

Let's make it happen

CHICHESTER  
COMMUNITY  
DEVELOPMENT  
TRUST

# WHAT'S ON

Community events & activities at Roussillon, Graylingwell and Keepers Green

July to September 2022

## **FREE** The Milk Spot Feeding Support Drop-in

With over 22 years experience in post natal care, Unique Attachment's feeding expert Chrissie can offer any help you need with feeding your new baby as well as general support. A chance to meet other new parents! There is no need to book, just turn up.

**Mondays 10am-12pm @ The Chapel**



## **FREE** Into the wild... adult outdoor group

Get together and take part in a range of activities to explore wildlife, enjoy the outdoors and meet their neighbours and friends. Book your space: [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

**Mondays 1-2.30pm @ The Wild Space**

## **FREE** Cruse Bereavement Support Group

A wonderful opportunity for you to make friends, talk, and remember someone you know who has died. Join us every other week. We meet in the café 15-30 minutes beforehand.

[westsussexarea@cruse.org.uk](mailto:westsussexarea@cruse.org.uk)

**Every other Monday 2pm @ The Chapel**

## **Couch to 5k with Everyone Active**

A really relaxed, social group that will push those that would like to be, and ease along with those that would prefer more of a walk and talk! To book: [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

**Tuesdays 9.30-10.30am @ Havenstoke Park**

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## **Book Club**

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

**Every 1st Tuesday of the month  
7-9pm @ The Water Tower**



## Wednesday Yoga

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

**info@venetiadavidsonyoga.co.uk**

**Wednesdays 8.55-10.10am  
& 10.30-11.30am  
@ The Community Hall**

## 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.

Contact: **info@chichestercdt.org.uk** for more info.

**Every 1st & 3rd Wednesday of the month  
2-4pm @ The Chapel**

## Meet your Neighbourhood Response Officer

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

**Wednesday 6th July, 3rd August & 7th Sept  
11am-12.30pm @ The Water Tower**



## 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**

## 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. Tickets: [chichestercdt.org.uk/events](http://chichestercdt.org.uk/events)

**Dates and venue to be confirmed.  
Keep an eye out on our website.**

## Chichester Shed Makers Meeting

An informal social meeting – bring along your own projects or we can work on community projects together.

**Every 2nd Thursday of the month  
2.30-4.30pm @ The Chapel**

## Chichester Shed Developers Meeting

Our development meetings are focused on moving forward and we work to an agenda with occasional visiting speakers. For more information, contact [angie@chichestercdt.org.uk](mailto:angie@chichestercdt.org.uk)

**Every 4th Thursday of the month  
2.30-4.30pm @ TBC**



## 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 info, contact: [angie@chichestercdt.org.uk](mailto:angie@chichestercdt.org.uk).

**Thursdays 10.30am-12pm  
@ The Community Hall**



## Pop up Pantry with UKHarvest

Help fight food waste and choose from a selection of fresh fruit & vegetables plus tinned and dry goods. Suggested donation of £2.50 for a full bag of produce. Please bring your own bag.

**Fridays 3.30-4.30pm @ The Pavilion**

## 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**

## Heartsmart Graylingwell Walk

A flat 1.25 mile walk at a gentle pace, enjoying the history of Graylingwell Park and surrounding areas. For more information, visit [chichester.gov.uk/heartsmart](http://chichester.gov.uk/heartsmart). Pre-booking only, online or via telephone 01243 521041.

**20th August & 17th September**  
**10.15am @ the Pavilion**

### 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](http://chichesterbaptist.org/common-threads)

**2nd Sunday of the month**  
**10-11.30am @ The Community Hall**



### Summer Garden Party **FREE**

FREE fun at Chichester's best summer event! Market Place, live music & entertainment, Dog show (bring your own dog), food, ice creams, performance, arena events, kids' play village tractor trailer rides, free activities & trial sessions, arcade games, bouncy slide & loads more... For more info, contact: [info@chichestercdt.org.uk](mailto:info@chichestercdt.org.uk)

**Saturday 16th July**  
**10am-6pm @ Havenstoke Park**

All activities listed are open for everyone, not just residents, unless otherwise indicated. Welcome!

**Find even more classes, events, workshops & activities on our websites:**

[graylingwellchapel.com/whats-on](http://graylingwellchapel.com/whats-on)  
[thepavilionchichester.com/whats-on](http://thepavilionchichester.com/whats-on)  
[chichestercdt.org.uk/whats-on](http://chichestercdt.org.uk/whats-on)

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[info@chichestercdt.org.uk](mailto:info@chichestercdt.org.uk) | Tel: 01243 537526



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



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

The Chapel: Graylingwell Drive, Chichester, PO19 6GU  
The Wild Space: Havenstoke Park, Chichester, PO19 6DA  
The Water Tower: Blomfield Drive, Graylingwell Park, Chichester. PO19 6BZ  
The Community Hall: Donegal Avenue, Roussillon Park, Chichester, PO19 6DF