

PROGRESS

LITTLEHAMPTON TOWN COUNCIL'S NEWSLETTER

Inside this edition:

- Grants for Local Groups

- Council Budget

- Make a crown
and write a
letter to
the King



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 everyone. Mixture of free fresh and frozen food, bakery items and long-life products. No referral needed, just bring a bag!

Monday 11:00 – 12:00, Wednesday 14:30 – 15:30, 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.



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 loansharks – 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.

**citizens
advice**

**Arun &
Chichester**

**Further support
through
Citizens Advice**

COST OF LIVING SUPPORT

If you need a Foodbank voucher call
Help Through Hardship helpline free on
0808 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 **0808 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



Have you noticed that late afternoons seem lighter now? A sign that Spring is on its way, it is something to cheer us up as we continue contending with financial pressures at so many levels.

In this issue of Progress we have some tips from, and contact details for, organisations to help ease the burden on households. We have also included news of events and developments to look forward to in the next few months.

I have popped in to the Community Fridge at St James the Great Church Hall a couple of times to see how they're doing. No-one leaves empty handed! Do go along and see what they have on offer – it's a resource that is for everyone and it really helps prevent food wastage.

In the last issue of Progress I mentioned visiting charity shops. As people declutter after Christmas there are many more quality bargains to be had. There are also school uniform exchange events organised by Morrisons held on the first Wednesday of the month, 12:30-14:30 at Chilgrove House Community Centre.

I am now coming to the end of my Mayoral year, and what an enjoyable time it has been. So many kind invitations from local organisations, all giving me the opportunity to see what they do and how they're working with and for their communities. It has been my pleasure to share these details through the Mayor's Facebook page, the Town Council website and this newsletter.

Historic national events have played a big part too: our late Queen's Platinum Jubilee, celebrated with street parties and our Picnic on the Green; the sad event of Her Majesty's death last September, marked with floral tributes and remembrance services; the Proclamation of our new King Charles III (whose forthcoming coronation takes place on 6 May).

So many lovely memories to cherish. Thank you, everyone. It has been a privilege and an immense pleasure.

With all good wishes,
Councillor Jill Long, Town Mayor

Contact the Mayor

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

SOUTHFIELDS JUBILEE CENTRE



CHILDREN'S PARTIES

Host a party in this versatile space. With kitchen facilities, an **internal courtyard** and next to a playground it is perfect for families.

MEETINGS

With two halls to choose from there is space for small and large meetings plus **free parking**.



FITNESS & WELLBEING

Classes and social groups **for everyone**, from children's ballet to low-impact dance sessions for adults, quilting to short mat bowls.

Southfields is a versatile, **affordable** and well-equipped venue with availability 7 days a week including evenings – ideal for classes and groups.

Prices start at **£12 per hour**.

Contact us now to check availability and **book a tour**.

Check out our website for a **What's on Guide**.

Find out more
www.littlehampton-tc.gov.uk

Latest News

Construction work on the new youth centre in Eldon Way, is underway. The existing centre remains open. To see the masterplan for new centre visit www.littlehampton-tc.gov.uk/keystone

MEETING DATES MARCH TO MAY 2023

MARCH

Monday 6

Property and Personnel

Thursday 9

Annual Town Meeting – 6pm at Southfields Jubilee Centre

Monday 13

Policy and Finance

Thursday 16

Community Resources

Thursday 23

Full Council

Monday 27

Planning and Transportation

APRIL

Monday 24

Planning and Transportation

MAY

Thursday 11

Full Council

Monday 22

Planning and Transportation

All meetings held at 18.30pm at the Manor House, Church Street, BN17 5EW.

For agendas and minutes see

www.littlehampton-tc.gov.uk/committee-meetings

GETTING FIT & FITTING IN

With a new year comes the determination of many to get fitter. But while we know that incorporating exercise into our lives is one of the healthiest habits we can develop, the advantages of joining a club, which adds a social aspect to the benefits of physical and mental wellbeing, can really turbo-charge us.

Littlehampton has a rich sports club community. With many clubs steeped in history, all have a proven track record and offer much more than simply somewhere to get fit. From youth football to the more genteel game of croquet, the Town boasts clubs to suit all ages and abilities.



In recent times, however, many clubs have seen a decline in membership, despite their efforts. And yet we know that children who join sports clubs benefit not only from the sport itself, but also from the life lessons that come with it, including discipline, tenacity and learning to be part of a team.

