

NEW PARK CENTRE ACTIVITIES - Please contact groups directly - Last updated: 10/10/2024

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	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
RT Fitness	Old Dojo	Email for info		Rachael Tickell	07857 349822	rtickell@icloud.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 Bengé	07963 959262	helenadot@aol.com
Jolene Bellydance - Little Wiggles	Old Dojo	Thurs	18:00 - 19:00	Jolene	07485 603013	jolenedandelionbellydance@gmail.com
Little Lemurs - Baby Massage	New Dojo	Thurs	10:00 - 11:00	Hannah Walker	07795 342611	hkford@hotmail.co.uk
Sweaty Betty Foundation - Teens	New Dojo	Email for info		Kerry Dutton	07881 912060	gavinandkerrydutton@gmail.com
INTERESTS AND HOBBIES						
Art History	Auditorium	Wed	10:00 - 12:00	Bernard Allen	01730 813374	bernard.allan@tiscali.co.uk
Art History	Auditorium	Mon	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	10:00 - 12:15	Angela Zanders	07582 537123 023 9259 8541	a.zanders@hotmail.co.uk
Chichester Musical Theatre Choir	Old Dojo	Mon	19:30 - 21:00	Laura Redmond	07891 613213	lredmond91@gmail.com
Chichester YAC (Young Archaeologists Club)	Old Dojo	Occasional	14:00 - 16:00	Steve Cleverly	07402 925222	s.cleverly@icloud.com

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INTERESTS AND HOBBIES - continued						
Italian (beginners & intermediary)	Dressing Room	Tues - intermediary Tues - beginners	09:15 - 11:00 11:15 - 12:45	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
My Arty Friends	Old Dojo	Mon	13:00 - 15:30	Michaela Cooke		mrscooke@hotmail.co.uk
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
U3A Art Group	Jubilee Hall	2nd Tues each month	14:00 - 16:00	Alison Collett	07732 369526	acollett21@outlook.com
WEA Arts & Interests Courses	Various	Various	Various		0300 303 3464	chichester.branch@wea.ac.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
The Charleston Club	Jubilee Hall	Mon	19:00 - 20:00	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	Mon Thurs Fri	10:00 - 11:00 19:15 - 20:15 10:00 - 11:00	Jolene	07485 603013	jolenedandelionbellydance@gmail.com
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	sarah@sarahmooredance.co.uk

WELLBEING						
Buddhata Yoga	Old Dojo	Tues (every other)	18:00 - 19:00	Pete Evans	07778 527169	buddhatayoga@gmail.com
Chair Yoga	Jubilee Hall	Thurs	11:00 - 12:00	John Maynard	07437 554199	johnianmaynard@yahoo.com
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	andrea@chichesterpilates.com
Chichester Wild Singers	Studio	Mon	18:00 - 19:30	Kate Sabin	07790 042188	katesabin@phonecoop.coop
Chi Kung Exercise Classes	Old 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
Everyone Health Falls Management	Jubilee Hall	Thurs	13:15 - 14:45	Amy Balmer	7594091435	amybalmer@everyonehealth.co.uk
Health Driven - Steady & Strong	Old Dojo	Thurs	15:00 - 16:00	Heidi Johnson	07826 924923	heidi@healthdriven.co.uk

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WELLBEING - continued						
Jessica Hill Pilates	Jubilee Hall	Mon	09:30 - 10:45	Jessica Hill	07432 372609	info@jessica-pilates.co.uk
	Jubilee Hall	Mon	10:45 - 11:30			
	Jubilee Hall	Mon	17:00 - 18:00			
Kadampa Meditation	Jubilee Hall	Fri	18:15 - 19:30	Alyson Evans	023 8048 2696	ad.kmcsouthampton@gmail.com
Keep Fit	New Dojo	Mon	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
Pilates & Creative Movement	Studio	Mon	08:00 - 09:00	Madison Burgess	07932 959998	madisonivyburgess@gmail.com
Soundbath Healing	Old Dojo	Contact Lisa for info	10:00 - 11:00	Lisa Carter	07946 120455	lisacarter558@yahoo.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
Stretching Class	Studio	Mon	09:15 - 10:30	Lizzie Douglas	07949 885582	lizzie.slowe@gmail.com
Victory Church	Old Dojo	Sunday	12:00 - 14:00	Hilda Chehore	07443 850451	jilda@ruach.org.uk
Yoga with Hannah	Studio	Saturday	10:30 - 11:30	Hannah Stanton-Warren	07545 912092	yogawithhannahlouise@gmail.com
		Sunday	11:00 - 12:00			

DROP IN and ADVICE SERVICES AT NEW PARK CENTRE

BEREAVEMENT CARE - Bereavement Wellbeing Group Third Tuesday every month 12:00 - 14:00 in the Old Dojo, 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, in the Studio 19.30 - 21.00 Contact John on 01243 775226 / Jfmcevoy@yahoo.com Epilepsy Action is

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.

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

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, www.andreaenglish.co.uk, **07881 900 233**

HUMANKIND/ RICHMOND FELLOWSHIP - PATHFINDER: By appointment only. Contact - 01243 780420 / 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

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

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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