sustainable for the future



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Chanctonbury Community Leisure

Annual Board Report 2025/26

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2025/2026 Overview

2025/26 has been another year of growth for Chanctonbury Community Leisure (CCL) and one that has led to the celebration of the organisation's five year anniversary, since opening after the national lockdown back in 2021.

Membership numbers have seen a further increase and closed the year at 1,945, demonstrating a 7% increase.

CCL has once again proved that it offers so much more than "just a gym" to the wider community and footfall has seen a marked increase and now averages 19,701 per month with the Centre seeing 236,418 visits throughout 25/26.

Turnover has also remained strong with a 6.7% increase to £898,755.

Operationally, CCL has continued to grow with a strong focus on community impact. Regular opportunities including the Food Hub with UK Harvest and the Refill Centre have continued to perform strongly alongside new wellbeing offerings including regular wellness retreats and nutritional workshops.

CCL maintains that the ethos of the Centre is that wellbeing is not purely centred upon the gym, group exercise and physical fitness. Mental health, emotional wellbeing and social interaction, together with healthy living all contribute to both achieving and maintaining overall wellbeing.

The CCL Team routinely and actively encourages all users and visitors to experience every aspect of the provision on offer from gym to classes, from health suite to workshops, and from trying new sports to joining new social groups. All the opportunities delivered by CCL are there to impact on improving overall wellbeing and are designed to be fully inclusive for all ages and abilities.

The staff continue to represent the heartbeat of the Centre. The culture, atmosphere and high levels of customer service are down to the hard work and professionalism of the team. It is their enthusiasm and dedication that makes CCL the community hub that it has become.

Community Impact

Celebrating 5 years at the heart of the community

CCL remains committed to ensuring that all wellbeing opportunities are accessible, inclusive and community focused. The Centre delivers a wide variety of activities, services and partnerships designed to improve physical health, emotional wellbeing and reduce social isolation.

- **Refill Centre** – the daily Refill Centre is focussed on lowering the amount of single use plastic and now includes a dry food offering including pasta, oats and muesli.
- **Citizens Advice** – Communities based in rural settlements find travel a significant hurdle to accessing services such as this. We provide a service bi-weekly out of the Centre, which is provided by CCL free of charge.
- **Storrington Primary School** – the Centre has forged stronger links with the local primary school and has delivered curriculum coaching sessions for Year 5 students, which is to be expanded to two weekly sessions, each of two hours, starting in September 2026. The Centre has also provided support for the Reception, Year 1 and Year 6 end of term events and has plans in place to assist with delivering the full school Sports Day in July 2026. We are also proud to have supported the primary school with the delivery of equipment for their special educational needs and disabilities (SEND) unit and with storage facilities to make their Outdoor Play and Learning (OPAL) project a reality.
- **Cuppa & A Chat Storrington** – Aimed at targeting those living in social isolation, this monthly session, in partnership with the Neighbourhood Wardens, continues to grow with up to 25+ participants each week. A local minibus is used to pick up participants, thus providing an invaluable resource to those living in isolation.
- **Cuppa & A Chat West Chiltington** – this new addition for 2025 has seen excellent attendances for the first sessions. Based in West Chiltington Village Hall and in partnership with Age UK, we have provided a number of sporting and creative opportunities including bowls, archery and Zen Doodling.



- **Community Food Hub** – This monthly event focusses on limiting food waste going to landfill. It also assists those in need with a full bag of shopping being provided for a nominal donation. In partnership with UK Harvest, this monthly event attracts upwards of 100 visitors.
- **Macular Society** – For those living with degenerating eyesight, this group meets monthly and continues to see increased attendances.
- **Book Clubs** – The Centre has two local groups meeting monthly in the Centre's café.
- **The Joint Café** – a bi-weekly group for those who are pre or post op for knee or hip replacement.
- **Local Business Opportunities** – the Centre continues to welcome local traders, High Street shop owners, financial advisors, local authors, etc, into the Centre to place a stall in Reception and meet our customers.
- **Community Workshops** – the charity delivers regular free workshops on menopause, blood pressure, nutrition and diabetes. A number are run in partnership with Horsham District Council's (HDC's) Wellbeing Team and are offered free of charge to members and non-members alike.
- **Free First Aid Workshops** - The Centre delivers free first aid / defibrillator training courses for the local community, traders and businesses as well as First Aid at Work courses. The Centre also delivers Save a Baby's Life courses free of charge; these are ideal prior to the summer holidays for parents and grandparents.
- **SEND Children's Activities** – in partnership with the Neighbourhood Wardens we provide a weekly (term time) session in the main hall for young people and their families. Including table tennis, soft play, arts & crafts, bouncy castle and a sensory dome, these sessions are delivered free of charge, providing the young people with a physical outlet and families the opportunity to meet and connect.
- **Rebound Therapy** – in conjunction with HDC's Sports Development Team we have weekly trampolining for children with additional needs, delivered by four qualified instructors from the QEII School in Horsham.
- **3G** – the community facility is now home to over 25 local junior football teams and the Centre offers both free and discounted usage during the school holidays.
- **Junior Fitness** – the Centre delivers junior fitness opportunities seven days a week and twice a day during all school holidays. The Centre now has over 180 junior gym users aged 11+ actively using the facility on a regular basis.



