NEW PARK CENTRE ACTIVITIES - Please contact groups directly - Last updated: 12/11/2026

Categories/Group Name	Room	Day	Time	Contact Name	Telephone	Website/Email
SPORTS / MARTIAL ARTS						
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	Wednesday	20:00 - 21:30	Alan Prior	01243 672589	alanrprior@gmail.com www.chichester-karate.co.uk
Chichester Ronin Judo Club	New Dojo	Friday Monday	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	Tuesday	10:00 - 12:15 19:30 - 20:30	Heike Brewster	07763 474397	heikebrewster@outlook.com www.goldenflowertaichischool.org.uk
Goryukai Aikido Yoshinkan	New Dojo	Tuesday	20:15 - 22:15	Malcolm Crawford	07759 311008	aikido.goryukai@gmail.com www.goryukai-aikido.blogspot.com
One Jiu Jitsu	New Dojo	Friday	07:00 - 09:00	Tim Clemens		teamclemensfamily@gmail.com
One Jiu Jitsu	New Dojo	Saturday	06:30 - 08:00	Adam Bloom		adam.bloom@hotmail.co.uk
CHILDREN						
Arabesque School of Performing Arts - Dance Cirque	New Dojo Old Dojo	Monday Friday	16:00-19:00 16:00 - 19:00	Cynthia Ryder	07825 239391	cynthia@arabesqueschool.co.uk
Chichester Aikido Club (5- 17)	New Dojo	Saturday	09:15 - 10:15	Scott Luckham	07847 443056	bscotty@yahoo.co.uk
Chichester Junior Karate	New Dojo	Wednesday	18:45 - 19:45	Alan Prior	01243 672589	alanrprior@gmail.com www.chichester-karate.co.uk
Chichester Ronin Juniors Judo Club	New Dojo	Friday	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 Benge	07963 959262	helenadot@aol.com
Little Kickers	Old Dojo	Saturday	09:00 - 12:00			ltuffs@littlekickers.co.uk
INTERESTS AND HOBBIES						
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	Monday	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 with Giovanna	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 Italian Class	Dressing Room	Friday	15:30 - 16:30	Contact U3A for more info		https://www.chichesteru3a.org.uk
U3A Play Reading	Studio	3rd Tues each month	14:45 - 17:15	Contact U3A for more info		https://www.chichesteru3a.org.uk

NEW PARK CENTRE ACTIVITIES - Please contact groups directly - Last updated: 12/11/2026

Categories/Group Name	Room	Day	Time	Contact Name	Telephone	Website/Email
INTERESTS AND HOBBIES						
U3A Quiz night	Jubilee Hall	Last Thurs each month	19:30 - 21:30	Contact U3A for more info		https://www.chichesteru3a.org.uk
DANCE						
Adult Ballet & Flamenco	Jubilee Hall	Thurs X 2 per month	14:45 - 16:45 17:30 - 19:30	Helena Benge	07963 959262	helenadot@aol.com
Chichester Lindy Hop	Jubilee Hall	Wednesday	18:15 - 21:45	Ellie Garwood Mark Whale	07793 555430 07917 198220	chichesterLH@gmail.com www.chichesterlindyhoppers.co.uk
Circle Dancing	Jubilee Hall	Wednesday	10:00 - 13:00	Claire Wilton	01243 788833 07952 054239	wiltonclaire@yahoo.co.uk www.circledancegrapevine.co.uk
Dawn Gracie - Fan Dance	Old Dojo	1st Wed of month	19:30 - 21:00	Dawn Gracie		dawn@dawnsvintagedo.com www.dawnsvintagedo.com
Dawn Gracie - Burlesque	Old Dojo	2nd Wed each month	19:30 - 21:00	Dawn Gracie		dawn@dawnsvintagedo.com www.dawnsvintagedo.com
Jolene Dandelion Bellydance	Old Dojo	Tuesday Thursday	19:00 - 20:00 19:00 - 20:00	Jolene	07485 603013	jolenedandelionbellydance@gmail.com
Salsa & Bachata	Old Dojo	Tuesday	20:00 - 22:00	Giuseppe	07481 818207	fml.danceschool@gmail.com
Sarah Moore Dance - musical theatre, ballet, contemporary, tap	Old Dojo Jubilee Hall Old Dojo Jubilee Hall Jubilee Hall	Tuesday Tuesday Wednesday Wednesday Friday	12:30 - 13:30 13:30 - 14:30 12:30 - 14:00 13:00 - 16:00 10:00 - 12:00	Sarah Moore	07708 792928	sarah@sarahmooredance.co.uk
WELLBEING						
Chair Yoga	Jubilee Hall	Thursday	11:00 - 12:00	John Maynard	07437 554199	johnianmaynard@yahoo.com
Chair Yoga with Samantha	Old Dojo	Tuesday	10:45 - 11:45	Samantha Black		samantha@mysoulalchemycommunity.com
Chichester Wild Singers	Studio	Monday	18:00 - 19:30	Kate Sabin	07790 042188	katesabin@phonecoop.coop
Chi Kung Exercise Classes	New Dojo	Tuesday	09:15 - 10:30	Shelley Smith	07769 348775	beyondtheclouds62@icloud.com
Postural Fitness	Jubilee Hall	Thursday	10:00 - 11:00	Tim Goullet	07970 551982	tim@equipoisetherapy.co.uk
Everyone Health Falls Management	Jubilee Hall	Monday Thursday	12:15 - 14:00 13:00 - 14:30	Amy Balmer	0333 005 0095	amybalmer@everyonehealth.co.uk
Her Menopause Hub & Zumba	Old Dojo	Tuesday	18:00 - 19:00	Gloria		gloria69@hermenopausehub.com
Jessica Hill Pilates	Jubilee Hall Jubilee Hall	Monday Monday	09:30 - 10:45 17:00 - 18:00	Jessica Hill	07947 301783	info@jessica-pilates.co.uk
Kadampa Meditation	Studio/Jubilee Hall	Friday	18:15 - 19:30	Alyson Evans	023 8048 2696	ad.kmcsouthampton@gmail.com
Keep Fit	New Dojo	Monday Tuesday	09:30 - 10:30 17:45 - 18:45	Gill Avery	01243 555430	g.avery@talktalk.net
Lucy's Yoga - **CURRENTLY FULL**	New Dojo	Wednesday	10.00 - 11.30	Lucy Younger	07799 090817	luyounger@talktalk.net
Maria Tomlinson Yoga	New Dojo	Thursday	18:15 - 19:30	Maria Tomlinson		Maztomo8@gmail.com
Mel's Sound Healing	New Dojo	3rd Thursday	11:45 - 12:30	Mel Brown		spiritualmel@outlook.com

