

# PROGRESS

LITTLEHAMPTON TOWN COUNCIL'S NEWSLETTER





# WHERE TO ACCESS FREE OR LOW-COST FOOD IN LITTLEHAMPTON



## Littlehampton Foodbank

Providing food parcels and support to anyone who is facing a financial crisis and has little or no money for basics. Referral needed to access 3 day supply of non-perishable store cupboard items and toiletries. Please call 0344 477 1171 to speak to Arun and Chichester Citizens Advice, about getting a voucher.

**Tuesdays and Fridays 13:00 – 15:00. Rear Hall, Littlehampton United Church, 1 High Street.**

## Littlehampton Community Fridge

Supporting the rescue of food from going to waste and open to all. Mixture of free fresh and frozen food, bakery items and long-life products. Just bring a bag!

**Monday 11:00 – 12:00, Wednesday 15:30 – 16:30, Thursday 10:30 – 11:30, Friday 11:00 – 12:00, Saturday 10:30 – 12:00. St. James' Church Hall, 1 East Ham Road.**

**Community Fridge on Tour Wednesdays 13:30 @ Chilgrove House, Wick, BN17 7JD.**

## Wickbourne Centre

Home of the Arun East Family Hub offering a range of different support services for families including issuing food bank vouchers, Arun Church and the Refresh coffee shop. The hub has a small free food pantry where visitors can help themselves to five items per visit.

**Monday to Friday 9:15 – 17:00. Clun Road, BN17 7DZ.**

## Creative Heart Community Cafe

A not-for-profit community hub and café offering regular sessions for people with dementia, veterans peer support, people looking for friendships, toddler groups, arts clubs and lots more.

**Cafe is open Tuesday to Saturday 9:30 – 16:00. 42 Beach Road, BN17 5HT.**



## Turning Tides Community Hub

For people experiencing homelessness, offering access to a hot breakfast and drinks as well as access to showers and clothes washing facilities, emergency food provision, advice and support and wellness check-ins.

**Open Monday to Friday 9:00 – 11:00. Littlehampton United Church, 1 High Street.**

## West Sussex Community Hub

If you are going to run out of food, medicine or essential supplies within the next three days, please phone 033 022 27980 to get the help you need.



**Further support  
through  
Citizens Advice**

### COST OF LIVING SUPPORT

If you need a Foodbank voucher call  
Help Through Hardship helpline free on  
**0800 208 2138** (Mon-Fri 9:00 – 17:00)

For support with energy bills call  
**01243 974063** Mon-Fri 10:00 – 16:00  
(local call rates apply)

For benefits support call the  
Help to Claim team on **0800 144 8 444**  
Mon-Fri 8:00 – 18:00

### FURTHER SUPPORT

For general advice call the FREE  
Adviceline on **0800 278 7969**  
Mon-Fri 10:00 – 16:30

### DROP-INS

Littlehampton Library  
Wednesdays 10:00 – 13:00

Wick Surgery  
Fridays 10:00 – 13:00

# MAYOR'S MESSAGE



So much has happened recently, not least was the death of Queen Elizabeth II on 8 September. At the Thanksgiving Service held at St Mary's Church on 18 September, I expressed how the people of Littlehampton shared in the national sense of loss. The Queen really was a truly remarkable person. We must also celebrate the Proclamation for our new King Charles III. God Save The King.

Winter is approaching and so I take this opportunity to remind people to take up the offer of receiving their Covid booster jabs and flu vaccinations when you're invited to do so. By protecting ourselves we also protect others.

The ongoing cost of living pressures are something we are all suffering. Even the cost of clothing ourselves is going up, as company's transport and manufacturing costs also rise. I will gladly say that I am no stranger to charity shops and have bought good quality winter coats at a fraction of their original price in local charity outlets. There's no shame in seeking a cheaper, greener way to dress and our no-longer-needed clothes could be just the thing to benefit someone else.

Local supermarkets are doing their best to help, with food donation drives supporting foodbanks. There are also school uniform swaps, with youth organisations helping with their own uniform swaps. Let's all contribute and support where we can.

And being together with friends and neighbours nurtures community spirit, so be sure to join in with some of the events we have lined up. You can find full details inside this issue!

With all good wishes,  
Councillor Jill Long, Town Mayor

## Contact the Mayor

✉ [mayor@littlehampton-tc.gov.uk](mailto:mayor@littlehampton-tc.gov.uk) [littlehamptonmayor](https://www.facebook.com/littlehamptonmayor)



**Safe in Sussex** is a local charity which supports people experiencing domestic abuse. This year marks the 5th Anniversary of Amber House in Littlehampton which is a unique refuge that supports women and children.

