



Warm Spaces in Arun 2026

Warm Spaces are somewhere you can go to keep warm and enjoy some company. In some locations you will be able to get refreshments, take part in activities and access advice and information about local services.

We know that many people are feeling the pressure of increasing heating and living costs. Our warm spaces network aims to support residents across the district.

Every person has the right to be warm, that's why our spaces are free.

Everyone is welcome and treated with dignity and respect.

www.arun.gov.uk



Warm spaces in Arun (days and times may be subject to change)

Location / Contact

Aldingbourne Sports Centre

Aldingbourne Community Centre

Olivers Meadow, Westergate

PO30 3YA

www.acsc.org.uk

Details

Tuesday

10am to 1pm

Thursday

Midday to 3pm

Arundel

Arundel Lido/Norfolk Centre

Queen Street/Mill Road

Arundel

www.arundel-lido.com

Mondays in December
Lido

Mondays in January to
March 11am to 1pm
Norfolk Centre

Barnham

Barnham Community Hall

Yapton Road, Barnham, PO22 0AY

www.barnhamandeastergatecommunitytrust.com

Various (see website)

Bersted

Bersted Green Community Hub

Tuesday

9.30am to 11am

Bognor Regis

Bognor Youth Club and Community Centre

Westloats Lane, PO21 5JZ

brycc22@gmail.com

Tuesday

11am to 2pm

Bognor Regis

Grandads Front Room

2-4 The High Street, Bognor Regis

grandadsfrontroom@yahoo.co.uk

Tuesday to Saturday

10.30am to 4.30am

Bognor Regis

Salvation Army

Canada Grove, PO21 1QL

www.salvationarmy.org.uk/bognor-regis

Tuesday

9.30am to 11am

Wednesday

11am to 1pm

Warm spaces in Arun (days and times may be subject to change)

Location / Contact

East Preston

Royal British Legion

The Street, East Preston, BN16 1JL

warmspace@eastpreston-pc.gov.uk

Details

Wednesday

Midday to 4pm

Eastergate

Eastergate Village Hall

Barnham Road, PO20 3UT

nina@eastergatehall.org.uk

Various

www.barnhamandeastergatecommunitytrust.com

Felpham

Arun Leisure Centre

Felpham Way, Felpham, PO21 8ED

Monday

Midday to 4pm

Littlehampton

Creative Heart Café

Beach Road, BN17 5HT

office@creativeheart.org.uk

www.creativeheart.org.uk

Tuesday to Friday

9.30am to 4pm

Saturdays

9.30am to 1pm

Littlehampton

Littlehampton Wave

Sea Road, Littlehampton, BN16 2NA

Thursday 9am to 1pm

Wick

Wickbourne Centre

Clun Road, BN17 7DZ

hello@arunchurch.com

Monday to Friday

9am to 5pm

(except between
24 December and
4 January)

Wick

Chilgrove House Community Hub

Wednesday

11am to 3pm

Libraries in Arun

Warm spaces in our libraries are open to all. Sit and relax, access free computers, Wi-Fi and a variety of kids and adults' activities, do one of our jigsaw puzzles, or read a book! Available across Arun. Visit the link below for opening times and a list of available activities.

<https://arena.westsussex.gov.uk/our-libraries>

Angmering Library	01903 772682
Arundel Library	01903 883188
Bognor Regis Library	01243 382470
East Preston Library	01903 786118
Ferring Library	01903 241811
Littlehampton Library	01903 716450
Rustington Library	01903 716450
Willowhale Library	01243 265712

Our libraries offer different opening times between 9am and 5pm, across Monday to Sunday. To find out more information it is best to call.

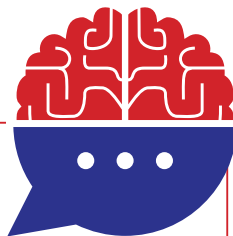
For further information and advice about the cost of living, please visit:

<https://www.arun.gov.uk/cost-of-living-support/>



Let's talk mental health

Taking care of your mental health starts with recognising when things don't feel right – and that's okay.



If you or someone else is at immediate risk, call 999 or go straight to your nearest A&E. Dedicated mental health teams are available there to help.

If you need urgent help for your mental health call NHS 111 or complete the online form:

<https://111.nhs.uk/triage/check-your-mental-health-symptoms>



If you are worried about your own mental health, contact your GP who work closely with Neighbourhood Mental Health teams to help people get the support they need, when they need it.

Local and national organisations who offer talking in person and online support...

The Samaritans

Tel: 1116 123 (available 24/7)

<https://www.samaritans.org/>



Text messaging support service

Text the word Sussex to 85258 for free, confidential 24 hour support.

Staying Well

Support people who are experiencing a self-defined mental health crisis (for example, they feel at breaking point and in need of urgent help). You can self-refer at any Staying Well location - the nearest to Arun is in Worthing. This is available alongside any care you may already be receiving. If you are unable to travel, please call the number below and a call back will be arranged.

Staying Well in Worthing, Methold House, North Street, Worthing BN11 1DU
Drop in or call 01903 268107 - no appointment needed.

Monday to Friday 5pm to 10.30pm

Weekends 3pm to 10.30pm

Email: sww@westsussexmind.org

<https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/staying-well-services>



Pathfinder

Find advice, information and services to support your mental health and wellbeing

<https://www.pathfinderwestsussex.org.uk/>



West Sussex Mind

Tel. 0300 303 5652 (Monday to Friday, 10am to 4pm)

Email: helppoint@westsussexmind.org

www.westsussexmind.org



Andy's Man Club

National male suicide prevention group. Meetings held every Monday 7pm to 9pm (except bank holidays) at 23 Maltravers Drive, Littlehampton BN17 5EY

<https://andysmanclub.co.uk/>



Men Walk Talk

<https://menwalktalk.co.uk/contact-us>



Calm

Telephone helpline 0800 58 58 58. Open daily (365 days of the year) until 5pm.

Staying Alive

Download the app, scan the QR code or visit

<https://prevent-suicide.org.uk/stay-alive-app-grassroots-suicide-prevention/>



Financial support

The rising cost of living can impact on mental health and financial worries and the council have collated the details of local support for food and utilities support

<https://www.arun.gov.uk/news-archive/cost-of-living-resources-available-9333/>



Arun and Chichester Citizens Advice

For energy advice, including help with bills, call 0800 145 6879 (Monday to Friday, 10am to 4pm – local rate).

For help with a debt issue, call 0800 240 4420

(Monday to Friday, 9am to 8pm and Saturday 9.30am to 1pm - freephone)

<https://www.arunchichestercab.org.uk/>



If you need to discuss your Council Tax account, tel 01903 737500.