

LEISURE NEWSLETTER

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Decarbonisation

The East Suffolk Council Leisure team has secured funding to carry out the Decarbonisation Scheme at Waterlane Leisure Centre, Leiston Leisure Centre and Deben Leisure Centre within East Suffolk. As part of a £4.8m plan to Decarbonise the centres, the old gas boilers will be replaced with air source heat pumps and installing CO2 heat pumps for hot water. Deben Leisure Centre will also receive a new roof.



Quote from Cllr Whitelock

I am extremely proud of the number, quality and range of options offered by East Suffolk leisure centres, from Waterlane in Lowestoft with its fantastic climbing wall to Felixstowe with its popular indoor bowling facility. All the leisure centres are of high standard and very competitively priced. They are a huge benefit to their communities encouraging physical and mental well-being, promoting social interaction and working with partners to improve the lives of our residents.



The Public Sector Decarbonisation Scheme partially funds and supports the replacement of plant equipment which are close to end-of-life which Waterlane, Leiston and Deben Leisure Centres. The existing boilers have a high demand due to the pool being heated 24/7. As part of the scheme solar panels will be added. The Leisure Centres are currently the Council's biggest producer of energy, so this will be a great opportunity for the Council to reduce our emissions.

Alde Valley 3G Multi-use Games Area

East Suffolk Council are building a new Multi-Use Games Area (MUGA) on the Alde Valley High School playing field which backs onto the Leiston Leisure Centre. This project is fully funded by the Sizewell C Development as a new legacy project with the cost of £1.4 million.



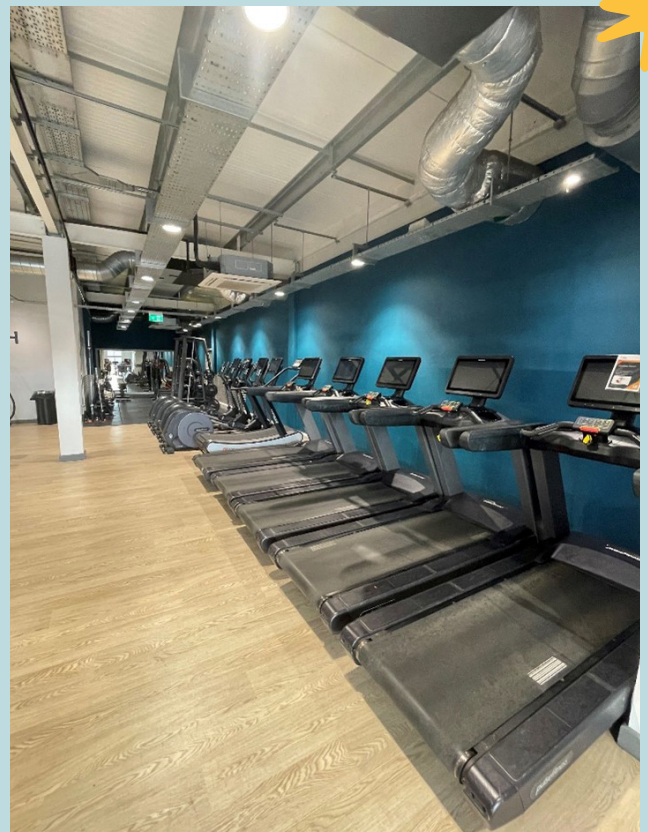
The high-quality FIFA approved 3G artificial grass pitch will meet the standards of multiple sports including Football and Rugby serving as valuable to broaden the Leiston community.

The project will be achieved through a Community Use Agreement with Places Leisure allowing both educational benefits for students at Alde Valley High School and extra-curricular benefits with the area available to hire for members of the public and local sports clubs.

Deben Leisure Centre Gym Upgrade

The Deben Leisure Centre in Woodbridge has received an upgrade in the centre's gym, 6 years after its redevelopment, East Suffolk Council's Leisure Strategy supports refreshing and upgrading the equipment based on user requirements to provide a better experience at our Leisure Centre's and saving money in a long-term basis.

The upgrades included a new weights area, modern gym equipment, updated flooring, redecoration and additional mirrors aiming to improve the atmosphere of the gym providing the best facilities possible.



Tour of Britain

In collaboration with British Cycling the Men's tour is returned to East Suffolk. East Suffolk hosted the first stage of the Lloyds Men's Tour of Britain on September 2nd, starting in Woodbridge and ending in Southwold. This free to attend event for the public encouraged communities togetherness with a range of events occurring throughout the district.



