

**NEW PARK CENTRE ACTIVITIES - Please contact groups directly - Last updated: 19/08/2024**

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	<a href="mailto:jake_legend_west@hotmail.com">jake_legend_west@hotmail.com</a> <a href="http://www.aikidocirclebba.com">www.aikidocirclebba.com</a>
Chichester Aikido Club	New Dojo	Sat Sun - every other	08:00 - 09:00 09:00 - 11:00	Scott Luckham	07847 443056	<a href="mailto:scottluckham@gmail.com">scottluckham@gmail.com</a>
Chichester Karate Club	New Dojo	Wed	20:00 - 21:30	Alan Prior	01243 672589	<a href="mailto:alanrprior@gmail.com">alanrprior@gmail.com</a> <a href="http://www.chichester-karate.co.uk">www.chichester-karate.co.uk</a>
Chichester Ronin Judo Club	New Dojo	Fri Mon	19:30 - 21:00 19:30 - 20:45	Ilona Guy	07496 100499	<a href="mailto:ilona.guy@outlook.com">ilona.guy@outlook.com</a> <a href="http://www.chichesterjudoclub.co.uk">www.chichesterjudoclub.co.uk</a>
Golden Flower Tai Chi Club	Jubilee Hall	Tues	10:00 - 12:15 19:30 - 20:30	Heike Brewster	07763 474397	<a href="mailto:heikebrewster@outlook.com">heikebrewster@outlook.com</a> <a href="http://www.goldenflowertaichischool.org.uk">www.goldenflowertaichischool.org.uk</a>
Goryukai Aikido Yoshinkan	New Dojo	Tues	20:15 - 22:15	Malcolm Crawford	07759 311008	<a href="mailto:aikido.goryukai@gmail.com">aikido.goryukai@gmail.com</a> <a href="http://www.goryukai-aikido.blogspot.com">www.goryukai-aikido.blogspot.com</a>
RT Fitness	Old Dojo	Email for info		Rachael Tickell	07857 349822	<a href="mailto:rtickell@icloud.com">rtickell@icloud.com</a>
Tao Dragons Martial Arts	Old Dojo	Thurs	18:00 - 19:00	Mark Fisher	07950 031280	<a href="mailto:taodragons@outlook.com">taodragons@outlook.com</a>

<b>CHILDREN</b>						
Arabesque School of Performing Arts	New Dojo Old Dojo	Mon Fri	16:00-19:00 16:00 - 19:30	Cynthia Ryder	07825 239391	<a href="mailto:cynthia@arabesqueschool.co.uk">cynthia@arabesqueschool.co.uk</a>
Chichester Aikido Club (5- 17)	New Dojo	Sat	09:15 - 10:15	Scott Luckham	07847 443056	<a href="mailto:bscott@yahoo.co.uk">bscott@yahoo.co.uk</a>
Chichester Junior Karate	New Dojo	Wed	18:45 - 19:45	Alan Prior	01243 672589	<a href="mailto:alanrprior@gmail.com">alanrprior@gmail.com</a> <a href="http://www.chichester-karate.co.uk">www.chichester-karate.co.uk</a>
Chichester Ronin Juniors Judo Club	New Dojo	Fri	18:15 - 19:15	Ilona Guy Karen French	07496 100499	<a href="mailto:ilona.guy@outlook.com">ilona.guy@outlook.com</a> <a href="mailto:judokafrench@gmail.com">judokafrench@gmail.com</a> <a href="http://www.chichesterjudoclub.co.uk">www.chichesterjudoclub.co.uk</a>
Childrens Flamenco	Jubilee Hall	Thurs x 2 per month	16:45 - 17:30	Helena Benge	07963 959262	<a href="mailto:helenadot@aol.com">helenadot@aol.com</a>
Matt Fiddes Martial Arts	Old Dojo	Sat	09:00 - 10:30	Miss B	07506 767645	<a href="mailto:bandianmattfiddes@gmail.com">bandianmattfiddes@gmail.com</a>
Sweaty Betty Foundation - Teens	New Dojo	Fri	16:00 - 18:00	Kerry Dutton	07881 912060	<a href="mailto:gavinandkerrydutton@gmail.com">gavinandkerrydutton@gmail.com</a>

