

Welcome to Littlehampton

Discover. Experience.



Littlehampton
Town Council

Welcome to
Littlehampton



This Guide is here to help you whether you are new to the area or an existing resident. Make sure you keep it for future reference. It provides information on the key contacts in the Town including Council Services as well as signpost you to organisations that can help with a wide range of matters.

Littlehampton is a thriving Town with a strong, friendly and welcoming community, you will be brought into the 'fold' in no time. And if you are an existing resident, well we don't need to tell you how big the community spirit is here.



First Steps



About Littlehampton



Health & Leisure



Education



Community & What's On



Safety

First Steps



Whenever you move, there is a list of things you should be sure to complete as soon as possible, from registering with a local doctor to finding out waste collection dates.

Use this handy list to keep track of the actions you need to take now that you've moved in.

TO DO LIST

- Register with a local doctor
- Register with a local dentist
- Change your address on any policies
- Register to vote
- Transfer your services i.e. broadband and phone
- Register with other healthcare professionals you need
- Register to pay Council Tax - Contact Arun District Council

Recycling and Rubbish

Arun District Council are responsible for waste management including collections for recycling and rubbish. You can find out when your collection day is, arrange collection of large bulky items and report missed collections by visiting their website www.arun.gov.uk/rubbishandrecycling. More information can also be found in the leaflet within this pack.

Currently general waste is collected once a week and recycling every two weeks.

There is one Household Waste Recycling Site in Littlehampton located at Mill Lane, BN17 7PH which is operated by West Sussex County Council. More information, including what is accepted, can be found on their website

www.recycleforwestsussex.org/home-recycling/your-recycling-bin/arun/

Opening Times	Summer	Winter
Mill Lane Littlehampton	Mon: 8.30 – 18.00	Mon: 9.00 – 16.00
	Tue & Wed: CLOSED	Tue & Wed: CLOSED
	Thu: 8.30 – 18.00	Thu: 9.00 – 16.00
	Fri: 8.30 – 18.00	Fri: 9.00 – 16.00
	Sat: 8.30 – 18.00	Sat: 9.00 – 16.00
	Sun: 8.30 – 18.00	Sun: 9.00 – 16.00

Green Waste Club

A chargeable garden waste collection service is available to Arun residents. Members of the Green Waste Club will receive a fortnightly collection of their garden waste and the hire of a wheelie bin for this purpose.

All waste collected is composted at a local facility and used in the Earth Cycle compost range.

This service is provided on behalf of Arun District Council by Biffa. You can find out more and sign up to the scheme on the Green Waste Club website

www.greenwasteclub.co.uk/ , or by telephoning **0800 0858 286**.

Garden waste can also be taken directly to your local household waste recycling centre.

About Littlehampton



Littlehampton has always been a popular area to live, with evidence of human activity going back to prehistoric and Roman times.

Littlehampton History

The area was owned by the Earls of Arundel and later the Dukes of Norfolk who still live at Arundel Castle. Littlehampton started to develop as a port due to constant silting of the River Arun making it less navigable for larger ships. In 1735 a new river mouth channel was cut and a wooden harbour erected at Littlehampton. Sometime between 1610 and 1695, the town changed its name to "Littlehampton," possibly to distinguish it from Southampton further along the South Coast.

The town started to develop from a fishing community to a holiday resort from the late 18th Century. The relaxed and tranquil location attracted famous painters and poets such as Byron, Coleridge, Shelley and Constable.

The expansion and growth of Littlehampton continued in the 19th Century. The development of trade from fishing to ship building and importing of aggregates and Baltic wood played a major part in the town's economic success. However, it was the holiday trade, the building of a direct train route into the town and having a cross channel ferry service to Honfleur in France in the latter half of the 19th Century that made the town prosperous as a Victorian holiday resort.

This trend continued well into the 20th Century with holiday seasons in Littlehampton.

By the late 1920s the town was known as "The Children's Paradise." Post war brought further changes with the building of new housing estates on the outskirts and absorbing surrounding villages like Wick, Lyminster and Toddington. Trade altered to light industry such as boat building and water sports. However, Littlehampton continued to attract holiday makers and is a well-established holiday resort.

Today Littlehampton has around 30,000 inhabitants and is reinventing itself as a holiday resort for the 21st Century. There is a dynamic range of contemporary architecture including the East Beach Café, Britain's longest bench and the Stage by the Sea which, with the award-winning beaches, attract thousands of visitors all year round and many new residents.



Littlehampton High Street in 1911



Councils

There are 3 tiers of local government in Littlehampton. Each tier has its own areas of responsibility. Listed below are some, but not all areas. Some appear twice as they overlap.

Littlehampton Town Council

The most local tiers of government are the parish and town councils. Littlehampton Town Council is an elected body, representing the residents of the Town. It has certain powers and its own budget.



Littlehampton Town Council is responsible for services including:

- Allotments
- Littlehampton Museum
- Public Clocks
- Rosemead Park
- Street scene and graffiti removal
- Southfields Jubilee Centre
- Grants for local organisations
- Youth Services

 littlehampton-tc.gov.uk
 01903 732063
 ltc@littlehampton-tc.gov.uk

Littlehampton Town Council also manages the Visit Littlehampton tourism brand with a website packed with events and things to do, go to visitlittlehampton.co.uk or find them on social media.

