

Let's make it happen

**CHICHESTER
COMMUNITY
DEVELOPMENT
TRUST**

WHAT'S ON

In Graylingwell and Roussillon Park
July to September 2016

COMMUNITY

CCDT Welcome event and AGM **FREE**

Come and see and hear what the CCDT have been doing in 2015/16. BBQ and welcome event for new residents and existing ones!

Wednesday 20th July 5:30-8pm
@ The Community Hall

RPRA AGM

All welcome and come along and hear about all the work the Residents association has undertaken at Roussillon Park.

Thursday 29th September 7-9:30pm
@ The Community Hall

Internet Café **FREE**

Run by the experienced and friendly tutor Derek Hedicker. No need to book, simply turn up and use our equipment or bring your own. The sessions are completely free.

For further information
Tel: 01243 697072

Tuesdays 2:00-3.30pm
@ The Community Hall

Fridays 1-2.30pm
@The Lodge

Book Club

The new U3A book club begins with "The Glass Room" by Simon Mawer. Membership for the year: £10
For more details contact Anna.
anna.corbett2@gmail.com

1st Wednesday of each month
@The Lodge

WI (Women's Institute) Group

Meet new friends, learn new skills, and discover new activities.

Contact Janet Mellor
janet.mellor@gmail.com

4th Wednesday of each month
7.30-9.30pm
@ The Community Hall

Community Café **FREE**

Come and meet your community development officer!

Make new friends and find out what's going on.

Free refreshments and internet access.

angie@chichestercdt.org.uk

Fridays 10am-12pm
@ The Community Hall



Saturday Café **FREE**

Everyone welcome! Make new friends, lively chat, find out what's going on. Meet your neighbours, share your stories and 'have your say'.

Free internet access. Run by a different community group each week.

info@chichestercdt.org.uk

Saturdays 10am-12pm @The Lodge

1st Sat: Immanuel Church,

2nd & 4th: CCDT

3rd: Graylingwell Park Residents' Association.

@ The Lodge

Saturday Café **EXTRA** Macmillan Coffee Morning

Come and raise funds for this brilliant cause and enjoy coffee and wonderful cakes!

Saturday 24th September 10am-12pm
@ The Lodge



Summer Garden Party 2016 **FREE**

Our fantastic and fun community event returns for its 6th year. If you haven't been before, it is a great day out for adults and kids alike; put the date in your diary now! Perhaps this year you might like to get more involved? To find out how, please contact us at info@chichestercdt.org.uk or 01243 697072

Saturday 9th July 11am-4pm @ Havenstoke Park

YOUTH

Youth Ambassadors **FREE**

Seniors (12-18 years)

We are a group of young people (now friends!) who come from different backgrounds but share a passion for making a difference in the community. Come along, have fun and be part of planning events and activities. Everyone welcome! For further information and full list of activities contact 01243 697072 youth@chichestercdt.org.uk

Every 1st & 3rd Tuesday 6.30-8pm
@The Lodge



Junior Ambassadors **FREE**

Juniors (8-11 years)

Come along, have fun and be part of planning events and activities.

Everyone welcome!

For further information and full list of activities contact 01243 697072

youth@chichestercdt.org.uk

Every 2nd & 4th Tuesday
6-7pm

Youth Club **FREE**

For ages 11 and above
Gaming competitions, parties, food, movie nights to youth-led creative workshops.

For further information, contact 01243 697072

youth@chichestercdt.org.uk

Fridays 7-9pm
@The Lodge

DISCOVER



Heritage walk and talk

Step back in time with a 'history of Graylingwell' walk and talk by Greg Slay, followed by a cream tea in The Lodge.

£5 per person. Booking essential as places limited: 01243 697072 or info@chichestercdt.org.uk

Saturday 2nd July 2-4:30pm
@The Lodge

Film Night **FREE**

Screening of the War Horse (2011)
- An emotional and poignant portrayal of the impact of the first world war. Delivered in partnership with Chichester University. Booking essential as places limited: 01243 697072 or info@chichestercdt.org.uk

Monday 11th July 7-9.30pm
@The Lodge

Watercolour Classes

Have creative fun learning how to draw and paint in a relaxed, stimulating and friendly environment. £180 (10 week term) John Hill 01243 538304 www.johnhillwatercolour.com

Mondays 10am-1pm
Wednesdays 12.30-3.30pm
Fridays 12.30-3.30pm
@ The Community Hall



Moth Trap Event **FREE**

Moth investigation & information
To book a place, contact Sarah Hughes (Community Wildlife Officer) 07765 175494 or shughes@chichester.gov.uk

24th July 9am-12:30pm
@ The Community Hall

Heritage walk and talk **FREE**

Immerse yourself in the history of Roussillon Barracks with a walk and talk led by the University of Chichester. This free workshop will include an afternoon tea and a walking tour. Booking essential as places limited: 01243 697072 or info@chichestercdt.org.uk

Monday 25th July 2-5:30pm
@ The Community Hall

Guided Walk **FREE**

A free guided walk from Roussillon Park and Graylingwell Park looking at wildlife and interesting things along the way! To book a place, contact Sarah Hughes (Community Wildlife Officer) 07765 175494 or shughes@chichester.gov.uk

Saturday 17th September 9am-3:30pm
@ The Community Hall

Talk: Graylingwell Hospital, 1897-1960

A fascinating talk on Graylingwell Hospital by Katherine Slay
£5 per person includes wine and nibbles. Booking essential as places limited: 01243 697072 or info@chichestercdt.org.uk

Wednesday 21st September 7-9pm
@ The Lodge

HEALTH AND FITNESS



Buggy Fit **NEW**

The best way to get back in shape after your new arrival. Whatever your postnatal stage we have a programme that will suit your needs, instructed by experts in the field of postnatal exercise - and most of this from behind your buggy or pram! Nicola: nicola2ab@aol.com

Mondays 11am - 12pm
@Havenstoke Park

Capoeira **NEW VENUE**

Class for all ages. Capoeira is a mix of music, dance and martial arts from Brazil. It is very good for fitness, especially balance, flexibility, endurance, strength and coordination. Open to all, no matter your current fitness level. First lesson free. £4 per class To find out more contact David Wood, aka Graduado Kung Fu, on 07909 027435 www.capoeira.chichester.club.com

Mondays 7.30-9:00pm
@ The Lodge

Yoga with Irina

Keep your body flexible and strong from the inside out using a range of postures, breathing & relaxation. For all abilities.

