



**Deben Leisure Centre celebrated in reopening ceremony**

**Leiston Leisure Centre work has begun to transform facility**

**And more... including a special offer for new members**

## Work starts at Leiston – as Deben is declared officially reopened!

I am pleased to say that work to transform Leiston Leisure Centre into a modern, exciting facility has begun and is going very well.

The work will be done over several stages and the centre will partly reopen once the first stage is complete. We expect the centre to be fully reopened in summer 2019.

I want to thank members and the community for their support of the redevelopment so far. I understand that the closure is causing some inconvenience but we are investing in the future by producing a smart, modern facility that the community can enjoy for years to come and be proud of.

Elsewhere, the successful redevelopment of Deben Leisure

Centre was celebrated with an official reopening ceremony on 6 October.

We have had great feedback from members of the centre, and want to thank everyone who helped us plan the design by commenting during the planning stages.

If you have any comments or want more information about one of the projects, please email the team on

[leisure@eastsuffolk.gov.uk](mailto:leisure@eastsuffolk.gov.uk)

*Cllr TJ Haworth-Culf  
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Coastal*



# Deben Leisure Centre is officially open

The £3.5 million redevelopment of Deben Leisure Centre was marked by an official reopening ceremony on Saturday 6 October 2018.

Suffolk Coastal's Chairman, Cllr Nicky Yeo carried out the all important opening duties alongside Cllr TJ Haworth-Culf.

Cllr Yeo said: "Deben is a well-loved leisure centre at the heart of the community and I am proud that the Council is investing in the community's health at a time when other local authorities are making cuts.

"I would like to thank Sport England for a £500,000 grant to help fund the facility, as well as the Council's leisure redevelopment partners, Pulse Design and Build and our operators, Places Leisure.

"Last, but certainly not least, I would also like to thank the users of the centre, particularly the very loyal members who have given us a great deal of feedback on the redevelopment and have been very passionate about the final results."

After Cllr Yeo and Cllr Haworth-Culf cut the ribbon to declare Deben Leisure Centre officially open for business, our partners, Places Leisure staffed a range of free activities including personal trainer tasters, group exercise sessions and family fit exercise classes.

Jeremy Boreham, Area Manager at Places Leisure, said: "Deben Leisure Centre is now more than just a pool. The mix of facilities on offer – pool, gym, classes, indoor cycling, sauna/steam room, allows us to provide varied programmes at affordable prices.

"Add in our passionate local staff who provide excellent customer service, and Deben Leisure Centre is now a destination of choice and the place to be if you want to have fun while enjoying a healthier lifestyle."

The centre was closed in September 2017 to undergo the refurbishment, and is the first project to be completed in Suffolk Coastal's five year programme to improve its four leisure facilities and encourage more people to become active and fit.

The new facility was designed with the Council's development partner, Pulse Design & Build.

Matt Johnson, Executive Director of Pulse Design and Build, said: "The redevelopment of Deben Leisure Centre really showcases what can be achieved within the parameters of an existing facility, all on time and to budget."

"It is exciting to see the local community using and enjoying this impressive, modern and sustainable leisure centre that has been created."

## Pictures from the reopening ceremony



Chairman, Cllr Yeo and Cllr Haworth-Culf cutting the cake.



Chairman, Cllr Yeo delivering the opening speech.



The dedicated team at Deben Leisure Centre.



Chairman, Cllr Yeo and Cllr Haworth-Culf with the Council's Leisure Team, Tim and Laura.

# Work is well underway at Leiston



Leiston Leisure Centre was closed in September as Suffolk Coastal invest £3.5 million in a refurbishment, bringing state-of-the-art leisure facilities to the area.

The new leisure centre was designed with the Council's leisure development partner, Pulse Design & Build and operators, Places Leisure.

It will include a new spacious gym with modern equipment, and a new health suite by the pool area.

The plans also include

a high quality village style changing area by the pool.

This will be family friendly with cubicles for parents and children, separate changing areas for groups, which can also be used by the public when empty and individual changing cubicles and showers.

More fitness classes will be available with two new dance studios and a group cycling studio, which will also serve as multi-bookable rooms.

## Fitness boost for local academy

The refurbishment of Leiston Leisure Centre is also giving a fitness boost to a local academy. As part of the refurbishment, the centre will get new gym equipment.