Arun District Council



Each county is divided into several districts. District councils cover smaller areas and provide more local services. Arun District Council is responsible for some services in Littlehampton, including:

Beaches	01903 716241 (during season only)
Benefits	01903 737753
Car Parks	01903 737655
Cleansing	01903 737754
Council Tax	01903 737752
Electoral Services	01903 737616
Food & Public Health	01903 737755
Housing	01903 737370
Noise Nuisance	01903 737755
Parks & Open Spaces	01903 737951
Pest Control	01903 737755
Planning	01903 737756

 arun.gov.uk
 01903 737500
 info@arun.gov.uk

Arun District Council also operate a tourism website www.sussexbythesea.com where you can find information on attractions in the area, accommodation and events.

West Sussex County Council



West Sussex County Council operates over a large area, services include:

- Births, Ceremonies and Deaths
- Blue Badges
- Bus Passes
- Education
- Grants
- Household Waste Recycling Sites
- Libraries and Records Office
- Public Health & Social Care
- Public Rights of Way
- Roads and Highways (potholes etc)
- Street Lights
- Trading Standards
- West Sussex Fire & Rescue

 westsussex.gov.uk
 01243 777100



Littlehampton Town Council

Your Council

Littlehampton Town Council is the parish authority for the Town of Littlehampton, including Wick and Toddington and has a population of approximately 30,000.



The Council is located at the Manor House, a Grade II Listed Building with a licence for civil partnerships.

It provides a wide range of facilities and represents the interests of the town to other bodies whilst working in partnership with the District and County Council as well as other agencies and groups.

Councillors

The Town Council comprises of 15 Councillors who represent 6 wards with elections held every four years. Each year, the Council elects from its Members a Town Mayor and Deputy Mayor.

Councillors are always open to discussion with residents and if you have an issue in your area, they would be more than happy to talk to you. The Town Council's website has an up to date list of Councillors and their contact information. See also the leaflet in this pack.

Get Involved in local decisions

The Council holds regular Committee Meetings to discuss and determine policy and members of the public are invited to attend and contribute.

You can find out more about what the Council does online

[🔗 littlehampton-tc.gov.uk/committee-meetings](https://www.littlehampton-tc.gov.uk/committee-meetings)

Grants

The Town Council aims to assist local organisations to achieve their respective aims and objectives where these benefit the Town and the local community.

In addition, the Town Council endeavours to work in partnership to attract funding from local and national bodies to benefit residents.

For more information visit [🔗 littlehampton-tc.gov.uk/grants](https://www.littlehampton-tc.gov.uk/grants)

Allotments

Renting an allotment is an inexpensive way of ensuring you have a healthier and greener way of life. The Town Council maintains six Allotment Sites in Littlehampton all of which have access to water on site.

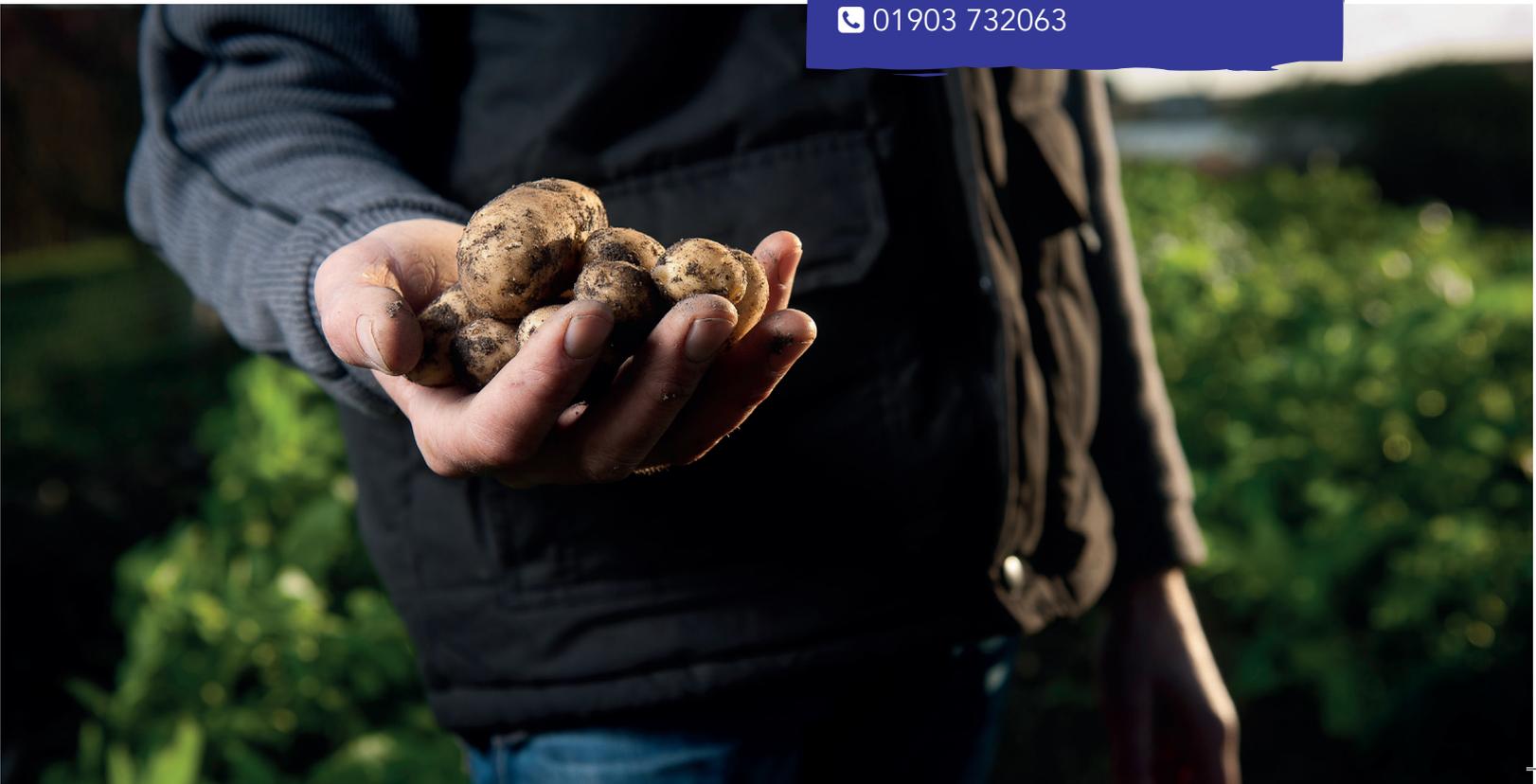
If you are interested in renting a plot you should visit

