

Let's make it happen

CHICHESTER
COMMUNITY
DEVELOPMENT
TRUST

WHAT'S ON

in Graylingwell and Roussillon Park
January to March 2018

COMMUNITY



Secret Gardens of Roussillon

Would you consider opening your garden to the public and fundraising for the Kent, Surrey & Sussex Air Ambulance Service in 2018?

This is not a competition, just an opportunity to show what can be done in 'Your plot' and a chance to raise vital funds for this great charity. The open gardens trail will be on **Sunday 24th June 2018, 2pm till 5pm**. For enquires or to register your interest, contact Janet Johnston on 01243 775865 or janetjohnston1@gmail.com.

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

Fridays 10am-12pm @ The Community Hall

Community Café Extras

RPMG

A chance to meet and talk to the Roussillon Park Management Group (RPMG).

Every 2nd Friday 10am-12pm
@ The Community Hall

Wellbeing Fridays

Come and find out about how complementary therapies can help you in 2018 and beyond. Experience, Learn and Relax. Organised by Tracy Chaplin.

Every 4th Friday 10am-12pm
@ The Community Hall

Saturday Café **FREE**

Everyone welcome! Make new friends, lively chat, find out what's going on and meet your neighbours. Plus a new book exchange scheme; bring a book and swap for another, or just borrow one. Free internet access. Contact 01243 697072 or info@chichestercdt.org.uk.

Every 2nd, 3rd & 4th Saturday 10am-12pm
@ The Lodge | 2nd & 4th: CCOT / 3rd: GPRA

Fish & Chip Quiz

£8.00 to include Fish and chip supper, and a donation a guest charity of the month. Local resident Quizmaster, local Fish and Chips, bring your own drink. Come on your own to join a team or bring a team. Book early to avoid disappointment. 01243 697072 or info@chichestercdt.org.uk

Wednesday 17th January 7-9.30pm
@ The Community Hall

Wednesday 14th February 7-9.30pm
@ The Lodge

Wednesday 14th March 7-9.30pm
@ The Community Hall



Business Enterprise Club

Learn new skills and share your start-up experience in a friendly, supportive environment. Contact greg@opportunity-enterprise.com

31st January, 21st February, 21st March
Wednesdays 6.30-8pm @ The Community Hall

DISCOVER

Watercolour Classes

Have creative fun learning how to draw and paint in a relaxed and friendly environment.

£180 (10 week term).

Contact 01243 538304 or visit www.johnhillwatercolour.com for more information.

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 or alexandrawilby@yahoo.com.

Every Wednesday 7-8.30pm
@ 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



Bored? Join our Board games afternoons/evenings! **FREE**

Open to residents of Graylingwell and Roussillon Park. Everyone welcome, games to suit all ages! A chance to bring everyone together and do an activity that we can all enjoy regardless of age or ability. Refreshments available. Contact 01243 697072 or info@chichestercdt.org.uk.

Drop-in between 4.30-8.30pm
10th January, 24th January & 7th February
Wednesdays @ The Lodge

HEALTH AND FITNESS

Hatha based Yoga

For all levels and for those that have never done yoga before. Safe, sustainable yoga with an emphasis on self care, nourishment and healing with no risk of injury. £7/class or £50 for 10 x classes. Contact nataliestone78@yahoo.co.uk

Mondays 12-1pm @ 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

Mondays 6-7pm
@ The Lodge

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

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

Mondays 7.30-9pm @ The Lodge

Wednesday Yoga

Body exercises through stretching, breathing, strengthening, toning, invigorating & improving flexibility. For all abilities. Contact Venetia on venetiadavidson@sky.com or 07808162804.

Wednesdays 9-10.15am
@ The Community Hall

Pilates

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 1-2pm or 7.30-8.30pm
@ The Community Hall

CHILDREN & FAMILIES

Let's Talk Birth and Baby classes

Learn about early labour, pain relief, coping strategies, different ways of giving birth, what to expect following delivery and education regarding feeding your baby. Delivered by practicing NHS midwives. Contact Louise Broadbridge for more information: letstalkbirthandbaby@outlook.com

Sundays 4-6pm @ The Lodge - 21st & 28th January and 4th February



Family Yoga

Suitable for all ages and parents and grandparents are very welcome. The benefits of yoga are endless and each week we do something different with a variety of games, acro yoga, poses and yoga craft. Strength and flexibility are improved, self confidence increased, creativity and imagination nourished. £5 for the whole family. Contact Natalie on nataliestone78@yahoo.co.uk
Fridays 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 Liz on 07855 412837 or liz.chisnall@diddidance.com

Thursdays 9.30-10.15am
@ The Community Hall

Baby Yoga

Baby Yoga is a wonderful, calming experience for parents and their babies to enjoy together. With stretches for post-natal Mums too, it is an excellent way to relax and get to know your baby. Contact nicola@bibblebubble.com for more information. £46 for a 6 week course. Starts 6th November.

Mondays 10am-11pm
@ The Community Hall

Club Morgan First session FREE

After school club for 5-11 year olds. Maintain your health and happiness and have fun using our 'Yo-chi' style exercises. Activities include yoga, drama, games and relaxation. £5 per session, first session free. For more info contact Miriam on 07847 581952. Starts after easter.

Tuesdays 4-5pm @ The Lodge



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

Doorsteps - Free Dance and Games workshops Free

Dance and theatre workshop – build confidence and take part in theatre games and dance Drop in workshop with Theatre inc. From 5 years and up. Starting date to be confirmed. Contact Siobhan on 07721 022 677 for more information.

Thursdays 4.15pm-5pm @ The Lodge

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



TS Sturdy - the Nautical Training Corps for young people

Join this naval based youth group for ages 8 - 18. They do plenty of activities, such as camping, days out, BBQ's up at Goodwood, camp cooking, canoeing and kayaking. They also have a marching band. £2.50 per session (first 3 weeks free). Contact Debbie for more info: sturdy@ntc.org.uk or 07860 375281.

Deck Nights: Fridays 7-9pm @ The Lodge

Marching Band: Tuesdays 7-9pm @ The Lodge

After School Club **FREE**

Fun, games and activities for primary school children. Everyone welcome! Run by St Pancras Church. Contact 01243 697072 or info@chichestercdt.org.uk for more information.

Mondays 3.45-4.45pm 4-11 year olds

Mondays 5-6pm 11+ year olds
@ The Lodge

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.

Contact 01243 697072 or info@chichestercdt.org.uk

Join our Board Games Club **FREE**

Our Youth Ambassadors hold a regular games club for all residents. Help them out, or just come and play some games with family, friends and neighbours.

Contact 01243 697072 or info@chichestercdt.org.uk

Drop-in between 4.30-8.30pm

10th January, 24th January & 7th February
Wednesdays @ The Lodge



Co-Wheels Car Club

2 new cars have arrived at Roussillon Park! Have a car when you need it, and not when you don't. Hire a car per hour, plus a small mileage fee. Choose discounted day and overnight rates for longer hires. No need to pay for fuel - a fuel card is kept in the car. Insurance and breakdown cover is included. Visit www.co-wheels.org.uk for more information.

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