

Let's make it happen

CHICHESTER  
COMMUNITY  
DEVELOPMENT  
TRUST

# WHAT'S ON

Classes & activities at Keepers Green, Graylingwell and Roussillon Park  
September to December 2021



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 15<sup>th</sup> September

Wednesday 13<sup>th</sup> October

Wednesday 17<sup>th</sup> November

Wednesday 15<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.

Mondays 10-11.30am @ The Community Hall

Thursdays 2-3.30pm @ 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. Look out on our website for up to date times. For more information, please contact [angie@chichestercdt.org.uk](mailto:angie@chichestercdt.org.uk).

Thursdays 10.30am-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. Hosted by the GPRA - Graylingwell Park Residents Association.

Saturday 18<sup>th</sup> September

11am-12pm @ The Lodge



### Clothes Swap & Make Do and Mend day

An alternative to Black Friday! Exchange no longer wanted items and learn how to fix and up-cycle your garments to give them a longer life.

8<sup>th</sup> November. Look out for details.

### Recycling tips!

WSCC recycling van will make a visit to inform how to reduce waste and recycle more.

15<sup>th</sup> September at Graylingwell Park

## HEALTH AND FITNESS

### NEW! Walking Cricket

Coached by the brilliant team at Sussex Cricket Foundation. A chance to enjoy the sport of cricket without the need to spring across the outfield. FREE to attend. For men and women aged 55+. For more information or to register your interest please email coach Lara Johnson at [lara.johnson@sussexcricket.co.uk](mailto:lara.johnson@sussexcricket.co.uk).

Mondays 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> September  
3.30-5pm @ Keepers Green



### NEW! Couch to 5k

Everyone Active have set up a couch to 5k to help improve fitness within any ages who want to get involved and have a go. No levels of fitness required – just a great opportunity to build your skills and increase your stamina. Book your space on [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

Tuesdays 9.30-10.30am  
@ Havenstoke Park

### 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 & 10.30-11.30am  
@ 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

### Heartsmart Heritage walk

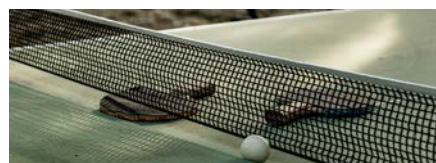
Walking for health!  
Leader: Sarah  
Duration: Approx. 40 mins  
Distance 1.25 miles  
A flat walk at a gentle pace, enjoying the history of Graylingwell Park and surrounding areas, the buildings, trees & wildlife. Meet up outside the Pavilion. For more information, visit [chichester.gov.uk/heartsmart](http://chichester.gov.uk/heartsmart).  
10-12 walkers per walk.  
Pre-booking only – online or via telephone 01243 521041.

Saturday 25<sup>th</sup> Sept & 23<sup>rd</sup> Oct  
10.15am @ Havenstoke Park

### 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 9.30-10.30am  
@ The Community Hall



### 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! Keepers Green

## YOUTH & CHILDREN



### NEW! Home-start family group

Home-Start's family groups are friendly and non-judgemental, providing a place to chat and make friends with other families. If you're interested in attending our family group please email [admin@home-startchichester.org.uk](mailto:admin@home-startchichester.org.uk)

Mondays 12.30-3pm  
@ The Community Hall



### Rainbows, Brownies & 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](http://www.girlguiding.org.uk).

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

Summersdale Rainbows (age 5-7)  
Wednesdays 4-5pm @ The Lodge

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





### Little Learners Pre-School

For ages 2-4.

infolittlelearnerspreschool@gmail.com or 07955 333791

Monday-Friday 9am-3pm @ The Lodge

### MiniMovers Dance classes 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. For full class schedule, see [danceandbeyond.com](http://danceandbeyond.com)

Ballet & Tap: Tuesdays 4-5pm  
Dan-Sing: Thursdays 4-5pm  
@ 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 4-5pm  
@ the Cricket pitch at Swanfield

### 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. For more info, contact [laura.hughes@diddidance.com](mailto:laura.hughes@diddidance.com)

Thursdays & Fridays 9.30-10.15am  
@ The Community Hall



### 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.

£5 per family, £2 for residents.  
To register, go to [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

For residents only: Fridays 9:30-11am  
For all: Fridays 1-2:30pm  
Meet @ Havenstoke Park by the Pavilion



### 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 4-5.30pm  
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, [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. For more info and to book, please visit: [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

Every 2<sup>nd</sup> Saturday of the month  
9.30am-12.30pm @ The Lodge

## DISCOVER

### Act Your Age adult drama class

A Dramatis adult drama group that removes the pressure of learning lines and performing on stage! Weekly sessions are largely focused on reading through different types of TV, film and theatre scripts but also include drama based games, activities and tuition. FREE TASTER session! [dramatis.co.uk/act-your-age](http://dramatis.co.uk/act-your-age)

Wednesdays 7.30-9pm  
@ The Community Hall

### NEW! Book Club

We will read some inspiring books, and explore different genres. For more information, contact [angie@chichestercdt.org.uk](mailto:angie@chichestercdt.org.uk)

Every 4<sup>th</sup> Tuesday of each month  
7-8.30pm @ The Water Tower



### NEW! Stitch Club

Whether you are a long-term lover of sewing, crochet or knitting, or it is a new hobby, discovered in Lockdown, Stitch Club may be for you. Bring along your latest project, share ideas and get to know like-minded people. £5 a session, includes a cup of tea or coffee, a slice of homemade cake and a £1 charity donation. Contact: [anneadamson1965@gmail.com](mailto:anneadamson1965@gmail.com) for more info.

Every 1<sup>st</sup> Wednesday of the month  
7-9pm @ The Lodge

### Watercolour Classes

Have creative fun learning how to draw and paint in a relaxed and friendly environment. Contact John on 01243 538304 or [johnhillwatercolour.com](http://johnhillwatercolour.com) for more information and to book your class.

Wednesdays 12.30-3.30pm  
Fridays 12.30-3.30pm  
@ The Community Hall



### Volunteer with us!

Volunteers needed for regular and one off volunteering opportunities. Contact [angie@chichestercdt.org.uk](mailto:angie@chichestercdt.org.uk) if want to be part of our friendly, supportive team.

### The Pavilion is now open!

Have you seen our timetable? Drop by to pick up a printed timetable or visit our website: [thepavilionchichester.com/whats-on](http://thepavilionchichester.com/whats-on)

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