



# Impact Report 2025/26

**Luton faces health, wellbeing and inequality challenges.**

**We create opportunities for people to move more,  
improve their wellbeing and connect with others.**

**We collaborate with multiple partners to create opportunities.**



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# What do we do?

We run libraries, wellbeing programmes, leisure facilities and a wellbeing hub, and we provide sport and physical education support for teachers and schools. We also offer work placements, training and apprenticeships.

Our Strategic Priorities link directly to Luton 2040:

- Supporting children in our communities to get the best start in life
- Supporting the wellbeing of our community
- Developing skills and lifelong learning
- Developing further as a great place to work
- Strengthening financial viability and sustainability
- Conducting our business in an environmentally sustainable manner

Look out for this symbol to link to our priorities



# LUTON 2040



# 1. Supporting the Wellbeing of our Community



Our Total Wellbeing programmes, funded by the ICB and Luton Council, support people to live healthier, more fulfilled lives. They also help to relieve pressures on other support services like the NHS.



Working with Luton Council, we run the award-winning Holiday Activity and Food Programme.



We operate a wide range of facilities, services and community programmes, including all five of Luton's libraries.



# Launch of The Wellbeing Hub

What started as a Stop Smoking Hub quickly became a Wellbeing Hub, providing free access to blood pressure checks and mini health checks in the heart of Luton's shopping mall.

**2,500**

**Mini health checks  
delivered between  
October 2025  
and March 2026**





# Holiday Activity and Food Camps

In partnership with



**7,208**  
children  
attended a camp



**87%**  
average  
attendance rate



**92%**  
of children were  
eligible for Free  
School Meals



**1,011**  
SEND children  
accessed camps



 Did you know...?



# Social Prescription

**2,000**  
referrals received  
with a  
**78%** client  
engagement rate

New locations in  
Dallow allowed us  
to expand our reach



Maternal Social Prescription  
enabled **176** families

to access community-based care with  
significant improvements in mental health,  
reduced levels of risk and no clients remaining  
in the severe category post-intervention.



How did this impact Meena?



# Weight Management

We look to reach both adults and children with our weight management programmes, recognising that early education can influence obesity rates in later life.

**640** engagements

**85%** increase in  
physical activity

**OVER  
80%** saw a waist  
circumference  
reduction

We've been delivering Cook & Eat programmes in schools, getting children interested and excited about creating healthy meals for themselves



What did the primary school teacher think?

We now use state-of-the-art new body composition scanning technology to help adults understand their bodies and see the results for themselves



Total  
Wellbeing  
Luton

## Stop Smoking

1,299  
QUITS



2,430  
quit dates set

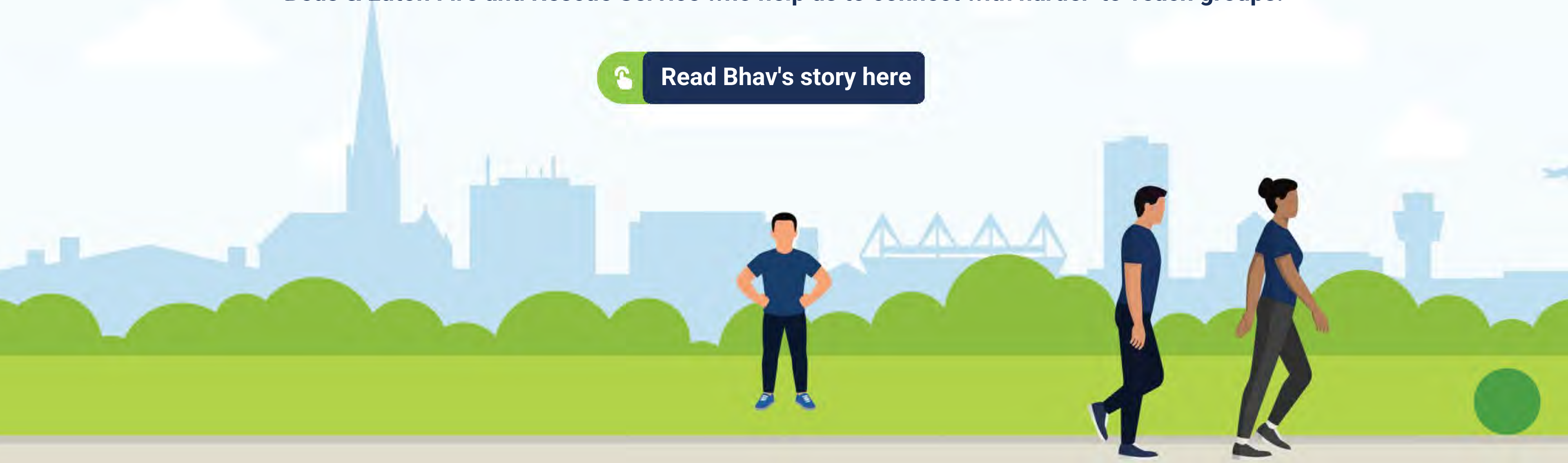


Smoking in Luton is now  
at an all-time low of **10%** ↓

Partnerships include the Luton Council Housing Team and  
Beds & Luton Fire and Rescue Service who help us to connect with harder-to-reach groups.



