

Let's make it happen

CHICHESTER  
COMMUNITY  
DEVELOPMENT  
TRUST

# WHAT'S ON

Keepers Green, Graylingwell and Roussillon Park  
October to December 2020



Our community buildings remain open, and are COVID-19 secure and all activities are following the new rules. This is possible and in line with government regulations due to multiple processes designed to keep you safe and reduce risk of infection, including daily cleaning; disinfecting between activities; temperatures taken on arrival; track and trace registers taken for all events; social distancing and the provision and regular use of hand sanitiser.

Finding ways to connect and be together is also important for our health and CCDT is working hard to make that possible. If you have any questions regarding the safety measures taken please don't hesitate to contact the team on [info@chichestercdt.org.uk](mailto:info@chichestercdt.org.uk). Your health and wellbeing is our highest priority.

## COMMUNITY

### 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, limited number of spaces. Get your ticket: [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

Wednesday 14<sup>th</sup> October 7-9.30pm  
@ The Lodge

Wednesday 18<sup>th</sup> November 7-9.30pm  
@ The Lodge

Wednesday 16<sup>th</sup> December 7-9.30pm  
@ The Lodge

### Reboot Café **FREE**

Connect with friends and family, get online and receive one-to-one support in a friendly environment. No booking required, bring the technology you need support on. Open to everyone and anyone.

Tuesdays 2-3.30pm @ The Community Hall  
Fridays 10-11.30am @ The Lodge

### 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](mailto:angie@chichestercdt.org.uk).

Thursdays 11am-12.45pm  
@ The Community Hall

### **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.

7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 2<sup>nd</sup> Dec  
11am-12:30pm @ The Water Tower



### 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  
1<sup>st</sup> Sat: St Pancras Church  
2<sup>nd</sup> & 4<sup>th</sup>: CCDT / 3<sup>rd</sup>: GPRA

## HEALTH AND FITNESS

### NEW! Calm Yoga & Meditation

A deeply routed postural workout, that helps your core strength and muscle toning, followed by a meditation for the final 15 minutes allowing you to rest and still the mind. £8 per session, all abilities. Contact Hayley 0795 1084660 or [hayleycleghorn@hotmail.com](mailto:hayleycleghorn@hotmail.com) to book your space.

**Mondays 10-11.15am**  
@ 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. £8 per session. Contact Irina for more information on 07735 858508 or [irinafroud@talktalk.net](mailto: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 [info@venetiadavidsonyoga.co.uk](mailto:info@venetiadavidsonyoga.co.uk)

**Wednesdays 8.55-10.10am**  
@ The Community Hall

### Buggy Fit

Whatever your postnatal stage we have a programme that will suit your needs, and all of this done from behind your buggy.

Contact Nicola: 07799444343  
[Motherhoodfitness@outlook.com](mailto:Motherhoodfitness@outlook.com)  
[motherhoodfitness.co.uk](http://motherhoodfitness.co.uk)

**Wednesdays 11am-12pm**  
Meet outside the Pavilion @ Havenstoke Park



### 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](mailto:heikebrewster@outlook.com) to book your place or visit [www.chichestertaichi.com](http://www.chichestertaichi.com).

**Wednesdays 10.30-11.30am**  
@ The Community Hall

### 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 [chichester.gov.uk/heartsmart](http://chichester.gov.uk/heartsmart).

**Saturday 24<sup>th</sup> Oct, 14<sup>th</sup> Nov and 12<sup>th</sup> Dec**  
10.15am @ Havenstoke Park

### NEW! Pilates

Pilates for your mind, body and soul. Mixed ability. Please bring your own mat and water bottle. £27.50 for 5 weeks. Spaces are limited, call Melissa in advance to reserve your space: 07920146629.

**Saturdays 10.30-11.30am**  
@ The Community Hall



### NEW! The Coffee Cart

Have a cup of locally roasted HOST coffee, have a chat, share your thoughts, or just take a quiet break. The coffee cart will be at the The Pavilion and surroundings. Stop by for a coffee and let us know what you think! For the latest information on the coffee cart's whereabouts and opening times, please follow: [@ThePavilionChichester](https://www.instagram.com/ThePavilionChichester) on instagram, or call us on 01243 537526.