Since opening, on 23 October 2017 to coincide with the birthday of the late Dame Anita Roddick who was born in the front room of the building, Amber House has provided a place of safety and healing from the trauma of domestic abuse.

**Call Safe in Sussex on 0330 333 7416 to find out more about refuge accommodation.**

[www.safeinsussex.co.uk](http://www.safeinsussex.co.uk)

## Cost of Living Tips

### REMEMBER:

- **DON'T** suffer alone
- **DON'T** ignore the bills
- **DON'T** be ashamed to ask for and to accept help
- **DON'T** get conned by the loan sharks - they will NOT help

### BUT!

- **DO** seek help and advice. Talk to the Council, talk to Citizens Advice or even talk to your councillor; we are all here to offer non-judgemental help.

## MEETING DATES DECEMBER 2022 TO FEBRUARY 2023

### DECEMBER

#### Monday 5

Planning and Transportation

#### Thursday 8

Community Resources

#### Monday 19

Policy and Finance

### JANUARY

#### Tuesday 3

Planning and Transportation

#### Thursday 5

Community Resources\*

#### Monday 9

Policy and Finance\*

#### Thursday 19

Full Council

#### Monday 30

Planning and Transportation

### FEBRUARY

#### Tuesday 7

Governance and Audit

#### Thursday 16

Community Resources

#### Monday 27

Planning and Transportation

*\*reserved only if meetings required*

All meetings held at 18.30 at the Manor House, Church Street, BN17 5EW. For agendas and minutes see [www.littlehampton-tc.gov.uk/committee-meetings](http://www.littlehampton-tc.gov.uk/committee-meetings)

Cover image: War Memorial

# FOOD NETWORK TO OFFER GREATER SUPPORT TO LITTLEHAMPTON RESIDENTS

**With the cost of living escalating, a network of organisations in Littlehampton are coming together to make it easier and more straightforward for people to access vital support.**

The Littlehampton Community Food Network evolved from the Arun and Chichester Food Partnership, which was created during the pandemic to address rising food poverty. Set up with support from the Town Council and local food providers, and including the food bank and the community fridge; community engagement teams, local councillors, churches, community organisers, social prescribers and supermarket community champions are also on board with the initiative.

Beth Parry, Development Officer with the Arun and Chichester Food Partnership said:



*As the cost of living crisis grows, it is more important than ever that we work together.*

*As well as meeting a basic need, food has the ability to bring communities together and enrich lives through improved mental wellbeing, social cohesion, skill sharing and celebration. Something we are hoping to set up is a food growing project. A community growing space would not only bring healthy, sustainable food into the local neighbourhood, it would also provide an opportunity to connect with nature, move our bodies, meet new people and feel proud of our community.*



[arunchichestercab.org.uk](http://arunchichestercab.org.uk) Interested in Community growing? Email [communitygrowing@arunchichestercab.org.uk](mailto:communitygrowing@arunchichestercab.org.uk)

## BIFFA YOUR BLAZERS

**Thanks to a partnership between the Wick Action Group (WAG) and Biffa, more Littlehampton families will have access to a popular school uniform exchange scheme.**

Expanding the drop-off points by providing collection bins, WAG member and Wick Councillor Mike Northeast explained:



*As the cost of living crisis squeezes household budgets even harder, school uniform is yet another expense for families. Our Uniform Exchange Project is there to help and with Biffa's kind donation of six new wheelie bins, we have just opened more deposit points. People simply need to pop any unwanted uniform that is in good condition into a bin. Items are then laundered and made available to other families at one of WAG's*

*regular uniform events. So when you Biffa your blazer you help your neighbours and the planet at the same time,"*

said Mike, adding that he and all at WAG are extremely grateful to Biffa for their donation of the additional bins, as the demand for good quality pre-owned school uniform is rising.

*If you have school uniform that your child has outgrown, or garments that are simply no longer wanted, please donate items by 'binning'*

*then in one of our new collection bins. Uniform for all schools in the Wick/Littlehampton catchment area is most welcome, with particular need for TLA uniform, especially blazers.*



**Another good reason to support the scheme is because nationally millions of school uniforms, many of which could be reused, simply end up in landfill every year.**

Spokesperson for Biffa Marie Pattenden said: "Biffa are pleased to be given the opportunity to help support such a worthy cause in our local community."