- **Free Junior Fitness** – the Centre provides free junior memberships to those young people in need, as highlighted by local Neighbourhood Wardens.
- **Men's Mental Health Football** – from an initial pilot, this session has now grown to over 30 participants weekly.
- **Women & Girls Sports Participation** – the Centre ensures that there are opportunities for all ages and abilities and CCL currently offers weekly female sessions in Walking Netball (25+ players), Gymnastics & Parkour (120+ participants), Netball (140+ players), Women & Girls football (20+ players) and Ladies that Lift. There are also mixed sessions in martial arts, table tennis, darts, racquet sports and roller skating.
- **Brinsbury College** – the Centre welcomes a twice weekly session in partnership with Chichester/Brinsbury College and provides whole halls access for a group of previously disengaged young people to take part in a variety of sports.
- **Community Village Hub** – the Centre works in partnership with the Village Hub to deliver a weekly youth club (average 30 – 40 attendees) and under 5's toddler sessions (average 130 attendees).
- **The Community Church** delivers a service on Sundays and has grown its congregation from 85 to 250+ since 2021.
- **Charitable Support** – The Centre supports local charities and not for profit organisations. The Easter egg campaign for 2026 saw the Centre collect over 160 Easter eggs to donate to Ten Little Toes, a baby bank operating throughout West Sussex. CCL has also organised for 10 members to run in the Worthing 10k, all raising funds for Ten Little Toes.
- **Local Partnerships** – the Centre continues to work with local organisations including the Storrington Tennis Club (to assist with their membership drive), West Chiltington Cricket Club (sponsorship of three overseas players) and HDC's Communities Team, Wellbeing Team and Sports Development Team.



***“We do not stop playing because we become old.
We become old because we stop playing”***

- **34% of CCL members are over the age of 60** and 47% over the age of 50. CCL continues to ensure that there are opportunities for all including: Walking Football, Walking Netball, Short Mat Bowls, Drop In Badminton, Short Tennis and Pickleball, Over 50s Table Tennis, Cuppa & A Chat, Gentle Fit, Tai Chi, Falls Prevention, and Menopause and Blood Pressure Workshops. All promoting health, fitness, social interaction and all-round wellbeing.
- **Falls Prevention and Gentle Fit** – The Centre delivers two Gentle Fit classes each week, and one Falls Prevention class. The instructors are Lisa, a Personal Trainer and Cancer Rehab specialist; Paulina, a registered NHS and Private Physiotherapist; Abi, a Level 4 Nutritionist and Exercise with Diabetes coach; and Anita, a Postural Stability Instructor. This year these classes have seen over 4000 attendances in 12 months. 85% of the attendees have a mobility aid when attending, ranging from a walking stick through to full mobility vehicles.

Gentle Fit sessions have proven to be increasingly successful, attracting consistent attendance and providing a valuable wellbeing outlet to a more mature market. The immediate benefits of these classes include improved overall strength and coordination, enhanced balance and core stability, which are crucial for maintaining mobility and



independence. Additionally, the supportive and social environment fosters a sense of community, reducing isolation and enhancing mental wellbeing. The sessions have also proven to enhance the overall confidence of many of the participants. The continued popularity of these sessions highlights the positive impact on the health, wellbeing and quality of life of all participants.