<b>INTERESTS AND HOBBIES</b>						
Art History	Auditorium	Wed	10:00 - 12:00	Bernard Allen	01730 813374	<a href="mailto:bernard.allan@tiscali.co.uk">bernard.allan@tiscali.co.uk</a>
Chichester Archaeology Society	Auditorium	4th Wed. each month	19:00 - 21:00	CDAS Chairman	07891 325 711	<a href="mailto:chairman@cdas.info">chairman@cdas.info</a> <a href="http://www.cdas.info">www.cdas.info</a>
Chichester Cinema At New Park	Auditorium	3/4 Films Daily	12:00 - 23:00	Box Office	01243 786650	<a href="mailto:info@chichestercinema.org">info@chichestercinema.org</a>
Chichester Music Circle	Auditorium	Tues	10:00 - 12:15	Angela Zanders	07582 537123 023 9259 8541	<a href="mailto:a.zanders@hotmail.co.uk">a.zanders@hotmail.co.uk</a>
Chichester YAC (Young Archaeologists Club)	Old Dojo	Occasional	14:00 - 16:00	Steve Cleverly	07402 925222	<a href="mailto:s.cleverly@icloud.com">s.cleverly@icloud.com</a>
Italian (beginners & intermediary)	Dressing Room	Tues - intermediary Tues - beginners	09:15 - 11:00 11:15 - 12:45	Giovanna Lanning	07880 746479	<a href="mailto:giovannalanning@casa.me.uk">giovannalanning@casa.me.uk</a>

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<b>INTERESTS AND HOBBIES - continued</b>						
Local History	Auditorium	2nd Wed each month	19:00 - 21:00	Bernard Adkins		<a href="mailto:bernard.adkins@btopenworld.com">bernard.adkins@btopenworld.com</a>
Open Mic Poetry	Jubilee Hall	4th Wed most months	19:30 - 21:00	Barry Smith	07813 244731	<a href="mailto:chipoetry@yahoo.co.uk">chipoetry@yahoo.co.uk</a> <a href="http://www.chichesterpoetry.simplesite.com">www.chichesterpoetry.simplesite.com</a>
U3A Play Reading	Studio	3rd Tues each month	14:00 - 17:00	Michael Maddison	07795 346000	<a href="mailto:michael.maddison@hotmail.com">michael.maddison@hotmail.com</a>
WEA Arts & Interests Courses	Various	Various	Various		0300 303 3464	<a href="mailto:chichester.branch@wea.ac.uk">chichester.branch@wea.ac.uk</a>

<b>DANCE</b>						
Adult Ballet & Flamenco	Jubilee Hall	Thurs X 2 per month	14:45 - 16:45 17:30 - 19:30	Helena Bengé	07963 959262	<a href="mailto:helenadot@aol.com">helenadot@aol.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>
Jolene Dandelion Bellydance	Old Dojo	Mon Thurs Fri	10:00 - 11:00 19:15 - 20:15 10:00 - 11:00	Jolene	07485 603013	<a href="mailto:jolenedandelionbellydance@gmail.com">jolenedandelionbellydance@gmail.com</a>
Sarah Moore Dance - musical theatre, ballet, contemporary, tap	Jubilee Hall Old Dojo Jubilee Hall Old Dojo Jubilee Hall	Tues Wed Wed Thurs Fri	13:30 - 14:30 12:30 - 14:00 13:00 - 16:00 12:30 - 14:30 10:00 - 12:00	Sarah Moore	07708 792928	<a href="mailto:sarah@sarahmooredance.co.uk">sarah@sarahmooredance.co.uk</a>

