

**Wednesday 17 August 11:00 – 15:00**

## Health and Wellbeing

A day to promote the importance of living a healthy and active lifestyle. Featuring a performance from circus strong lady 'Strong Enough' – an uplifting and moving celebration of the extraordinary strength of ordinary people. Families can also enjoy LOCA's chill out zone, activities from the British Mixed Martial Arts and educational information from local organisations.



**Wednesday 24 August**

**11:00 – 15:00**

## Family Fun Day

Join in a circus skills session with Poi Passion, enjoy the magic and bubble shows, free face painting, character meet and greets and various other activities. Pick up a Littlehampton Museum pack at the event and visit the Museum between 9.00 and 16.30 to take part in their fun summer holiday activities!



## SUMMER HIGH STREET FAMILY ARTS PROGRAMME

**27 July 2022 – 24 August 2022**

**FREE events every Wednesday**

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More acts and activities are being added to the events. For up to date information follow us on social media. The full programme is available from our website. [www.visitlittlehampton.co.uk/whats-on/love-local-arts](http://www.visitlittlehampton.co.uk/whats-on/love-local-arts)

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Littlehampton Town Council and Arun District Council cannot be held liable to changes to the programme. All events are weather dependent.



**Visit Littlehampton High Street every Wednesday starting on 27 July until 24 August for free family friendly events. Each week will feature fantastic pop-up performances, live entertainment, exhibitions, workshops and a variety of charity and commercial stalls.**

Whilst in Town, enjoy the many independent shops selling one of a kind products ranging from gifts to locally-inspired art pieces. If you are looking to experience fresh local food, head to one of the many eateries to enjoy a mouth-watering snack or meal.

Free 2-hour disc parking is available in all town centre car parks. Simply pick up a disc from selected shops including Bah Humbug Sweets in Anchor Springs, David O Jones in the High Street or Littlehampton Museum near the Manor House car park.

For those looking to pack lots more activities into their day, head to our website to plan your visit. You will find information on our seafront and many other attractions.

Visit [www.visitlittlehampton.co.uk](http://www.visitlittlehampton.co.uk) for inspiration!

**Wednesday 3 August 11:00 – 15:00**

## **Love Local Music**

Featuring special performances from Cancer United's Choir and The Soundcatchers – expect lots of audience interaction creating music and dancing! Music lovers can take part in a ukulele workshop courtesy of Mark Lake and browse Straikes Vinyl Records stall.



**Wednesday 27 July  
11:00 – 15:00**

## **Celebrating Local Arts**

A celebration of local artists, including a performance from award-winning 'Puppet Van' – a puppetry show like no other! Families can also enjoy a free puppet making workshop, Littlehampton Organisation of Community Art's Chalk Experience, face painting and friendship bracelet making.



**Wednesday 10 August 11:00 – 15:00**

## **Saving our Planet**

A day to celebrate all things green, including a recycled arts workshop with Littlehampton-based artist Ben Cavanagh and a special performance from Applause's 'Buzz' – see things from a bee's eye-view in this captivating and colourful puppetry show! Local artists will also be selling a variety of sustainable, upcycled products and local organisations will provide an educational background into how we can all have a positive impact on the environment.