

Let's make it happen

CHICHESTER
COMMUNITY
DEVELOPMENT
TRUST

WHAT'S ON

in Graylingwell and Roussillon Park
January to March 2019

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. For information, phone 01243 537526.

Tuesdays 2-3.30pm @ The Community Hall
Fridays 4-5pm @ The Lodge



Fish & Chip Quiz

£8.00 to include Fish and chip supper, and a donation to a guest charity of the month. Bring your own drink. Come on your own to join a team or bring a team. Book early to avoid disappointment: 01243 537526 or bookings@chichestercdt.org.uk.

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

Wednesday 13th February 7-9.30pm
@ The Lodge

Wednesday 20th March 7-9.30pm
@ The Community Hall

A BIG THANK YOU to all quizzers who have joined us in 2018! With your help, over £800 has been donated to a variety of charities throughout the year. Let Brian know what charities you would like to support in 2019.



Community Café **FREE**

Come and meet your community development officer! Make new friends and find out what's going on. Free refreshments & internet. For more info contact angie@chichestercdt.org.uk.

Thursdays 11am-1pm @ The Community Hall

Community Café **EXTRA:**

24th January Fraud Workshop

'Cook' Community Connections café **FREE**

Do you fancy some company and a chat, come along to this new monthly get-together. Cook will join the Community Café the second Thursday of every month. It is completely free and there will be tea, cake, guest speakers, a chance to learn new skills and the opportunity to meet new friends. Everyone welcome, young and old! Contact Richard on 01243 790737 for more info.

Thursday 10th Jan, 14th Feb, 14th March
11am-12.30pm @ The Community Hall

Saturday Café **FREE**

Everyone welcome! Make new friends, lively chat, find out what's going on and meet your neighbours. Free internet access. Dogs welcome. For more info, contact 01243 537526 or info@chichestercdt.org.uk

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

Saturday Café **EXTRA:** 30th March

'Around the World in 44 Days'
Anna Bloomfield will show pictures and describe her journey as a lone female traveller and the challenges and experiences along the way.



CCDT Volunteer Meeting

Come along to meet Angie, our Community Development Officer, find out more about our volunteering opportunities and what we have planned for 2019.

Thursday 7th March 4-6pm @ The Lodge

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

Stress Free Life Meetup

Learn how to de-stress and take control of your emotions.

Feel happier, calmer and more balanced. Every month will feature a different expert talking and demonstrating a technique. £12.00 per person. £5 for SFLA members. Visit www.stressfreelifeacademy.com/meet-up for more information.

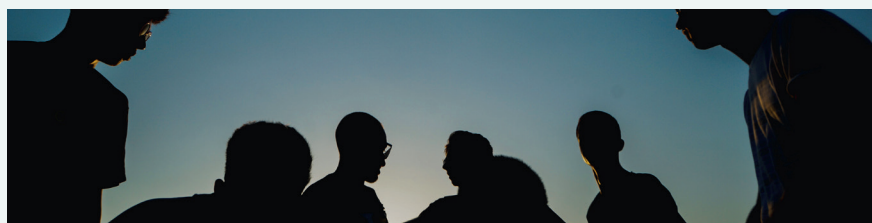
7-8.30pm @ The Water Tower

24th January - EFT with Jemima Eames

28th February - Fitness with Nicola Murray

28th March - Colour Mirrors with Shirley

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 537526 or info@chichestercdt.org.uk for more information.

Mondays 4.15-5.30 @ 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 537526 or info@chichestercdt.org.uk for more information.

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: 07860 375281 or sturdy@ntc.org.uk.

Deck Nights: Fridays 7-9pm
@ The Lodge

Marching Band: Tuesdays 7-9pm
@ The Lodge

Maths and Science Tuition **NEW!**

Chichester Tuition Hub offer friendly, dynamic and engaging maths and science sessions tailored to the specific needs of students. Available for Primary, KS3 and GCSE students. Contact chituitionhub@gmail.com to book. Group sessions with a maximum of 4 students are £25. For individual or smaller groups, please email for availability.