<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 Pilates	New Dojo Jubilee Hall Old Dojo Jubilee Hall	Tues Tues Wed Thurs	09:30 - 11:45 18:00 - 19:15 11:00 - 12:00 08:30 - 10:30	Andrea Geall	07747 806181	<a href="mailto:andrea@chichesterpilates.com">andrea@chichesterpilates.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	Old Dojo	Tues	09:15 - 10:30	Lizzie Douglas	07949 885582	<a href="mailto:lizzie.slowe@gmail.com">lizzie.slowe@gmail.com</a>
Coastal Pilates Chichester	Old Dojo	Wed	18:00 - 19:15	Corri Noone	07720 570955	<a href="mailto:coastalpilateschichester@gmail.com">coastalpilateschichester@gmail.com</a>
Lucy's Yoga	New Dojo	Wed	10:00 - 11:30	Lucy Younger	07799 090817	<a href="mailto:luyounger@talktalk.net">luyounger@talktalk.net</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>
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>
Pilates & Creative Movement	Studio	Mon	08:00 - 09:00	Madison Burgess	07932 959998	<a href="mailto:madisonivyburgess@gmail.com">madisonivyburgess@gmail.com</a>
Vipassana Mindfulness Group	New Dojo	3rd Sunday	11:00 - 13:00	William Fley	07802 841444	<a href="mailto:blueagua@proton.me">blueagua@proton.me</a>
Soundbath Healing	Old Dojo	Contact Lisa for info	10:00 - 11:00	Lisa Carter	07946 120455	<a href="mailto:lisacarter558@yahoo.com">lisacarter558@yahoo.com</a>
Slimming World	Jubilee Hall	Sat	07:30 - 11:00	Dianne Embleton	07749 755109	<a href="mailto:djembleton@gmail.com">djembleton@gmail.com</a>
Speaking Through Music	Studio	Thurs	14:30 - 16:30	Anna Macken	07968 979873	<a href="mailto:annamackenmusictherapy@gmail.com">annamackenmusictherapy@gmail.com</a>

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<b>WELLBEING - continued</b>						
Jessica Hill Pilates	Jubilee Hall	Mon	09:30 - 10:45	Jessica Hill		<a href="mailto:info@jessica-pilates.co.uk">info@jessica-pilates.co.uk</a>
	Jubilee Hall	Mon	10:45 - 11:30			
	Jubilee Hall	Mon	17:00 - 18:00			
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			
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>
Everyone Health Falls Management	Jubilee Hall	Thurs	13:15 - 14:45	Amy Balmer	7594091435	<a href="mailto:amybalmer@everyonehealth.co.uk">amybalmer@everyonehealth.co.uk</a>
Health Driven - Steady & Strong	Old Dojo	Thurs	15:00 - 16:00	Heidi Johnson	07826 924923	<a href="mailto:heidi@healthdriven.co.uk">heidi@healthdriven.co.uk</a>
Yoga with Hannah	Studio	Saturday	10:30 - 11:30	Hannah Stanton-Warren	07545 912092	<a href="mailto:yogawithhannahlouise@gmail.com">yogawithhannahlouise@gmail.com</a>
		Sunday	11:00 - 12:00			

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

**BEREAVMENT CARE - Bereavement Wellbeing Group** Third Tuesday every month 12:00 - 14:00 in the Old Dojo, 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

**EPILEPSY ACTION CHICHESTER SUPPORT GROUP** - Every first Tuesday of the month, starting 6th September in the Studio 19.30 - 21.00 Contact John on 01243 775226 /

**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.

**WORKAID** - Drop-In First Thursday of every month ( 10:00 - 12:00) in the Dressing Room.

Support and advice for people with a learning disability. Contact - Susanna 01243 546035 / [SusannaC@aldingbourne.org](mailto:SusannaC@aldingbourne.org)

**RELATE** - Wednesday/Friday by appointment. Contact - 01293 657060

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

**ANDREA ENGLISH** - Monday by appt. Specialty is Adult Individual Counselling and Psychotherapy. Contact [Info@andreaenglish.co.uk](mailto:Info@andreaenglish.co.uk), [www.andreaenglish.co.uk](http://www.andreaenglish.co.uk), 07881 900 233

**HUMANKIND/ RICHMOND FELLOWSHIP - PATHFINDER: By appointment only.** Contact - 01243 780420 / [info.chichester@richmondfellowship.org.uk](mailto:info.chichester@richmondfellowship.org.uk)

Community support for people with mental health conditions to help recovery, address practical needs and achieve personal goals.

**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)**