# YOUTH, CHILDREN & FAMILIES

## Ping! Chichester **FREE**

Two Table Tennis tables have been installed at Keepers Green. Challenge your friends or family. Bring your own bats and balls.

Any time!  
Outside The Lodge, Keepers Green



## Little Learners Pre-School

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

## MiniMovers Ballet & Tap Two week free Trials

Come and try out any lesson on our timetable for FREE for the first two weeks! Dance class for 4-6 year olds. Contact Veronica on 07484870789 to book.

See [danceandbeyond.com](http://danceandbeyond.com) for full class schedule.

Tuesdays 3.45-4.45pm  
@ The Community Hall

## **NEW!** The Yoof club with Dr Walker (Luffa Legend) & friends **FREE**

A chance to chat, listen, have fun and chill out with similar people. Everyone is welcome between the ages of 11-19. To register, go to [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

Wednesdays 7-9pm  
@ The Old Lodge by Chapel Green

## 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 [laura.hughes@diddidance.com](mailto:laura.hughes@diddidance.com)

Thursdays 9.30-10.15am  
Fridays 9.15-10.15am or 10.30-11.30  
@ The Community Hall



## **NEW!** Street cricket with Sussex Cricket **FREE**

Try out cricket, play games and learn some batting and bowling skills from top level coaches. For anyone between the age of 8-11 years, no previous cricket experience needed! Provided by the Sussex Cricket Foundation.

Thursdays 4-6pm  
@ Venue TBC

## **NEW!** Forest School Tots

Morning sessions for Pre school age with parents or grandparents. Come and discover the natural world with your children, through play and exploration. Sessions include toddler based activities, crafts and story time.

£2 per family. To register, go to [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

Fridays 9.30-11.30am  
Meet @ Havenstoke Park by the Pavilion



## **NEW!** Friday Night Forest & Fire **FREE**

Put down your phones, turn off the computer and join us to connect with friends, connect with nature and escape the pressures of life. Each week we will explore the natural world, learn and develop our outdoor skills including fire lighting, crafting and exploring. For anyone between the age of 11-16 years. To register, go to [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

Fridays 4-6pm  
Meet @ Havenstoke Park by the Pavilion

## 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. £3 per session (first 3 weeks free). Contact 07860 375281 or [sturdy@ntc.org.uk](mailto:sturdy@ntc.org.uk).

Deck Nights: Fridays 7-9pm  
@ The Lodge

## **NEW!** Dad La Soul Sessions

Interactive workshops centred around music, tech, and play for all Dads, step Dads, granddads or male carers and their kids. £2 per family. Go to [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events) to register.

Every 3<sup>rd</sup> Saturday of the month  
2-4pm @ The Lodge

# DISCOVER



## Sunday Roast Club

Join your friends and neighbours in the community for a delicious Sunday lunch in the Lodge. Limited spaces and staggered seating. £12.95 for main course, half price for children aged 11 and under. Take away option available. For full menu and to book, go to: [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

Sunday 12<sup>th</sup> October  
12-3.30pm @ The Lodge



## Halloween activities

We have some family friendly Halloween activities planned for October half term. Keep a look out on our website for details, times and how to register for the events.



## Christmas celebrations!

Watch out for our exciting decorating of the Havenstoke Park Christmas tree and turning on of the lights event. We are also planning a Santa's grotto and Christmas meals at the Lodge. More information coming soon...



## Volunteer with us!

We currently have lots of volunteer opportunities - from event support to gardening and children and youth group helpers. See our website for a list of current volunteer roles and contact [angie@chichestercdt.org.uk](mailto:angie@chichestercdt.org.uk) if you have a couple of hours spare and want to be part of a friendly, supportive team.

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](http://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](http://www.facebook.com/chichestercdt) and [www.twitter.com/chichestercdt](http://www.twitter.com/chichestercdt)

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[www.chichestercdt.org.uk](http://www.chichestercdt.org.uk)  
[bookings@chichestercdt.org.uk](mailto:bookings@chichestercdt.org.uk) | Tel: 01243 537526



[facebook.com/chichestercdt](https://www.facebook.com/chichestercdt)



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

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