

# LEISURE NEWSLETTER

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## GYM UPGRADE

Waterlane Leisure Centre in Lowestoft has recently undergone a full gym refresh, as part of East Suffolk Council's pledge to maintain and enhance leisure centres and refresh redeveloped sites every five years.



“

### Quote from Cllr Whitelock

We are delighted to see the completion of this £420,000 investment in new gym equipment at Waterlane Leisure Centre. It's been five years since the centre's refurbishment, and this upgrade reflects East Suffolk Council's ongoing commitment to keeping our leisure facilities modern, safe, and enjoyable for everyone. By maintaining and updating our equipment regularly, we ensure that our centres remain accessible and attractive. We are really pleased with the positive feedback from members which shows just how valued these improvements are, and we will continue to invest in facilities that support healthy, active lifestyles across East Suffolk.”



The feedback has been fantastic, with members loving the added weights area, brand-new equipment, and the fresh, modern look of the gym. Providing high-quality spaces that support healthier, happier communities.

## PLAY AREAS

Play isn't just fun—it's essential for children's social, physical, and emotional development, which is why East Suffolk Council has worked hard to create safe and exciting play areas, that don't cost anything for parents and children to visit.

In 2024, the council secured over £700,000 from District and Neighbourhood CIL, Locality Budgets, with additional contribution for East Suffolk Council and from Town and Parish Councils to redevelop eight play areas across the district, including sites in Beccles, Felixstowe, Framlingham, Kesgrave, Trimley St Mary, and Wrentham.

After consulting the community and incorporating feedback from schools, youth councils, and residents, East Suffolk Council has completed eight redeveloped play areas—Beccles, Felixstowe, Framlingham, Kesgrave, Trimley St Mary, Wrentham, plus two in Beccles—the next phase is being planned for Beccles, Carlton Colville, Felixstowe, Gisleham, and Woodbridge based on ideas gathered through recent surveys.

### Wrentham Play Area after



**Wrentham Play Area before**



## YOU SAID, WE DID

- **You said:** "We want more inclusive play equipment for all ages and abilities."
- **We did:** Sensory play panels, and wheelchair-friendly equipment and surfacing.
- **You said:** "Make play areas fun and challenging for older children too."
- **We did:** Installed climbing frames, zip lines, and multi-use play structures to keep everyone active and engaged.





## DECARBONISATION

East Suffolk Council is proud to have secured Public Sector Decarbonisation Funding, successfully bidding for three projects to decarbonise Waterlane, Leiston, and Deben Leisure Centres—an investment, alongside council contributions, that will significantly cut carbon emissions, boost energy efficiency, and advance our commitment to creating greener, healthier spaces for the community.

## BRITISH CYCLING ROLES

East Suffolk Council is proud to have secured funding from British Cycling to create two new roles—a Development Officer and a Coaching Officer—who will work with communities, schools, and organisations to promote cycling, improve health and wellbeing, and build a sustainable cycling culture across East Suffolk.

## 3G GAMES AREA

East Suffolk Council is excited that now that planning permission has been achieved, works commence in January to complete the 3G pitch and multi use games area funded by the Sizewell C Legacy Fund at Alde Valley Academy and Leiston Leisure Centre. Work will be complete by Spring and it will be shared by the Academy during educational hours and available to the community in the evenings and weekends. This fantastic new facility will be available to hire and use through Places Leisure, who are managing the facility.

## TOUR OF BRITAIN

East Suffolk proudly hosted the first stage of the Lloyds Men's Tour of Britain on 2nd September 2025, starting in Woodbridge and finishing in Southwold, following a week of celebrations including Woodbridge Pedal and Picnic sportive, family activities, and an inspiring evening with Ned Boulting—all of which boosted local businesses, brought communities together, and left a lasting legacy of cycling in the district.



## NEW SPIN BIKES AT LEISTON AND DEBEN

All spin bikes at Deben Leisure Centre have been replaced with brand-new models, and the refurbished bikes (less than 1 year old) along with additional new bikes have been taken to Leiston Leisure Centre to improve the spin room at Leiston.

## LEISURE CENTRE SUCCESSES 2025

It has been an incredible year for East Suffolk Leisure. Our six leisure centres have gone above and beyond in delivering health, wellbeing, and community benefits. From welcoming record numbers of visitors to providing vital funded opportunities, these centres have proven to be more than just places to exercise—they've become hubs of social value and inclusion. Their impact has strengthened communities across East Suffolk, making them an essential asset for residents of all ages.