The gym's current equipment is still high quality and has many years of use left in it, so Suffolk Coastal has donated it to the nearby Alde Valley Academy to bolster its ability to encourage youngsters to keep fit.

The Academy's Physical Education team choose a mixture of equipment from the leisure centre, which has now been installed and is available for use by the students.

"Alde Valley Academy

is extremely pleased to be working with Suffolk Coastal and Places Leisure. The school is committed to inspiring our students to motivate them to want to develop a healthy body and healthy mind," said Dan Mayhew, Principal of Alde Valley Academy.

"These cardiovascular and weight machines of public gym quality will help us to achieve this with our students."

This 'recycling' of the gym equipment supports Suffolk Coastal's strategic aim of encouraging people of all ages to live healthier lifestyles and become more active.



Getting in shape – Alde valley Academy principal, Dan Mayhew, is pictured with Suffolk Coastal's Cllr TJ Haworth-Culf road testing the 'recycled' gym equipment.



# We hear from Deben Leisure Centre's first member

**Craig Beecroft-Smith was the very first member to walk through Deben Leisure Centre's doors when it reopened. Here he tells why the centre has become an essential part of his everyday life.**

Coincidentally, I found myself being the very first person through the door when Deben Leisure Centre reopened after the refurbishment. I'd never set foot in a gym before and felt very out of my comfort zone.

The staff were great though, and as I was given a tour of the entire building, as well as talked through the different rooms and the equipment, I started to feel more at ease. I was back the very next morning, ready to start my journey.

My decision to start this journey came in January. I hurt my spine many years ago, and was managing the pain with strong medication and minimal movement, so decided to join the gym once it reopened. I ended up purchasing my first pair of trainers and stopped taking my pain medication.

I needed to work on my core muscles before the reopening, so I started walking.... and it was quite a walk; 10k from my house to my place of work.

Once I started noticing the weight loss, I was on fire - I started walking faster until I was actually power walking. As I lost the weight, my spine was straightening.

On 20 June 2018, the day of the reopening of Deben Leisure Centre, I set out on my very last 'power walk' - from my house to the centre.

I now visit the centre early every single day. I like to take an early morning Les Mills Virtual Spin Class, and then spend some time in the gym followed by a swim.

After my swim, I reward myself with a trip to the sauna and steam room before heading off to start my day.

I like the centre because I've learned so many things about myself since joining. I now know how much I am capable of, how far I can pu



*Pictured: Craig (second from right) at the re-opening ceremony with Pooch and staff at Deben Leisure Centre.*

myself and the results I can achieve. My membership has become an essential and precious part of my everyday life.

Deben Leisure Centre's biggest asset is the staff. From management to personal trainers, the life-guards and reception staff along with other members - these are the first people I see in the morning now and I have built friendships with them all. Daily, I am greeted by smiles, encouragement and advice. I have made many friends in the last few months and I look forward to meeting and making more.

I feel that the centre has embraced me as much as I have embraced it. It has helped me change my outlook, mental health and awareness enormously.

I am fast approaching a year since I stopped taking my pain medication and I've lived pain free for 7 months now. Every day I ask new questions, look deeper and try harder and every day, I feel like I have gained something...And that's all before I've even started my working day!

At the end of the day, I changed my way and started a new journey and it is one of the best things I have ever done. The centre and the staff are awesome and there is literally something for everyone.

# Other leisure bits

Have you seen our leisure videos on our YouTube channel?

Throughout the Leisure Redevelopment Programme, we have been working closely with local video production company, Bruizer, to create high-quality videos of the work.

You can see them all on our YouTube channel: [www.youtube.com/channel/UCuAEAQUUSLjz\\_6qqJWt5Swg/videos](http://www.youtube.com/channel/UCuAEAQUUSLjz_6qqJWt5Swg/videos)

More videos will be added as we work on Leiston and Felixstowe, so make sure you keep an eye on it!



Whatever place you're into


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[suffolkcoastal.placesleisure.org](http://suffolkcoastal.placesleisure.org)

Visit website for full terms and conditions.

Places for People Leisure Ltd. working in partnership with Suffolk Coastal District Council.



**Deben Leisure Centre**  
01394 388991

**Felixstowe Leisure Centre**  
01394 694600

Offer ends 31/12/18

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