Encouraging women and girls to thrive through movement

Women & Girls Sports Participation – CCL works to ensure that there are opportunities for all ages and abilities and the Centre currently offers:

- Walking Netball - 25+ players weekly
- Gymnastics & Parkour - 120+ participants weekly
- Netball 140+ players weekly
- Women & Girls football - 20+ players weekly
- Ladies That Lift - 7 classes each week

52% of CCL members are female.



Membership

At year end the current membership total sits at 1,945 members – fully inclusive of Juniors, Referrals, Standards and upfront memberships.

This represents a further 7% increase since April 2025.

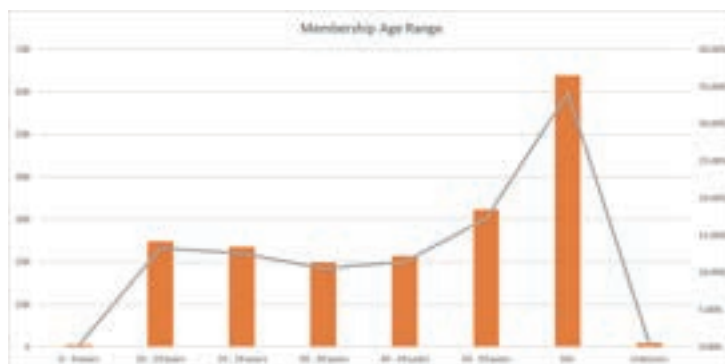
The current membership total continues to sit significantly above the pre-Covid 19 figure and demonstrates that CCL has exceeded the predicted ceiling for sales and attendances and clearly demonstrates that the Centre continues to thrive as a community asset.

In terms of footfall, the Centre attracts an average of 19,000+ visits per month and has significantly increased attendance levels from all demographics within the immediate catchment.

At the point of inception, in 2021, the proposed business plan predicted that CCL would reach a monthly Direct Debit (DD) income of circa £336,000 and 1,100 members. Actual figures demonstrate a DD income of £690,000 and 1,945 members.

The distribution of members across age ranges has remained consistent, reflecting the demographic that CCL serves. It should be noted that this only tells half of the story. The wide range of activities delivered at CCL caters for the full mix of demographics and so,

whilst membership reflects the more mature age group, the creche, junior coaching activities, 3G, gymnastics, netball, etc. are activities that are populated by the younger age groups who access the Centre as either non-members, or members of a third party club.



What does a membership at CCL include?

A monthly membership at CCL is between £38 - £48 per month.

Standard, Junior, Concession and Pay As You Go memberships are also available.

A membership at CCL provides the following:

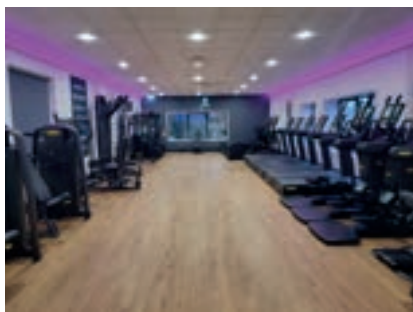
- Unlimited gym access 362 days a year.
- Full induction with qualified instructors.
- A Personal Programme with a qualified instructor relevant to your requirements.
- A Personal Programme refresh every month – a 1:2:1 with an instructor.
- Access to Boditrax, a full Body Composition Analysis, every month.
- Unlimited access to all group exercise classes.
- Access to all outreach community classes in West Chiltington and Pulborough.
- Unlimited access to the sauna and steam rooms.
- Free court hire for badminton, table tennis, pickleball and short tennis.
- Access to the CCL Leisure App – with virtual membership cards, one click booking for all activities and dashboard for accounts.
- Access to the CCL Technogym App – access to your Personal Programme with videos, full tracking of health and progress, access to hundreds of on-demand classes to stream at home, and ability to create your own workout or access hundreds of goal-specific programmes.
- Access to the Boditrax 2.0 App – to track progress on area including Muscle Mass, Body Fat, Visceral Fat, Bone Density, Hydration, Cellular Integrity, Leg Muscle Score, Metabolic Age, BMI and Physique Score.



The Gym

The gym continues to perform strongly and a key driver remains the “Member Journey”, ensuring that every user, regardless of age or ability, has the same opportunity. CCL is not a large corporate entity that provides a facility without the service.