And if sport isn't your thing, remember that many of our clubs depend on volunteers to help out with all sorts of aspects of club life.



“ Littlehampton has a wonderful range of sporting clubs and exercise classes, many with the added bonus of a social element. So while it can be scary to step out of your comfort zone, why not make 2023 the year that you embrace the idea of learning or returning to a sport? I also urge local clubs to join the Sports Forum, which hosts networking meetings throughout the year. ”

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

Discover Littlehampton's Sports Clubs

littlehampton-tc.gov.uk/sportsclubs

Spotlight on Littlehampton Badminton and Squash Club

Located right in the heart of the Town, just off the High Street, the club was established in 1937.

Arguably Littlehampton's best kept sporting secret, volunteer Nick Cochrane told Progress:

“ We have some of the best Badminton courts in the area, so we attract really good players. But Badminton is a game for everyone and for all ages and we have junior players (coached by a Commonwealth medallist) right up to senior players. ”

Indoor courts, affordable, parking, a lounge and a bar for members to relax in. There is also the chance to take part in monthly Quiz Nights, Shuffleboard evenings and other Music based socials held during the year. Nick points out that membership is an altogether warmer and more sociable option than, say, pounding the pavements or going solo to the gym.



“ And Squash is regarded as the best sport you can engage in for getting fit. We are currently looking for new Squash and Racquet Ball players, but if you think you might like to try any of our facilities just get in touch via the website. We are friendly and approachable and we will be happy to make an appointment for you to look around. ”

Find out more

littlehamptonbadmintonandsquashclub.com

GRANTS FOR LOCAL GROUPS

Grant Aid 2023 offers £15,000 funding pot

Littlehampton Town Council's annual Grant Aid programme will open on 20 March with a total 'pot' of £15,000 available.

Designed to support not-for-profit groups and charities, the scheme seeks applications from those who can demonstrate their services benefit members of the community by offering cultural enrichment, advice or support, or by providing sporting activities.

In 2022 the Council awarded grants to 26 groups for a variety of resources and services including Blueprint Youth who received £2,300. Speaking about how the funding helped them, Youth Development Coach, Veronica said:



Littlehampton has a wealth of community groups and organisations offering vital services to residents. These grants are there for those that need a bit of help, be it to replace aging equipment or extend services to achieve greater community inclusivity. If you are part of a voluntary group and in need of funds, do have a look at the criteria online and be sure to apply.



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



BLUEPRINT YOUTH



It enabled us to provide much needed 1-2-1 youth development coaching for Littlehampton residents aged 18-25. Young people were able to access this free service instantly and receive bespoke coaching sessions for issues they needed support with including mental health, employment matters, life and relationships issues and being disenfranchised from society.



Apply for a Grant online

littlehampton-tc.gov.uk/grant-aid

MAKE A CHANGE BECOME A COUNCILLOR

**PUT
YOURSELF
FORWARD TO BE
A COUNCILLOR
IN THIS YEAR'S
ELECTIONS**

The Town Council supports a national campaign encouraging residents to stand in the local (parish and town) council elections. The Make A Change campaign by the National Association of Local Councils (NALC) calls on people from all backgrounds and experiences who are passionate about their local area to put themselves forward.

The Town Council is urging enthusiastic and engaged members of the community who want to make a long-lasting change, have innovative ideas or have concerns about a specific issue to stand as councillors for the opportunity to make a real difference.

The work Littlehampton Town Council does is exciting and rewarding. An integral part of a councillor's role is engaging with local people, groups, and businesses to determine their needs, making decisions on the services and projects the council should take forward, and getting involved to ensure services meet the community's needs.

Find out more about the local elections and how to become a councillor
www.littlehampton-tc.gov.uk/2023elections

Make sure you have registered to vote, it takes 5 minutes and can be done online at www.arun.gov.uk/registration

Community Wardens: Introducing Michelle



Michelle Killick recently joined the Community Warden team.

Progress grabbed a quick cuppa and a chat with her at the start of this year...

What do you most enjoy about your role as a Community Warden?

I enjoy interacting with the community and doing my upmost to help resolve any issues or concerns. Every day is different and I enjoy being out and about and doing my part to help make a positive impact.

You bring valuable experience to the role. Will you tell us more?

I was a PCSO [Police Community Support Officer] for over 14 years, part of which was in Littlehampton. So I have good knowledge and experience of working in the area and the community within it. I like to think I have good communication and problem solving skills that also benefit this role.