[Read Bhav's story here](#)



# Long Term Conditions

Our programmes empower people to manage their health more effectively, thereby reducing pressure on NHS services.



See how we support people

**OVER 90%** of people accessing our Long Term Conditions programmes increased their physical activity levels

**OVER 95%** of people reduced GP visits

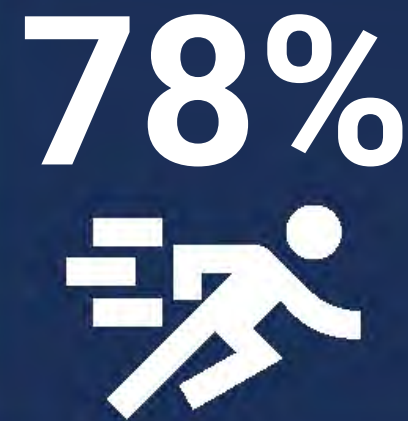
**98%** improved management of their health condition



# Exercise on Referral

The programme involves 12 weeks of support with an exercise specialist. This includes 1:1 and group-based gym sessions, tailored exercise programmes, exclusive activities such as Tai Chi, walking football, Hydra Health, bowls and many more.

**930**  
referrals

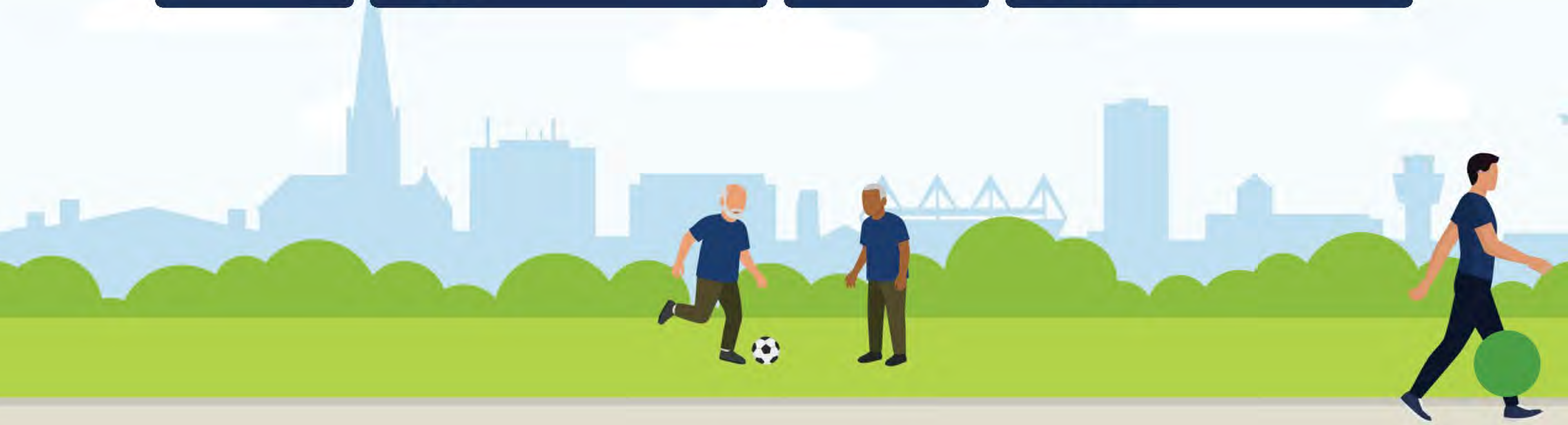


**78%** improved  
physical  
activity

**89%**  
reduced  
GP visits



**86%** improved  
emotional  
wellbeing



Helping to reduce frequent use of urgent and emergency care, when a person's needs may be better met elsewhere.

↓ **58%** decrease in  
visits to A&E

↑ **62%** increase of ONS  
wellbeing scores



## 2. Helping people move more

Creating opportunities and investing to make  
physical activity more accessible and appealing.



