

**NEW PARK CENTRE ACTIVITIES - Please contact groups directly - Last updated: 08/04/2026**

Categories/Group Name	Room	Day	Time	Contact Name	Telephone	Website/Email
<b>SPORTS / MARTIAL ARTS</b>						
Aikido Circle Black Belt Academy	New Dojo	1st Tues monthly Thurs	19:00 - 20:00 19:45 - 21:15	Jake West	07900 861858	jake_legend_west@hotmail.com www.aikidocirclebba.com
Chichester Aikido Club	New Dojo	Sat Sun - every other	08:00 - 09:00 09:00 - 11:00	Scott Luckham	07847 443056	scottluckham@gmail.com
Chichester Karate Club	New Dojo	Wed	20:00 - 21:30	Alan Prior	01243 672589	alanrprior@gmail.com www.chichester-karate.co.uk
Chichester Ronin Judo Club	New Dojo	Fri Mon	19:30 - 21:00 19:30 - 20:45	Ilona Guy	07496 100499	ilona.guy@outlook.com www.chichesterjudoclub.co.uk
Golden Flower Tai Chi Club	Jubilee Hall	Tues	10:00 - 12:15 19:30 - 20:30	Heike Brewster	07763 474397	heikebrewster@outlook.com www.goldenflowertaichischool.org.uk
Goryukai Aikido Yoshinkan	New Dojo	Tues	20:15 - 22:15	Malcolm Crawford	07759 311008	aikido.goryukai@gmail.com www.goryukai-aikido.blogspot.com
One Jiu Jitsu	New Dojo	Fri	07:00 - 09:00	Tim Clemens		teamclemensfamily@gmail.com
<b>CHILDREN</b>						
Arabesque School of Performing Arts - Dance Cirque	New Dojo Old Dojo	Mon Fri	16:00-19:00 16:00 - 19:00	Cynthia Ryder	07825 239391	cynthia@arabesqueschool.co.uk
Chichester Aikido Club (5- 17)	New Dojo	Sat	09:15 - 10:15	Scott Luckham	07847 443056	bscott@yaho.co.uk
Chichester Junior Karate	New Dojo	Wed	18:45 - 19:45	Alan Prior	01243 672589	alanrprior@gmail.com www.chichester-karate.co.uk
Chichester Ronin Juniors Judo Club	New Dojo	Fri	18:15 - 19:15	Ilona Guy Karen French	07496 100499	ilona.guy@outlook.com judokafrench@gmail.com www.chichesterjudoclub.co.uk
Childrens Flamenco	Jubilee Hall	Thurs x 2 per month	16:45 - 17:30	Helena Bengé	07963 959262	helenadot@aol.com
Little Sound Company	Old Dojo	Fri	10:30 - 11:15	Paul		thelittlesoundco@gmail.com
<b>INTERESTS AND HOBBIES</b>						
Art History	Auditorium	Wed - email for info	10:00 - 12:00	Bernard Allen	01730 813374	bernard.allan@tiscali.co.uk
Art History	Auditorium	Mon - email for info	09:45 - 12:00	Michaela Cranmer	07867 360707	michaela.cranmer@btinternet.com
Chichester Archaeology Society	Auditorium	4th Wed. each month	19:00 - 21:00	CDAS Chairman	07891 325 711	chairman@cdas.info www.cdas.info
Chichester Cinema At New Park	Auditorium	3/4 Films Daily	12:00 - 23:00	Box Office	01243 786650	info@chichestercinema.org
Chichester Music Circle	Auditorium	Tues - email for info	10:00 - 12:15	Angela Zanders	07582 537123 023 9259 8541	a.zanders@hotmail.co.uk
Chichester Musical Theatre Choir	Jubilee Hall	Mon	19:30 - 21:00	Laura Redmond		Sing@musicaltheatrechoir.org
Chichester YAC (Young Archaeologists Club)	Old Dojo	Occasional	14:00 - 16:00	Steve Cleverly	07402 925222	s.cleverly@icloud.com
Italian (beginners & intermediary)	Dressing Room	Tues - intermediary	09:45 - 11:00	Giovanna Lanning	07880 746479	giovannalanning@casa.me.uk
Local History	Auditorium	2nd Wed each month	19:00 - 21:00	Bernard Adkins		bernard.adkins@btopenworld.com
Open Mic Poetry	Jubilee Hall	Wed - email for info	19:30 - 21:00	Barry Smith	07813 244731	chipoetry@yahoo.co.uk www.chichesterpoetry.simplesite.com
U3A Play Reading	Studio	3rd Tues each month	14:45 - 17:15	Contact U3A for more info		
U3A Quiz night	Jubilee Hall	Last Thurs each month	19:30 - 21:30	Contact U3A for more info		