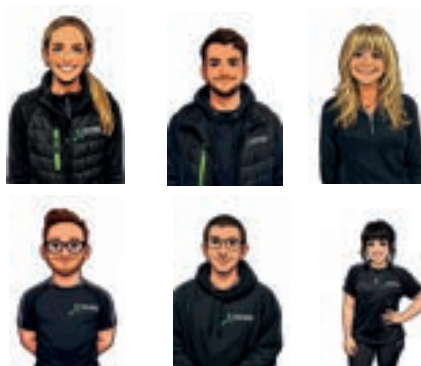
The Member Journey ensures that all members have the opportunity to undergo a full 1:2:1 induction in the gym, followed by a Personal Workout Programme, printed or downloaded onto their mobile device. This is followed by monthly one-hour reviews, for the duration of the membership, that provides continuous progression and results, whilst maintaining variety and motivation. These appointments can be activity or nutrition based and also include unlimited access to our Technogym and CCL App, with a wealth of information, fitness tips and healthy recipes.



CCL is fortunate to have an extremely talented and highly qualified team of instructors, who provide the very highest level of care and attention to all members and users.

CCL recognises that the staff are its greatest asset and continuously invests in professional development for the team. The qualifications within the team include:

- Level 3 Personal Trainer x 6
- Exercise on Referral Instructors x 4
- Cancer Rehabilitation
- Cardiac Phase IV
- Diabetes & Nutrition
- Parkinsons & Exercise
- Postural Correction
- Menopause & Exercise
- Level 4 Back Care
- Level 4 Body Transformation
- Technogym Master Training
- Regular Functional Fitness Workshops



Group Exercise

CCL's group exercise programme operates with a Key Performance Indicator (KPI) target of achieving a minimum of 75% attendance levels for each class.

The 2025–26 class programme has shown strong and sustained performance, with the majority of classes meeting or exceeding the 75% KPI target across the year.



Attendance trends demonstrated increasing engagement as the year progressed, particularly from late summer through winter, with many classes achieving KPI values well above target, indicating strong member demand and effective scheduling.

Overview

- The 75% KPI threshold was consistently achieved by 85% of classes.
- Many peak classes operate between 80%–100%+ attendance, highlighting robust utilisation and, in some cases, over-attendance versus booking.
- By Q3–Q4 (October–March), KPI performance shows a clear upward trend, with fewer sessions falling below target and stronger consistency week to week. This was due to a positive rescheduling of the timetable to meet demand.
- In March 2026 every class achieved over 75% attendance KPI and waiting lists existed for 48% of classes.

The 2025/26 highest performing classes:

- Pilates - frequently recorded KPIs above 95% and regularly exceeded 100%, indicating increasing waiting list pressure, despite extra classes being delivered.
- Zumba – consistently strong attendance across all 12 months with KPIs typically well above 88%.
- Yoga – both morning and evening sessions demonstrating waiting lists, despite capacity being increased and extra classes delivered.
- Circuits - demonstrated particularly strong retention and attendance growth, especially midweek evenings. This class is also the most successful at attracting male attendees.

Overall, the programme continues to be:

- Well-aligned to member demand.
- Increasingly consistent over the 12 months.
- Providing an excellent service delivery model.



The Centre remains under pressure with demand exceeding supply in some areas. Maintaining the current structure while selectively building capacity around the strongest-performing classes will further enhance results in the coming year.

Current Group Exercise Timetable

MONDAY		TUESDAY	
9:30 - 10:30	Zumba	9:30 - 10:30	Step
10:30 - 11:30	Yoga Fusion	10:30 - 11:30	Fitness Pilates
11:45 - 12:30	GentleFit	10:30 - 11:30	Ladies that Lift
18:00 - 19:00	Circuits	12:30 - 13:30	Healthy Hearts
19:00 - 20:00	Pilates	18:00 - 19:00	60 Hard
		19:00 - 20:00	Yoga (Vinyasa Flow)
WEDNESDAY		THURSDAY	
9:30 - 10:30	Circuits	9:30 - 10:30	Legs, Burns & Turns
10:30 - 11:30	Tai-Chi	10:30 - 11:30	Stretch & Tone
15:00 - 16:00	Ladies that Lift	11:45 - 12:30	Exercise on Referral
18:00 - 19:00	Pump it Up	15:00 - 16:00	Ladies that Lift
19:00 - 20:00	Pilates	19:00 - 20:00	Yoga
19:00 - 20:00	Ladies that Lift	19:00 - 20:00	Ladies that Lift
FRIDAY		SATURDAY	
9:30 - 10:30	Zumba	9:30 - 10:30	Dance Aerobics
10:30 - 11:30	Yoga	10:30 - 11:30	Strength & Conditioning
11:45 - 12:30	GentleFit		
12:30 - 13:30	Blood Sugar Balance		