## Our Leisure Facilities



**1,491,655**

people attended  
Active Luton sites  
across the year

**4,000+**

people learned  
to swim each  
week across  
our four pools



We offer

**FREE**

taster sessions  
for our  
diving lessons

**5,818**

people benefitted from  
significant reductions on  
activity prices, thanks to  
funding from Luton Rising

**Luton  
Rising**



[Read more](#)



# Investment in our Leisure Facilities

## Lewsey Sports Park



Our **£180,000** gym refurbishment and extension led to a significant increase in memberships.

## High Town Gym & Wellbeing Centre



Our **£400,000** investment into a new gym, virtual studio and improved changing spaces helped us reach more people in the heart of High Town.



# Investment in our Leisure Facilities

## Lea Manor Recreation Centre £20,000

Investment in Lea Manor Pool Cover which:

Helps to reduce chemical consumption

Significantly reduces heat consumption and costs

Helps raise water temperature without additional heating

Assists in keeping out dirt and other external debris

Supports in the maintenance of the pool tiles

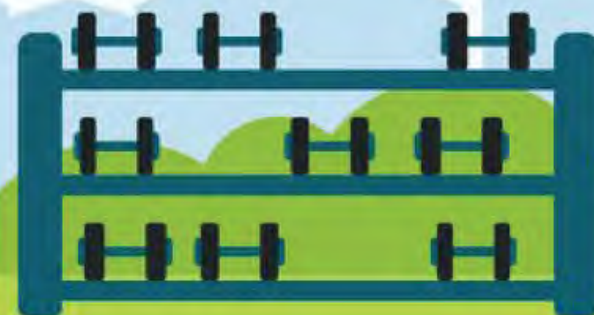


## Stockwood Park Athletics Centre

Working in partnership with Luton Council, the lighting at Stockwood Park Athletics Track was replaced and upgraded, enabling us to reduce energy consumption, reduce maintenance waste and lower carbon emissions.



A message from Stopsley Striders



**We were awarded a 25 year contract by Luton Council to run the golf centre**



**£450,000**

investment to transform the practice ground  
into a state-of-the-art driving range.

This included Toptracer technology –  
increasing appeal to non-golfers and golfers  
alike



**1,000**

children  
introduced to  
T1 rugby



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**62,270**

children participated  
in the annual  
School Games



Key stats

**88%**

of schools are  
providing equal access  
to football for girls

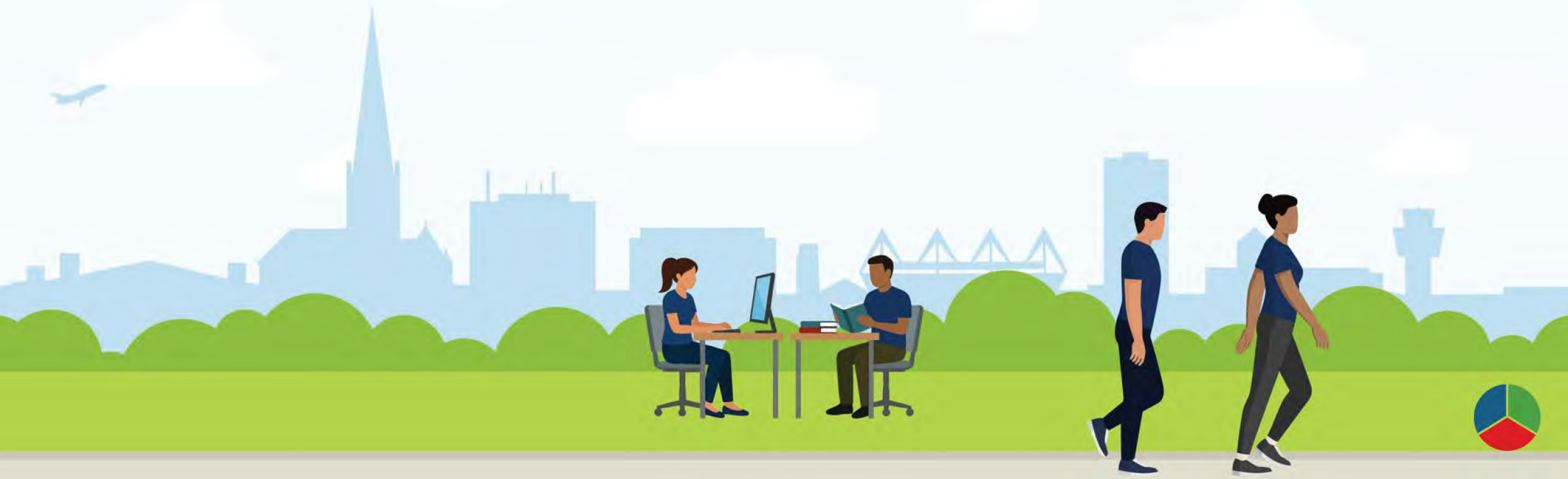


Read more



# 3. Developing skills and lifelong learning

We create spaces and services that bring people together.