East Suffolk council also hosted the following events to promote the tour:

31st August 2025: Pedal and Picnic in Woodbridge at Kingston Playing Fields with a 50km and 100km sportive, which provided free community activities including free tennis and pickle ball sessions, magician, family led rides, scavenger hunt and games! The event was a success, and we hope this can be a future legacy of the tour.

31st August 2025: An evening with Ned Boulting at Seckford Theatre. A cycling legend known for his broadcasting and enthusiasm for cycling, was joined by special guests for a rich and varied programme celebrating cycling, mental health, and community. It was a fantastic turn out and we managed to raise over £1,000 for Suffolk Mind in the process.

2nd September 2025: The Tour of Britain returned to East Suffolk! The race was fantastic, with people of all ages joining together to celebrate the tour being held in our beautiful towns! Woodbridge and Southwold streets and local businesses were thriving with community spirit and activities!

Play area end of life repair

Earlier this year, a series of community surveys were conducted across East Suffolk to gather feedback on existing play areas and understand what improvements local residents would like to see. The response was overwhelmingly positive, with residents from Trimley St Mary, Kesgrave, Framlingham, Wrentham, Felixstowe, Rendlesham, and Beccles all sharing their views on how these spaces could better serve children and families. Across all locations, the community expressed a strong desire for modern, inclusive, and engaging play equipment, and in some cases supported the removal of underused sites in favour of better investment in more popular spaces.



Thanks to funding from East Suffolk Council, the East Suffolk Council Community Infrastructure, various local parish and town councils, Suffolk County Council's Locality Budget, and the Outdoor Playing Space Fund, several projects are now moving forward. Construction started in July, with several of the play areas opening in August and September, with the remaining areas being completed in Autumn. These redevelopments reflect a collaborative effort between local authorities and the community, and aim to create vibrant, accessible outdoor spaces that promote play, activity, and social connection for children of all ages.

An example of this is Framlingham Play Area which has now been completed and is open for use!

For any more information please email us at leisure@eastsuffolk.gov.uk

Feel Good Suffolk

Feel Good Suffolk is the healthy lifestyle service for Suffolk, providing support for people to stop smoking, manage a healthy weight and be more active.

It is a unique partnership, which brings together Suffolk County Council, Ipswich Borough Council, East Suffolk Council, Mid Suffolk and Babergh District Councils and West Suffolk Council, working closely with NHS Suffolk and North East Essex (SNEE ICB) Integrated Care Board and the Norfolk & Waveney Integrated Care Board.



Feel Good Suffolk offers free tailored support from highly trained staff via several different interventions alongside guidance to set achievable goals and using behavioural change techniques to develop a personalised plan.

So far, within East Suffolk over 6000 residents have been supported by Feel Good Suffolk to either quit smoking, manage their weight or become more active. Over 500 people have been helped to successfully quit smoking, weight management clients are on average losing 6% of their body weight over a 12-week period (against a service target of 3%) and 75% of physical activity clients have increased their activity levels (against a service target of 60%).



Lots of positive feedback and client success stories have been received; for example, one client who was attending a drop-in session prior to a new stop smoking group beginning returned to the group to share his success with the next cohort and was able to inspire and encourage new members through his own personal experience. Another client fed back that 'the entire process has been excellent and, against expectations, really works, so please pass on my heartfelt endorsement for the programme!'

Referrals can be completed via a health-care professional or as self-referrals through our dedicated website where there is also a wealth of supporting information: www.feelgoodsuffolk.co.uk

Welcome to your Everyone Active leisure centres:

everyone
ACTIVE

EVERYONE ACTIVE
YOU+

Our mission is simple - we want everyone to be able to enjoy at least half an hour of physical activity five times a week. To this end, we'd like to share information about just a few of the schemes we offer at Waterlane Leisure Centre and Waveney Valley Leisure Centre, helping everyone achieve this goal.

We'd also like to offer readers the chance to **'Have a Day on Us'** and enjoy a free pass, simply scan the QR code.
(T&Cs apply).

SCAN



Exercise Referral - take control of your health!

Our Exercise Referral scheme, which is offered at both Waterlane Leisure Centre and Waveney Valley Leisure Centre, has been designed especially for those with long-term health conditions or at risk of developing them, to move more to improve their health and wellbeing. Operated in partnership with Active NoW, referrals from healthcare practitioners and Feel Good Suffolk receive a 12-week guided programme helping them to self-manage their condition effectively and with confidence. The overall goal, long-term behaviour change and a reduction in reliance on our healthcare services. We are proud to have received 1,380 referrals (by July 2025) with a 74% uptake amongst those referred.

