

Let's make it happen

CHICHESTER
COMMUNITY
DEVELOPMENT
TRUST

WHAT'S ON

in Graylingwell and Roussillon Park
January to March 2017

COMMUNITY



Exercise class and social morning with AGE UK

Join us for a social morning at 10am and for a gentle exercise class at 11am. Board games, quizzes, bingo, discussion and more! £4 for Exercise class and social morning, or just £2 for the morning without exercise. Everyone welcome, just turn up. Contact Karen Haskett 01243 827185 for more information.

Mondays 10am-12.30pm @ 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 phone 01243 697072

Tuesdays 2:00-3.30pm
@ The Community Hall

Fridays 1-2.30pm
@ The Lodge

Fish and Chip Charity Quiz evenings

£8.00 to include Fish and chip supper, and charity donation to NSPCC and World Wildlife Fund. Charity Raffle, Local resident Quizmaster, Local Fish and Chips, Bring your own drink. Come on your own to join a team or bring a team. To book contact 01243 697072 or info@chichestercdt.org.uk.

Thursday 19th January 7-9.30pm
@ The Community Hall
Thursday 16th February 7-9.30pm
@ The Community Hall

WI (Women's Institute) Group

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

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.

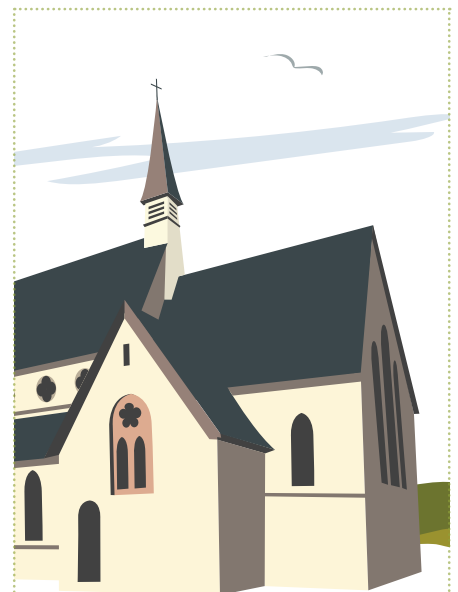
angie@chichestercdt.org.uk

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



Open house Community Consultation

Your chance to come and see options and concepts for the repurpose of the Graylingwell Chapel. For more information contact 01243 697072 or lina@chichestercdt.org.uk

Monday 13th March 12-9pm
@ Graylingwell Chapel

DISCOVER



Wildlife Walk from Roussillon Park

Let's see what Wildlife we can discover on this walk with Sarah Hughes our Community Wildlife Officer. Children must be accompanied, all welcome and well behaved dogs too. Contact shughes@chichester.gov.uk 01243 521131 / 07765 175494 for more information.

Saturday 4th March 10am-12.30pm
@ The Community Hall

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

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

Could you become a Digital Champion in 2017?

Would you like to help people in your community get 'Online', be part of the Digital Champions network, receive free certificated online training, develop your own skills and knowledge, and give something back to your community? To get involved and find out more please call Paula on 07796 382149 or email paula@digitalunite.com



Encore Chichester Community Orchestra

For adults who enjoyed playing in the past and might be rusty; learned on their own and never played with a group; or are keen amateurs looking to learn new music. £5 per session. For more details contact Sally Kingsbury sallykingsbury3@gmail.com or Laura mail@lauraritchie.com

Every 1st & 3rd Wednesday 6.30-8pm
@ Chichester University



Cookery Champions

Cookery course to help you develop the confidence and skills to cook from scratch without breaking the budget.

For more information or to book: info@health-champions.co.uk

5 weeks, starting on 16th January
Mondays 1-3pm @ The Community Hall



Chichester City Band FREE

BRASS BAND FOR BEGINNERS: our elementary Brass group is open to beginners of all ages.

Thursdays 6.30-7.30pm @ The Lodge

B BAND FOR MORE ADVANCED PLAYERS: For players of grade 3 standard or players who have been playing for a couple of years.

Thursdays 7.30-9.00pm @ The Lodge

If you are interested in taking part in any of our rehearsals or would like to learn to play contact Howard on 07894032896 or tubaarmy@gmail.com

YOUTH

Creative Reading and Writing Workshops for children

Designed to develop children's creative writing skills and understanding of a range of classic texts. A fun way to prepare for SATs, Common Entrance and GCSEs.

Tuesday 21st Feb from 9am-2pm @ The Lodge Fee: £40

Spelling, Grammar and Punctuation Masterclasses

These classes are designed to help children in key stages 2, 3 and 4 to understand the rules of punctuation and improve the technical accuracy of their writing.

Thursday 23rd Feb from 9am-2pm @ The Lodge Fee: £40

Places are limited. Contact Helen Shanahan for more information: helen@chichestertutor.com or 07505 946931. www.chichestertutor.com

YOUTH (continued)

Youth Ambassadors FREE

Seniors (12-18 years)

We are a group of young people that share a passion for making a difference in the community. Come along, have fun and be part of planning events and activities. 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 (7-11 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
@ The Lodge

Youth Club FREE

(11-18 years)

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

HEALTH AND FITNESS

Buggy Fit

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! £6 pay as you go or £50 for 10 sessions. Nicola: chiandbogbuggyfit@outlook.com

Mondays 11am-12pm
@ Havenstoke Park

Kundalini Yoga

This powerful practice works quickly to de-stress the body and mind bringing it back into balance. It enables you to increase your vitality, creativity, self-confidence, and gain new perspectives so its easier to make healthier choices. Suitable for all levels. £10 walk-ins or £48 for 6 sessions. Contact Ram Inder Kaur: 07833 466991 raminder.kaur@live.com

Mondays 7-8.30pm
@ The Community Hall

Yoga with Irina

Keep your body flexible and strong from the inside out using a range of postures, breathing & relaxation. For all abilities. Qualified teacher of the British Wheel of Yoga. £7 per session. Irina: 07735 858508 irinafroud@talktalk.net

Mondays 6-7pm @ The Lodge



Capoeira

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 for children and £6 per class for adults. To find out more contact David Wood, aka Graduado Kung Fu, on 07909 027435 or www.capoeira.chichester.club

Mondays 7.30-9pm
@ The Lodge

KTROO bounce

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

For more information or to book: 01243 697072 or lina@chichestercdt.org.uk

6 week course starting 12th January
Thursdays 6-7pm
Venue to be confirmed
£3 per session
11-25 year females FREE

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. £40 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

CHILDREN & FAMILIES



Monkey Music FREE TRIAL SESSION

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. £6.50 per week, payable in advance for the term. Book your place with Emma, spaces are limited: 02394 000226 or chichester.petersfield@monkeymusic.co.uk www.monkeymusic.co.uk

Wednesdays @ 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. Tuck shop, fun and games!

For information, 01243 697072 or info@chichestercdt.org.uk

Mondays & Wednesdays 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
@ The Lodge

Half term fun with Sarah Hughes, Community Wildlife Officer **FREE**

Make your own Butterfly feeding station. Contact shughes@chichester.gov.uk 01243 521131 / 07765 175494 to book your space. Booking is essential as places are limited.

Tuesday 21st February 10am-12pm
@ The Lodge



Theatre inc. Doorstop dance workshops **FREE**

Drop in dance workshop with Theatre inc. From 5 years and up. Contact Siobhan on 07721 022 677 for more information.

Wednesdays 4.15-5pm @ The Lodge

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 us on Twitter and Facebook to keep up to date with developments:
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