[🔗 littlehampton-tc.gov.uk/allotments](https://www.littlehampton-tc.gov.uk/allotments)

To check locations and availability

✉ admin@littlehampton-tc.gov.uk

☎ 01903 732063





Events

The Town Council's Events Team organises over 10 community focused events throughout the year in addition to offering support to local community groups through grants and free promotion on our sister website Visit Littlehampton.

Support is also offered to event organisers with the team overseeing bookings for Local Event organisers. The team oversees bookings for the Stage by the Sea, a unique performance area located on the seafront and the Community Market Stall at the weekly market, both free to use for local community groups.

For our event listings check [visitlittlehampton.co.uk](https://www.visitlittlehampton.co.uk)

Progress Newsletter

Progress Newsletter is our residents' newsletter published four times a year and delivered door to door to almost every home in the Town.

It publicises the services Littlehampton Town Council provides, key news for the Town including housing and highways developments and showcases some of the community's achievements. Make sure you look out for it!

You can also sign-up to receive email Newsletters by visiting the Town Council's website [littlehampton-tc.gov.uk](https://www.littlehampton-tc.gov.uk)

Town Centre

Offering a variety of independent shops as well as a wide range of High Street brands and supermarkets, Littlehampton is a great place to shop and catch up with friends at one of the many cafes.

There are several convenient town centre car parks some offering 2 hours free disc parking – one is included in this pack.

If you need more, just visit the many participating shops including David O Jones in the High Street and the Tyre Centre in St Martin's Car Park, they are free! There's a handy map in this pack to help you find your way around.

Every Friday there is a weekly market (9am-3pm) in the High Street where you can find many stalls including men's clothing and household essentials.

From April to September there is a spectacular Artisan Market on the first Saturday of the month where you will meet some of the Town's most talented artists and craftspeople.

More details can be found on Facebook search 'Littlehampton town artisan market'.





Travel

Buses

The main stop is at Anchor Springs where boards show the main timetables of local buses.

The Number 12 Bus caters for Littlehampton and Rustington, stopping at two major supermarkets, the train station and close to the beach. This service is weekday only and is run by Compass Travel Bus. For live information and news go to

➔ www.compass-travel.co.uk

A timetable has also been provided in your pack.

Stagecoach South runs the 700 Coastliner service that runs along the Sussex coast with regular buses heading to different locations: Bognor Regis, Chichester, Havant, Portsmouth, Worthing and Brighton. For timetables as well as live information and news go to

➔ www.stagecoachbus.com/timetables

Trains

Littlehampton has its own Railway Station located a short walk from the Town Centre with its own car park, bicycle racks and taxi rank. The station has four platforms and boasts direct links to several major transport hubs including: Gatwick Airport, London Victoria, Portsmouth & Southsea and Brighton. These trains are run by Southern Services. For timetables, live information and news go to

➔ www.southernrailway.com

Taxis

There are several local taxi firms based within Littlehampton and close by that offer local services. Some firms also provide pre-arranged airport services. There are two taxi ranks; one outside the Railway Station and another in East Street, pre-booking is not essential.

Health & Leisure



Littlehampton boasts from several leisure activities, ranging from tennis courts to a leisure centre, boating lakes to sports clubs.

You can relax on the stunning East Beach or go wildlife spotting at West Beach. Don't forget to have a go at river crabbing and enjoy a trip on the river Ferry connecting the East and West Banks.



Healthcare

There are a number of Doctor's Surgeries in Littlehampton and one non-emergency Hospital.

Additionally, there is a range of NHS and private dentists in the area. It is suggested that you visit the NHS website www.nhs.uk/Service-Search to find a healthcare service near to you.

