

# Chichester Personal Bests 2025

Chichester District  
Council Grant



**Wednesday 16<sup>th</sup> July 2025**  
**Tudor Hale Sports Centre**  
**University of Chichester**



**CHICHESTER  
PERSONAL BESTS**

 **Active LD**

## Grant Purpose

The CDC grant will part fund the Chichester Personal Bests. An inclusive, non-competitive sports day for people with learning disabilities. Hosted at the University of Chichester's Tudor Hale Sports Centre, participants took part in a range of exciting sports, boosting confidence, making friends, and celebrating achievement along the way.

The event helps build lasting connections with different sports and their coaches, encouraging people with learning disabilities to engage in regular physical activity at local groups and clubs. The event also supports local coaches and clubs to become more accessible to the learning disability community.

## Beneficiaries

56 participants were welcomed to the event from 4 local learning disability groups:

- Together our Community (TOC)
- Apuldram
- Creating Chaos
- Havant Keystone

Over 66% of the participants access day services in Chichester. (Home postcodes: PO18, PO19, PO20, PO21, PO22 and BN18). We look forward to connecting with more Chichester District based groups to our 2026 event.



Participants from Havant (Creating Chaos and Keystone) brought their lived experience of attending the Winchester Personal Bests in previous years.

Family carers were able to connect and catch up during the day.

Over 40 family members attended the event.

The venue's close proximity to Chichester City Centre made it the perfect location for offering respite to family carers.

Photos are available on our website: Permission has been given for these to be shared.

<https://www.activeld.org/photos>



## Coaches

Each of the 6 activities were extremely popular with participants. 5 of these activities were delivered by Chichester based local clubs who have all shown enthusiasm towards supporting regular accessible provision through their clubs/organisations.

They have all shown an interest to be involved in the Chichester Personal Bests event next year.

## Volunteers

19 volunteers helped at the event. Including: University of Chichester students, corporate volunteers (Simplyhealth and Virgin Media), friends of Active LD and TOC.

Volunteers are key to the success of the day. Their feedback has been so positive that we have now signed 6 Chichester Personal Bests volunteers up for our sister event in Winchester next month.



Softball – Chichester Falcons

Cricket – Sussex Cricket Foundation

Athletics – Chichester Runners and Athletics Club

Tennis – Chichester Racquets and Fitness

Dance – Jo Tarr Dance and Fitness

Football – Personal Best Education (based in Romsey)

Active LD are excited to be in the process of setting up regular Tennis and Athletics sessions with TOC and Apuldram. We are also in conversation with Active Sussex to see how we can help increase uptake from the local learning disabled community in accessible regular physical activity (for example, Active LD was able to make the Apuldram Centre aware of the regular weekly disability cricket sessions offered by Sussex Cricket Foundation – resulting in more people being signposted that way).



# Fundraising and Finance

Please refer to separate finance pack for detail of budget, actual spend and supporting evidence (invoices and receipts).

## Autism Awareness

Active LD created Autism awareness training online (live webinar and a recorded session) an optional session for volunteers and coaches – these were extremely helpful in increasing understanding of neurodiversity and how autism and anxiety can affect Personal Bests participants.

<https://www.activeld.org/news-article/autism-awareness-training>

14 volunteers/coaches attended the training.

Active LD are excited to be in conversation with University of Chichester to deliver some sessions on diversity and inclusion to students next term.



## Feedback

Feedback from day services, volunteers, coaches and most importantly participants is key to understanding what works well and where we can improve.

Active LD have attended focus groups with TOC and Apuldram.



*“..The coaches were all fantastic”* Hilary, leader at TOC.

*“It was so well organised and everything went so smoothly. What an amazing day!”* Lou, leader at TOC.

*“I loved all the activities”* Carl, participant.

*“Football was my favourite”* Sian, Apuldram.

*“I’ve never seen Sian run before! She was smiling every single second of it. The athletics coaches were brilliant!”*. Mike, Apuldram activity coordinator.



# CHICHESTER PERSONAL BESTS

A huge thanks to Chichester District Council for your support with this event.

## Next steps:

### **To develop local provision of accessible physical activity**

Conversations with Chichester Runners and Athletics Club are underway

### **To increase awareness and training around learning disabilities, autism and the importance of being active in the LD community**

Conversations with Kirsty Harris, Senior lecturer at University of Chichester Institute of Sport are underway. Active LD plans to bring our LD advisors (experts through lived experience) to speak with students about their experiences.

### **To develop the Personal Bests event for 2026 and beyond**

The feedback from participants, carers, volunteers and coaches have been overwhelmingly positive. We would look to double the size of the event in our second year – aiming to welcome 100 participants.

