

NEW PARK CENTRE ACTIVITIES - Please contact groups directly - Last updated: 26/10/2023

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	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 Tues	10:00 - 12:15 19:30 - 20:30	Heike Brewster	01243 778531	heikebrewster@outlook.com www.goldenflowertaiichischool.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
RT Fitness	Old Dojo	Email Rachael for info		Rachael Tickell	07857 349822	rtickell@icloud.com
Tao Dragons Martial Arts	Old Dojo	Thurs	18:00 - 19:00	Mark Fisher	07950 031280	taodragons@outlook.com
Women's Only Boxing	New Dojo	Thurs	18:45 - 19:45	Gemma Ridley	07940 367856	ridleygem@hotmail.com
CHILDREN						
Arabesque School of Performing Arts	New Dojo Old Dojo	Mon Fri	16:00-19:00 16:00 - 19:30	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@yahoo.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 Benge	07963 959262	helenadot@aol.com
Developmental Baby Massage & Soft Baby Yoga	Studio	Email Katy	email Katy	Katy Ackrill	07779 096416	katy@developmentalbabymassage.co.uk
Jiggy Wrighlers	Old Dojo	Tues	09:45 - 13:00	Lorna Penticost	07791 343339	chichester@jiggywrighlers.com
Kickstar Sports	New Dojo	Sat	11:00 - 12:00	Luke Boyes	07918 553202	kickstarsportscoaching@gmail.com
Matt Fiddes Martial Arts	Old Dojo	Sat	09:00 - 10:30	Miss B	07506 767645	bandianmattfiddes@gmail.com
Sweaty Betty Foundation - Teens	New Dojo	Fri	16:00 - 18:00	Kerry Dutton	07881 912060	gavinandkerrydutton@gmail.com
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	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
Figure 23 Contemporary Dance	Jubilee Hall	Sat	12:00 - 13:00	Saff Simpson	07834 855464	figure23dance@gmail.com www.figure23dance.co.uk

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DANCE (continued)						
Jolene Dandelion Bellydance	Old Dojo	Mon Tues Thurs Fri	10:00 - 11:00 18:00 - 19:00 19:15 - 20:15 10:00 - 11:00	Jolene	07485 603013	jolenedandelionbellydance@gmail.com
Sarah Moore Dance	Old Dojo Jubilee Hall Jubilee Hall	Wed Wed Fri	12:30 - 14:00 13:00 - 15:30 10:00 - 12:00	Sarah Moore	07708 792928	sarah@sarahmooredance.co.uk

INTERESTS AND HOBBIES						
Art History	Auditorium	Wed	10:00 - 12:00	Bernard Allen	01730 813374	bernard.allan@tiscali.co.uk
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	10:00 - 12:15	Angela Zanders	07582 537123 023 9259 8541	a.zanders@hotmail.co.uk
Chichester YAC (Young Archaeologists Club)	Old Dojo	Occasional	14:00 - 16:00	Steve Cleverly	07402 925222	s.cleverly@icloud.com
Italian	Dressing Room	Tues	09:15 - 11:00 11:15 - 12:45 (beginners)	Giovanna Lanning	07880 746479	giovannalanning@casa.me.uk
Local History	Auditorium	2nd Wed each month	19:00 - 21:00	Bernard Adkins		bernard.adkins@bopenworld.com
Open Mic Poetry	Jubilee Hall	4th Wed. most months	19:30 - 21:00	Barry Smith	07813 244731	chipoetry@yahoo.co.uk www.chichesterpoetry.simplesite.com
U3A Play Reading	Studio	3rd Tues each month	14:00 - 17:00	Michael Maddison	07795 346000	michael.maddison@hotmail.com
WEA Arts & Interests Courses	Various	Various	Various		0300 303 3464	chichester.branch@wea.ac.uk

WELLBEING						
Chair Yoga	Jubilee Hall	Thurs	11:00 - 12:00	John Maynard	07437 554199	johnianmaynard@yahoo.com
Chichester Pilates	New Dojo	Tues	09:30 - 11:45	Andrea Geall	07747 806181	andrea@chichesterpilates.com
	Jubilee Hall	Tues	18:00 - 19:15			
	Old Dojo	Wed	11:00 - 12:00			
	Jubilee Hall	Thurs	08:30 - 10:30			
Chichester Wild Singers	Jubilee Hall	Mon	18:00 - 19:30	Kate Sabin	07790 042188	katesabin@phonecoop.coop
Chi Kung Exercise Classes	New Dojo	Fri	09:30 - 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
Hatha Flow Yoga	Studio	Sat	10:30 - 11:30	Anna Hobson	07471 898192	annasophiehobson@gmail.com
Jessica Hill Pilates	Jubilee Hall	Mon	09:30 - 10:45	Jessica Hill		info@jessica-pilates.co.uk
	Jubilee Hall	Mon	10:45 - 11:30			
	Old Dojo	Mon	17:00 - 18:00 (from 23/10)			
Kadampa Meditation	Jubilee Hall	Fri	18:15 - 19:30	Alyson Evans	023 8048 2696	ad.kmcsouthampton@gmail.com
Keep Fit	New Dojo	Tues	09:30 - 10:30	Gill Avery	01243 555430	g.avery@talktalk.net
		Tues	17:45 - 18:45			
		Thurs	14:00 - 15:00			
Lucy's Yoga	New Dojo	Wed	10.00 - 11.30	Lucy Younger	07799 090817	luyounger@talktalk.net

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WELLBEING (continued)						
Pilates & Creative Movement	Studio	Mon	08:00 - 09:00	Madison Burgess	07932 959998	madisonivyburgess@gmail.com
Pilates with Claire	Old Dojo	Wed	09:00 - 10:00	Claire Rees	07791 340226	claire@pilateswithclaire.com
Pulse Health Care - NHS Diabetes Prevention Programme	Studio	Wed (monthly)	12:00 - 14:00	Timothy Butler	07973 912555	Timothy.butler@xylahealth.com
Slimming World	Jubilee Hall	Sat	07:30 - 11:00	Dianne Embleton	07749 755109	djembleton@gmail.com
Speaking Through Music	Studio	Thurs	14:30 - 16:30	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	jilda@ruach.org.uk
Wim Hoff Method	Studio	Sat	12:00 - 13:00	Luke Murray	07510 413540	info@lukemurray.fit
Yoga with Hannah	Studio	Sunday	11:00 - 12:00	Hannah Stanton-Warren	07545 912092	yogawithhannahlouise@gmail.com

DROP IN and ADVICE SERVICES AT NEW PARK CENTRE

Bereavement Care - Bereavement Wellbeing Group Third Tuesday every month 12:00 - 14:00 in the Studio, 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.compassionatechangecounselling.co.uk>**

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 / Jfmcevoy@yahoo.com Epilepsy Action is a

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.

My Network Drop-In Mondays and Wednesdays (09:00 - 14:00) in the Dressing Room.

Drop in, support, advice and activities for people with a learning disability. **Contact - Sally 07795 642271 / sallyr@aldingbourne.org**

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

Work Aid Drop in, support and advice for people with a learning disability. **Contact - Susanna 01243 546035 / SusannaC@aldingbourne.org**

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

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

Andrea English - Monday by appointment only. Specialty is Adult Individual Counselling and Psychotherapy. **Contact Info@andreaenglish.co.uk, www.andreaenglish.co.uk, 07881 900 233**

RICHMOND FELLOWSHIP - OUTREACH: By appointment only. Contact - 01243 780420 / info.chichester@richmondfellowship.org.uk

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

West Sussex Education - English lessons : 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**