What should people know about Community Wardens and how they can help?

As wardens we cover the whole of Littlehampton, which also, in turn, brings a diverse range of concerns or issues. Whilst we can, and do report issues such as fly-tipping and graffiti, we also work alongside other agencies dealing with other matters such as street homeless, anti-social behaviour and young people. We are out on foot in the community the majority of the time, so we are often first to happen across incidents or ongoing issues and we assist where possible.

 community.wardens@arun.gov.uk Monthly drop-in sessions promoted on  [@arundistrictcouncil](https://www.facebook.com/arundistrictcouncil)

THE TONY SQUIRES BRIDGE

Dedicated Labour Councillor Tony Squires was fondly remembered by family, friends and colleagues just before Christmas, as the new rail bridge on the southern section of the Lymminster by-pass was named in his honour.

Tony's sad death in 2020, while he was still a serving Town Councillor, left his colleagues deeply saddened. Wanting to acknowledge Tony's 45 years of public service, fellow Town Councillor Mike Northeast knew exactly what Tony would have appreciated most.

Mike told Progress:



I served with Tony representing the old Ham Ward and now Wickbourne for over 30 years. He was passionate that in order for the Town to progress, it needed a new north/south by-pass. Coupled with his long working life on British Rail, I thought that naming the new bridge after him was a fitting memorial to his legacy. I am grateful to ADC in helping to bring my idea to fruition. It's just sad that Tony is no longer with us to witness the road's completion.

Councillor Mike Northeast.



Councillor Mike Northeast with Tony Squires after the 2019 local elections



Councillor Mike Northeast with Wendy Squires.

Tony's widow, Wendy Squires, once a Councillor herself, carried out the naming ceremony with the help of great-grandson Bertie. The Reverend Tom Robson, vicar of All Saints Wick, paid tribute to Tony before blessing the bridge.

Speaking ahead of the ceremony Wendy said:



I was delighted when Mike told me he'd got agreement for the new bridge to be called the Tony Squires Bridge. I can remember Tony campaigning for the 'Fitzalan link road, as it was called, ever since we first got married, and as a lifelong railway man he would have felt really honoured that the bridge was named after him.



LITTLEHAMPTON TOWN COUNCIL BUDGET 2023/24

The Council has agreed its budget for the forthcoming year with all major services retained. Like all households and businesses across the UK, the Town Council has been impacted by the rise in energy bills and fuel prices as well as increases in materials and contract prices.

The Council addressed the challenges by carefully assessing expenditure across all services and identifying areas where savings could be made whilst delivering key services such as allotments, community grants and events.



This was the most challenging budget setting process the Council has ever experienced.

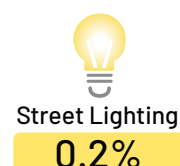
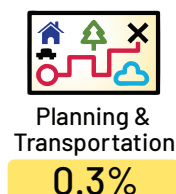
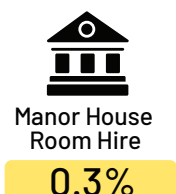
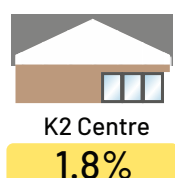
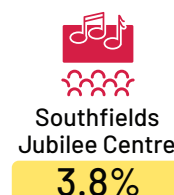
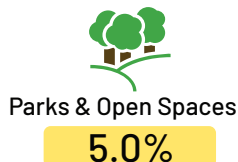
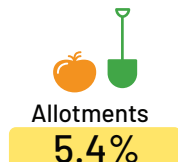
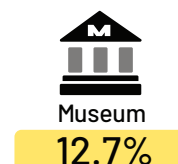
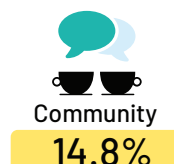
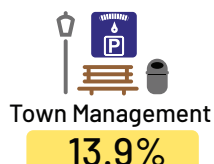
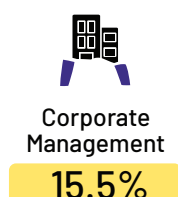
A lot of effort was put into ensuring the precept increase was as low as possible and although it is higher than we would have liked, it is significantly lower than inflation.

The Council Tax increase for a Band D taxpayer will be just under 12p per week, a total of £6.20 per year which is a rise of 4.63%."