**The new bins are located at Morrisons, The Wick Information Centre, The Wickbourne Centre, Chilgrove House and The Keystone Centre. WAG's uniform exchange events at Chilgrove House will now be on the first Wednesday of every month; 12:30 – 14:30.**



### FEBRUARY Charity Pancake Olympics



### APRIL Easter Out and About



### APRIL Love Local Eggstravaganza



### APRIL Merit Awards





## JUNE Queen's Platinum Jubilee Beacon Lighting



## JUNE Queen's Platinum Jubilee Picnic



## JUNE Armed Forces Day





## AUGUST Sandcastle Competition



## AUGUST Screen on the Green



## AUGUST Love Local Arts





SEPTEMBER

# Queen Elizabeth II

1926 – 2022



Floral Tribute Chennevieres Garden

## OCTOBER Sports Awards







# What a Cracker!

## Littlehampton is set to host a 'cracker' of a festive events programme this year!

Designed to be fun for all and easy on the pocket, kicking things off in seasonal style will be the annual Lights Switch On, this year taking place on Saturday 19 November in the High Street. Organised by the Town Council and the Traders Partnership, it will have an earlier start than in previous years, with the countdown beginning at 3pm. Father Christmas will be popping in, as will much-loved characters from Frozen. Entertainment includes local artists Electric Feel and Jamie B, with breath-taking magic from the brilliant Nick Clark. Arundel and District Scout Band will keep the music going, while stalls include wonderful (and affordable) crafted items from LOCA and Crafters Corner. Plus a live Nativity from Churches' Together and an auction from the Town Show Committee. Topped off with themed rides and delicious food offerings, stand by for all the festive feels!

## WIN A SWITCH AT THE SWITCH ON!

The Switch On will also mark the launch of a special festive trail inspired by The Twelve Days of Christmas. Encouraging Littlehampton children to discover the festive baubles hidden in Town Centre shop windows, entries must be submitted by Saturday 17 December. There are eleven runner-up prizes, plus a first prize of a Nintendo Switch! Managed by Artswork, in partnership with the Town Council and the District Council, and designed by local artists and schoolchildren, the festive trail will also see special decorations hanging in the Town's Christmas tree.

Showcasing the improved public realm space in the High Street and continuing with the popular programme of Love Local Arts, two family fun days will offer visitors plenty of reasons to stay local and support local. Promising exciting themed entertainment including rides, inflatables, stalls

and live performances, Saturday 26 November and Saturday 10 December are definite dates for your diary, as are the

Artisan Markets celebrating Small Business Saturday (complete with free parking in Town Centre car parks).

Wick also offers plenty of free festive-themed entertainment. Organised by the Wick Action Group, expect lots of family fun at the Christmas Tree switch on event on Saturday 3 December, while at Wick Hall there will be a Christingle Service, a musical telling the story of Christmas 'Three Camels' on and a carol concert from the Littlehampton Concert Band. A Crib Service will take place at All Saints Church on Christmas Eve.

Chair of the Community Resources Committee, Councillor Billy Blanchard-Cooper said:

“

*I am so excited for the start of Christmas in Littlehampton and thrilled to see so many community events on the programme. It is not going to be an easy winter with the rising cost of living, which is an even bigger reason for people to come together and enjoy the free or low-cost activities available in the Town and support local businesses and organisations in doing so. Don't forget parking is free on Saturday 3 and 17 December and on the other days you can enjoy free parking for 2 hours using a disk*



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**See the What's On page for the full programme of Christmas Events**

 [www.visitlittlehampton.co.uk](http://www.visitlittlehampton.co.uk)



# A WINNING NIGHT FOR SPORTING CHAMPIONS

A former professional footballer and England international handed out the silverware at this year's Littlehampton Sports Awards.



Sportsperson of the Year – George Gaskin and Mitchell Hand with Guest Speaker Steve Hodge (c)

Steve Hodge presented the winners with trophies and commendations at the Awards which took place in early October.

Kindly providing use of their premises and facilities throughout the process, the venue for Awards night was the Vardar Restaurant.

An initiative managed by Littlehampton Sports Forum and the Town Council to recognise the achievements and contributions made by local sportspeople and off-pitch community champions, sports including football, tennis and badminton were represented, with the evening hosted by the Vice-Chair of the Community Resources Committee.

