

YOUR ACTIVE SUMMER STARTS HERE

with



waveactive

The charity inspiring active lifestyles & investing in the
health of the community



FREE
Voucher book
Worth £125!

With every new
Junior/Student
membership.

**GET ACTIVE
YOUR WAY**

Feel good, look great and have fun doing it. Our student and junior memberships give you access to gym, classes and sports — perfect for boosting your mood, your fitness and your confidence this summer.

waveactive.org/summer



**SCAN TO
JOIN NOW**

Eastbourne Sports Park | Hampden Park Sports Centre | Shinewater Sports Centre

SUMMER OF FUN WITH

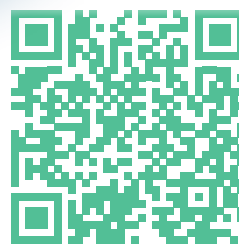
hillbrow health and wellbeing

Keep the kids active and entertained this summer with our exciting range of children's activities at Hillbrow – there's something for every age and interest!

- ✓ Ball / racket sports
- ✓ Soft play
- ✓ Swimming
- ✓ Gymnastics
- ✓ Birthday parties
- ✓ Plus so much more!



BOOK TODAY
to make the most
of their summer!



**SCAN TO
SEE MORE**

Visit online:
hillbrowhealthandwellbeing.org/juniors



What's on Summer Holiday 2025 Week 1



WEDNESDAY 30th July

LEARN 2 RIDE SESSIONS

These sessions
Are now all full
Please book on

THURSDAY 31st July

MTB LED GROUP RIDE

10.00 – 14.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)

MONDAY 28th July

BIKEABILITY LEVEL 1

10.00 – 12.00

Cost £12.00 pp

BIKEABILITY LEVEL 2 DAY 1

10.00 – 15.00

Cost £22.00 pp (for both days)

BIKEABILITY LEVEL 1 PLUS

13.00 – 15.00

Cost £18.00 pp

TUESDAY 29th July

BIKEABILITY LEVEL 2 DAY 2

10.00 – 15.00

Cost £22.00 pp (for both days)

BIKEABILITY LEVEL 2 PLUS

09.30 – 14.30

Cost £25.00 pp



SCAN ME TO BOOK!

Email: holidaycourses@eastsussex.gov.uk

Phone: 07584 262556 / 07766 422352



What's on Summer Holiday 2025 Week 2



WEDNESDAY 6th August

LEARN 2 RIDE SESSIONS

09.00 – 09.45 - FULL

10.00 – 10.45 - FULL

11.00 – 11.45 - FULL

MONDAY 4th August

BIKEABILITY LEVEL 1

10.00 – 12.00

Cost £12.00 pp

BIKEABILITY LEVEL 2 DAY 1

10.00 – 15.00

Cost £22.00 pp (for both days)

BIKEABILITY LEVEL 1 PLUS

13.00 – 15.00

Cost £18.00 pp

TUESDAY 5th August

BIKEABILITY LEVEL 2 DAY 2

10.00 – 15.00

Cost £22.00 pp (for both days)

BIKEABILITY LEVEL 3

09.00 – 12.00

Cost £30.00 pp

THURSDAY 7th August

MTB LED GROUP RIDE

10.00 – 14.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)



SCAN ME TO BOOK!

Email: holidaycourses@eastsussex.gov.uk

Phone: 07584 262556 / 07766 422352



What's on Summer Holiday 2025 Week 3



WEDNESDAY 13th August

LEARN 2 RIDE SESSIONS

09.00 – 09.45 - Full

10.00 – 10.45

11.00 – 11.45

MONDAY 11th August

BIKEABILITY LEVEL 1

10.00 – 12.00

Cost £12.00 pp

BIKEABILITY LEVEL 2 DAY 1

10.00 – 15.00

Cost £22.00 pp (for both days)

BIKEABILITY LEVEL 1 PLUS

13.00 – 15.00

Cost £18.00 pp

TUESDAY 12th August

BIKEABILITY LEVEL 2 DAY 2

10.00 – 15.00

Cost £22.00 pp (for both days)

BIKEABILITY LEVEL 2 PLUS

09.30 – 14.30

Cost £25.00 pp

THURSDAY 14th August

MTB LED GROUP RIDE

10.00 – 14.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)



SCAN ME TO BOOK!

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Phone: 07584 262556 / 07766 422352



What's on Summer Holiday 2025 Week 4



SCAN ME TO BOOK!