Chair of the Policy and Finance Committee,
Councillor Dr James Walsh KStJ

Percentages of Net Expenditure 2023/24



These figures are for the Town Council's part of the Council Tax, for other elements residents need to check their Council Tax bill when it arrives from Arun District Council.

Total Budgeted Revenue Expenditure	£ 1,582,345
Total Budgeted Income	£ 88,643
Net Budgeted Revenue Expenditure	£ 1,493,701
Precept	£ 1,446,520
Reserves (EMR)	£ 47,181
Total	£ 1,493,701
Band D Council Tax 2020/21	£ 140.13
Increase in Band D Tax	4.63%

What's on

SPRING HIGHLIGHTS

Saturday 4 March to Monday 22 May

Archive Art

Monday to Friday 9:00 – 16:30;

Saturday 10:30 – 16:30

Hearne Gallery, Littlehampton Museum,
Manor House, BN17 5EW

Rarely seen gems from the Museum's
art collection.

T 01903 738100

W littlehamptonmuseum.co.uk



Wednesday 5 April – Mewsbrook Park
Wednesday 12 April – Southfields Park
Easter Out and About Sessions

10:00 – 12:00

Eggsciting fun with a bunny hunt and themed
activities aimed at under 11s. All children must
be accompanied by an adult.

T 01903 732063 **W** visittlehampton.co.uk



Saturday 1 to Saturday 15 April

**"Make a Crown" and "Write
Letter to the King" Activities**

Monday to Friday 9:00 – 16:30;

Saturday 10:30 – 16:30

Butterworth Gallery, Littlehampton
Museum, Manor House, BN17 5EW

Create work to be displayed in the Museum's
Coronation Exhibition.

T 01903 738100

W littlehamptonmuseum.co.uk



March

Tuesday 7

Glass Art Workshop

18:30 – 20:30

Beach Café Littlehampton, BN16 2NA

An introduction to working with glass
with step-by-step guide in creating
your own set of tealights. £33 to
include one free drink.

E fusedglassmagic@gmail.com

W thebeachlittlehampton.co.uk

April

Wednesday 19 to Friday 23
Coronation Exhibition

Monday to Friday 9:00 – 16:30;

Saturday 10:30 – 16:30

Butterworth Gallery, Littlehampton
Museum, Manor House, BN17 5EW

To Celebrate the Coronation of King
Charles III.

T 01903 738100

W littlehamptonmuseum.co.uk

Saturday 22

**St George's Day Concert by
Edwin James Festival Choir**

19:30 – 22:00

Littlehampton United Church,
1 High Street, BN17 5EG

A concert featuring Karl Jenkins
"Symphonic Adiemus". Raising funds
for Arundel & Littlehampton District
Scouts Association.

Doors open at 18:45.

T 01243 582330

W edwinjamesfestivalchoir.co.uk

Saturday 27

**Norfolk Bowling Club
Open Day**

10:00 – 16:00

Norfolk Pleasure Gardens,
Sea Road, BN17 5TJ

A chance to try bowling and learn
about the Club. All abilities welcome.
Coaching available as well as many
social events.

T 07931 213901

W norfolkbowlslittlehampton.co.uk

CORONATION STREET

It has already been confirmed
that an additional bank holiday
will take place on Monday 8 May by
way of celebration, with the long
weekend providing a great oppor-
tunity for people to come together
to mark this extraordinary event.

And perhaps a party with your
neighbours would be right up your
street – literally!

Simple, private events, which do
not generally include activities that
require licensing (self-organised,
street parties are normally for
residents and neighbours only,
with no alcohol being sold), you
do not need insurance or a formal
risk assessment. You will, however,
need to provide a plan of the road
or roads affected by the event.

So if you're ready to put out the
bunting and raise a glass to our
new King, be sure to complete
the application, which can be
submitted to Arun District Council
by Friday 10 March via the website

W arun.gov.uk/street-parties



The coronation of King Charles III
will take place on Saturday 6 May
at Westminster Abbey, London.

What's On at The Windmill?

W www.windmillcinema.co.uk

A landmark building in our Town,
The Windmill offers a busy film
schedule and live performance.

DO YOU HAVE A CATERING UNIT?

**Littlehampton Town
Council are looking for
caterers for 2023 events**

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

[www.littlehampton-tc.gov.uk/
cateringapp](http://www.littlehampton-tc.gov.uk/cateringapp)

or for more information
please email:
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)