“ It was brilliant to see so many different sports clubs and club representatives back together to celebrate each other's success. Not only do the sports stars themselves get the deserved recognition at the awards, but so do the off-pitch heroes who kept their respective clubs running throughout the pandemic. Congratulations to all our winners. Vice-Chair of the Community Resources Committee, Councillor Freddie Tandy ”



## Sportsperson of the Year

(Sponsored by the Littlehampton Times)  
**Mitchell Hand and George Gaskin**  
(Littlehampton Football Club)

## Young Sportsperson of the Year

(Sponsored by Littlehampton Traders' Partnership)  
**Sophia Hendey**  
(Life Saving and others)

## Contribution to Youth Sports

(Sponsored by Norfolk Bowls Club)  
**Reece Nolan** (Football)

## ROLL OF HONOUR

## Sports Administrator of the Year

(Sponsored by Going Spare)  
**Paul Cox** (Football)

## Coach of the Year

(Sponsored by Walsh Pest Control)  
**Stewart Lister** (Tennis)

## Sports Team of the Year

(Sponsored by Mewsbrook Park Cafe)  
**Littlehampton Town Football Club**

## Youth Sports Team of the Year

(Sponsored by the Bond of Friendship Lodge No. 9117)

**Team Wick Dynamos Inclusive**

## Contribution to Disabled Sport

(Sponsored by FA Holland & Son)  
**Andrew Dye** (Football)

## Unsung Hero

(Sponsored by Mewsbrook Park Cafe)  
**James Askew** (Football and Cricket)

## Mayor's Lifetime Contribution to Sport in Littlehampton

**David Slade**

**Also announced at the event were the recipients of the 2022 Sports Excellence Grants.**

The Sports Forum this year awarded a total of £1,700. Shared between two sportspeople, the grants will enable them to progress in their sports and achieve their goals. This year's beneficiaries are **Isabel Moore** (Shooter and 2021's Sportsperson of the Year) and **Ashton Netherwood** (Swimmer).



# Exhibition Success

An atmospheric collection of oil paintings based on Sussex scenes created during lockdown proved to be a big hit earlier this year.

From May to July, popular Rustington based artist David Webb presented an exhibition of his work under the title 'Further Reflections' at Littlehampton Museum. And as well as being popular with visitors and museum staff, the exhibition also provided valuable support to a particularly relevant charitable cause. Offered for sale, the displayed work raised an impressive total of £1,388.61 for the Disasters Emergency Committee's Ukraine Humanitarian Appeal.

David said:

“

*Like many people, I was deeply moved by the plight of the Ukrainian people. It was good to be able to help in some way. I would also like to record my thanks to the Museum; to the curator and staff for their help and encouragement, and also to all the visitors who came and supported the exhibition.*

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Entry to Littlehampton Museum is free, visit the website to find out more

 [www.littlehamptonmuseum.co.uk](http://www.littlehamptonmuseum.co.uk)



## PROGRESS MEETS JAMES COLACICCO, COMMUNITY WARDEN

### What does your role entail?

It is quite vast, but the priority is to make Littlehampton a nicer and safer town.

We also signpost people on to places that can help with things, like the Foodbank. It's like being a caretaker for the town; we try to help people get the support they need, when they need it. We also work with organisations like Turning Tides and youth service providers. Reducing anti-social behaviour is also one of our aims.

### Do you live locally?

I moved to the area four years ago. If I can help make the town better for when my boys are bigger than I will.

### What is your main message to local residents?

We are approachable! Come and chat with us about any issues or concerns and we will do our best to help you. If we don't know the answer we will find it for you or point you in the right direction.

 [community.wardens@arun.gov.uk](mailto:community.wardens@arun.gov.uk)

Monthly drop-in sessions promoted on

 [@arundistrictcouncil](https://www.facebook.com/arundistrictcouncil)





# What's on

## WINTER HIGHLIGHTS



### Saturday 3 December Wick's Christmas Lights Switch On

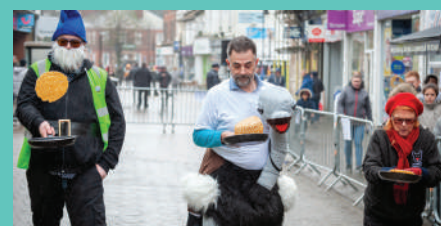
17:00 – 19:00 Wick Hall, BN17 7JS  
Organised by All Saints Church and the Wick Action Group, the event will have many exciting free activities centred around the switching on of the Christmas Tree.

**T** 07925 275184 **W** [allsaintswick.org.uk](http://allsaintswick.org.uk)

### Saturday 10 December Love Local Arts Christmas Fun Day

11:00 – 15:00 High Street  
Christmas rides and inflatables will line the High Street and families can enjoy a variety of live performances, entertainment and festive stalls. There will be free themed art workshops and face painting as well as the chance to win a prize in the Christmas jumper competition. Jointly funded by Arun District Council.

