

## NEW PARK CENTRE ACTIVITIES

Please contact groups directly (General enquiries New Park Office 01243 536840)

Categories/Group Name	Room	Day	Time	Contact Name	Telephone	Website/Email
<b>SPORTS / MARTIAL ARTS</b>						
KD Combat	Old Dojo	Monday Wednesday Friday	07:30 - 9:00 pm ' 7:00 - 8:30 am	Simon Staples	07762 630594	www.kdcombat.com kd.combat@live.co.uk
Chichester Ronin Judo Club	New Dojo	Monday Friday	7:00 - 8:30 pm 6:00 - 10:00 pm	Ilona Guy	07496 100499	www.Chichesterjudoclub.co.uk ilona.guy@outlook.com
Chichester Karate Club	New Dojo	Wednesday	7:00 - 10:00 pm	Alan Prior	01243 672589	www.chichester-karate.co.uk alanprior@gmail.com
Aikido Circle Black Belt Academy	New Dojo	Tuesday Thursday	7:00 - 8:00 pm 7:45 - 9:15 pm	Jake West	07900 861858	jake_legend_west@hotmail.com www.aikidocirclebba.com
Blue Dragon - Martial Arts	New Dojo	Monday / Thursday	5:30 - 6:30 pm	Matt Meecham	07900 228890	matt-meechan@hotmail.co.uk
Brazilian Capoeira Topazio	New Dojo	Tuesday	8:00 - 9:00 pm	Sarah Elsom	07557 145563	sarahlarubia1@yahoo.co.uk
Krav Maga Self Defence	Old Dojo	Monday	6:00 - 7:30 pm	John Aldcroft	07961 090218	johnaldcroft@icloud.com www.krav-maga.org.uk
Sussex Tai Chi	New Dojo	Thursday	6:30 - 7:30 pm	Sam Moore	07748 113857	info@sussextaichi.co.uk www.sussextaichi.co.uk
Silver Sabres	Old Dojo	Friday	6:00 - 7:00 pm	John Keeley	07817 392320	sussex@silver-sabres.com
Golden Flower Tai Chi Club	Jubilee Hall	Tuesday Wednesday	10:00 - 12:15 am 6:15 - 7:15 pm	Heike Brewster	01243 778531	heikebrewster@outlook.com www.goldenflowertaichischool.org.uk
SBL Sussex	Old Dojo	Thursday	8:00 - 9:30 pm	Keith Widdows	07813 132195	keithwiddows@hotmail.com
Chichester Aikido Club	New Dojo	Saturday	8:00 - 9:00 am	Scott Luckham	07847 443056	scottluckham@gmail.com
Body Confident Bootcamp	New Dojo	Mon / Wed / Fri Mon / Wed / Fri	06:00 - 07:00 am 10:30 - 11:30 am	Steff Woodman Shona Bradley	07590 021705 07826 854352	bcchichester@hotmail.com
Goryukai Aikido Yoshinkan	Old Dojo	Tuesday	8:00 - 10:00 pm	Malcolm Crawford	07759 311008	goryukai.aikido@virgin.net www.yoshinkan-sussex.co.uk

