

Let's make it happen

CHICHESTER  
COMMUNITY  
DEVELOPMENT  
TRUST

# WHAT'S ON

in Graylingwell and Roussillon Park  
April to June 2017

## COMMUNITY

### 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

### 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

### 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](mailto:angie@chichestercdt.org.uk)

Fridays 10am-12pm @ The Community Hall



Angie - our Community Development Officer

### 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](mailto:info@chichestercdt.org.uk)

Saturdays 10am-12pm @ The Lodge

1st Sat: Immanuel Church

2nd & 4th: CCDT

3rd: Graylingwell Park Residents' Association



### Saturday Café **EXTRA** - Polunin People

Come for coffee, tea & cake and listen to the interesting life of Liz Andrews. She will talk about her family's connections with the Ballet Russes, Diaghilev and Picasso and will bring books and examples of stage and costume design.

For more information contact 01243 697072 or [lina@chichestercdt.org.uk](mailto:lina@chichestercdt.org.uk)

Saturday 29th April 10am-12pm  
@ The Lodge

### WI (Women's Institute) Group

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

[janet.mellor@gmail.com](mailto:janet.mellor@gmail.com)

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



### 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](mailto:info@chichestercdt.org.uk).

Wednesday 26th April 7-9.30pm & Wednesday 17th May 7-9.30pm @ The Lodge

## DISCOVER

### 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](http://www.johnhillwatercolour.com)

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



### Social Art Group

A new Art Group offering a sociable Friday evening group for painting, lessons and demonstrations. Everybody welcome, beginner or professional! Your opportunity to work, learn, exhibit & organise demonstrations. Contact 07849 459132 or [martinpiercy@yahoo.co.uk](mailto:martinpiercy@yahoo.co.uk). [www.martinpiercy.com](http://www.martinpiercy.com)

Every 2<sup>nd</sup> Friday starting on 28th April  
6.30-8.30pm @ The Community Hall

### 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](mailto:sallykingsbury3@gmail.com) or Laura [mail@lauraritchie.com](mailto:mail@lauraritchie.com)

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

### 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 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](mailto:tubaarmy@gmail.com)



### Relive the Sensational 70's **FREE**

If you enjoy the music of the 70's then this evening is for you. The tracks are ready, so are the disco lights! Bring your own drinks and nibbles and if you feel the urge...strut your stuff. Note: This is not fancy dress....just come as you are and relax. Space is limited so pre booking is essential. Email: [pjordanesq@icloud.com](mailto:pjordanesq@icloud.com)

Saturday 6th May 7.30-10.30pm  
@ The Lodge

## YOUTH

### 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](mailto: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](mailto: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](mailto:youth@chichestercdt.org.uk)

Fridays 7-9pm  
@ The Lodge

Remember! All activities listed in our What's On are open for everyone, not just residents, unless otherwise indicated. Welcome!

## CHILDREN & FAMILIES

### Monkey Music

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: 02394 000226 or [chichester.petersfield@monkeymusic.co.uk](mailto:chichester.petersfield@monkeymusic.co.uk) [www.monkeymusic.co.uk](http://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](mailto:info@chichestercdt.org.uk)  
Mondays & Wednesdays 4.15-5.15pm  
@ Graylingwell Chapel

### Little Learners Pre-School

For ages 2-5.  
[infolittlelearnerspreschool@gmail.com](mailto:infolittlelearnerspreschool@gmail.com) or 07955 333791  
Monday, Tuesday, Thursday 9am-3pm  
Wednesday and Friday 9am-12pm  
@ The Lodge

### Theatre inc. Doorstop dance workshops **FREE**

Come along to these Drop in Inclusive dance classes for all abilities. The lessons are contemporary, creative and performance based in style. Aimed at 5-12 year old though anyone can join in - no experience needed. Led by members of Theatre inc. - a national award winning inclusive theatre company based at Chichester college. Contact Siobhan: 07721 022 677 for more information.