**T** 01903 732063 **W** [visittlehampton.co.uk](http://visittlehampton.co.uk)



### Saturday 18 February Charity Pancake Olympics

11:00 – 13:00 High Street  
The event will see teams of Pancake Olympians battle it out for the gold medal and £100 for their chosen charity. Teams of 3 or 4 adults/children will take part in a series of Olympic inspired events which include pancake curling, a relay and traditional pancake flipping! Email [events@littlehampton-tc.gov.uk](mailto:events@littlehampton-tc.gov.uk) to register.

**T** 01903 732063 **W** [visittlehampton.co.uk](http://visittlehampton.co.uk)

## December

### Saturday 3 and Saturday 17 Littlehampton Town Artisan Market Small Business Saturday

11:00 – 15:00 High Street

A chance for locals and visitors alike to gain a fresh understanding of the many community organisations, clubs and goods available within Littlehampton Town. High Street will be packed with local producers, creators, artisan craft makers, antiques, antiquarian books, buskers, performances and live art. Plus free parking in Town Centre car parks.

**T** 01903 722666  
**F** [LittlehamptonArtisan](http://LittlehamptonArtisan)

### Sunday 4 Christingle Service

15:30 onwards, Wick Hall

A great opportunity to celebrate the good news of Christmas for all ages!

**T** 07925 275184  
**W** [allsaintswick.org.uk](http://allsaintswick.org.uk)

### Saturday 10 to Sunday 11 Three Camels Musical

Timings TBC, Wick Hall, BN17 7JS

A musical evening telling the Christmas story through the eyes of three camels. The musical reveals truths about the costly gifts of the Three Kings as they follow the extra-bright star which guides them along their way to Bethlehem where, to their amazement, they discover that the gifts are for a little boy.

**T** 07925 275184  
**W** [allsaintswick.org.uk](http://allsaintswick.org.uk)

### Saturday 10 to Saturday 19 February The Show Must Go On! 70 years of The Littlehampton Musical Comedy Society

Monday to Friday 9:00 – 16:30  
Saturday 10:30 – 16:30  
Littlehampton Museum, BN17 5EW

A fun, vibrant exhibition looking back at the past 70 years of the Littlehampton Musical Comedy Society. Featuring images, costumes and props from the Society's long history, alongside dressing up and

the chance for our younger visitors to take to our very own mini stage for their own productions.

**T** 01903 738100  
**W** [littlehamptonmuseum.co.uk](http://littlehamptonmuseum.co.uk)

### Saturday 17 An Afternoon of Festive Music and Carols

14:00 – 16:00 Wick Hall, BN17 7JS

An afternoon of Festive Music and Carols. An event for all ages. £7.50 per person which includes refreshments during the interval.

**T** 01903 786978  
**W** [littlehampton-concertband.co.uk](http://littlehampton-concertband.co.uk)

### Thursday 22 Wick Flicks – Nativity 2

Doors – 14:00, Film starts – 14:30  
Wick Hall, BN17 7JS

50p admission with FREE popcorn and drink.

**F** [WickActionGroup](http://WickActionGroup)

### Saturday 24 Wick's Crib Service

16:00 onwards,  
All Saints Church, BN17 7JT

For younger children, come dressed in nativity costume and bring a gift for Family Support Work if you'd like and discover the greatest gift of Christmas.

**T** 07925 275184  
**W** [allsaintswick.org.uk](http://allsaintswick.org.uk)

## January 2023

### Thursday 19 to Sunday 22 Puss in Boots Pantomime

19:30 and various matinees,  
Windmill Theatre, BN17 5LH

Littlehampton Musical Comedy Society presents 'Puss in Boots', a traditional family pantomime. Evenings Thursday, Friday and Saturday at 19:30. Saturday matinee at 14:30 and Sunday matinees at 12:30 and 17:30.

**T** 07946 734599  
**F** [lmcs.productions](http://lmcs.productions)



If you want to attend one of our events, then please apply at:

[www.littlehampton-tc.gov.uk/form/catering-application-webform](http://www.littlehampton-tc.gov.uk/form/catering-application-webform)

or for more information please email:  
[events@littlehampton-tc.gov.uk](mailto:events@littlehampton-tc.gov.uk)



## Arun Youth Projects Littlehampton



Offering club sessions including games consoles, sports competitions, creative arts, cooking projects and trips for young people. Search Arun Youth Projects on Instagram and Facebook.

Entry 50p per session

**F** [/arunyouthprojects](https://www.facebook.com/arunyouthprojects)