There is a Minor Injuries Unit based at

Park Surgery,
St. Flora's Road,
BN17 6BF

where you can simply drop in or call **01903 717154** to check if they can see you.

Visit their website for opening hours www.theparksurgery.co.uk/minor-injury-unit

There are two Hospitals with A&E within driving distance:

St Richard's Hospital

Spitalfield Lane,
Chichester
PO19 6SE

Worthing Hospital

Lyndhurst Road,
Worthing
BN11 2DH

Dispensing Chemists can be found by using the NHS Find a Pharmacy website www.nhs.uk/service-search/find-a-pharmacy

Arun Wellbeing

Arun Wellbeing is a service brought to you by Arun District Council and West Sussex County Council. It is dedicated to helping everyone in the district keep up their mental and physical health and wellbeing.

They can help you find local wellbeing information and services as well as get support for things like getting your family fitter, doing some regular exercise, dealing with stress, kicking a habit, or simply improving your general wellbeing.

For more information visit their website

[🔗 arun.westsussexwellbeing.org.uk](https://www.arun.westsussexwellbeing.org.uk)

Shopmobility

A local charity ensuring there is local hire for mobility aids including scooters and wheelchairs.

More details can be found online [🔗 www.shopmob1.plus.com](https://www.shopmob1.plus.com)

Age UK

AGE UK run a number of services in Littlehampton including Clubs and Home Help. More details about their range of activities and classes can be found online

[🔗 www.ageuk.org.uk/westsussex/about-us/services-by-district/crawley2/](https://www.ageuk.org.uk/westsussex/about-us/services-by-district/crawley2/)

or by calling **01903 792050**.





Leisure

Littlehampton Wave

Littlehampton Wave is a state-of-the-art leisure centre, based on the seafront, offering fitness and leisure activities for all ages.

The gym, with magnificent views of the sea, will inspire you and their highly trained staff are always on hand to help.

There are two dedicated exercise studios hosting a range of group exercise and dance classes ideal for all ages and fitness levels. The swimming pools have been designed to provide the best possible swimming experience for fitness swimmers, or families to enjoy swimming together and the perfect pool for children and adults to learn to swim.

They offer a range of sporting activities including badminton, basketball, table tennis or soft play. A warm and friendly welcome can always be expected at their Proud to Serve Costa Café catering for everyone with a good range of food and drinks.

You can find Littlehampton Wave on Sea Road, BN16 2NA and details about their opening times and sessions on their website

www.freedom-leisure.co.uk/centres/littlehampton-wave/

Take a look at the sports directory on the Town Council website for details of some of the sports clubs available.



Boating

Once part of a rich shipbuilding and trading history, the marina is mostly used for leisure now.

With mooring available for boats and a slipway on the river Arun it's perfect for the pleasure seekers and those involved with water sports. Home to the Arun Yacht Club which can provide training for both youth and adult seafarers-to-be.

For more information about moorings, boating facilities and tide timetables visit the Harbour Board website www.littlehampton.org.uk

Skate Park

Launched in late 2019, the new concrete skate park located next to Littlehampton Wave offers a parkour area with the added benefit of floodlighting until 9pm during the winter months.





Beach Life

Littlehampton boasts two stunning beaches with beautiful surroundings, it's the ultimate escape at any time of the year!

East Beach

Our award winning, family friendly sand and pebble beach is over a mile long making it the perfect location for seaside fun or some much needed relaxation. Stroll along the promenade, sit on Britain's longest bench and admire the view or take a dip in the sea. Our sand is perfect for sandcastles and when the sea goes out you can explore the tide pools for underwater creatures.

East Beach is bordered by large seafront greens with its picnic area and barbecue units, perfect for family gatherings, ball games and host to various events throughout the year including the annual Sandcastle Competition in the summer holidays.

Also located on East Beach is the award-winning Stage by the Sea, a unique performance stage used throughout the year for a variety of entertainment including Punch & Judy Shows, band performances and the annual arts festival. It is free to hire and more details can be found online

[👉 littlehampton-tc.gov.uk/stagebythesea](https://www.littlehampton-tc.gov.uk/stagebythesea)

The beach is patrolled by RNLI Lifeguards throughout the summer season and Kidcare wristbands are available for children to help give you peace of mind whilst you enjoy your visit.

There are three Pay & Display car parks on the seafront, including spaces for coaches at Banjo Road.

Dogs are restricted to the area East of Norfolk Road between the 1st May to 30th September (summer season). During the rest of the year, they are allowed on the beach. Dog fouling penalties can still be enforced so pick it up and bin it!





West Beach

A site of special scientific interest West Beach is home to one of only 3 sand dune systems in West Sussex. Well known for its laid-back atmosphere West Beach is a great spot to relax with a picnic, on clear days you can enjoy views of neighbouring Bognor Regis and even the Isle of Wight.

West Beach can be accessed by car or by foot across the red bridge opposite the railway station. From the bridge it is a 15-minute walk along the river. West Beach is also home to the award-winning West Beach Café, the ruins of the Littlehampton Napoleonic Fort and if you look hard enough you might find some fossils. There is a small pay & display car park and public toilets.



River

Littlehampton lies at the mouth of the River Arun. The river, once home to a busy shipbuilding industry, now offers a slower pace of life as a popular leisure marina.