Thursdays 4.15-5pm @ The Lodge



### Diddi Dance - Funky pre-school dance classes

Dance exercises, games, fun props and instruments to help co-ordination, rhythm and gross motor skills. Explore 16 different dance styles from Hip Hop and Disco to Salsa and Bollywood. Sessions ideal from 18 months to 4 years old. Book your free trial session. Contact Louise on 07767 702444 or [louise.martin@diddidance.com](mailto:louise.martin@diddidance.com). [www.diddidance.com](http://www.diddidance.com)

Thursdays 9.30-10.15am @ The Lodge

### Phonic Stars - Phonics and Fun for Everyone!

Fun filled, energetic and educational toddler groups featuring phonics, words and interactive phonics games. Classes are based on sound phonics alphabet and phonics words theory, brought to life in ways which engage children. Suitable for children from around 18 months/2 years to 5 years. Contact [faye.clarke@phonicstars.co.uk](mailto:faye.clarke@phonicstars.co.uk). [www.phonicstars.co.uk](http://www.phonicstars.co.uk)

Come to our Free taster session Monday 3rd of April!  
Mondays 1-2pm @ The Community Hall

### Spanish Easter Holiday Club

Your children can learn Spanish and have fun at our holiday club themed around Spain at Easter time. Muchos activities including; games, cooking, arts and crafts, singing, and of course an Easter egg hunt. A mid morning snack will be provided but please bring a packed lunch. Contact Colette to book your place: [info@mariposalanguages.co.uk](mailto:info@mariposalanguages.co.uk). [www.mariposalanguages.co.uk](http://www.mariposalanguages.co.uk)

Monday 10th April & Wednesday 12th April  
10am -2pm @ The Lodge



### Chichester Open Studios Art Trail -Discover art at your doorstep!

Venue 2: Geraldine St. Aubyn Hubbard. Hand woven textiles in silk and other natural fibres. Individual scarves, wraps and clothes in simple shapes. [www.chichesterarttrail.org](http://www.chichesterarttrail.org)

29/4, 30/4, 1/5, 6/5 and 7/5 @ 1 Foster Road, Roussillon Park, PO19 6DQ

## HEALTH AND FITNESS

### Buggy Fit

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](mailto:chiandbogbuggyfit@outlook.com)  
Mondays 11am-12pm @ Havenstoke Park

### Yoga with Irina

Keep your body flexible and strong from the inside out. For all abilities. Qualified teacher of the British Wheel of Yoga. £7 per session. Irina: 07735 858508  
[irinafroud@talktalk.net](mailto:irinafroud@talktalk.net)  
Mondays 6-7pm @ The Lodge

### Kundalini Yoga

De-stress the body and mind, increase your vitality, creativity, self-confidence, and gain new perspectives. Suitable for all levels. £10 walk-ins or £48 for 6 sessions. Ram Inder Kaur: 07833 466991  
[raminder.kaur@live.com](mailto:raminder.kaur@live.com)  
Mondays 7-8.30pm  
@ The Community Hall

### 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, 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](http://www.capoeira.chichester.club)  
Mondays 7.30-9pm @ The Lodge

### 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](mailto:hello@chichesterpilates.com)  
[www.chichesterpilates.com](http://www.chichesterpilates.com)  
Tuesdays 7.30-8.30pm  
Thursdays 1-2pm or 2.15-3.15pm  
@ The Community Hall

## UPCOMING EVENTS IN JULY FOR YOUR DIARY!

### Summer Garden Party

Our fantastic and fun community event returns for its 7th 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](mailto:info@chichestercdt.org.uk) or 01243 697072.

Saturday 8th July 12-4pm  
@ Havenstoke Park

### 'Topping out' of Roussillon Park and CCDT AGM

Join us for a free BBQ and entertainment for the kids and hear more about the work of the CCDT and how you can get involved. A great opportunity for new and existing residents to come together and celebrate the completion of Roussillon Park. Contact [info@chichestercdt.org.uk](mailto:info@chichestercdt.org.uk) for more information.

Wednesday 19th July 5.30-8.30pm  
@ The Community Hall

**BE PART OF YOUR COMMUNITY!**  
Join us @ [www.chichestercdt.org.uk](http://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](http://www.facebook.com/chichestercdt) and [www.twitter.com/chichestercdt](http://www.twitter.com/chichestercdt)

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[www.chichestercdt.org.uk](http://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