£7 per session.

Irina: 07735 858508
irinafroud@talktalk.net

Mondays 6-7pm
@The Lodge

Yoga **NEW**

Body exercises through stretching, breathing, strengthening, toning, invigorating and improving flexibility. For all abilities Ram Inder Kaur: 07833 466991
raminder.kaur@live.com

Starting on 25th July
Mondays 7pm - 8:30pm
@ The Community Hall

Pilates

Pilates classes for all abilities. Bring your mind and body together, focus on total concentration, balance, precision and breathing. Improve your posture with controlled flowing movements, strengthen your core muscles that stabilise and support your spine. £35 per 5 sessions first session free.
hello@chichesterpilates.com
www.chichesterpilates.com

Tuesdays 7.30-8.30pm
Thursdays 1.45-2.45pm
@ The Community Hall

Holiday Body **NEW**

Prepare that summer body with brand new Holiday Body classes. Tackle problem areas such as Legs, Bums & Tums with this fun and exciting class. Come along for whole body sculpting and powerful boost in metabolism! £5 per class, £2 for first timers Booking Preferred
Katie Newnham: 07984 593209
katieneewnham@hotmail.co.uk

Tuesdays 6-7pm
@ The Community Hall



High intensity interval training **NEW**

Burn more calories than you ever have before with short powerful bursts that will contribute to total body strengthening. Improve your cardio and muscular fitness quickly while losing fat too! Come along to HIIT and blow your body's repair system into overdrive, for a long-lasting calorie crunching recovery. £5 per class, £2 for first timers Booking Preferred
Katie Newnham: 07984 593209
katieneewnham@hotmail.co.uk

Wednesdays 6pm - 7pm
@The Lodge



KTR00 bounce

Get ready to bounce on rebound boots to chart music! This is an alternative low impact & fun way of exercising for all ages. The emphasis here is definitely on fun. Although it is secondary to the laughs, you will also get fitter!

Book: info@chichestercdt.org.uk or 01243 697072

Regular class:
Thursdays 6-7pm
@ The Community Hall
£3 per session
14-25 year females **FREE**

Fun Family Session
27th July 10am-11am
@ The Community Hall
£2 adults, £3 children

CHILDREN & FAMILIES

Ninna Nanna - Italian for babies

Babies 0-18 months. Sing Italian nursery rhymes and lullabies, while your little one enjoys playing with the musical instruments in a colourful, sensory environment! £5 for walk-ins or £25 for 6 weeks
Contact Colette: 07412 610177 or info@mariposalanguages.co.uk

Weekly classes:

Wednesdays 1.15-2pm @The Lodge

Summer club:

15th & 16th August 9pm-2pm
@The Lodge

Monkey Music **FREE**

Award winning weekly music classes for babies and pre-schoolers. Our sessions are fun, educational and introduce music to children in a way they can easily understand and enjoy. Book your place with Emma, spaces are limited: 02394 000226 or chichester.petersfield@monkeymusic.co.uk
www.monkeymusic.co.uk

Wednesdays at the Community Hall
9.30am for children 1-2 year olds
10.05am for children 2-4 year olds
10.40am for babies 3-12 months

Fun Bus Club **FREE**

For 5-11 years. Fun and games!
For information, 01243 697072 or info@chichestercdt.org.uk

Mondays 4.15-5.15pm
@Graylingwell Chapel

Little Learners Pre-School

For ages 2-5.

infolittlelearnerspreschool@gmail.com or 07955 333791

Monday, Tuesday, Thursday 9am-3pm
Wednesday and Friday 9am-12pm
at The Lodge

Bug Box Making **FREE**

For children of all ages. This is so much fun and you go home with a decorated bug box to attract and home creepy crawlies. To book a place, contact Sarah Hughes (Community Wildlife Officer) 07765 175494 or shughes@chichester.gov.uk

Tuesday 26th July 10-12 pm
@The Lodge



Playday 2016 **FREE**

Playday is a national day that celebrates children's right to play. Come and play with us at Havenstoke Park: family yoga, crafts and messy play, sports activities and a whole lot of playful fun.

All activities are free and refreshments available.

Wednesday 3rd August 12-2pm
@ Havenstoke Park



BE PART OF YOUR COMMUNITY!
Join us @ www.chichestercdt.org.uk

Sign up to our newsletter to keep up to date with community events, activities, news and developments.

Chichester Community Development Trust is here to help you create a bright future for your community. We empower people by developing skills and supporting projects that create local opportunities, employment and community spirit. The Trust also owns and manages community buildings and land, safe-guarding these important spaces for the community, and reinvesting profits to create long-term economic, social and environmental benefits.

Join our Facebook page to keep up to date with developments and follow us on Twitter: www.facebook.com/chichestercdt and www.twitter.com/chichestercdt

Let's make it happen

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www.chichestercdt.org.uk | Tel: 01243 697072

The Lodge and the Chapel: Blomfield Drive, Graylingwell Park, Chichester, PO19 6PQ
The Community Hall & the Green: Donegal Avenue, Roussillon Park, Chichester, PO19 6DF