

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. 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

Wednesday 13th October

Wednesday 17th November

Wednesday 15th 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.

Thursdays 10.30am-12.30pm

@ The Community Hall

Common Threads **FREE**

Join us for creative knitting, crochet & needlework, chat, coffee/tea, biscuits and the chance to hear a brief personal Christian story.

For more info and to book, visit: chichesterbaptist.org/common-threads

2nd Sunday of the month

10-11.30am @ The Community Hall



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.

8th November. Look out for details.

GPRA Saturday Café

Meet your neighbours, find out what the GPRA does and discuss any queries or concerns that you might have.

3rd Saturday of the month

10-11am @ the Pavilion

HEALTH AND FITNESS

NEW! Boxercise

A women's Boxercise class with Mairi Cecil. Combining boxing and exercise to make for a fun, stress-busting activity. For more information contact mairclair@sky.com or follow Fit Mummies Club on Facebook.

Tuesdays 7-8.30pm
@ The Lodge



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

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

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
motherhoodfitness.co.uk

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

NEW! Yoga

Keep your body flexible and strong from the inside out. For more information, contact haydn.walden@icloud.com.

Thursdays 6.30-7.30pm
@ The Lodge

Heartsmart Heritage walk

A flat 1.25 mile walk at a gentle pace, enjoying the history of Graylingwell Park and surrounding areas, the buildings, trees & wildlife. For more information, visit chichester.gov.uk/heartsmart. Pre-booking only, online or via telephone 01243 521041.

Saturday 25th Sept & 23rd Oct 10.15am
Outside the Pavilion, 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

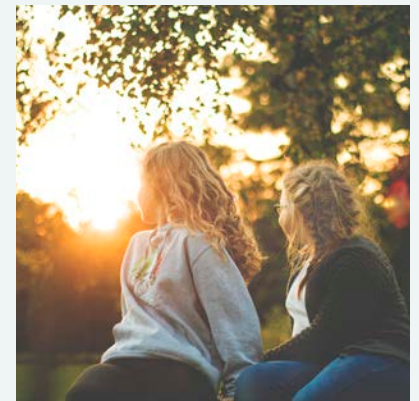
YOUTH & CHILDREN



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

Mondays 12.30-3pm
@ The Community Hall



Rainbows & Brownies

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 4-5pm @ 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

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. No previous cricket experience needed! Provided by the Sussex Cricket Foundation, sussexcricket.co.uk/chance-shine-street.

8-11 years old 4-4.55pm
11-14 years old 5-5.55pm
Thursdays @ 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

Thursdays & Fridays 9.30-10.15am
@ The Community Hall



The Wild Space 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

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



The Wild Space 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

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.

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

Every 2nd 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

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

Every 4th Tuesday of the 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 for more info.

Every 1st 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 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 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



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

Let's make it happen

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www.chichestercdt.org.uk
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