Visitors and locals alike enjoy walking alongside the river, taking in the beautiful views and watching the boats sail by. Along the way you can sample the catch of the day in one of our fantastic local restaurants including traditional Fish and Chips, contemporary British, Thai and Indian cuisine.

The riverside is also a great spot for crabbing, you can buy all the equipment needed from the souvenir shops along the river or at Harbour Park.

If you would rather be out on the water, you can take a trip on the river ferry which takes you to West Beach or book on one of the many charter boats that offer deep-sea fishing trips.

Walking & Cycling

Littlehampton has some fantastic areas for walks with a view, namely the riverside walkway with ample seating space and in the immediate vicinity of traditional Fish & Chips restaurants and typical seaside shops.

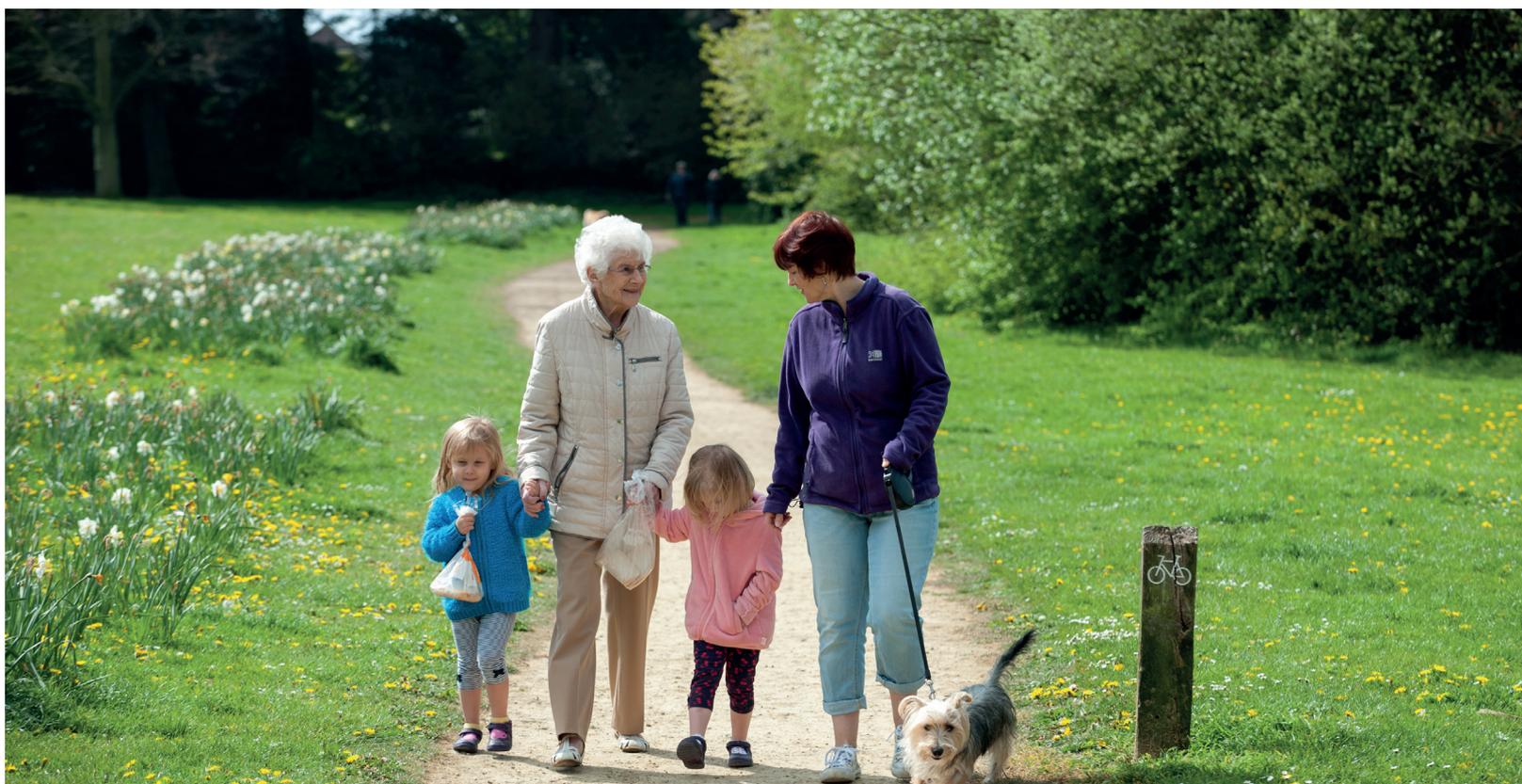
The seafront promenade connects you to a number of beachside attractions including Harbour Park, the Windmill Theatre, East Beach Café and Norfolk Gardens where you can enjoy Adventure Golf, Tennis, the Café or take a ride on the small train to the beautiful award-winning Mewsbrook Park. Walking along the promenade connects you to the new (2019) leisure centre Littlehampton Wave, where you can enjoy an array of facilities which overlook Mewsbrook Park.