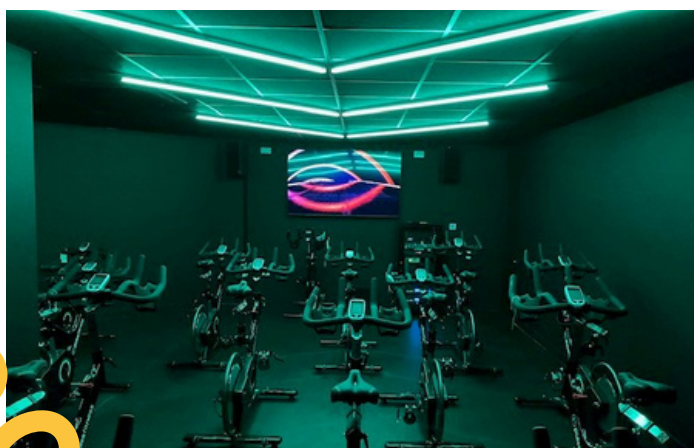
### SOCIAL VALUE

Social value shows the positive impact our leisure centres create for communities by improving health, wellbeing, and inclusion beyond financial measures.

**£8.75 MILLION**



**OVER 1 MILLION PEOPLE  
VISITED OUR LEISURE  
CENTRES IN 2025!**



### BREAKING BARRIERS: FREE ACCESS FOR THOSE WHO NEED IT MOST

Our leisure operators, Places Leisure and Everyone Active, run programmes that provide funded access for those who need it most—ensuring cost is never a barrier to enjoying the benefits of our centres.

**THOUSANDS OF PEOPLE ACCESSED FUNDED PROVISION IN OUR LEISURE CENTRES IN 2025**

### VISIT OUR CENTRES

- Waterlane Leisure Centre, Lowestoft
- Waveney Leisure Centre, Bungay
- Leiston Leisure Centre, Leiston
- Deben Leisure Centre, Woodbridge
- Brackenbury Leisure Centre, Felixstowe
- Felixstowe Leisure Centre, Felixstowe

# FEEL GOOD SUFFOLK



**Feel Good Suffolk provides free healthy lifestyle support for all residents of Suffolk. During 2025, the East Suffolk team have supported over 3200 residents to either quit smoking, manage their weight or become more active.**

October marked the return of the national campaign 'Stoptober' which encourages smokers to quit smoking. Through an increase in promotion, community engagement, and event attendance, we saw a record number of referrals for stop smoking support in East Suffolk. The East team were able to support 162 clients to start their stop smoking journey just in October alone.

**SUPPORTED 3200  
RESIDENTS**

We have increased our face-to-face support over the last couple of months and now offer regular drop-in style clinics across East Suffolk: in Leiston, Woodbridge, Felixstowe, Saxmundham, Beccles and Lowestoft. This provides an opportunity for residents to chat to advisors about our service, begin their support or have regular weekly appointments in a local setting.

We will shortly be launching our New Year health campaign which will promote our services to all residents looking to kick start their new year by focusing on their health.



You can make a self-referral or find a wealth of supporting information on our website: [www.feelgoodsuffolk.co.uk](http://www.feelgoodsuffolk.co.uk)

## VISIT OUR DROP IN CENTRES

We now have regular drop-in centres in Lowestoft, Bungay, Leiston, Woodbridge, Felixstowe and Beccles. To find out where your nearest drop-in centre is email us at: [healthreferrals@suffolk.gov.uk](mailto:healthreferrals@suffolk.gov.uk)

**Kick start your  
Smoke-Free  
New Year!**



You're  
**3 times**  
more likely to  
stop smoking  
with support



We're here to help you and your family get active. We proudly operate Waterlane and Waveney Valley Leisure Centres and would like to take this opportunity to share a few facts and figures highlighting health and wellbeing successes in our area over the past year. We're looking forward to bringing you even more throughout 2026!

589,459

Total visits  
October to September 2025

574

People funded by Feel Good  
Suffolk on Exercise Referral

935

Free HAF  
places attended

EXCELLENT  
Google



4.3 - Waterlane Leisure Centre



4.1 - Waveney Valley Leisure Centre

Overall social value

£2,353,126\*

April 2024 to March 2025

\*Refers to experienced community social value, reflecting savings to allied support services

## STRENGTHENING OUR COMMUNITY



EVERYONE ACTIVE  
**YOU+**

### Putting wellbeing first with YOU+

YOU+ continues to shape the way our community approaches health and wellness. Centred on long-term health, the programme encourages small, sustainable habits across six key areas: movement, nutrition, recovery, sleep, brain health and social wellness.