Email: holidaycourses@eastsussex.gov.uk

Phone: 07584 262556 / 07766 422352

WEDNESDAY 20th August

MTB LED GROUP RIDE

09.00 – 13.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)

THURSDAY 21st August

BIKEABILITY LEVEL 1

10.00 – 12.00

Cost £12.00 pp

LEARN 2 RIDE SESSIONS

13.00 – 13.45

14.00 – 14.45

15.00 – 15.45

Cost £21.00 pp

FRIDAY 22nd August

LEARN 2 RIDE SESSIONS

10.00 – 10.45

11.00 – 11.45

12.00 – 12.45



**Wheels
for All**



Eastbourne Cycle Centre

Where to find us

Eastbourne Sports Park
Cross Levels Way+
Eastbourne
East Sussex
BN21 2UF

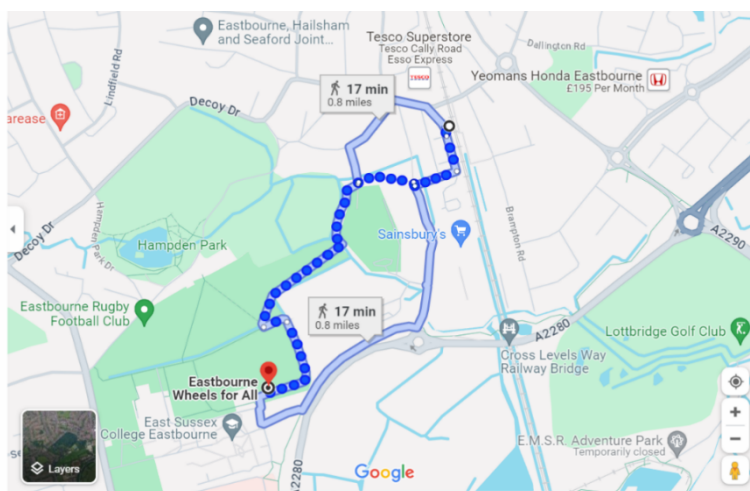
What3words///

patrol.minds.fuzzy

Located next door to East
Sussex Downs College.



To get to the Cycle Centre you can either come through the main gates (if open) onto the track, our centre is located to the right-hand side of the track. Or you can come into the main Sports Park reception who will be able to guide you to where we are.



The nearest train station
is Hampden Park,
around a 20-minute walk
from station to
Eastbourne Sports Park.



Peacehaven Cycle Hub

Where to find us

Centenary Park (Big Park)

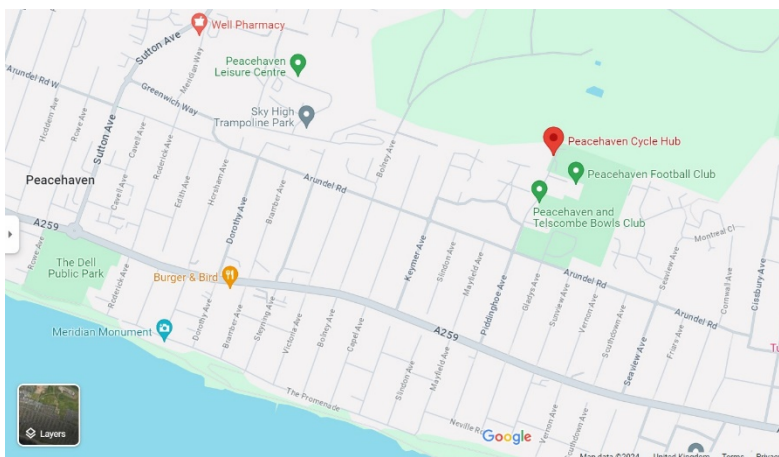
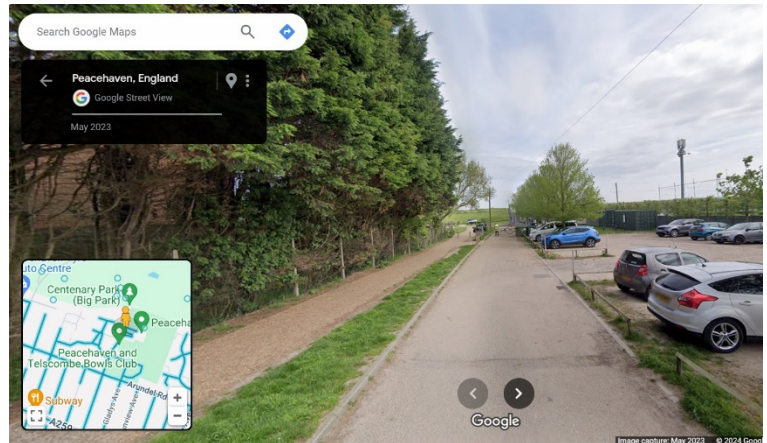
Piddinghoe Avenue
Peacehaven
East Sussex
BN10 8RH

What3words///

vipers.biked.archduke

Located next door to The Gateway Cafe.

To get to the Cycle Hub you can come to the main entrance of the Big Park, our hub is located to the right-hand side of the path.