On the edge of the South Downs, there are many opportunities for rambling in the countryside nearby. The South Downs site gives all the necessary information to plan your walks safely www.southdowns.gov.uk/

Weekly Health Walks

If you want a more social element to your walking, there are group walking sessions run by Freedom Leisure. They run on weekday mornings and cover a range of local locations to avoid getting tired of the same walk. Suitable for a range of abilities, you can set the pace you are comfortable with. For further details visit:

www.walkingforhealth.org.uk/walkfinder/arun-healthy-walks-arun





Cycling

Littlehampton is a town that is keen to encourage green transport with cycle lanes and paths throughout the town's roads. Bicycle racks are available to use in numerous locations for safe keeping whilst you shop or have a fun day out. Many train services allow bikes but do check prior to travelling, otherwise there are bike racks outside the railway station.

Try using the Journey Planner on the West Sussex County Council website: www.westsussex.gov.uk/leisure-recreation-and-community/walking-horse-riding-and-cycling/cycle-journey-planner/

Cyclists can enjoy a dedicated path from Clympwick Bridge on the A259 heading west linking Littlehampton with Felpham and Bognor Regis.

Littlehampton Library

Located at Maltravers Road, the Library has a wide range of books as well as useful information and hosts many activities including reading groups, knit and natter sessions, board games groups and more. There are also activities for little ones with baby rhyme time, toddler sessions, multi-sensory stories and the annual Summer Reading Challenge.

Volunteers who can give one to one IT support on specific issues and offer Learn My Way sessions to get you started with the basics.

The Library has free wi-fi and public PCs available to library members and non-members for a small charge. All of this in addition to an eLibrary offering online access to free eBooks, eAudio, eNewspapers, eMagazines as well as websites that can help with family history or job seeking. The library also hosts local services such as the Citizens Advice Bureau and a Community Fridge.

Southfields Jubilee Centre

Based in Southfields Road the Centre plays host to many social clubs including dance lessons, martial arts and yoga. The space is also available for hire offering two halls to choose from making it a perfect venue for children's parties, exhibitions, meetings, social events, recreational activities, education/training, workshops and seminars.

For more details www.littlehampton-tc.gov.uk/southfields-jubilee-centre

Arun Youth Project

Arun Youth Project combines the efforts of several community projects into one. Across four locations, the project aims to provide regular sessions for local young people, hoping to build confidence, skills and new social groups including Youth club sessions, camps and summer schools. The sessions are held in various places in the town and include outreach work too. For more details see their website

www.arunchurch.com/ayp/

Arun Church also have a selection of youth groups aimed at different ages, promoting creativity, love and worship that takes place in the Wickbourne Centre through the week.

Sports Clubs

Littlehampton has many clubs ranging from football to swimming all of which can be found through online searches with some listed in the directory on the Town Council's website

www.littlehampton-tc.gov.uk/sports-forum

Many of the local community centres including Southfields Jubilee Centre, Wick Village Hall and the Keystone Centre have regular clubs ranging from intensity exercise sessions like Zumba and Dance to more relaxing stretching sessions such as Yoga and Pilates.



Attractions

Littlehampton is perfect for a wonderful day out with the kids, there's plenty of things to do no matter what the weather brings.

Outdoor activities such as crabbing on the River Arun, building sandcastles on the beach or having a picnic in one of the many playgrounds will keep the children entertained for hours.

Harbour Park

Located next to East Beach, Harbour Park in addition to a huge choice of rides and attractions boasts a traditional fish and chip restaurant, burger board eatery, Kelly's Ice-Cream Parlour and tempting hot fresh doughnuts.

Free to enter, a children's beach adventure awaits at Littlehampton's Harbour Park, complete with family rides, family arcades, soft play and a choice of restaurants.

Disabled access, adjacent car parking and dogs welcome in outside areas.

Please note, whilst the indoor play and arcades are open all year round, the rides and attractions are opening seasonally; please check opening dates and times via

www.harbourpark.com

Littlehampton Museum

Littlehampton Museum is a popular family friendly museum at the heart of the beautiful seaside town of Littlehampton.

It offers a fascinating insight into the community's social history through a variety of exciting galleries, many with audio points and interactive elements to help guide you through the history of the town.

Admission is free all year round. Check their website for their events and exhibitions programme

www.littlehamptonmuseum.co.uk

The Windmill Cinema

Located on the seafront the Cinema frequently shows a range of films suitable for all the family. And it's a trip that won't break the bank either being a local cinema, seat prices can be as low as £4. The Kiosk is also open so you can have the popcorn, sweets, drinks you need. For more information visit their website

www.windmillcinema.co.uk



Parks

Mewsbrook Park

Mewsbrook is an award-winning park located on Littlehampton's seafront. Established in the 1930s Mewsbrook has been a popular Littlehampton attraction ever since. Beautiful flower beds, a picnic area, boating lake, a very well equipped children's play area, and an excellent cafe make Mewsbrook the perfect place for a winter stroll or a relaxing summer afternoon. There is even a miniature railway.



Norfolk Gardens

A pleasant green space to relax in just off the beachside. As well as a café, it has an adventure golf course, tennis courts and a putting green. Here you can also take a trip on the miniature railway to Mewsbrook Park.

Find out more about the railway here www.facebook.com/LHRA2016



Brookfield Park

This large park located off Worthing Road is a real hidden gem. Meander through the wildflower meadow, explore the woodland walk or enjoy a picnic by the lake. There's plenty to keep the kids happy too with an adventure play area, two enclosed play areas for younger children, a small football/basketball pitch and lots of open space to run around. Please note there are no toilet facilities at Brookfield Park. Parking is free but limited.