Whether you're taking your first steps towards a healthier routine or looking to deepen your current habits, YOU+ provides the tools, guidance and encouragement to keep you moving forward.

Find out more from our teams in-centre. Each month, we focus on a different pillar helping you get more out of the activities offered.

### Air-X is back!

The brightest indoor inflatable Air-X has returned to Waterlane Leisure Centre. Bringing the ultimate indoor fun, the inflatable obstacle course is with us until the end of **January 2026**. Add some bounce to your life every weekend! Bookings open on the **Everyone Active app**, or via telephone to reception on 01502 532540. Air-X is the ideal way to enjoy some family activity time together over the winter months.



### Wellness for all

YOU+ was introduced as an innovative new concept in health and wellness in early 2025. Emphasising the importance of whole body health under six integrated pillars, we recently introduced **Sound Bath** sessions to both centres as a way for individuals to support recovery and improve sleep quality. During the sound bath, participants are **immersed in deep, soothing sound vibrations** created by instruments like singing bowls, gongs and chimes, resulting in a meditative, therapeutic experience which induces deep relaxation and reduces stress.

### Holiday Activity & Food (HAF)

We have been delivering the HAF programme since 2021. The activities offered have changed alongside the needs of the children and young people taking part during their school holidays. HAF is now offered at both centres, with 935 free places attended.





# NEWSLETTER

## WHAT'S BEEN HAPPENING?

The last 12 months has seen us generate a total of £6.4 Million in social value across the district at a value of £198pp. Our top two performing health indicators where we are saving the NHS the most money come from Type 2 Diabetes at an impressive £225k and Depression with an equally impressive value at £234k. A grand total of 33,541 unique individuals have contributed to our performance over the last 12 months.

We have also launched our first cohort of our Move Through Menopause programme which was a great success. After feedback from the participants, we have changed this from a 12-week programme down to 8 weeks with plenty more cohorts to launch under the new format throughout 2026. Some of the amazing feedback is above.

*Every week I have learned something valuable, the topics and areas surrounding menopause are so vast, and the more you delve in and educate yourself the more you realise just how much is involved and how very little knowledge we go into this stage of life with...*

*I have always struggled to sit still and learn but this has been made easy by them both, relaxed, fun, motivating, and supportive. I think anyone who attends this course will feel so happy at the end and I would fully recommend...*

*The course was really informative, suitable for any age or more aptly, any stage in your menopause...*

*It has given me the confidence to create new exercise habits and lifestyle changes...*



We have continued to work with local partners to deliver a wide range of funded projects throughout the year. These have ranged from Joint Pain with Nuffield health, funded memberships with Feel Good Suffolk, our Big Sister project, and our Strength and Balance programmes that we have expanded and now offer at in Felixstowe, Woodbridge, Leiston and Aldeburgh. These schemes combined have meant that over 500 people have been able to access our programmes and facilities where they may not be able to otherwise.

## EGYM - ACTIVATE + FOCUS

In September, we launched EGYM at our Suffolk Leisure Centres, giving members a smarter, more personalised way to train. EGYM combines smart equipment with easy-to-understand body analysis, including a BioAge score, showing how your fitness compares to your actual age.

Your journey starts with an Activate session, a one-to-one assessment where our fitness team measures your strength, flexibility, cardiovascular fitness, and metabolism. From this, you'll receive a personalised workout plan to get you started.

The Focus session is a follow-up check-in to review progress, adjust your plan, and keep your workouts fresh and motivating. These additions are already proving popular, and since the launch in September, members have already booked 352 sessions across our centres.

### SUFFOLK POSITIVE FUTURES

This December we introduced Suffolk Positive Futures to Leiston Leisure Centre, with weekly sessions now running every Monday from 7-8pm in our sports hall. The programme is a youth crime-prevention and reduction initiative that aims to empower young people to become positive role models and active members of their community. By offering free, sports-based activities and access to supportive adult role models, Suffolk Positive Futures helps divert young people away from anti-social behaviour and gives them opportunities they may not otherwise have. We're proud to bring these sessions to Leiston as part of our commitment to creating safer, healthier communities.