**342,775**  
visits to a Luton  
Library (+7.9%  
vs last year)

**412,482**  
items  
borrowed

**7,479**  
new library  
memberships

**12,618**  
attendances  
at regular  
children's activities

**1,908**  
attendances at  
regular activities  
for adults





**We took library services into the community and books to residents' homes, with the Pop-Up Library appearing at Pride, Picnic in the Park, Play Streets and other local events, while the Home Library Service connected with readers in every Luton ward.**

**We kept Book Nooks in leisure centres stocked with pre-loved library books to be taken home, kept, passed on or shared, with every book including an invitation to discover more of what the library has to offer.**

**We provided inclusive and supportive Holiday Activities and Food experiences for children and their families, creating opportunities to learn, play and connect.**



**Case study**





## Soft Play



We support children to develop skills enabling them to get the best start in life. We promote wellbeing through inclusive access to physical activity and play.

Our new soft play centres are one example of this.

The Giggles soft play centre launched December 2025 in Futures House, Marsh Farm. We had 12,541 visits from opening until March 2026.

To further support our financial future and continuing to provide physical activity for children, we purchased Fun Junction soft play centre.





**Be Active, hosted by Active Luton, are Bedfordshire's Active Partnership working to address inequalities around access to physical activity.**



**Sport England  
Place Funding**



**School  
Games**



**Girls into  
Coaching**



**Coach 2  
Coach**



**Sport England  
Movement Fund**



**Active environments  
/Facilities**



**Safeguarding &  
Sport Welfare**



**Health &  
Housing**



**Active  
medicine**



# 4. Shaping the Future

**We are creating long-term stability and sustainability for Luton and ensuring we create opportunities for young people to thrive.**



**193** students from **55**  
educational establishments  
experienced work  
placements across our  
sites and programmes



Read more

We support confident teaching  
at many schools including  
**Foxdell Infants**  
and **Junior School**



Read more

We help teachers to excel.  
**173** school staff have taken  
part in professional development  
through our Active Education  
CPD programme



With funding from Luton Council, we undertook a 2-year project with Barnfield College, offering students with SEND from Woodlands School learning opportunities and work experience.



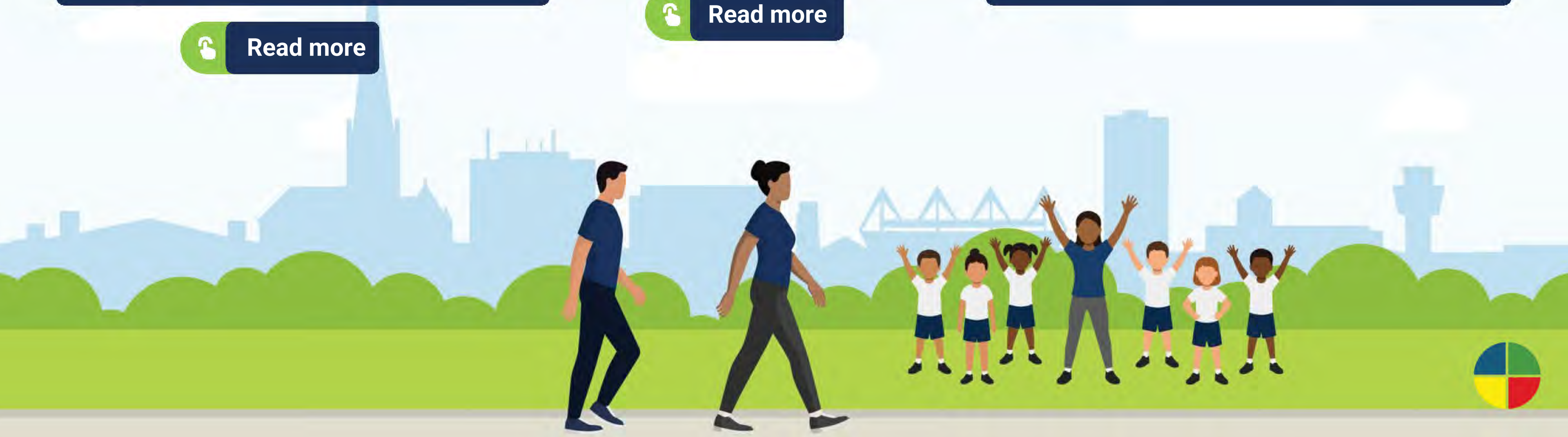
Read more

We've trained **85** lifeguards, **45** of whom, now have employment with **Active Luton**.