FITNESS CLASS

MIND & BODY

PREHAB & REHAB

GYM FLOOR

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CHANCTONBURY LEISURE CENTRE
Spierbridge Road, Storrington,
West Sussex RH20 4PG

CHANCTONBURY
LEISURE CENTRE
Promoting a healthy, active community

Transforming lives through movement, wellbeing and community

In 2025/26 CCL has delivered and enhanced a number of health intervention classes including:

- **Healthy Hearts** – a class that focusses on those who have experienced a cardiac event. Led by a Cardiac Phase IV Instructor, this has seen over 135 attendees.
- **Blood Sugar Balance** – a weekly class focusing on those who are pre or post diabetes, launched in November 2025 and has welcomed 68 participants.
- **Exercise on Referral** – a class to run alongside the referral scheme for those who need additional support alongside their gym programmes, which has welcomed over 260 attendees.
- **Weight Off Workshop (WOW)** – a class run in conjunction with HDC's Wellbeing Team.
- **Strength & Tone** – again in conjunction with HDC's Wellbeing Team aimed at those who are non-active.
- **Nutrition Workshops** – added-value sessions provided free of charge to members and non-members alike.

The **Gentle Fit** programme continues to demonstrate sustained success, providing a valuable and inclusive exercise opportunity for participants. Throughout the year there have been measurable improvements in participants' strength, coordination, and, most notably, balance—key factors in supporting long-term independence and reducing the risk of falls.



In addition to the physical benefits, the programme plays an important role in fostering social interaction and community connection. This aspect remains a core strength of the sessions, contributing positively to participants' overall wellbeing.

Over the past year, the Gentle Fit programme has seen a total of 2,094 attendances across two weekly sessions, held on Mondays and Fridays. This consistent level of engagement highlights both the demand for and the value of the sessions within the community.

Alongside the weekly **Healthy Hearts** Class, Vicky Hutchins has, in early 2026, qualified as a Cardiac Phase IV Instructor. This qualification further enhances the Centre's ability to accept referrals for patients who have experienced a recent cardiac event and have completed Phase III Cardiac Rehabilitation under the supervision of hospital-based clinical teams, including nurses and cardiac physiotherapists.

The primary referral partners fall within the catchment areas of Worthing Hospital, Southlands Hospital and St Richard's Hospital. Vicky has initiated engagement with the rehabilitation teams at these sites, including in-person visits to observe their Phase III delivery and sessions run through Worthing and North Bersted Community Centre.

CCL has now established strong working relationships with the clinical teams, as well as valuable engagement with patients currently undertaking rehabilitation. Observing and participating in sessions has provided insight into patient need and highlighted the potential impact of our Phase IV provision on long-term health outcomes and quality of life.

The Centre has already started to receive cardiac referrals. Initial consultations have been completed, and structured and individualised gym programmes have been developed to meet each patient's clinical needs and capabilities. As referral numbers increase, there are plans to grow and enhance small-group Phase IV Cardiac Rehabilitation classes, delivered in a structured circuit format, to expand capacity and enhance to participant engagement.

A series of five **Nutrition Workshops** were delivered in 25/26, focusing on key areas of Health and Wellbeing. The sessions were structured to provide practical, evidence-based guidance and covered the following topics:

- Introduction to Healthy Eating
- Fat Loss and Muscle Gain
- Women's Hormonal Health
- Gut Health
- Diabetes and Metabolic Health

The programme achieved a positive level of engagement, with a total of 62 participants booking onto the workshops. Attendance and feedback indicated a strong interest in

nutrition education and highlighted the value of providing accessible, informative sessions within this area.

Following the success of this initial series, further workshops are planned for 2026. The upcoming programme will broaden the scope of topics to include Men's Health, as well as Inflammation and Chronic Conditions, supporting a more comprehensive approach to long-term health and wellbeing.