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<b>DANCE</b>						
Adult Ballet & Flamenco	Jubilee Hall	Thurs X 2 per month	14:45 - 16:45 17:30 - 19:30	Helena Benge	07963 959262	<a href="mailto:helenadot@aol.com">helenadot@aol.com</a>
The Charleston Club	Old Dojo	Mon	19:30 - 21:30	Ellie Garwood	07793 555430	<a href="mailto:20scharlestonclub@gmail.com">20scharlestonclub@gmail.com</a>
Chichester Lindy Hop	Jubilee Hall	Wed	18:15 - 21:45	Ellie Garwood Mark Whale	07793 555430 07917 198220	<a href="mailto:chichesterLH@gmail.com">chichesterLH@gmail.com</a> <a href="http://www.chichesterlindyhoppers.co.uk">www.chichesterlindyhoppers.co.uk</a>
Circle Dancing	Jubilee Hall	Wed	10:00 - 13:00	Claire Wilton	01243 788833 07952 054239	<a href="mailto:wiltonclaire@yahoo.co.uk">wiltonclaire@yahoo.co.uk</a> <a href="http://www.circledancegrapevine.co.uk">www.circledancegrapevine.co.uk</a>
Dawn Gracie - Fan Dance	Old Dojo	1st Wed of month	19:30 - 21:00	Dawn Gracie		<a href="mailto:dawn@dawnsvintagedo.com">dawn@dawnsvintagedo.com</a> <a href="http://www.dawnsvintagedo.com">www.dawnsvintagedo.com</a>
Dawn Gracie - Burlesque	Old Dojo	2nd Wed each month	19:30 - 21:00	Dawn Gracie		<a href="mailto:dawn@dawnsvintagedo.com">dawn@dawnsvintagedo.com</a> <a href="http://www.dawnsvintagedo.com">www.dawnsvintagedo.com</a>
Jolene Dandelion Bellydance	Old Dojo	Tues Thurs	19:00 - 20:00 19:00 - 20:00	Jolene	07485 603013	<a href="mailto:jolenedandelionbellydance@gmail.com">jolenedandelionbellydance@gmail.com</a>
Sarah Moore Dance - musical theatre, ballet, contemporary, tap	Old Dojo	Tues	12:30 - 13:30	Sarah Moore	07708 792928	<a href="mailto:sarah@sarahmooredance.co.uk">sarah@sarahmooredance.co.uk</a>
	Jubilee Hall	Tues	13:30 - 14:30			
	Old Dojo	Wed	12:30 - 14:00			
	Jubilee Hall	Wed	13:00 - 16:00			
	Jubilee Hall	Fri	10:00 - 12:00			
<b>WELLBEING</b>						
Chair Yoga	Jubilee Hall	Thurs	11:00 - 12:00	John Maynard	07437 554199	<a href="mailto:johnianmaynard@yahoo.com">johnianmaynard@yahoo.com</a>
Chichester Wild Singers	Studio	Mon	18:00 - 19:30	Kate Sabin	07790 042188	<a href="mailto:katesabin@phonecoop.coop">katesabin@phonecoop.coop</a>
Chi Kung Exercise Classes	New Dojo	Tues	09:15 - 10:30	Lizzie Douglas	07949 885582	<a href="mailto:lizzie.slowe@gmail.com">lizzie.slowe@gmail.com</a>
Postural Fitness	Jubilee Hall	Thurs	10:00 - 11:00	Tim Goulet	07970 551982	<a href="mailto:tim@equipoisetherapy.co.uk">tim@equipoisetherapy.co.uk</a>
Everyone Health Falls Management	Jubilee Hall	Monday Thursday	12:15 - 14:00 13:00 - 14:30	Joanna Freeman	07599 104479	<a href="mailto:joannafreeman@everyonehealth.co.uk">joannafreeman@everyonehealth.co.uk</a>
Jessica Hill Pilates	Jubilee Hall	Mon	09:30 - 10:45	Jessican Hill	07947 301783	<a href="mailto:info@jessica-pilates.co.uk">info@jessica-pilates.co.uk</a>
	Jubilee Hall	Mon	17:00 - 18:00			
Kadampa Meditation	Jubilee Hall	Fri	18:15 - 19:30	Alyson Evans	023 8048 2696	<a href="mailto:ad.kmcsouthampton@gmail.com">ad.kmcsouthampton@gmail.com</a>
Keep Fit	New Dojo	Mon	09:30 - 10:30	Gill Avery	01243 555430	<a href="mailto:g.avery@talktalk.net">g.avery@talktalk.net</a>
		Tues	17:45 - 18:45			
		Thurs	14:00 - 15:00			
Lucy's Yoga - <b>CURRENTLY FULL</b>	New Dojo	Wed	10.00 - 11.30	Lucy Younger	07799 090817	<a href="mailto:luyounger@talktalk.net">luyounger@talktalk.net</a>
Maria Tomlinson Yoga	New Dojo	Thurs	18:15 - 19:30	Maria Tomlinson		<a href="mailto:Maztomo8@gmail.com">Maztomo8@gmail.com</a>
Mel's Sound Healing	New Dojo	3rd Thurs	12:45 - 13:30	Mel Brown		<a href="mailto:spiritualmel@outlook.com">spiritualmel@outlook.com</a>
Pilates with Katie	Old Dojo	Mon	09:00 - 10:00	Katie Jerwood	07801 429969	<a href="mailto:katiejerwood@hotmail.co.uk">katiejerwood@hotmail.co.uk</a>
	Jubilee Hall	Tues	18:00 - 19:00			
	Jubilee Hall	Thurs	09:00 - 10:00			
	New Dojo	Fri	11:00 - 12:00			
Slimming World	Jubilee Hall	Sat	07:30 - 11:00	Dianne Embleton	07749 755109	<a href="mailto:djembleton@gmail.com">djembleton@gmail.com</a>
Staying Active (Over 50's)	New Dojo	Tues	12:15 - 13:00	Kevin Maskell	07980 000663	<a href="mailto:kmaskell41@gmail.com">kmaskell41@gmail.com</a>
Victory Church	Old Dojo	Sunday	12:00 - 14:00	Hilda Chehore	07443 850451	<a href="mailto:jilda@ruach.org.uk">jilda@ruach.org.uk</a>
Yoga with Hannah	Jubilee Hall	Sunday	11:00 - 12:00	Hannah Stanton-Warren	07545 912092	<a href="mailto:yogawithhannahlouise@gmail.com">yogawithhannahlouise@gmail.com</a>
	Studio	Tuesday	18:00 - 19:00			