Lions Den

Located on the seafront next to the award-winning East Beach Café, this outdoor children's play area has great facilities including a zip line, large sand pit and toddler area.



Oyster Pond Boating Lake

The Oyster Pond surrounded by a large green space near the riverside and Harbour Park is perfect for some pedalo fun and playing games.

Education



There are a number of early years education settings, primary schools and one secondary school as well as an adult education centre.



Education

West Sussex County Council are responsible for education services and their website lists all available settings and relevant information such as how to enrol your child in a local school, visit their website from more information

📄 www.westsussex.gov.uk/education-children-and-families/



Early Years

For information on playgroups, nursery settings and childminders see

📄 www.childcare.co.uk



Littlehampton Primary Schools

There are 5 Primary Schools in Littlehampton:

- River Beach Primary School
- White Meadows Primary Academy
- St Catherine's Catholic Primary School
- Lyminster Primary School
- Cornfield School - for students aged 9 to 16 who have social, emotional and/or behavioural difficulties.

Secondary School

- **The Littlehampton Academy**
- **Angmering School** *(not in Littlehampton but an option for pupils residing in the Town)*

College and Nearby Universities

- **Northbrook Metropolitan College** (Worthing)
- **Greater Brighton Metropolitan College** (Brighton)
- **University of Chichester** (Bognor and Chichester sites)
- **University of Sussex**
- **University of Southampton**
- **University of Portsmouth**
- **University of Brighton**

Adult Education

Aspire Adult Education

Aspire Sussex is an adult education charity working across West Sussex. They have a base in Littlehampton, The New Learning Shop, located at 88 High Street next to Leaders Estate Agents and is open Monday-Thursday 9am-5pm and Friday 9am-4pm.

They have a fantastic array of courses that run during the day and in the evening including; English For Speakers Of Other Languages, Drawing and Painting, Pilates, Italian, Psychology, English and Maths and much more! Pick up a brochure today from their centre or Littlehampton Library.

☎ **0345 601 0161** 🌐 **www.aspiresussex.org.uk**

Family Support

The Littlehampton Children & Family Centre, located at the Wickbourne Centre in Wick, offers a range of parent and baby sessions and on the seafront Littlehampton Wave boasts two pools and a wide variety of activities for families and children of all ages.

For more details

🌐 **www.westsussex.gov.uk/find-my-nearest/children-and-family-centre/details/api/type/childrenfamilycentre/view/littlehampton-children-and-family-centre**

Community & What's On



Littlehampton has a thriving events programme ranging from monthly artisan markets showcasing the wares created by our talented residents, to the unmissable Armed Forces Day celebrations, one of the biggest on the South Coast.

There are many community groups offering social experiences as well as support services some of which are listed here. Up to date information is available from their own websites.

Events

From major events such as Armed Forces Day and the original Screen on the Green to a range of smaller events and activities including the Sandcastle Competition and Christmas Lights Switch on, Littlehampton aims to provide residents and visitors with an opportunity to have fun and relax at a wide range of activities for all ages.

In addition to events organised by the Town Council and other organisations, there are other key events organised by groups such as Littlehampton Organisation of Community Arts and Littlehampton Museum.

For up to date information about Littlehampton's attractions and events visit www.visitlittlehampton.co.uk

Littlehampton Town Council also offers free support to event organisers and sponsorship opportunities for local businesses. The free-to-use Community Market Stall in the High Street and Stage by the Sea on the seafront offer local groups a fantastic platform to promote their services or showcase their talents.

For more details visit www.littlehampton-tc.gov.uk

Sussex by the Sea is also a good website to visit for information about events in the local area including Arundel and Bognor Regis. www.sussexbythesea.com





Community Organisations

Arun Youth Project

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For more details see their website www.arunchurch.com/ayp/

Arun Church also has a selection of youth groups aimed at different ages, promoting creativity, love and worship that takes place in the Wickbourne Centre through the week.

Littlehampton & District Food Bank

Helping local people in crisis, they provide three days' nutritionally balanced emergency food and support to local people who are referred. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

For more information visit littlehamptondistrict.foodbank.org.uk

Littlehampton Twinning Association

The Littlehampton Twinning Association is an independent group that arrange exchanges between the citizens of its twinned towns; Chennevieres-sur-Marne in France and Durmersheim in Germany. They also have themed fundraiser events throughout the year – check out their website to find out about their latest events and how you can get involved to keep the twinned towns' relationship strong.

➔ www.littlehamptontwinning.co.uk

Littlehampton Town Show Committee

The Littlehampton Town Show Committee is responsible for organising the annual 'Horticultural & Craft Show' part of the Town Show & Family Fun Day along with Littlehampton Town Council – it is usually held around the second weekend of September.

They arrange various fundraisers through the year to help with costs for the day. New members are happily welcomed into committee meetings bringing forth new ideas to keep the show running for years to come.

➔ www.facebook.com/ltontownshow

Littlehampton Civic Society

The Littlehampton Civic Society is a group of local enthusiasts who want to promote what is best for the town. They comment on local planning applications and seek consultation from the people who live here on the decisions made on their behalf by local Government. They promote the living, working and recreational activities of Littlehampton.