To complement the nutrition workshops, two successful **Wellbeing Retreats** were delivered in the first quarter of 2026.

Each retreat was designed to provide participants with a restorative and holistic experience, incorporating a range of activities including gentle yoga, meditation, journaling, mindfulness practices, and a sound bath.

Both retreats were well attended, demonstrating strong interest in wellbeing-focused events that continue to support mental and physical health in a relaxed and supportive environment.



Building on this success, planning is already underway for the next series of retreats, with three further events scheduled for June, September, and December 2026. In addition, there is an opportunity to enhance future sessions through a potential partnership with Zephyr Glamping, who have offered the use of their local, natural setting. This collaboration will provide an enhanced environment to further enrich the participant experience.

Community-based classes are currently delivered at Pulborough and West Chiltington Village Halls, offering a programme that includes Zumba, Yoga, and Back Care. Attendances across these sessions have generally remained steady and demonstrated that when the barriers of travel, and in some instances, cost are removed, inactive individuals are more inclined to become involved.

Across 11 months the Outreach Community Classes saw:

- Zumba – 1345 attendances across 2 classes per week
- Yoga – 463 attendances across 1 class per week

- Back Care – 422 attendances across 1 class per week

In terms of future development, there is potential to introduce Gentle Fit sessions within the village hall settings. This would provide a valuable extension of the current offer, enabling access for local residents who are unable to attend sessions at the main centre. However, due to the nature of the programme and the increased risk of trips and falls, it would be necessary for these sessions to be delivered with a minimum of two members of staff present to ensure appropriate supervision and participant safety.

This expansion would support improved accessibility to health and wellbeing services within the community while maintaining a strong focus on safety and quality of delivery.

Exercise on Referral Programme

The Exercise on Referral Programme at CCL is a structured intervention programme designed to support individuals referred by healthcare professionals to improve their physical and mental wellbeing through safe, supervised physical activity.

The scheme primarily targets individuals presenting with long-term health conditions, low physical activity levels, or those recovering from injury or medical procedures. Referrals are received from a range of partners including Storrington and Pulborough GP surgeries, local physiotherapists, and hospital services, ensuring that the programme is embedded within the wider local healthcare pathway.

Upon referral, participants are guided through a comprehensive 12-week programme delivered by our qualified Exercise on Referral instructors. This includes an initial consultation, personalised exercise planning, a supervised gym induction, and regular progress reviews at key intervals. The programme is tailored to each individual's medical needs, limitations, and personal goals, ensuring a safe and supportive environment that builds confidence and promotes adherence.

A key strength of the programme is its focus on long-term behaviour change rather than purely short-term intervention. Participants are not only supported to improve their immediate health outcomes but are also encouraged to transition into ongoing physical activity through full membership and continued engagement with the Centre.

The Exercise on Referral Programme represents both a health intervention and a social value initiative. It plays a vital role in supporting preventative healthcare, reducing pressure on NHS services, and improving quality of life across the local population.

Between April and December 2025, 79 participants were referred onto the programme, with demand remaining relatively consistent across the year.

- Total referrals: 79
- Programme completions: 67 (85% completion rate)
- Dropouts: 12 (15%)
- Converted to full memberships: 46
- Overall conversion rate: 63%

These figures demonstrate strong adherence and engagement throughout the 12-week pathway, with over two-thirds of those completing the programme transitioning into full membership, showing that the scheme is a driver of long-term behaviour change.



The programme continues to successfully target those most in need of intervention:

- Average age: 63
- Gender split: 67% female / 33% male

Top referral categories:

- Deconditioning (27 cases)
- Post-operative rehabilitation (14 cases)
- Mental health (10 cases)
- Back pain (10 cases)
- Other (18)

Referrals were received from a broad network including GP surgeries, physiotherapy providers, and hospitals. The highest volumes came from the Glebe Surgery and local physiotherapy services. Continued engagement with these partners is essential to maintaining and growing referral volumes.

Overall, the programme continues to deliver meaningful outcomes across multiple areas including physical health with improved strength, mobility, and fitness alongside support for recovery from surgery and long-term conditions being a primary focus. The programme also supports mental wellbeing, resulting in increased confidence and independence and reduced social isolation being the main impacts.

