

NEW PARK CENTRE ACTIVITIES - Please contact groups directly - Last updated: 22/08/2025

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
The Charleston Club	Old Dojo	Mon	19:30 - 21:30	Ellie Garwood	07793 555430	20scharlestonclub@gmail.com
Chichester Lindy Hop	Jubilee Hall	Wed	18:15 - 21:45	Ellie Garwood Mark Whale	07793 555430 07917 198220	chichesterLH@gmail.com www.chichesterlindyhoppers.co.uk
Circle Dancing	Jubilee Hall	Wed	10:00 - 13:00	Claire Wilton	01243 788833 07952 054239	wiltonclaire@yahoo.co.uk www.circledancegrapevine.co.uk
Jolene Dandelion Bellydance	Old Dojo	Tues Thurs	19:00 - 20:00 18:00 - 19:00	Jolene	07485 603013	jolenedandelionbellydance@gmail.com
Sarah Moore Dance - musical theatre, ballet, contemporary, tap	Old Dojo Jubilee Hall Old Dojo Jubilee Hall Jubilee Hall	Tues Tues Wed Wed Fri	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	Thurs	11:00 - 12:00	John Maynard	07437 554199	johnianmaynard@yahoo.com
Chichester Pilates	Jubilee Hall Jubilee Hall	Tues Thurs	18:15 - 19:15 09:00 - 10:00	Katie Jerwood	07801 429969	www.chichesterpilates.com
Chichester Wild Singers	Studio	Mon	18:00 - 19:30	Kate Sabin	07790 042188	katesabin@phonecoop.coop
Chi Kung Exercise Classes	New Dojo	Tues	09:15 - 10:30	Lizzie Douglas	07949 885582	lizzie.slowe@gmail.com
Coastal Pilates Chichester	Old Dojo	Wed	18:00 - 19:15	Corri Noone	07720 570955	coastalpilateschichester@gmail.com
Postural Fitness	Jubilee Hall	Thurs	10:00 - 11:00	Tim Gouillet	07970 551982	tim@equipoisetherapy.co.uk
Everyone Health Falls Management	Jubilee Hall	Monday Thursday	12:15 - 14:00 13:00 - 14:30	Amy Balmer	07594091435	amybalmer@everyonehealth.co.uk
Jessica Hill Pilates	Jubilee Hall Jubilee Hall	Mon Mon	09:30 - 10:45 17:00 - 18:00	Rebecca Sandell Chloe Poynton	07725 032301 07806 472548	rebecca@circlepilates.co.uk chloewinona97@outlook.com
Kadampa Meditation	Jubilee Hall	Fri	18:15 - 19:30	Alyson Evans	023 8048 2696	ad.kmcsouthampton@gmail.com
Keep Fit	New Dojo	Mon Tues Thurs	09:30 - 10:30 17:45 - 18:45 14:00 - 15:00	Gill Avery	01243 555430	g.avery@talktalk.net
Lucy's Yoga - CURRENTLY FULL	New Dojo	Wed	10.00 - 11.30	Lucy Younger	07799 090817	luyounger@talktalk.net
Pilates with Katie	Old Dojo	Mon Fri	08:45 - 10:00 11:00 - 12:15	Katie Jerwood	07801 429969	katiejerwood@hotmail.co.uk
Slimming World	Jubilee Hall	Sat	07:30 - 11:00	Dianne Embleton	07749 755109	djembleton@gmail.com
Speaking Through Music	Studio	email for info		Anna Macken	07968 979873	annamackenmusictherapy@gmail.com
Staying Active (Over 50's)	New Dojo	Tues	12:15 - 13:00	Kevin Maskell	07980 000663	kmaskell41@gmail.com
Victory Church	Old Dojo	Sunday	12:00 - 14:00	Hilda Chehore	07443 850451	jlida@ruach.org.uk
Yoga with Hannah	Jubilee Hall Old Dojo	Sunday Tuesday	11:00 - 12:00 18:00 - 19:00	Hannah Stanton-Warren	07545 912092	yogawithhannahlouise@gmail.com
DROP IN and ADVICE SERVICES AT NEW PARK CENTRE						

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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
Art Therapy, with Melissa Purchase - Psychotherapy & Wellbeing enabled by Arts. By appt. Thursday 16.30 Contact: ArtTherapyMel@protonmail.com
DROP IN and ADVICE SERVICES AT NEW PARK CENTRE - continued...
BEREAVEMENT CARE - Bereavement Wellbeing Group Third Tuesday every month 12:00 - 14:00 in the Dressing Room For more info 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.compassionatechange counselling.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 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
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.
RELATIONSHIP SUSSEX - Wednesday/Thursday/Friday by appointment. Contact - 01293 657060 Relationship counselling for individuals, couples, family, children and young people incl sex therapy.
ANDREA ENGLISH - by appt. Specialty is Adult Individual Counselling and Psychotherapy. Contact Info@andreaenglish.co.uk, www.andreaenglish.co.uk / 07881 900 233
WAYTHROUGH (RICHMOND FELLOWSHIP) PATHFINDER: By appointment only. Contact - 01243 780420 / chichester.pathfinder@waythrough.org.uk / www.pathfinderwestsussex.org.uk Community support for people with mental health conditions to help recovery, address practical needs and achieve personal goals.
WSSC Stop Smoking Clinic - Wednesday 16:00 in Studio For info, contact George on 07889 133136 george.summers@westsussex.gov.uk
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