From the A259, turn into Piddinghoe Avenue, go straight over at the mini roundabout and continue along the road to the park. Past the bowling club and football club, you will find parking on the right.



We're launching a brand new strand of our flagship **Film of the Month** competition – and we want you to make a short film in response to a theme we've chosen.

For our very first Themed Film of the Month, we're thrilled to be partnering with the **British Red Cross**.

The theme? Filmmaking for Good

The British Red Cross helps millions of people in the UK and 190 countries around the world get the support they need when disaster strikes. Together, they are the world's emergency responders.

Tell a story that inspires empathy and hope. Whether it's a community response to a crisis, a story of kindness, or a look at what it means to feel welcome and included, we want to see how you use film to make a difference.

- Your film can be fiction, non-fiction, documentary, drama – just keep it original and heartfelt.
- Your film should be impartial and neutral – telling human stories that promote compassion and understanding.
- **Every entrant will be invited to a filmmaking masterclass** hosted by Into Film and the British Red Cross on how to tell socially impactful stories.

One winner will receive **£400 in vouchers** to support their next film project!



Who can enter?

- Young people in the UK aged 5–19
- If you are 17 or under, entries must be made by a responsible adult
- Films must be 10 minutes or under
- Must not be coursework or part of an exam
- Open for entries: **18 July – 30 September 2025**

Find full entry details and submission information on [our website](#).

Together with the British Red Cross, let's see how young filmmakers can create stories that build a more compassionate world.

https://www.intofilm.org/competitions/25?utm_source=intofilm&utm_medium=email&utm_campaign=marketing&utm_content=red_cross_filmmaking_for_good_fotm



Who are the British Red Cross?

"**The British Red Cross** helps millions of people in the UK and 190 countries around the world get the support they need when disaster strikes. Together, we are the world's emergency responders.

At the British Red Cross, we aim to increase resilience. We help people and communities become stronger in the face of crisis. Our approach is to educate young people and adults in the UK on topics such as:

- First Aid
- Migration and displacement
- Global conflicts and International Humanitarian Law
- Personal resilience
- Climate and extreme weather preparedness

Our values are at the heart of everything we do and we put human stories first."

MISSED A VACCINATION IN SCHOOL?



ROUNABOUT CHILDREN'S CENTRE
WHITEHAWK FAMILY HUB
178 WHITEHAWK ROAD, BRIGHTON. BN2 5FL

DROP- IN CLINIC 9AM – 12PM
WEDNESDAY 23rd JULY 2025
NO APPOINTMENT NECESSARY

VACCINATIONS AVAILABLE – HPV, Teen Booster (TD/IPV
& MENACWY) & MMR

School Vaccination Schedule

YEAR 8

By the end of Year 8 your child will have been offered 1 dose of the Human Papilloma (HPV) vaccine.

YEAR 9

By the end of Year 9 your child will have been offered their Teen Booster vaccines which is Tetanus/Diphtheria/Polia (TD/IPV) and Meningitis ACWY (MenACWY) vaccines.

We can offer your child the Measles/Mumps & Rubella (MMR) vaccine if they have missed either of the 2 doses given routinely in childhood.

PLEASE TAKE THIS OPPORTUNITY TO CHECK THAT YOUR CHILD'S ROUTINE VACCINATIONS ARE UP TO DATE. THIS CAN BE CHECKED BY CONTACTING THE BRIGHTON IMMUNISATION TEAM ON 01273 696011 EXT. 3789.

FURTHER INFORMATION IS ALSO AVAILABLE ON THE NHS CHOICES WEBSITE. www.nhs.uk



SCHOOL



Summer holiday activities!

Are you ready for summer?

BHAFC Soccer Schools are the best way for your child to get active and have fun this summer.

There's something for everyone at our holiday camps - learn to play the Albion way and enjoy the holidays!

We have sessions at eight locations across Sussex, suitable for boys and girls of all abilities aged 5-13 (or girls-only sessions for girls up to 16).

We've also launched **three new girls-only sessions in Worthing, Chichester, and Eastbourne.**

Our qualified BHAFC Foundation coaches are ready and waiting - just click on the right session for you below.

NEW GIRLS-ONLY SESSIONS

WORTHING

EASTBOURNE

CHICHESTER



BRIGHTON

**FROM 23
JULY**

WORTHING

**FROM 28
JULY**



LANCING (GIRLS)

FROM 4 AUG

UCKFIELD

**FROM 23
JULY**



CHICHESTER

**FROM 24
JULY**



CRAWLEY (GIRLS)

FROM 27 AUG



HASSOCKS

**FROM 31
JULY**

EASTBOURNE

FROM 7 AUG



SHOREHAM

FROM 4 AUG

ROBERTSBRIDGE

FROM 31 JUL



Brighton & Hove Albion Foundation, American Express Stadium, Village Way, Brighton, BN1 9BL.