Read more

We supported **54** schools with guidance on high-quality outdoor learning and educational visits, enabling **5,361** visits involving **164,921** young people.



# Shaping the Future

Conducting our business in an environmentally sustainable manner.

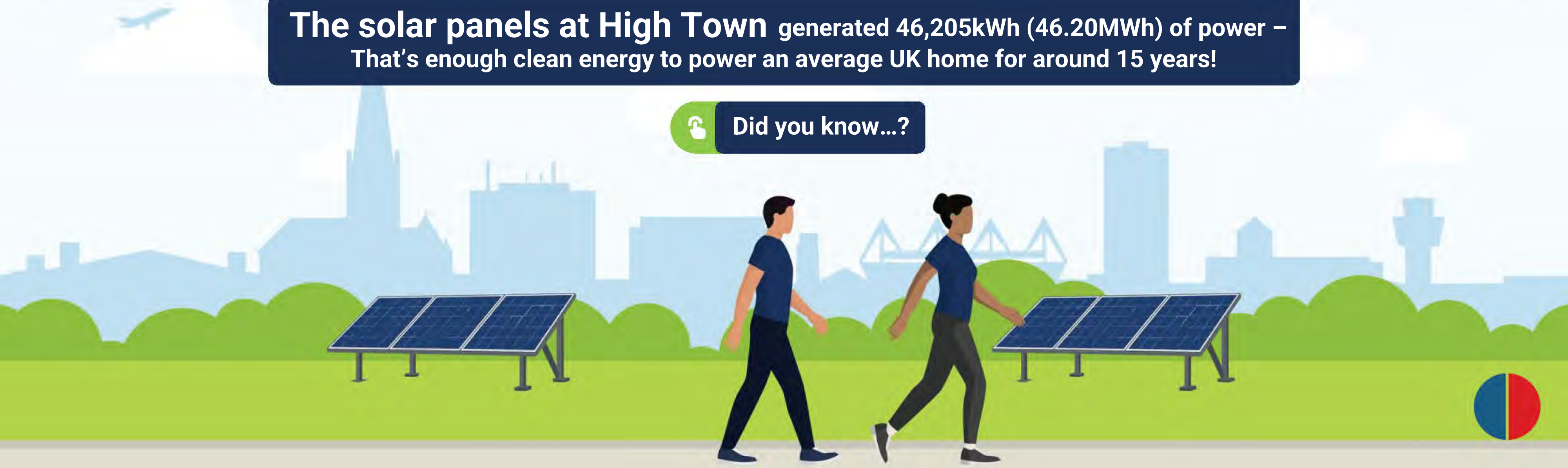
We helped collect and redistribute over 5,000 pre-loved sports shoes to people most in need through donation centres in partnership with the charity One Impossible Thing.

Our solar panels at Inspire: Luton Sports Village have had a positive environmental impact since their installation in November – **we've saved 17k kilograms of CO2 emissions which is the equivalent of 1,050 trees planted.**

**The solar panels at High Town** generated 46,205kWh (46.20MWh) of power –  
That's enough clean energy to power an average UK home for around 15 years!



Did you know...?





## 5. Our Team



**Our people are the engine behind our impact.**

This year we published our Team Wellbeing Strategy, aimed at supporting our team's own health & wellbeing.



**Not only were we officially certified a 'Great Place to Work' for the second year in a row, we also earned a place on the 'UK's Best Workplaces in Charity & Not-for-profit' list.**



**We were national finalists in the 'Diversity and Inclusion' category of the UK Active Awards.**



## 5. Our Team

**And because of our amazing team, we also achieved:**



**The Active Standard – a certification that allows fitness and leisure operators to demonstrate the safety and quality of their facilities.**



**Good Business Charter – meaning that we are committed to a fairer, more sustainable world, where people matter**

**One of the ways we recognise our Team is through long-service awards and 'Going the Extra Mile' awards.**

**Our Luton Central Library Team were awarded a Silver Certification of Participation after achieving over 88% in the Luton BID Mystery Shopper Awards.**



# Thank you...

...to our team  
...our volunteers, including our board of Trustees  
...our core funders and stakeholders



...our partners  
...and of course our customers.

As one of the first organisations to sign up to the Luton Anchor's Framework, we are proud to build on our long-standing relationships and look forward to continuing to serve the people of Luton.

[www.activeluton.co.uk](http://www.activeluton.co.uk)

