

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
SPORTS / MARTIAL ARTS						
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	Friday	6:45 - 9:45 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 Wednesday	6:00 - 7:30 pm 6:00 - 7:30 pm	John Aldcroft	07961 090218	info@krav-maga.org.uk 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
Direct Defence	Old Dojo	Friday	7:30 - 9:30 pm	Adam Holme	07854 896048	adam@directdefencekravmaga.co.uk
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
Chichester Aikido Club	New Dojo	Saturday	8:00 - 9:00 am	Scott Luckham	07847 443056	scottluckham@gmail.com
Zen Arts: Wellbeing / QiGong / Shaolin Kung Fu	New Dojo	Monday	6:30 - 9:30 pm	Tim Franklin	07950 365879	info@zenarts.co.uk www.zenarts.co.uk
Shojiki	Old Dojo	Thursday	8:00 - 9:30 pm	Mark Payne	07931 676638	markpayne753@gmail.com.
Body Confident Bootcamp	New Dojo ' Jubilee Hall	Mon / Wed / Fri Mon / Wed / Fri Tue	06:00 - 07:00 am 10:30 - 11:30 am 7:15 - 8:15 pm	Steff Woodman Shona Bradley	07590 021705 07826 854352	bcbchichester@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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ARTS/CREATIVE						
Helens Art Class	Jubilee Hall	Thursday	10:00 - 12:30 am	Helen Hiles	01243 920054	helensartclass@gmail.com
Jane Chitty - Art Class	Jubilee Hall	Friday	10:00 - 12:30 am	Jane Chitty	07833 737997 01243 776767	jane.chitty1@gmail.com
Open Mic Poetry	Jubilee Hall	Last Wednesday each month	7:30 - 9:30 pm	Barry Smith	07813 244731	barry.t.smith@5miles.net
WEA Magic of Cinema	Studio	Thursday	10:30 - 12:30 am	Sarah Winter	01243 958826	chichester.branch@wea.ac.uk
WEA Art Class	Studio	Monday	10:00am -12:00pm	Sarah Winter	01243 958826	chichester.branch@wea.ac.uk
CHILDREN						
Chichester Junior Karate	New Dojo	Wednesday	7:00 - 8:00 pm	Alan Prior	01243 672589	www.chichester-karate.co.uk alanrprior@gmail.com
Chichester Aikido Club (5-17)	New Dojo	Saturday	9:15 - 10:15 am	Scott Luckham	07847 443056	bscott@yahoo.co.uk
Children's Brazilian Capoeira Topazio	Old Dojo	Monday	5:00-6:00 pm	Sarah Elsom	07557 145563	sarahlarubia1@yahoo.co.uk
Childrens Spanish Club	Studio	Monday	4:00 - 5:00 pm	Maria Torienzr De Lucas	07879 322945	mariaturienzodelucas@gmail.com
Little Tots Workshop	Jubilee Hall	Monday	1:50 & 2:20 pm	Sarah Hellyer	07808 290435	sarahhellyer1@yahoo.co.uk
Adele's Dance School	Jubilee Hall	Tuesday	3:30 - 5:00 pm	Adele Smith	07894 152321	adele-smith88@hotmail.co.uk
Chichester Ronin Juniors Judo Club	New Dojo	Friday		Ilona Guy	07496 100499	www. Chichesterjudoclub.co.uk ilona.guy@outlook.com

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DANCE AND MUSIC						
Circle Dancing	Jubilee Hall	Wednesday	10:00 - 12:00 pm	Claire Wilton	01243 788833 07952 054239	wiltonclaire@yahoo.co.uk www.circledancegrapevine.co.uk
Top C Singing Group	Studio	Wednesday	1:30 - 2:30 pm	Carol Gilbert	07427 616557	kazgilbert@aol.com www.cancerwise.org.uk
Music Appreciation	Studio	Monday	1:30 pm - 3:30 PM	Angela Zanders	07582 537123 023 9259 8541	a.zanders@hotmail.co.uk
Jo's Singing Group	Studio	Saturday's (monthly)	10:00 am - 12:00 pm	Jo Allum	07792 505972	singingjo.allum@gmail.com
Chichester Loves Salsa	Jubilee Hall	Thursdays	8:00 - 10:30	Jimmy Lobe	07545 631646	jimmylobe@gmail.com
Adult Contemporary Dance	Old Dojo	Wednesday	2:15 - 3:30 pm	Sarah Moore	07708 792928	sarah@sarahmooredance.co.uk
Adult Ballet & Flamenco	Jubile Hall & Studio	Thursday	3:15 - 6:45 pm 6:45 - 7:30 pm	Helena Bengé	07963 959262	helenadot@aol.com
Chichester Lindy Hop	Jubilee Hall	Wednesday;- -1st / 2nd / 3rd	8:00 - 10:00 pm	Ellie Garwood Mark Whale	07793 555430 07917 198220	chichesterLH@gmail.com www.chichesterlindyhoppers.co.uk
Big Notes Choir	Studio	Thursday	8:00 - 10:00 pm	Mark Bradbury	07711 006922	bignoteschoir@littlenotes.co.uk
INTERESTS AND HOBBIES						
Local History	Auditorium	2nd Wednesday each month	7:00 - 9:30 pm	Andrew Berriman	01243 528845	Andrew.berriman@gmail.com
U3A Current Affairs	Studio	First Tuesday each month	11:00 am - 1:00 pm	David Davies	07765 391974	daviesclarke@btinternet.com
RLF Reading Round	Studio	Wednesday	5:00 - 6:30 pm	Isabel Ashdown	07766 455223	isabel.ashdown@hotmail.co.uk
WEA Magic of Cinema	Studio	Thursday	10:30 - 12:30 am	Sarah Winter	01243 958826	chichester.branch@wea.ac.uk
Senior Film Discussion	Studio	Last Wednesday each month	10:30 am - 12:00 pm	Sandy Foster		sandy@about-architects.com
Art History	Studio	Wednesday	10:00 am - 12:00 pm	Bernard Allen	01730 813374	bernard.allan@tiscali.co.uk
The Other America	Studio	Thursday	2:00 - 4:00	Richard Cupidi	07960 161424	richard.cupidi@gmail.com
Chichester Archaeology Society	Auditorium	4th Wednesday each month	7:30 - 10:00 pm	CDAS Chairman	01243 373587	chairman@cdas.info http://www.cdas.info
Chichester Cinema At New Park	Auditorium	4 Films Daily	12:00 - 11:30pm	Henry Beltrane	01243 786650	info@chichestercinema.org chichestercinema.org