The initiative also reduces reliance on GP and secondary services with case evidence that highlights participants achieving significant improvements, including weight loss, increased mobility, and in some cases avoiding surgical intervention altogether.

Centre Investment

CCL continues to invest in the facility, as well as the service delivery. 2025 / 26 has seen a number of marketing and signage enhancements, new furniture and office arrangements, redecoration of the Café and Reception, additional equipment within the Studio and Main Hall and a new water heater.

Investment since 2021 has exceeded £450,000 and has included:

- Installation of both internal and external LED lighting for increased energy efficiency
- New Community 3G facility
- New Solar Invertor
- Three new boilers
- Refurbished Main Hall and Studio floors
- Construction of an outside seating area
- New signage throughout the Centre
- Health Suite refurbishment and new ceiling
- Redecoration throughout
- Café refurbishment
- Community notice board
- External cladding
- Replacement kitchen water heater
- Door entry systems
- New membership systems and App
- Updated alarms and CCTV
- Studio refurbishment and equipment
- New marketing materials
- Full gym refurbishment and replacement

Partnerships

The Charity benefits from a large number of strong partnerships including:

- **Storrington & Sullington Parish Council** is CCL's landlord and continues to be consistently supportive of the services offered by the Centre, for which CCL is extremely grateful.
- The **Storrington & Sullington Neighbourhood Wardens** are hugely active within the community, and we have a strong and productive partnership. The weekly SEND sessions, the monthly Cuppa & A Chats, Storrington's Youth Family Fun Day and the free Junior Gym initiative are particular highlights.
- CCL continues to work closely with **HDC** and benefits from partnerships with the Wellbeing Team (in terms of workshops, WOW Sessions and the Exercise on Referral project), and the Sports Development Team, with Rebound Therapy for children with additional needs and regular community activities.



Sustainability

CCL strives to make a continuous effort to improve the Centre's environmental impact:

- 41,547kWh produced via the solar array
- More efficient boilers and solar invertors installed
- 14 tonnes of carbon saved per annum
- Active water saving measures
- Refill Centre – reducing single use plastic
- Partnership with UK Harvets – Community Food Hub with over 1100 attendees
- Partnership with Sussex Green Living
- Horsham District Council Partnership with CCL as a collection point for the recycling of batteries and vapes
- 125 trees planted throughout the Parish
- LED Lighting throughout the Centre
- New café furniture made from recycled plastics
- All membership cards made from recycled plastics
- Sustainable staff uniform made from recycled materials



Centre Facts & Figures – 2025/26

- 236,418 visitors
- 22,861 attendees to group exercise sessions
- 2094 Gentle Fit attendees
- 401 3G bookings
- 362 Pickleball bookings
- 34 Basketball hires
- 56 Short Tennis hires
- 648 players to drop-in Badminton
- 1479 players to drop-in Pickleball
- 555 players to drop-in Short Mat Bowls
- 428 players to Walking Football
- 1451 Gym Programmes delivered
- 4922 coffees sold
- 1409 teas sold
- 654 non-members using the gym
- 887 active users on the Technogym App
- 41,547 kWh of solar produced



Customer Comments

The staff are always friendly and helpful. The facilities are exceptional. The equipment is modern and well maintained and the staff are always vigilant on cleaning and standards.

Tony

Both the equipment and the staff at Chanctonbury are excellent – we visit 2 or 3 times a week, every week!

Richard

I visit the Gym twice a week and always find it very professional, helpful and considerate to the needs of the individual members. It's always clean and tidy with great equipment and I love the seating area in the café! I am really enjoying being a member of the Gym. Everyone is very inclusive and positive, without any judgement whatsoever (which has been evident at some of the other establishments I have been to in the past). Many thanks to everyone at Chanctonbury!

Graham

I have been coming to Chanctonbury since the Centre opened back in the '90s. I must say that it has been at its best in the last 5 years. I love the décor and the lighting – it creates a lovely atmosphere. The staff are lovely and I do enjoy my sessions – my husband usually joins me, but if he doesn't I feel completely at ease on my own.

Rebecca P

Having read so much in the media about the importance of mature ladies weight training, I thought I would give the Ladies That Lift a try. I am so pleased I did! Lyn is a great teacher, patient, encouraging & makes the classes fun. I have met a lovely group of ladies who I look forward to seeing each week. I am getting steadily stronger, noticeably so when lifting bags of compost in the garden & now have the confidence to lift in the gym by myself. I can't recommend Lyn & these classes enough if you want to meet supportive ladies with similar interests, improve your strength to help with daily tasks & boost your mental health!