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<b>ARTS/CREATIVE</b>						
Helens Art Class	Jubilee Hall	Thursday	10:00 - 12:30 am	Helen Hiles	01243 920054	<a href="mailto:helensartclass@gmail.com">helensartclass@gmail.com</a>
Jane Chitty - Art Class	Jubilee Hall	Friday	10:00 - 12:30 am	Jane Chitty	07833 737997 01243 776767	<a href="mailto:jane.chitty1@gmail.com">jane.chitty1@gmail.com</a>
Open Mic Poetry	Jubilee Hall	Last Wednesday each month	7:30 - 9:30 pm	Barry Smith	07813 244731	<a href="mailto:barry.t.smith@5miles.net">barry.t.smith@5miles.net</a>
Post Script Adult Drama	Jubilee Hall	Thursday	1:15pm - 3:15 pm	Kim Hope	07733 184437	<a href="mailto:kimkhope@btinternet.com">kimkhope@btinternet.com</a>
WEA Magic of Cinema	Studio	Thursday	10:30 - 12:30 am	Liz Walker	01243 785710	<a href="mailto:lizwalker12@talktalk.net">lizwalker12@talktalk.net</a>
Senior Film Discussion	Studio	Last Wednesday each month	10:30 am - 12:00 pm	Sandy Foster		<a href="mailto:sandy@about-architects.com">sandy@about-architects.com</a>
WEA Art Class	Studio	Monday	10:00am -12:00pm	Liz Walker	01243 697517	<a href="mailto:Liz Walker &lt;lizwalker12@talktalk.net&gt;">Liz Walker &lt;lizwalker12@talktalk.net&gt;</a>
<b>CHILDREN</b>						
Chichester Junior Karate	New Dojo	Wednesday	7:00 - 8:00 pm	Alan Prior	01243 672589	<a href="http://www.chichester-karate.co.uk">www.chichester-karate.co.uk</a> <a href="mailto:alanrprior@gmail.com">alanrprior@gmail.com</a>
Chichester Aikido Club (5-17)	New Dojo	Saturday	9:15 - 10:15 am	Scott Luckham	07847 443056	<a href="mailto:bscott@yahoo.co.uk">bscott@yahoo.co.uk</a>
HartBeeps	Old Dojo	Monday	12:00 - 3:30 pm	Sabrina Nemerin-Noel		
Children's Brazilian Capoeira Topazio	Old Dojo	Monday	5:00-6:00 pm	Sarah Elsom	07557 145563	<a href="mailto:sarahlarubia1@yahoo.co.uk">sarahlarubia1@yahoo.co.uk</a>
Muchachos After School Club	Studio	Monday Tuesday	4:00 - 5:00 pm 1:30 - 2:30 pm	Colette Reddington	07412 610177	<a href="mailto:info@mariposalanguages.co.uk">info@mariposalanguages.co.uk</a>
Little Tots Workshop	Jubilee Hall	Monday	1:50 & 2:20 pm	Sarah Hellyer	07808 290435	<a href="mailto:sarahhellyer1@yahoo.co.uk">sarahhellyer1@yahoo.co.uk</a>
Adele's Dance School	Jubilee Hall	Tuesday	3:30 - 5:00 pm	Adele Smith	07894 152321	<a href="mailto:adele-smith88@hotmail.co.uk">adele-smith88@hotmail.co.uk</a>
Chichester Ronin Juniors Judo Club	New Dojo	Monday Friday	7:00 - 8:30 pm 6:00 - 10:00 pm	Ilona Guy	07496 100499	<a href="http://www.Chichesterjudoclub.co.uk">www. Chichesterjudoclub.co.uk</a> <a href="mailto:ilona.guy@outlook.com">ilona.guy@outlook.com</a>

