

Let's make it happen

CHICHESTER  
COMMUNITY  
DEVELOPMENT  
TRUST

# WHAT'S ON

in Graylingwell and Roussillon Park  
July to September 2017

## COMMUNITY



### Summer Garden Party **FREE**

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! Market Place, Live music & entertainment. And featuring Dawn Gracie as compere for the day including a stage performance! Visit [www.chichestercdt.org.uk](http://www.chichestercdt.org.uk) for more information.

Saturday 8<sup>th</sup> July 12-4pm @ Havenstoke Park

### Volunteer info afternoon

Come and find out more about the work we do here at CCDT and how you can get involved plus a chance to meet other volunteers. Contact [angie@chichestercdt.org.uk](mailto:angie@chichestercdt.org.uk) or 01243 697072 for info.

Thursday 7<sup>th</sup> September 3.30-5.30pm  
@ The Community Hall

### Summer Fiesta fundraiser

Vicki Pang is climbing Mount Kilimanjaro to raise money for Kidney Research. Come and show your support! Live music, raffle, games, stalls, pimms & beer tent and more. Contact Vicki for more information: 07783 15 77 44

Saturday 22<sup>nd</sup> July 1.30-8pm  
@ The Lodge and Chapel Green

### 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. For info phone 01243 697072

Tuesdays 2:00-3.30pm @ The Community Hall  
Fridays 1-2.30pm @ The Lodge

### Community Café **FREE**

Come and meet your community development officer! Make new friends and find out what's going on. Free refreshments & internet. [angie@chichestercdt.org.uk](mailto:angie@chichestercdt.org.uk)

Fridays 10am-12pm @ 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 26<sup>th</sup> July 7-9.30pm @ The Lodge

### '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 19<sup>th</sup> July 5.30-8.30pm  
@ The Community Hall

### WI (Women's Institute) Group

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

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

4<sup>th</sup> Wednesday of each month  
7.30-9.30pm @ 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. Contact 01243 697072 or [info@chichestercdt.org.uk](mailto:info@chichestercdt.org.uk) for more information.

Saturdays 10am-12pm @ The Lodge  
1<sup>st</sup> Sat: Immanuel Church  
2<sup>nd</sup> & 4<sup>th</sup>: CCDT  
3<sup>rd</sup>: GPRA

### Macmillan coffee morning

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

Saturday 30<sup>th</sup> Sept 10am-12.30pm @ The Lodge

## DISCOVER

### Watercolour Classes

Have creative fun learning how to draw and paint in a relaxed and friendly environment. £180 (10 week term). 01243 538304 or [www.johnhillwatercolour.com](http://www.johnhillwatercolour.com)

Tuesdays 10am-1pm  
Wednesdays 12.30-3.30pm  
Fridays 12.30-3.30pm  
@ 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 1<sup>st</sup> & 3<sup>rd</sup> Wednesday 6.30-8pm  
@ Chichester University

### Chichester City Band **FREE**

BRASS BAND FOR BEGINNERS:  
Open for 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 5<sup>th</sup> August & 2<sup>nd</sup> September  
7.30-10.30pm @ The Lodge

### COOKERY CHAMPIONS

6 week 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](mailto:info@health-champions.co.uk)

Mondays 2.30-4.30pm  
@ The Community Hall

## CHILDREN & FAMILIES



### HOLIDAY ACTIVITY CLUB **FREE**

Open for all Graylingwell & Roussillon park primary school children (year R to year 6). Holiday Club with games, crafts, activities and lots of fun! BBQ/picnic lunch included. Limited to 20 places so book now! Contact 01243 697072 or [info@chichestercdt.org.uk](mailto:info@chichestercdt.org.uk).

8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> August 10am-1pm @ The Lodge  
15<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> August 10am-1pm @ The Lodge

### 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)

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 4-5:30pm  
@ 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



### 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. This term will be Bollywood themed.

Contact Louise on 07767 702444 or [Liz.chisnall@diddidance.com](mailto:Liz.chisnall@diddidance.com)

Thursdays 9.30-10.15am  
with start on 7<sup>th</sup> September  
@ The Community Hall

## 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

### Kundalini Yoga

De-stress the body and mind, increase your vitality, creativity, and self-confidence. Suitable for all levels. £10 walk-ins or £48 for 6 sessions. Contact: 07833 466991 or [raminder.kaur@live.com](mailto:raminder.kaur@live.com)

Mondays 7-8.30pm @ The Community Hall

### Capoeira

For all ages. A mix of music, dance and martial arts from Brazil. Very good for fitness, especially balance, flexibility, strength and coordination. Open to all, no matter your current fitness level. First lesson free. £4/class/child or £6/class/adult. 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



### 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

### Wild Tales Adventures Holiday Club

We bring Wild Adventures to life for children. The theme will be the Ice Age and we will discover the different clans, which animals lived here in the South of England and what being a child 10,000+ years ago might have been like. Age range: 6yrs to 9 yrs. £15 per session or £40 for all three sessions. Siblings can be added for an additional £5 per session. Contact [rookie\\_qb@hotmail.com](mailto:rookie_qb@hotmail.com) or 07983980728 for more information.

9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> August 1.30pm-5 @ The Lodge



### Let's get the community garden at Graylingwell underway!

The community garden has been selected by Tesco's to raise funds for - the following stores will feature the project so please make sure to vote!

Chichester P019 3JT | East Wittering Exp P020 8BJ  
South St Chichst Exp P019 1EL | St James Rd Chstr Exp P019 7HR



## DISCOVER YOUR FUTURE

Try something new! Free sessions for 15 – 25 year olds who are not in education, employment or training. From these sessions you will be creative, improve your social skills, learn a variety of skills while boosting your confidence and self-esteem. For more information or to book your place on either one or all sessions please contact Emma Hart by email: [emmah@chichestercdt.org.uk](mailto:emmah@chichestercdt.org.uk) or tel: 07591 207893

### MUSIC WORKSHOP **FREE**

Passion for music, play an instrument at home then this workshop is for you! Have a go at improvisation, drums, guitar, bass, keyboard or vocals. You may even meet likeminded individuals who would like to form a band.

Friday 7<sup>th</sup> July, 11am-12.30pm  
@ Chichester Music Academy, Ground Floor,  
Globe House, 1 Southgate, Chichester, PO19 8DH

### CHOCOLATE MAKING WORKSHOP **FREE**

Love chocolate! Then this workshop is perfect for you! A chance to choose the shape of chocolates you would like to make from a range of moulds, using delicious liquid Belgian chocolate. Once set you can take your creation home to eat.

Thursday 13<sup>th</sup> July, 10am-12pm  
@ Le Salon Du Chocolat, Hortons Yard, Melbourne Road,  
Chichester, West Sussex PO19 7ND

### 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 1<sup>st</sup> & 3<sup>rd</sup> 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 or [youth@chichestercdt.org.uk](mailto:youth@chichestercdt.org.uk)

Every 2<sup>nd</sup> & 4<sup>th</sup> 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 or [youth@chichestercdt.org.uk](mailto:youth@chichestercdt.org.uk)

Fridays 7-9pm  
@ The Lodge

**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