Saturdays 9-10.15am or 10.45am-12pm @ The Water Tower



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

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! Contact Nicola: chiandbogbuggyfit@outlook.com

Wednesdays 11am-12pm @ Havenstoke Park

Hatha based Yoga

Safe, sustainable yoga with an emphasis on self care, nourishment and healing with no risk of injury. £7/class or £50 for 10. 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

Capoeira **First lesson free**

For all ages. A mix of music, dance and martial arts from Brazil. Very good for fitness, balance, flexibility, strength and coordination. Open to all, no matter your current fitness level. £4/class/child or £6/class/adult. Contact David on 07909 027435 or www.capoeira.chichester.club

Mondays 7.30-9pm @ The Lodge

Wednesday Yoga

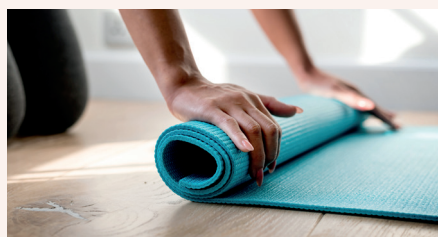
Body exercises through stretching, breathing, strengthening, toning, invigorating & improving flexibility. For all abilities. 07808162804 or venetiadavidson@sky.com

Wednesdays 9-10.15am @ The Community Hall

Thai Chi **NEW! Free Taster session**

The gentle yet powerful exercises and calming movements of Tai Chi allow you to balance and transform your energy which encourages health of body, vitality of spirit and tranquillity of mind. Contact Heike: heikebrewster@outlook.com or 07763 474397 to book your place or visit www.chichestertaichi.com.

Wednesdays: 10.25-11.25am
@ The Community Hall



Pilates

Improve your posture with controlled flowing movements, strengthen your core muscles that stabilise and support your spine. £45 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

Defined Pilates **NEW!**

Mat work class for all levels, improving your strength, flexibility, posture, enhance mental focus and reduce stress. Contact Charlotte on definedpilatesandwellness@outlook.com or 07584900325 to book your space.

Thursdays 6-7pm
@ The Lodge

Defined Core Fitness **NEW!**

Targeted stretching and strengthening for all you winter sport enthusiasts. Whether you want to get ready for the mountains or if you just wish to increase your overall flexibility and strength, this is the class for you! Contact Charlotte on definedpilatesandwellness@outlook.com or 07584900325 to book your space.

Thursdays 7.15-8.15pm
@ The Lodge

Vinyasa Yoga

Begin your weekend with this Vinyasa yoga flow. Connect to your body, wake up your muscles and calm your mind. All levels are welcome - first session free, thereafter: £7 drop in, or £30 for 5 sessions. Contact Olivia Rose, ojeannierose@gmail.com

Fridays 10.30-11.30am
@ The Community Hall



Mum Yoga **NEW !**

Would you like to be able to do a daytime yoga class but struggle with childcare? This class is for Mum's and children are very welcome. Each class will start with a short children's yoga class and then the remainder is for the Mum's to have some very needed 'you' time whilst children sleep/play. £7 for the hour. For more detail, email santiyogaandreiki@gmail.com or visit www.santiyogaandreiki.co.uk

Mondays 1-2pm @ the Community Hall

CHILDREN & FAMILIES



Dance & Beyond Dance Classes Two week free Trials

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.

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

Boy's Dance Class! Free Trials

Develop strength, musicality, timing, coordination and stamina. Move to Contemporary/Street/ Jazz/ and Capoeira Dance styles. Too book your space, contact veronica@danceandbeyond.com or visit www.danceandbeyond.com for more information.

Mondays
5-6pm: ages 6-12
6-7pm: ages 13-18
@ The Community Hall



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: 07855 412837 or liz.chisnall@diddidance.com

Thursdays 9.30-10.15am
@ The Community Hall

Little Learners Pre-School

For ages 2-5.
infolittlelearnerspreschool@gmail.com or 07955 333791

Monday - Friday 9am-3pm
@ 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
bookings@chichestercdt.org.uk | Tel: 01243 537526



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[@ChichesterCDT](https://www.twitter.com/chichestercdt)

The Water Tower: Blomfield Drive, Graylingwell Park, Chichester. PO19 6BZ
The Lodge and the Chapel: Blomfield Drive, Graylingwell Park, Chichester, PO19 6PQ
The Community Hall & the Green: Donegal Avenue, Roussillon Park, Chichester, PO19 6DF