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WELLBEING						
Chi Kung Exercise Classes	New Dojo	Friday	9:30 - 10:30 am	Lizzie Douglas	07949 885582	info@lizziedouglas.com
Slimming World	Jubilee Hall	Saturday	07:30 - 11:00 am	Becky Hyde	07856 304225	auntyb.2011@gmail.com
Jessica Hill Pilates	New Dojo	Wednesday	5:30 - 6:30 PM	Jessica Hill	07532 057 403	jessica@sport-therapy.co.uk
Hatha Yoga	Old Dojo	Monday	10:00 - 11:15 am	Francesca Tambling	01243 792420	francescatambling@live.co.uk www.francescatamblingyoga.moonfruit.com
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	g.avery@talktalk.net
Kadampa Meditation Classes	Jubilee Hall	Friday	6:15 - 7:45 pm	Allison Evans	023 8048 2696	ad.kmcsouthampton@gmail.com
Pilates - Gently Fit	New Dojo	Tuesday	1:15 - 2:15 pm	Joanna Bryson	01243 267020 07966 195737	gentlyfit@sky.com http://www.gentlyfit.com
Jacqui's Pilates	New Dojo	Wednesday	11:45 am - 12:45 pm	Jacqui Renwick	07854 441010	jacquirenwick@icloud.com
Paracise	Jubilee Hall	Wednesday	1:00 - 1:45 pm	Heidi Dunster	07826 924923	heidi@healthdriven.co.uk
Steady & Strong	Jubilee Hall	Wednesday	2:00 - 3:00 pm	Heidi Dunster	07826 924923	heidi@healthdriven.co.uk
Sussex Tai Chi	New Dojo	Thursday	6:30 - 7:30 pm	Sam Moore	07748 113857	info@sussextaichi.co.uk www.sussextaichi.co.uk
Yoga Bellies	Jubilee Hall	Monday	7:30 - 10:00 pm	Nicki	07887 647886	nicki@yogabellies.co.uk
Women's Only Boxing	Old Dojo	Thursday	6:00 - 7:00 pm	Gemma Ridley	07940 367856	ridleygem@hotmail.com
Thursday Yoga	New Dojo	Thursday	10:00 - 11:00 am	Carla Williams	07969 769161	carlawilliams765@gmail.com
Chichester Pilates	Jubilee Hall	Monday	9:45 am and 6:15 pm	Andrea Geall	07747 806181	andrea@chichesterpilates.com
	New Dojo	Tuesday	9:45 am and 11:00 am			
	Jubilee Hall	Tuesday	6.15 pm			
	Jubilee Hall	Thursday	11.30 am			
Staying Active (Over 50's)	New Dojo	Tuesday	12:00 - 1:00 pm	Kevin Maskell	07980 000663	kmaskell41@gmail.com
SGI Buddhists	Studio	Friday (monthly)	7.00 - 9.00 pm	Nic Saunders	01243 539543	nicsaunders@icloud.com

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DROP IN and ADVICE SERVICES AT NEW PARK CENTRE

WEST SUSSEX CARER SUPPORT- help and support for carers of all ages.

PARENT CARERS - monthly on 1st Thursday of the month in the Dressing Room between 10.15 - 12.15. **Contact 0300 028 8888 E mail: info@carerssupport.org.uk**

LD/ASC (Disability) - monthly on 1st Tuesday of the month in the Dressing Room between 10.00 - 12.00. **Contact 0300 028 8888 E mail: info@carerssupport.org.uk**

MY NETWORK / OPTIONS - Mondays (10 am - 4 pm) and Wednesdays (9 am - 4 pm) in the Dressing Room .

Drop in, support, advice and community based activities for people with a learning disability. **Contact Sally 07795 642271 or E mail: mynetwork@optionsld.co.uk**

CRUSE BEREAVEMENT CARE SUPPORT GROUP: A monthly closed meeting for support, advice and information when someone dies.

Friday 1:30 until 4:30 in the Dressing Room. CONTACT 0300 311 9959

GAMBLERS ANONYMOUS - Weekly on Wednesday's in the Studio between 7.30 - 9.30 pm.

Group help, support and advice for individuals and their family/friends with a gambling problem.

WINSTONS WISH - Family Outreach every other Tuesday, offering practical support and guidance to bereaved children, their families and professionals.

Contact 01403 211030 southeast@winstonswish.org.uk

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

WE LOOK FORWARD TO HEARING FROM YOU

T: 01243 536840 / E: operations@newparkcentre.org.uk