Tracy

Val's Story

I was first referred by my GP for Cardio Rehab in May 2024 – I had high blood pressure and high cholesterol.

At first I attended on Thursdays and I also started going to Gentle Fit on Fridays.

Since then I have expanded my visit and now regularly go to Gentle Fit on Mondays and Fridays and also to classes on Tuesdays and Thursdays!

Not only have I lost weight but most importantly my cholesterol is now within the recommended range as is my blood pressure.

Every day I am walking better. I had broken my ankle and have a plate and a pin in my right ankle and I had difficulty walking properly. That is so much better now thanks to the classes and the exercise that I do at Chanctonbury.

I feel so much better in every way with all the exercise I do.

The team have all been very friendly and so supportive – they have helped me so much on my journey.

I also attend the Macular degeneration meeting that is held Chanctonbury Leisure Centre once a month and also the Cuppa and Chat sessions! I have made so many new friends at the centre. All the staff and the people I meet are so friendly and supportive – thank you Chanctonbury!



Mary's Story

I was approaching my 70th birthday I knew I needed to improve my strength but had zero confidence in my body's capabilities.

Chanctonbury's expert guidance and encouragement have helped me progress from not being able to lift 20kg to successfully lifting 50kg.

I look forward to the Ladies that Lift class, not only to challenge myself but also to enjoy the company of other women in the group on the same journey. I have made new friends, improved my confidence and feel better mentally and physically more prepared for remaining active.

The benefits of joining the class have been far more than I anticipated, with the social and mental health support as important as the improvement in my strength.

My journey has so far taken six months and without this class I would not have started or continued.

I am so grateful that the class is included in my gym membership.

Thank you to Chanctonbury Leisure Centre and if you are thinking about starting to look at your fitness levels I say go for it – you won't regret it!



Jill's Story

Having had a hip replacement last October, after a gradual decline in my fitness, I decided that if I was going to get as fit as I was a few years ago, that something else was required!

I had done all I could with the physio exercises and I was recommended the gym and to go to Chanctonbury Leisure Centre.

Vicky became my trainer and inspiration. The goal was to get fit in 4 and a half months, so that I could climb 'Catbells' in the Lake District, a holiday that I had postponed for the replacement operation.

Well I did it! I'm not saying it was easy, especially not the coming down from the top, but I then went on to walk 18 miles in the next 4 days, and those walks weren't flat either....



I am enormously grateful to Vicky for the guidance and support in that time, we are now focused on another walking holiday in the lakes later in the year, by which time I'm hoping I will have increased my pace!

I can't recommend Chanctonbury and Vicky enough for being there for me... I am now signed up to make it a permanent feature of my life going forward.



Gary's Story

Gary joined the 12-week referral scheme at Chanctonbury Leisure Centre with the goal of losing weight and improving his health following a recent diagnosis of Type 2 diabetes. Gary wanted to make positive lifestyle changes but lacked confidence in knowing where to begin. He was looking for support, structure, and guidance to help him become more active and take control of his health.

By the end of the 12-week programme, Gary had made excellent progress towards his goals and experienced positive improvements in both his physical and mental wellbeing. His main achievements included a weight loss of nearly 3 stone, a reduction in visceral fat by 6 points and a reduction in metabolic age of 20 years !

Gary also underwent a blood test and was informed by his GP that he had successfully reversed his Type 2 diabetes diagnosis and was now considered to be in diabetes remission.

This is an incredible achievement and highlights the positive impact that consistent exercise, sustainable weight loss, improved nutrition, and long-term lifestyle changes can have on overall health and the management of Type 2 diabetes. Gary now feels more confident continuing his fitness journey independently and has developed healthier habits that he can maintain long term.



Gary says: The help I've received from Chanctonbury Leisure Centre gym has really boosted my morale to lose weight and fight my Type 2 diabetes. Paul has been excellent in helping me achieve my weight loss goals, and I'm more than happy with my results so far. I feel much fitter and have a much better understanding of how exercise and nutrition can help manage my diabetes. The support from Paul and the team has been fantastic throughout.

WELCOME TO
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chanctonburyleisure.co.uk

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