NEW PARK CENTRE ACTIVITIES - Please contact groups directly - Last updated: 12/11/2026

Categories/Group Name	Room	Day	Time	Contact Name	Telephone	Website/Email
WELLBEING (continued)						
Pilates with Katie	Old Dojo Jubilee Hall New Dojo New Dojo	Monday Tuesday Thursday Friday	09:00 - 10:00 18:00 - 19:00 09:00 - 10:00 11:00 - 12:00	Katie Jerwood	07801 429969	katiejerwood@hotmail.co.uk
Pilates with Rhi	Old Dojo	Wednesday	18:00 - 19:00	Rhi Hamilton-Shaw	07891 835208	theyogiglow@gmail.com
Retreat with Rosie	Studio	Saturday (monthly) Contact for details	10:30 - 12:30	Rosie Robinson		retreatwithrosie@gmail.com
Sing to Health with Ruth	Old Dojo	Friday	11:30 - 12:30	Ruth Routledge	07946 900543	ruth @singtohealth.com
Slimming World	Jubilee Hall	Saturday (monthly) Contact for details	07:30 - 11:00	Dianne Embleton	07749 755109	djembleton@gmail.com
Staying Active (Over 50's)	New Dojo	Tuesday	12:15 - 13:00	Kevin Maskell	07980 000663	kmaskell41@gmail.com
Strenghth & Balance Course	Jubilee Hall	Monday	14:00 - 15:00	Heidi Dunster	07826 924923	heidi@healthdriven.co.uk
Yoga with Hannah	Jubilee Hall Studio	Sunday Tuesday	11:00 - 12:00 18:00 - 19:00	Hannah Stanton-Warren	07545 912092	yogawithhannahlouise@gmail.com yogawithhannahlouise.com
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 / sallyr@aldingbourne.org**						
ALDINGBOURNE TRUST - WORK AID DROP IN - Support and advice for people with a learning disability. **Contact - Susanna 01243 546035 / SusannaC@aldingbourne.org**						
ANDREA ENGLISH Psychotherapy & Counselling by appointment. Please contact me at i**nfo@andreaenglish.co.uk or 07881 900 233.**						
BEREAVEMENT CARE - Bereavement Wellbeing Group Third Tuesday every month 12:00 - 14:00 in the Dressing Room						
CHANCES GIVE CHOICES - Accredited Family Contact services – for further details please contact;- **Website: www.chancesgiveschoices.com / Telephone: 01794 516622 / Email: contact@chancesgiveschoices.com**						
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 Epilepsy Action is a charity						
FAMILY MEDIATION SOUTH EAST - Mary Field. By appointment only, contact **Mary on 01273 694661, or 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 Group help, support and advice for individuals and their family/friends with a gambling problem.						
RELATIONSHIPS SUSSEX - Monday/Thursday/Friday/Saturday by appointment. Contact - 01293 657060 Relationship counselling for individuals, couples, family, children and young people incl sex therapy.						
JONATHAN LACEY COUNSELLING - by appt. email **jonathan.counsellor@gmail.com**						
WSCC REFUGEE RESETTLEMENT AND MIGRATION SERVICE- Old Dojo - For Info call 033 022 27980						
WEST SUSSEX EDUCATION - ESOL (English for Speakers of Other Languages): For information contact **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**						
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**						