

Let's make it happen

**CHICHESTER
COMMUNITY
DEVELOPMENT
TRUST**

WHAT'S ON

in Graylingwell and Roussillon Park
January to March 2020

COMMUNITY



Reboot Café **FREE**

Connect with friends and family, get online and receive one-to-one support in a friendly environment. Twice-weekly sessions, free to attend and no booking required. Bring the technology you need support on. Open to everyone and anyone. For more information, bookings@chichestercdt.org.uk.

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

Fish & Chip Quiz

Come on your own to join a team or bring a team. £9.00, 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 15th January 7-9.30pm
@ The Community Hall

Wednesday 12th February 7-9.30pm
@ The Lodge

Wednesday 11th March 7-9.30pm
@ 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

Volunteer with us!

Would you like to get involved, contribute to the community, gain experience and meet new people? Contact angie@chichestercdt.org.uk to find out more about our current volunteer opportunities and events.

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



NEW! Meet your Neighbourhood Response Officer

'New' monthly drop in for Clarion tenants and joint Ownership scheme members. Come and meet your new Neighbourhood Response Officer, Amanda Hartfield, from Clarion Housing.

8th January, 5th February, 4th March
11am-12:30pm @ The Water Tower

NEW! Dramatis Community Drama School

Dramatis is a drama school that focuses on nurturing individual personalities and skills. For more information and to sign up, contact Suzy on info@dramatis.co.uk.

Theatre Panel discussion

Wednesday 29th Jan, time TBA
@ The Lodge

Adult Drama Course

Dramatis short courses for adults (aged 18 to 80) are designed for those who want to learn a new skill in a friendly environment and see a tangible outcome from their efforts but who don't want to commit to a permanent new hobby. Starts 24th February.

Mondays, time TBA
@ The Lodge

DISCOVER



NEW! Thursday CrAfternoons - Social craft sessions

Work on projects, learn new techniques, share ideas and make new friends. Beginners welcome! £1 per session. Contact craftycraftafternoons@gmail.com for further information.

Thursday 9th and 23rd January, 13th and 27th February, 12th and 26th March
5-7pm @ The Community Hall

Talk: The Story of Graylingwell

A fascinating talk on the history of Graylingwell Hospital told by Katherine Slay, from West Sussex Records Office, through a series of photographs that take you through the years. £8 per person, includes a glass of wine.

Booking essential:

bookings@chichestercdt.org.uk.

Time and venue to be announced.

Watercolour Classes

Have creative fun learning how to draw and paint in a relaxed and friendly environment. £200 (10 week term). Contact John on 01243 538304 or www.johnhillwatercolour.com for more information and to book your class.

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

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

7th Chichester Guides

For Girls aged 10-14. Fun, adventure and the space to discover your potential. We also enjoy participating in local events as well as day trips and residential. £35 a term, register your interest on www.girlguiding.org.uk

7th Chichester Guides (age 10-14)
Thursdays 7-8:30pm @ The Lodge

NEW! The Purple Bus FREE

This mobile youth club, run by Sussex Clubs for Young People will be at Graylingwell Park and Roussillon Park, rotating each fortnight for 12 weeks. For more details, contact CCDT. Starting 16th January at Roussillon Park.

Thursdays 4-6pm

@ Roussillon Park or Graylingwell Park



NEW! Youth Sexual Health Advice FREE

Jo Robb from the Chichester Information shop is offering Youth Sexual Health advice in monthly drop in sessions. For dates and more details contact jo.chiinfo@shop@gmail.com.

Wednesdays @ The Water Tower

HEALTH AND FITNESS

Vinyasa Flow Yoga Class

Join us for an hour of mindful yoga and breathing practice. All levels welcome, no experience necessary! £45 in advance for a block of 6 classes, or £8 drop in. To book or find out more contact: dominiquetouze@hotmail.com

Tuesdays 7.30-8.30pm
@ 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. Contact Irina for more information on 07735 858508 or irinafroud@talktalk.net.

Mondays 6-7pm
@ The Lodge

Wednesday Yoga

Body exercises through stretching, breathing, strengthening, toning, invigorating & improving flexibility. For all abilities. For more information and to book, contact 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

Tai Chi Workshops

A 2-hour class creating the opportunity to study the Golden Flower Forms in greater depth: we focus on specific principles such as Yin/Yang, 3 point alignment or Relaxation as well as working with specific training forms to deepen insight into the Tai Chi principles and their applications. The class includes warm-ups and Qi Gongs. Fee: £18 members/ £20 non members. Contact Heike: 07763474397 or heikebrewster@outlook.com to book your place or visit www.chichestertaichi.com.

Saturday 1st February
Saturday 14th March
10am-12pm @ The Community Hall

Tai 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 Free Taster session

Improve your posture with controlled flowing movements, strengthen your core muscles that stabilise and support your spine. £45 per 5 sessions first session free. For more information or to book you space, contact hello@chichesterpilates.com www.chichesterpilates.com

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

Vinyasa Yoga Free Taster session

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



NEW! Heartsmart Heritage walk

Walking for health! A 1.25 mile long flat walk at a gentle pace, enjoying the history of Graylingwell Park and surrounding areas, the buildings, trees & wildlife. Finishing in time for a hot drink at the Community Café at the Lodge. Meet up outside the glass building by Havenstoke Park, formerly the Linden Homes site marketing suite. For more information, visit www.chichester.gov.uk/heartsmart.

Saturdays 25/1, 22/2, 28/3, 25/4, 23/5
10.15am @ Havenstoke Park

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 3.45-5.15pm
Thursdays 4.5pm
@ The Community Hall



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

Little Learners Pre-School

For ages 2-5.
infolittlelearnerspreschool@gmail.com or 07955 333791
Monday-Friday 9am-3pm @ The Lodge

Dramatis open day workshop

Open day theatre workshop for children. For more info contact info@dramatis.co.uk.

Saturday February 15th, time TBA
@ The Lodge

NEW! Dramatis Classes

Dramatis theatre classes provide a fun and supportive environment to encourage children to express themselves. From movement and mime to script work and improvisation. Starts 26th Feb. For more info and times contact info@dramatis.co.uk.

Wednesdays afternoons
@ The Lodge



Rainbows, Brownies or Guides

Fun, adventure and the space to discover your potential. Activities are varied and follow the Girlguiding programme as well as other initiatives.

We also enjoy participating in local events as well as day trips and residential. £35 a term, register your interest on www.girlguiding.org.uk.

10th Chichester Brownies (age 7-10)
Tuesdays 5:30-6:45pm @ The Lodge

Summersdale Rainbows (age 5-7)
Wednesdays 4.30-5.45pm @ The Lodge

7th Chichester Guides (age 10-14)
Thursdays 7-8:30pm @ The Lodge

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

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