

Let's make it happen

CHICHESTER
COMMUNITY
DEVELOPMENT
TRUST

WHAT'S ON

in Graylingwell and Roussillon Park
April to June 2018

COMMUNITY

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. Contact info@chichestercdt.org.uk or 01243 697072.

Wednesday 11th April 7-9.30pm
@ The Lodge

Wednesday 16th May 7-9.30pm
@ The Community Hall

Wednesday 13th June 7-9.30pm
@ The Lodge

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 contact 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

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.

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

Saturday Café **Extra**

Cake sale to raise funds for a volunteering group educating local children in Malawi.

Saturday 14th April 10am-12pm
@ 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

May 5th, 6th, 7th and May 12th, 13th
@ 1 Foster Road, Roussillon Park, PO19 6DQ



CCDT Volunteers Thank you!

Come along for some afternoon tea, bring a friend. CCDT want to thank you for all of your help.

Thursday 7th June 3.30-5pm
@ The Community Hall



Secret Gardens of Roussillon

An open gardens trail at Roussillon Park in aid of Kent, Surrey & Sussex Air Ambulance Service. Tickets to visit, Tea & Cake are all available at The Community Hall, Roussillon Park. Please visit and raise vital funds for this great charity. For enquires, contact Janet Johnston on 01243 775865 or janetjohnston1@gmail.com.

Sunday 24th June 2-5pm
@ Roussillon Park

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

DISCOVER



Expressive Art and Meditation workshops with Amanda Sanford

An opportunity to experience guided meditations and to respond to your inner self through expressive art. Release your inner joy and experience calm, fun and creativity within a supportive group. Wk 1 Paint, wk2 Collage, wk3 Fabric, wk4 Clay, wk5 Choice. £25/day or £125 for the whole 5 week course, advanced bookings only. Contact amanda@earthmummajoy.com.

Mondays 1-3pm 16th, 23rd, 30th April and 14th, 21st May @ The Community Hall

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

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 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

Dance & Beyond Dance Classes **FREE TRIAL**

Come and try out any lesson on our timetable for FREE for the first two weeks! Dance classes for 5-10 year olds. Ballet, Modern Jazz/ Contemporary, Dan-Sing, Modern & Creative, Body Conditioning. See www.danceandbeyond.com for full class schedule. Any queries contact Veronica on veronica@danceandbeyond.com

Tuesdays, Thursdays and Fridays. 4, 5 and 6pm - 1 hour sessions
@ The Community Hall

Spanish Easter Holiday Club

Fun Spanish Easter Holiday Club suitable for children aged 4 to 11 years. Themed around Easter in Spain and learning lots of new Spanish words and phrases. We will be playing games, arts and crafts, cookery, stories... and of course there will be an Easter egg hunt in the garden! £38 for both days. info@mariposalanguages.co.uk or call 07412610177 to reserve your space.

Mon 9th & Tue 10th April 9am-2pm
@ 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@biblebubble.com for more information. £46 for a 6 week course.

Mondays 10am-11pm
@ The Community Hall



'The Greatest Showman' themed workshop

Dance & Beyond is inviting you to a themed workshop for children aged 6-11! Spend the day dancing to original routines, singing and acting to the amazing soundtrack, and doing arts and crafts. £25 (Siblings discount, 2nd child is ½ price). Places are limited so book in advance: www.eventbrite.co.uk/e/the-greatest-showman-song-and-dance-easter-workshops-tickets-44125389227

Wed 11th April 10.15am - 3.15pm
@ The Community Hall

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

Spring into Sport **Free**

Why not use this spring to take up a new sport or even pick back up one of your favourites? Join us for a social coffee afterwards. For 50+. Any queries contact: Lucy - 07377941704 or Ellis - 07946471898.

Wednesdays 10-11am @ the University of Chichester, Sports Dome, PO19 6PE
April 14th Walking Netball / April 21st Table Tennis / April 28th Badminton & Short Tennis



YOUTH

After School Club **FREE**

Come along for some games, crafts and outdoor activities, or just to meet some new friends. Everyone welcome! Run by St Pancras Church. Contact 01243 697072 or info@chichestercdt.org.uk for more information.

Mondays 3.30-4.30pm 4-11 year olds
Mondays 4.30-5.30pm 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

UPCOMING EVENTS!



Graylingwell Park Summer Garden Party **FREE**

Our fantastic and fun community event returns for its 8th year! 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.

Saturday 7th July 12-4pm
@ Graylingwell Park

CCDT AGM

BBQ and welcome event for new residents from 5pm, followed by the CCDT formal AGM from 6pm.

Wednesday 11th July 5.00-7.30pm
@ The Lodge



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

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