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Celebrate the return of sumo to the UK with us!

Inspired by the return of the Grand Sumo Tournament to the Royal Albert Hall this autumn for the first time since 1991, this competition, held in collaboration with the Royal Albert Hall, invites children and young people to design a poster to celebrate the special five day tournament which will be attended by over 40 of Japan's elite rikishi (wrestlers).



UK Grand Sumo Poster Design Contest

Design a poster to celebrate the return of sumo to the UK for the first time since 1991!



Celebrate the return of sumo to the UK with us!

How to Enter

- Download the entry form and template for your design. Read the guidelines carefully
- Your design must include elements which represent sumo, Japan and the UK
- Take a clear photo or scan your entry and email to education@japansociety.org.uk

Deadline: Friday 10 October 2025

About the Prize

- Two categories - Ages 5-11; Ages 12-18
- Winning entries in each age category will receive a goodie bag of prizes from The Japan Society and Royal Albert Hall

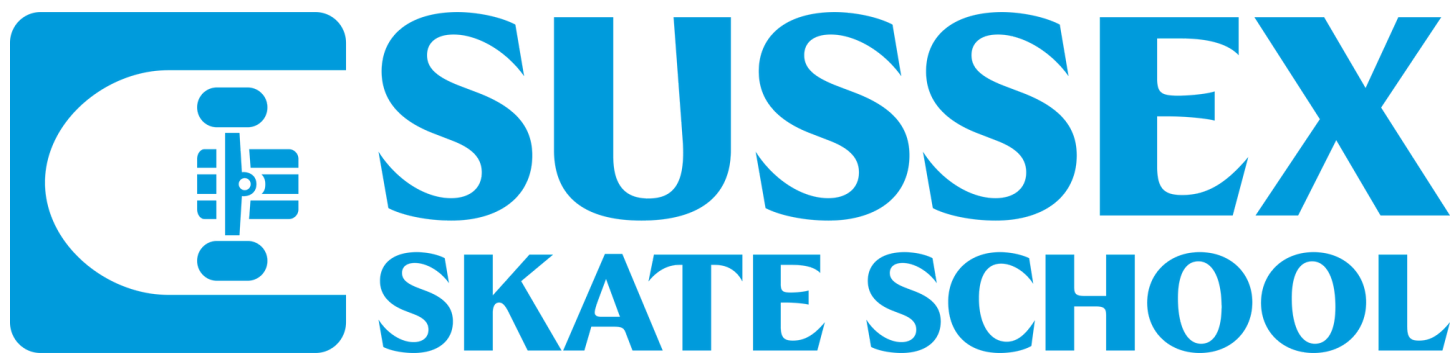




UK Grand Sumo Poster Design Contest

Design a poster to celebrate the return of sumo to the UK for the first time since 1991!





What we offer

An independently run skateboarding club (breakfast, lunchtime or after school), with skateboards and all safety equipment fully provided, for all ability levels. A maximum of 15 children per club. All we need to run our sessions is a hard, dry, flat surface e.g. playground, netball courts, hall.

The sessions will be delivered by Sam, a Skate GB qualified coach, with an enhanced DBS, full Public Liability insurance, first aid, and safeguarding trained, with over 15 years of skating experience and 3 years of coaching skateboarding.

We can provide promotional assemblies to gather and maintain interest from the pupils for the club. This also provides an opportunity to show the kids what they will be doing in the sessions.

Taster Days: These are one off, full days of skateboarding sessions which aim to get as many children involved as possible. 15 kids per session allows us to teach up to 75 children throughout the day. These days are really successful in encouraging kids to sign up to the club. As well as this they can be a great end of term treat or a great addition to a schools activities week.

Club content

Our clubs teach skills ranging from stepping on a board for the first time, through to more advanced tricks and techniques. The hour session is divided into time for learning new skills, time for practicing skills already learnt, and fun time such as skateboarding incorporated games

About us

Sussex Skate School is dedicated to encouraging children to keep fit and develop technical skills through skateboarding. With a combined 20 years of skateboarding and 5 years of coaching experience, we work in schools throughout Sussex with a goal to share the benefits of skateboarding to as many people as possible.

Some of the benefits that come with children taking up skateboarding include, but are not limited to:

Physical benefits: Development of balance and coordination, cardiovascular fitness and refined motor skills.

Mental benefits: Increased confidence, perseverance and resilience; failure is essential to the learning process of skating as it is with many other aspects of life, in this way skateboarding can be an amazing teacher of important life lessons.

Social benefits: Skateboarding offers a strong sense of community, despite progression being largely self-motivated we find that skateboarding can be particularly favourable to kids who have not yet found their passion in traditional team sports.