

Let's make it happen

CHICHESTER
COMMUNITY
DEVELOPMENT
TRUST

WHAT'S ON

in Graylingwell and Roussillon Park
April to June 2019

COMMUNITY



Taster Thursdays **FREE**

A chance to sample some of the incredible products and services of the Chichester region. A different theme each week, enabling you to try something new each time you come. Open to people of all ages, free of charge. For more information and to book your ticket, go to www.chichestercdt.org.uk/events/taster-thursdays/

Thursday 4th, 11th, 18th, 25th April / 6-8pm @ The Water Tower

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 537526 or bookings@chichestercdt.org.uk.

Tuesdays 2-3.30pm @ The Community Hall
Fridays 3.30-5pm @ 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: contact 01243 537526 or bookings@chichestercdt.org.uk.

Wednesday 17th April 7-9.30pm
@ The Lodge

Wednesday 15th May 7-9.30pm
@ The Community Hall

Wednesday 12th June 7-9.30pm
@ 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. For more info contact angie@chichestercdt.org.uk.

Thursdays 11am-12.45pm
@ The Community Hall

'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 complete! Taster Thursdays y 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.

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

Saturday Café **EXTRA**: 30th June

Residen Robert Houghton, will join us and speak about his experience working at a mission hospital in Malawi.

CCOT Volunteer Meeting

Come along to meet Angie, our Community Development Officer, find out more about volunteering for us.

Thursday 13th June 2-4pm
@ The Community Hall

CHILDREN & FAMILIES



Brownies Group **NEW**

Come along and find out what we get up to... explore the world and meet new people, have fun learning all kinds of new skills and explore the outdoors. Contact Rhianna for more information on rhiannabatchelor@gmail.com

Tuesdays 5.30-6.30pm @ The Lodge

Little Learners Pre-School

For ages 2-5.

infolittlelearnerspreschool@gmail.com or 07955 333791

Monday - Friday 9am-3pm
@ 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: 07855 412837 or liz.chisnall@diddidance.com

Thursdays 9.30-10.15am
@ The Community Hall



Spanish Easter Holiday Club

Lots of fun, with different games, songs, arts'n crafts and cookery each day, all whilst learning lots of new Spanish words! Plus of course, there will be an Easter egg hunt in the venue's lovely garden. Suitable for children aged 4 to 10 years. £20 per child per day. Email info@mariposalanguages.co.uk or call 07412610177 to book your space.

Monday 8th, Tuesday 9th, Wednesday 10th April / 9am-2pm @ The Lodge

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



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

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

Watercolour Classes

Have creative fun learning how to draw and paint in a relaxed and friendly environment. £200 (10 week term). Visit www.johnhillwatercolour.com or contact 01243 538304 or 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; are keen amateurs looking to learn new music. £5/session. Contact sallykingsbury3@gmail.com or alexandrawilby@yahoo.com.

Every Wednesday 7-8.30pm @ Chichester University

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

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

YogaBellies for pregnancy **NEW**

Learn postures to help alleviate the common ailments of pregnancy, learn breathing techniques and positions for birth and meet other Mummas-to-be. £89 for an 8 week course. nicki@yogabellies.co.uk
Mondays 7.20-8.20pm @ The Community Hall

Luna by YogaBellies **NEW**

A firm but gentle yoga practice for all levels, sizes and age of yoga practitioner. A style created just for women, focusing on hormonal and spiritual balance. £48 for 6 weeks. nicki@yogabellies.co.uk
Mondays 8.30-9.30pm @ The Community Hall

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 **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

Body Conditioning for over 50's

Low impact aerobics, stretching and toning exercises and strength and balance work. The exercises are designed to improve circulation, increase mobility and flexibility and work on posture, muscle strength and balance. It's also quite good fun!
Contact 01243 533612 or christine_at_KSL@outlook.com
Thursdays 3.10-4.15pm @ The Lodge

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

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

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



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.



Maths and Science Tuition

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

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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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