Our feedback:

"Whitney's classes are better than any pill the Dr gives - this is the best medicine!"
Ray, Lowestoft

"The great thing about this class is that it presents exercise in a way that everyone can easily join in, whatever their ability... Gradually, everyone gains confidence in their abilities, and together with the social side of the class, it becomes an important part of everyone's week." Chris, Lowestoft

Helping those who need it most

We are proud to offer a number of free and subsidised membership opportunities to support vulnerable individuals in our community.

The benefits of movement to those managing Parkinson's disease are well recognised. Our free Parkinson's Membership currently supports over 108 local people and their carers (if needed) with free access to our facilities.

We also offer free membership for cared for children and care experienced young people, giving youngsters the opportunity to enjoy the benefits regular exercise brings to both physical and mental health.



The YOU+ concept

Everyone Active is leading a revolution in the way we think about fitness. YOU+ isn't just another membership option, it's a new concept in health and wellness which promotes longevity. Designed to help people take a holistic approach to fitness through movement, nutrition, recovery, brain health, sleep and social wellness, the scheme is changing lives.



Swimming lessons for all

Our award-winning swimming lessons are taught at both centres, helping children and adults gain confidence and master this vital life skill. Lessons run for children from pre-school age to adult beginners and advanced swimmers, hoping to improve and master stroke technique. Our swim teachers recently took part in the RLSS UK's Drowning Prevention Week, taking the important message of water safety into schools.

PLACES LEISURE EAST SUFFOLK NEWSLETTER



EASTSUFFOLK
COUNCIL

HEALTHY COMMUNITIES / GOLD STANDARD GP REFERRAL

Our Gold Standard GP Referral Programme, available across Deben, Leiston & Felixstowe Leisure centres, gives individuals access to all our facilities at a discounted rate—provided they've been referred by a health professional.

Included in this membership are three sessions within the first 12 weeks of signing up with one of our GP Referral Qualified gym instructors. These instructors are trained to create personalised programmes tailored to your needs, taking into account any health concerns or medical conditions you may have.

If you believe your health condition could benefit from becoming more active and improving your fitness, this membership is designed for you.

For more information, speak to a member of staff at one of our centres, or talk to your healthcare professional—they'll be able to discuss the programme with you and, if appropriate, refer you to us.



FOREVER ACTIVE

Forever Active is a low-impact, keep-fit class designed to support older adults, those who are ante or postnatal, and anyone new to exercise. Combining both standing and seated movements, the class focuses on building functional strength, improving flexibility, balance, and overall fitness. With an extended warm-up and cool-down, participants are gently guided through exercises that promote mobility and wellbeing. Supervision throughout ensures movements are performed safely and effectively, engaging the right muscles for maximum benefit.



BIG SISTER

A programme designed by girls, for girls to help them discover the journey of getting active together.

Free* or discounted membership at any Places Leisure centre for girls age 9-15

Want to join us? Here's what's included...

- Unlimited gym use during Junior Gym hours, plus a 1:1 gym induction (11-15 year olds)
- Unlimited swimming
- Age appropriate classes including We Move classes
- Free access to Places Leisure App and Virtual Studio which includes a Big Sister channel

*proof of eligibility required

SCAN ME TO DISCOVER MORE



JOIN THE COLLECTIVE
BIG-SISTER.CO.UK



BIG SISTER

The programme helps girls aged 9-15 feel 'sport ready' by recruiting a network of 'Big Sisters' – peer leaders and supporters at Deben, Leiston & Felixstowe Leisure Centres, our Leaders are trained on the emotional and physical barriers girls face. As part of our commitment to helping girls get into activity we offer a free membership to girls who meet the eligibility criteria*, or a 50% discounted membership for all other girls, which includes:

- Unlimited gym use during Junior Gym hours, which includes a gym induction (11-15 year olds)
- Unlimited swimming
- Age appropriate group workout classes including exclusive We Move classes
- Friendly on-site team, to support you through your activity
- Free access to Places Leisure App and Virtual Studio which includes a Big Sister channel

Places Leisure is Deben Leisure Centre, Leiston Leisure Centre, Felixstowe Leisure Centre and Brackenbury Leisure Centre.