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<b>DANCE AND MUSIC</b>						
Circle Dancing	Jubilee Hall	Wednesday	10:00 - 12:00 pm	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>
Top C Singing Group	Studio	Wednesday	1:30 - 2:30 pm	Carol Gilbert	07427 616557	<a href="mailto:kazgilbert@aol.com">kazgilbert@aol.com</a> <a href="http://www.cancerwise.org.uk">www.cancerwise.org.uk</a>
Music Appreciation	Studio	Monday	1:30 pm - 3:30 PM	Angela Zanders	07582 537123 023 9259 8541	<a href="mailto:a.zanders@hotmail.co.uk">a.zanders@hotmail.co.uk</a>
Adele's Dance & Fitness	Old Dojo	Tuesdy's	6:00 - 7:00 pm	Adele Smith	07894 152321	<a href="mailto:adele-smith88@hotmail.co.uk">adele-smith88@hotmail.co.uk</a>
Music and Memories	Old Dojo	Last Friday each month	2:00 - 4:00 pm	Simon McGee	07792 011449	<a href="mailto:simon.mcgee@homeinstead.co.uk">simon.mcgee@homeinstead.co.uk</a>
Adult Contemporary Dance	Old Dojo	Wednesday	2:15 - 3:30 pm	Sarah Moore	07708 792928	<a href="mailto:sarah@sarahmooredance.co.uk">sarah@sarahmooredance.co.uk</a>
Adult Ballet & Flamenco	Jubile Hall & Studio	Thursday	3:15 - 6:45 pm 6:45 - 7:30 pm	Helena Benge	07963 959262	<a href="mailto:helenadot@aol.com">helenadot@aol.com</a>
Chichester Lindy Hop	Jubilee Hall	Wednesday;- -1st / 2nd / 3rd	8:00 - 10:00 pm	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>
Big Note Choir	Studio	Thursday	8:00 - 10:00 pm	Mark Bradbury	07711 006922	<a href="mailto:bignoteschoir@littlenotes.co.uk">bignoteschoir@littlenotes.co.uk</a>
<b>INTERESTS AND HOBBIES</b>						
Local History	Auditorium	2nd Wednesday each month	7:00 - 9:30 pm	Andrew Berriman	01243 528845	<a href="mailto:Andrew.berriman@gmail.com">Andrew.berriman@gmail.com</a>
U3A Current Affairs	Studio	First Tuesday each month	11:00 am - 1:00 pm	David Davies	07765 391974	<a href="mailto:daviesclarke@btinternet.com">daviesclarke@btinternet.com</a>
RLF Reading Round	Studio	Wednesday	5:00 - 6:30 pm	Isabel Ashdown	07766 455223	<a href="mailto:isabel.ashdown@hotmail.co.uk">isabel.ashdown@hotmail.co.uk</a>
WEA Magic of Cinema	Studio	Thursday	10:30 - 12:30 am		01243 785710	<a href="mailto:lizwalker12@talktalk.net">lizwalker12@talktalk.net</a>
Senior Film Discussion	Studio	Last Wednesday each month	10:30 am - 12:00 pm	Sandy Foster		<a href="mailto:sandy@about-architects.com">sandy@about-architects.com</a>
Art History	Studio	Wednesday	10:00 am - 12:00 pm	Bernard Allen	01730 813374	<a href="mailto:bernard.allan@tiscali.co.uk">bernard.allan@tiscali.co.uk</a>
The Other America	Studio	Thursday	2:00 - 4:00	Richard Cupidi	07960 161424	<a href="mailto:richard.cupidi@gmail.com">richard.cupidi@gmail.com</a>
Chichester Archaeology Society	Auditorium	4th Wednesday each month	7:30 - 10:00 pm	CDAS Chairman	01243 373587	<a href="mailto:chairman@cdas.info">chairman@cdas.info</a> <a href="http://www.cdas.info">http://www.cdas.info</a>
Chichester Cinema At New Park	Auditorium	4 Films Daily	12:00 - 11:30pm	Henry Beltrane	01243 786650	<a href="mailto:info@chichestercinema.org">info@chichestercinema.org</a> <a href="http://chichestercinema.org">chichestercinema.org</a>