More information available online ➔ littlehamptoncivicsociety.org.uk

Friends of Mewsbrook Park

The Friends of Mewsbrook Park ensure that Mewsbrook Park remains well maintained as an asset for the local community. Thanks to their work, the park was able to first achieve Green Flag status in 2018. As well as the upkeep of the displays, they complete important bird counts.

Many events happen in the Park as well as it being a popular tourist destination throughout the summer. Membership is a small annual fee. They are eager to encourage families in the area to get more involved with the park and its future.

➔ www.mewsbrookpark.org.uk



Uniformed Groups

Air Cadets

📄 www.raf.mod.uk/aircadets

Nautical Training Corps

📄 www.ntc.org.uk/implacable

Army Cadets

📄 armycadets.com

Scouts

📄 alscouts.org.uk

Girl Guides

📄 www.girlguidingsussexwest.org.uk

Sea Cadets

📄 www.sea-cadets.org/littlehampton

Volunteer

If you are willing to give some of your time and effort, there are several opportunities to volunteer in Littlehampton. Many of the local community groups would appreciate a spare hand behind events and are always looking for support.

Within our Town Centre, there are also a number of charity shops which run with volunteer staff. Just simply pop on in and let them know you're interested.

For more information contact the Voluntary Action Arun & Chichester

📄 www.vaac.org.uk

Support & Information Groups

Arun & Chichester Citizens Advice

Helping you to help yourself.

🔗 www.arunchichestercab.org.uk

Arun Access Group

Improving Access for the Disabled.

🔗 www.arunaccessgroup.org.uk

Arun Counselling Centre

Offering help for personal and relationship problems.

🔗 www.aruncounselling.org.uk

Carers Support Service

For friend and family carers.

🔗 www.carerssupport.org.uk

West Sussex Mind

For better mental health.

🔗 www.westsussexmind.org

Counselling Directory

Connecting you with professional support.

🔗 www.counselling-directory.org.uk

Cruse West Sussex

Working to enhance society's care for bereaved people.

🔗 www.cruse.org.uk

Littlehampton Shopmobility

Giving those with mobility needs their freedom and independence.

🔗 www.shopmob1.plus.com

Homestart Arun

Help, support and friendship for local families.

🔗 www.home-startarun.org.uk

Independent Living Association

Working to change the lives of disabled people, people with support needs and carers.

🔗 www.independentlives.org

Neighbourhood Watch

Building safer, strong and active communities.

🔗 www.ourwatch.org.uk

St Barnabas House Hospice

Provides specialist palliative care to adults with life-limiting illnesses.

🔗 www.stbarnabas-hospice.org.uk

Voluntary Action Arun & Chichester

Helps and supports existing groups to grow.

🔗 www.vaac.org.uk

Places of Worship

All Saints Church

Wick Street

Arun Church

Wickbourne Centre

Littlehampton Baptist Church

Fitzalan Road

Littlehampton United Church

High Street

Parkside Evangelical Church

St Floras Road

St Catherine's Roman Catholic Church

Beach Road

St Mary's Church

Church Street



Safety

Police

Littlehampton has a Police Station which is managed by Sussex Police located at County Buildings, East Street, BN17 6AR.

Their opening times are:
Monday to Friday 10am to 6pm,
closed 2pm to 3pm every day.

Non-emergency

Call 101 for non-emergency enquiries.

You can also report incidents and obtain useful advice online at

 www.sussex.police.uk

Reporting an emergency

 Call 999

If a serious offence is in progress or has just been committed, someone is in immediate danger or harm, property is in danger of being damaged or a serious disruption to the public is likely.

Littlehampton Flood Action Group

Littlehampton Flood Action Group are an advice and information source for residents concerned about flood risk or have experienced flooding in this area.

Their website has lots of advice and further links to other sources

 www.littlehampton-floodaction.org.uk

Littlehampton Flood Action can be contacted via email at:

 floodaction@yahoo.co.uk

West Sussex Fire & Rescue Service

Littlehampton has an immediate response and on call Fire Station located at Maltravers Road, Littlehampton, BN17 5LX.

You can get advice and information on open days online at

[www.westsussex.gov.uk
/fire-emergencies-and-crime
/west-sussex-fire-and-rescue-service/](http://www.westsussex.gov.uk/fire-emergencies-and-crime/west-sussex-fire-and-rescue-service/)

Reporting an emergency

 Call 999

RNLI

Littlehampton has a busy lifeboat station, one of 238 operated by the RNLI around the coasts of the UK and Ireland. Ready to respond at any time, Littlehampton's station is operated entirely by volunteers. As a charity, the RNLI is entirely dependent upon donations to fund the lifeboat service.

The lifeboat station is open to the public on most days, and arrangements can be made for group visits. The RNLI also operates the lifeguard service on Littlehampton and Bognor Regis beaches during the summer season.

You can find out about their work and obtain useful information from their website at

www.littlehamptonlifeboat.org.uk

The station is located at Fisherman's Quay, BN17 6EN.

If you need lifeboat assistance in an emergency, dial 999 and ask for the coastguard



This guide was produced by Littlehampton Town Council

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