

Let's make it happen

CHICHESTER
COMMUNITY
DEVELOPMENT
TRUST

WHAT'S ON

in Graylingwell and Roussillon Park
July to September 2019

COMMUNITY

Heritage Open Day **FREE**

As part of the Heritage Open Days, we will open the doors to the chapel! Tours, talks and information about Graylingwell Chapel and the history of the former Graylingwell hospital. For more information, contact info@chichestercdt.org.uk or 01243 537526.

Saturday 21st September 10am-1pm
@ Graylingwell Chapel



Internet Café **FREE**

No need to book, simply turn up and bring your own equipment. For more information, contact bookings@chichestercdt.org.uk.

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

Fish & Chip Quiz

Come on your own to join a team or bring a team. £8.00, includes Fish and chip supper, and a donation to charity of the month. Bring your own drink. Book early! contact bookings@chichestercdt.org.uk.

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

Wednesday 18th September 7-9.30pm
@ The Lodge

CCDT Volunteer Meeting

Come along and find out what we are working on, our plans for the future and how you can get involved as a volunteer.

Tuesday 3rd September 4-5.30pm
@ The Community Hall

Community Café **FREE**

Come and meet your community development officer, Angie! 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 Café **FREE**

Cook joins the Community Café, offering guest speakers, a chance to learn new skills and meet new friends. Contact Richard on 01243 790737 for more information.

Thursday 10th July, 8th August, 12th Sept
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: CCDT / 3rd: GPRA

Chichester Autism Support Group **FREE**

Learning together and supporting one another in a relaxed environment. Variety of topics covered each session – emotional wellbeing, advice, support, guidance, strategies and approaches. Free event, no need to book. Contact Rebecca Krum on chiapsg@hotmail.com or 0792596442 or for more info.

Wednesday 3rd July, Wednesday 24th July
6-8pm @ The Lodge

Opening of the Club House and CCDT AGM **FREE**

Join us for a BBQ and hear more about the work of the CCDT. A great opportunity for new and existing residents to come together and celebrate the completion of the Club House at Keepers Green. The AGM starts at 3.30pm, followed by BBQ and drinks at 5pm.

Thursday 12th September 3.30-6pm
@ The Lodge, Keepers Green

HEALTH AND FITNESS

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

Alder Classical Mat Pilates **New Free Taster session**

A balanced work out building on a range of body conditioning Pilates techniques, strengthening and toning your core, developing muscular flexibility and improving balance and co-ordination. Please bring a mat & ankle socks. Small equipment provided. £8.50 per session or 5 sessions £40. Contact alderpilates@gmail.com.

Mondays 10.30-11.30am
Mondays 7.30-8.30pm
@ The Community Hall

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



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



Pilates F.I.T

"Have F.un, be I.nspired, T.ransform your body". Pilates F.I.T. is a great way to improve your physical fitness, health and wellbeing. Lots of fun, easy to follow and gives you a whole body workout. Only pay for the classes you attend. £8 per class. Contact Claire 07791340226 or claire@fitfig.co.uk for more information.

Wednesdays 5.30-6.30pm @ The Lodge

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: 07763474397 or heikebrewster@outlook.com 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

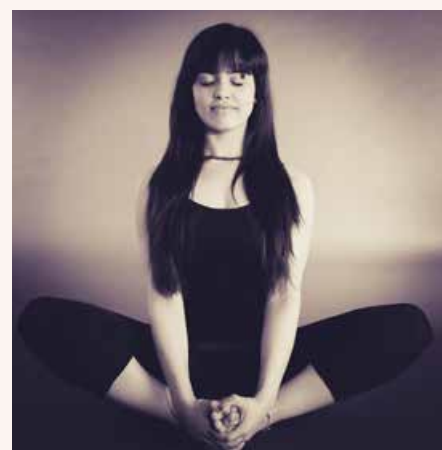
Tuesdays 7.30-8.30pm

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

Yoga **New**

An hour of strength and serenity. You can expect a flowing form of yoga with options that make it accessible for all. From first timers to experienced yogis, you'll leave class feeling energised and refreshed! £10 drop in, £45 for 6 classes. Contact Christine christinejump@hotmail.co.uk or call 07837 663043.

Fridays 9-10am
@ 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

CHILDREN & FAMILIES

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 for more info.

Mondays @ The Community Hall

5-6pm: ages 6-12

6-7pm: ages 13-18

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

Little Learners Pre-School

For ages 2-5.

infolittlelearnerspreschool@gmail.com or 07955 333791

Monday-Friday 9am-3pm @ The Lodge

Brownies Group

Explore the world and meet new people, have fun learning all kinds of new skills and explore the outdoors. Contact Rhianna for more info on rhiannabatchelor@gmail.com

Tuesdays 5.30-6.30pm @ The Lodge

Diddi Dance **Free Trial Session**

Dance exercises, games, fun props and instruments to help co-ordination, rhythm and gross motor skills. From 18 months to 4 years old. Contact 07855 412837 or liz.chisnall@diddidance.com

Thursdays 9.30-10.15am
@ The Community Hall



Spanish Holiday Club

Lots of Spanish themed games, songs, stories, arts'n crafts and cookery...as well as garden games in the wonderful Chapel garden. The club is suitable for children aged 4 to 10 years - £21 per child per day (includes mid morning snack & unlimited squash/water). Contact info@mariposalanguages.co.uk or 7412610177 to reserve.

9am-2pm @ The Lodge

Mon 29th, Tues 30th, Wed 31st July
Mon 5th, Tues 6th, Mon 12th, Tues 13th,
Wed 14th, Mon 19th, Tues 20th, Tues 27th
and Thurs 29th August

YOUTH

TS Sturdy

Naval based youth group for ages 8-18. Plenty of activities, such as camping, days out, BBQ's, camp cooking, canoeing, kayaking and marching band. £2.50 per session (first 3 weeks free). Contact 07860 375281 or sturdy@ntc.org.uk.

Deck Nights: Fridays 7-9pm @ The Lodge

Marching Band: Tues 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

Maths and Science Tuition

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

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

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). Contact 01243 538304 or 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; 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

6-week Italian Beginner Course

Whether you are interested in learning Italian for travelling, working abroad or simply give your brain a boost, we will teach you the basic structures and vocabulary of the target language in order to understand simple daily situations. £127 for 6 weeks. Starts 9th Sept. See www.tertulia.co.uk for more information.

Mondays 6.30-8.30pm @ The Water Tower



Craft day

Spend a full day crafting - work with various stunning materials, for paper crafting and mixed media and learn new techniques. Craft kit and exclusive goodies provided on the day are all included in the price. Contact leoniepujol@hotmail.co.uk for more info.

Sunday 8th September 10am-4pm
@ The Lodge

Talk: Graylingwell Hospital, 1897-1960

A fascinating talk on Graylingwell Hospital by Katherine Slay. £8 per person, includes a glass of wine. Booking essential as places limited: 01243 537526 or info@chichestercdt.org.uk.

Thursday 19th September 6-8pm
@ 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

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www.chichestercdt.org.uk
bookings@chichestercdt.org.uk | Tel: 01243 537526



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[@ChichesterCDT](https://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