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<b>WELLBEING</b>						
Chi Kung Exercise Classes	New Dojo	Friday	9:30 - 10:30 am	Lizzie Douglas	07949 885582	<a href="mailto:info@lizziedouglas.com">info@lizziedouglas.com</a>
Slimming World	Jubilee Hall	Saturday	09:30 - 11:00 am	Vicki Porter	0780 533 5979	<a href="mailto:vickiporter2223@gmail.com">vickiporter2223@gmail.com</a>
Jessica Hill Pilates	New Dojo	Wednesday	5:30 - 6:30 PM	Jessica Hill	07532 057 403	<a href="mailto:jessica@sport-therapy.co.uk">jessica@sport-therapy.co.uk</a>
Hatha Yoga	Old Dojo	Monday	10:00 - 11:15 am	Francesca Tambling	01243 792420	<a href="mailto:francescatambling@live.co.uk">francescatambling@live.co.uk</a> <a href="http://www.francescatamblingyoga.moonfruit.com">www.francescatamblingyoga.moonfruit.com</a>
Focus on Fitness	New Dojo	Monday Tuesday Thursday	9:30 - 10:30 am 5:45 - 6:45 pm 2:00 - 3:00 pm	Gill Avery	01243 555430	<a href="mailto:g.avery@talktalk.net">g.avery@talktalk.net</a>
Kadampa Meditation Classes	Jubilee Hall	Friday	6:15 - 7:45 pm	Allison Evans	023 8048 2696	<a href="mailto:ad.kmcsouthampton@gmail.com">ad.kmcsouthampton@gmail.com</a>
Pilates - Gently Fit	New Dojo	Tuesday	1:15 - 2:15 pm	Joanna Bryson	01243 267020 07966 195737	<a href="mailto:gentlyfit@sky.com">gentlyfit@sky.com</a> <a href="http://www.gentlyfit.com">http://www.gentlyfit.com</a>
FitFig Pilates	Jubilee Hall New Dojo	Wednesday Thursday	11:45 am - 12:45 pm 7:00 pm - 8:00 pm	Claire Pattison	07791 340226	<a href="mailto:claire@fitfig.co.uk">claire@fitfig.co.uk</a>
Paracise	Jubilee Hall	Wednesday	1:00 - 1:45 pm	Heidi Dunster	07826 924923	<a href="mailto:heidi@healthdriven.co.uk">heidi@healthdriven.co.uk</a>
Steady & Strong	Jubilee Hall	Wednesday	2:00 - 3:00 pm	Heidi Dunster	07826 924923	<a href="mailto:heidi@healthdriven.co.uk">heidi@healthdriven.co.uk</a>
Sussex Tai Chi	New Dojo	Thursday	6:30 - 7:30 pm	Sam Moore	07748 113857	<a href="mailto:info@sussextaichi.co.uk">info@sussextaichi.co.uk</a> <a href="http://www.sussextaichi.co.uk">www.sussextaichi.co.uk</a>
Wellness Room	Studio	Last Friday each month	12:00 - 2:00 pm	Jaycee Hudson	07895 305145	<a href="mailto:reiki.room@outlook.com">reiki.room@outlook.com</a>
Women's Only Boxing	Old Dojo	Thursday Saturdays	6:00 - 7:00 pm 9:30 - 10:30 am	Gemma Ridley	07940 367856	<a href="mailto:ridleygem@hotmail.com">ridleygem@hotmail.com</a>
Thursday Yoga	New Dojo	Thursday	10:00 - 11:00 am	Carla Williams	07969 769161	<a href="mailto:carlawilliams765@gmail.com">carlawilliams765@gmail.com</a>
Chichester Pilates	Jubilee Hall	Monday	9:45 am and 6:15 pm	Andrea Geall	07747 806181	<a href="mailto:andrea@chichesterpilates.com">andrea@chichesterpilates.com</a>
	New Dojo	Tuesday	9:45 am and 11:00 am			
	Jubilee Hall	Tuesday	6.15 pm			
	Jubilee Hall	Thursday	11.30 am			
	Jubilee Hall	Friday	1.30 pm			
Staying Active (Over 50's)	New Dojo	Tuesday	12:00 - 1:00 pm	Kevin Maskell	07980 000663	<a href="mailto:kmaskell@tiscali.co.uk">kmaskell@tiscali.co.uk</a>
SGI Buddhists	Studio	Friday (monthly)	7.00 - 9.00 pm	Nic Saunders	01243 539543	<a href="mailto:nicsaunders@icloud.com">nicsaunders@icloud.com</a>

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<b>DROP IN and ADVICE SERVICES AT NEW PARK CENTRE</b>						
<b>WEST SUSSEX CARER SUPPORT- help and support for carers of all ages.</b>						
PARENT CARERS - monthly on 1st Thursday of the month in the dressing room between 10.15 - 12.15. <b>Contact 0300 028 8888 E mail: <a href="mailto:info@carerssupport.org.uk">info@carerssupport.org.uk</a></b>						
LD/ASC (Disability) - monthly on 1st Tuesday of the month in the dressing room between 10.00 - 12.00. <b>Contact 0300 028 8888 E mail: <a href="mailto:info@carerssupport.org.uk">info@carerssupport.org.uk</a></b>						
<b>MY NETWORK / OPTIONS - Mondays (10 am - 4 pm), Wednesdays (9 am - 4 pm) in dressing room and Saturdays (10 am - 2 pm) in the Dressing Room.</b>						
Drop in, support, advice and community based activities for people with a learning disability. <b>Contact Sally 07795 642271 or E mail: <a href="mailto:mynetwork@optionsld.co.uk">mynetwork@optionsld.co.uk</a></b>						
<b>GAMBLERS ANONYMOUS - Weekly on Wednesday's in Studio between 7.30 - 9.30 pm.</b>						
Group help, support and advice for individuals and their family/friends with a gambling problem.						
<b>WINSTONS WISH - Family Outreach every other Tuesday, offering practical support and guidance to bereaved children, their families and professionals. Contact 01403 211030</b>						

**All our rooms and halls are available for hire to groups offering classes / activities, to businesses and anyone wanting to celebrate a special occasion!**  
**T: 01243 536840 | E: [operations@newparkcentre.org.uk](mailto:operations@newparkcentre.org.uk)**