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**DROP IN and ADVICE SERVICES AT NEW PARK CENTRE**

**Aldingbourne Trust - My Network Drop In - Wednesday & Friday in Dressing Room.** Support and advice for people with a learning disability.

**Contact Sally 07795 642271 / [sallvr@aldingbourne.org](mailto:sallvr@aldingbourne.org)**

**Aldingbourne Trust - Work Aid Drop In** - Support and advice for people with a learning disability. **Contact - Susanna 01243 546035 / [SusannaC@aldingbourne.org](mailto:SusannaC@aldingbourne.org)**

**BEREAVEMENT CARE - Bereavement Wellbeing Group** Third Tuesday every month 12:00 - 14:00 in the Dressing Room

**For more info [info@bereavementcare.uk](mailto:info@bereavementcare.uk) or 07395 790372**

**COMPASSIONATE CHANGE COUNSELLING** - Humanistic Counsellor, Psychotherapist, Trainer and Life coach in the Chichester and Hove / practicing in short and long term therapy for individuals / face-to-face, online and telephone counselling offered.

**Please contact Joyce Mathias 07979 590022 / <https://www.compassionatechangecounselling.co.uk>**

**EPILEPSY ACTION CHICHESTER SUPPORT GROUP - Every first Tuesday of the month, in the Studio 19.30 - 21.00** Contact John on 01243 775226 / [Jfmcevoy@yahoo.com](mailto:Jfmcevoy@yahoo.com) Epilepsy Action is a charity that improves the lives of everyone affected by epilepsy. We give advice, improve healthcare, fund research and campaign for change

**FAMILY MEDIATION SOUTH EAST** - Mary Field. By appointment only, contact Mary on 01273 694661, or [Mary.Field@FMSE.co.uk](mailto:Mary.Field@FMSE.co.uk)

**GAMBLERS ANONYMOUS - Weekly on Wednesday's in the Studio between 19.30 - 21.30.** Contact - 0330 094 0322 / [gachichester@gmail.com](mailto:gachichester@gmail.com)

Group help, support and advice for individuals and their family/friends with a gambling problem.

**RELATIONSHIP SUSSEX - Monday/Wednesday/Thursday/Friday/Saturday by appointment.** Contact - 01293 657060

Relationship counselling for individuals, couples, family, children and young people incl sex therapy.

**ANDREA ENGLISH** Psychotherapy & Counselling by appointment. Please contact me at [info@andreaenglish.co.uk](mailto:info@andreaenglish.co.uk) or 07881 900 233.

**Jonathan Lacey Counselling - by appt.** email [jonathan.counsellor@gmail.com](mailto:jonathan.counsellor@gmail.com)

**WSSC Stop Smoking Clinic** - Wednesday 16:00 in Dressing Room For info, contact **George on 07889 133136 [george.summers@westsussex.gov.uk](mailto:george.summers@westsussex.gov.uk)**

**WEST SUSSEX EDUCATION - ESOL (English for Speakers of Other Languages):** For information contact [Clare.Elms@westsussex.gov.uk](mailto:Clare.Elms@westsussex.gov.uk)

**All our rooms and halls are available to hire for activities, training, community events and special occasions**

**T: 01243 536840 / Email: [operations@newparkcentre.org.uk](mailto:operations@newparkcentre.org.uk)**

**Why not become a volunteer at New Park Centre - we have a range of opportunities to help us continue to offer what we do!**

**Café Bar - Gardening - Marketing - Fundraising - Events - Buildings Management**

**We would love to hear from you - Tel: 01243 536840 / Email: [managers@newparkcentre.org.uk](mailto:managers@newparkcentre.org.uk)**