

Regular Activities in Rustington Parish Church Hall

<u>Name</u>	<u>Description</u>	<u>Regularity</u>	<u>Contact</u>	<u>Telephone No</u>
Monday Art	This is a small friendly group of people who meet weekly to enjoy our hobby of mainly water colour painting. From time to time we have workshops using the talents of local artists to give fresh ideas to improve techniques. If you are interested in joining please come along for a visit and see what we do, you will be most welcome. Contact Linda on 01903 730435 or Janet	Weekly- Mon am	Janet Pamment	01903 783937
Missfits	Gentle Keep Fit Classes suitable for those with a whole range of Medical Conditions in a relaxed/Welcoming Environment	Weekly- Mon am	Yvette Charman	07824 312653
Community Choir	Rustington Community Choir is a fairly new choir, started up in September 2019 by Juliet Robinson, a semi-retired music teacher and choir leader. The choir currently has over 50 members and welcomes anyone who is interested in singing – no previous experience is necessary as the music is all taught by ear. We sing a wide range of songs including popular, musicals, songs from different parts of the world as well as from our own culture. We have just performed our first concert at the Parish Church which was a great success with another one planned in the Autumn. We also joined the L'ton Concert band at a Jubilee 'Prom' concert on the 4th June. The cost is just £3 per session, payable on the door.	Weekly- Mon am	Juliet Robinson	01903 771931
u3a- Dance for Fitness	Dance to Fitness in a Friendly Social Atmosphere	Weekly- Mon pm	Arun East u3a	07849 633750

u3a- Science & Technology	<p>Presentations on all aspects/developments in science and technology generally by U3A Members and occasionally a guest speaker with specialist knowledge. Talks are a mixture based on a mixture of direct experience and others detailed research into topics that are of particular interest. Topics are wide ranging and have included Quantum Mechanics and Relativity to "Badgers and TB" and "Parasitic Worms in Horses".</p> <p>Common themes include medicine, cosmology, geology, archaeology and computing. We have followed the engineering and politics of fracking and explored the complexities of DNA. We have shared the excitement of building the biggest oil-rig in the North Sea and got to know the secrets of what lies within the nucleus of the atom, including the Higgs Boson. Plans for the near future include Battery Technology, Exoplanets, Historic Changes in Sea-level, Bose-Einstein Condensate and Building Websites.</p>	Monthly- 3rd Mon pm	Arun East u3a	07849 633750
Rusti Belles WI - Sticked Up	<p>This is the craft group for members Rusti Belles WI. A group of ladies meet to knit and crochet for charity eg shawls for care home residents, warm clothes for the homeless, but also for the chance to chat over a cup of tea</p>	Monthly- 2nd Mon pm	Sue Midgley	01903 772535
Dance Beat Studios	<p>Learn to dance by a teacher qualified to teach "The Imperial Society of Teachers of Dancing" Syllabi.</p> <p>3.45pm to 4.15pm - Dance Beat tots . A great fun class with Ballet and Tap for 3 to 5 Years</p> <p>4.20pm to 5.05pm- Primary Modern and Tap for 5 Years Upward</p> <p>5.10pm to 6pm- Grade 2 Tap for 8 years And up</p> <p>6pm to 6.45pm- Grade 2 Modern for 8 Years up</p>	Weekly- Mon pm	Sally Parkinson	07977 344373
Inspirations Choir	<p>We welcome adults of all ages who share a love of singing and socialising, and are keen to experience the many benefits that group singing provides. We cover music from a variety of genres and there is no audition to join. We'd love to welcome you into our group!</p>	Weekly- Mon Even	Lucy Goldberg Charlotte Simpson	07906 902810 01903 725451

AA Tuesday	If you seem to be having trouble with your drinking, or if your drinking has reached the point of where it worries you, you may be interested to know something about Alcoholics Anonymous by coming to an AA meeting. You would be welcome to attend any AA meeting and find out about how it works. Meetings provide an opportunity for members to relate their experiences with one another on problems related to drinking patterns and attempts to achieve stable sobriety. They also permit detailed discussion of various elements in the recovery programme of AA and the AA programme of recovery from alcoholism. Just turn up. There is no need to register beforehand. If you have any questions you can ring the local AA Helpline on 01273203343 to find out more. You will speak with an alcoholic in recovery. You will be very welcome to join us at an AA Rustington Meeting.	Weekly- 10.00 Tue am	AA Help Line	01273 203343
Noah's Ark	Drop-in for pre-schoolers (birth - under 5's) and their carers. Join us for play, crafts and songs. You're welcome to bring your lunch and can come along any time during the session. Each session £1 per family. No booking required.	Weekly- Tue pm	Zoe Mills	07484 685568
Bolders	A youth group for age 10+, learning how to live boldly and bravely together in the world. Exploring through drama, art, discussions and games, faith, how we can be agents of kindness and creativity towards one another and those around us.	Weekly- Tue pm	Laura Darrall	07487 392009
Pantry	If you are struggling to get by, join others in topping up your food cupboards. No registration required.	Weekly- am/pm variable	Charlie Sims	07958 271925
u3a Painting for Pleasure	Art Group open to all, beginners & improvers. Support offered/given as requested	1st/3rd Wed am	Arun East u3a	07849 633750
Coffee Morning	Drop in for a chat and Refreshments. Everyone Welcome.	Weekly - Wed am	Christine Roberts	01903 786572
u3a Friendly Bridge	Friendly Games of Bridge - No Partners required	Weekly - pm	Arun East u3a	07849 633750
Family Support Work	Family Support Work Childrens Charity runs monthly After school Club first Wednesday of month in term time 3.30-5.30pm open to children infant junior ages. Sessions include craft Activities storytime hot food included, also run events in holidays including Sensory sessions for SEN children. Please contact Becca Carter Mobile 07747481360 or email rebecca@familysupportwork.org.uk	Monthly -1st Wed pm	Rebecca Carter	07747 481360

Littlehampton Quilters	Friendly Group who like to sew Patchwork articles	3/4 per Month - Wed pm	Joyce Wilson	01903 785305
Men's Fellowship	This is a Mens Fellowship club; although we are a Christian Society the emphasis is on social discussion and friendship. All faiths, concerns , cares or humanity are very welcome.	Monthly- 1st Wed Even	Bill Dodd	01903 752379
WAFFLE	We aim to demonstrate the love of God to women of all ages in Rustington and surrounding areas in a fun, inclusive and life enhancing way. We meet on a regular basis i.e. the second Wednesday of the month at 7.30 pm (finishing about 9 pm) in the Church Hall unless otherwise stated. Usually a speaker has been organised and we also enjoy an outing or two during the year.	Monthly- 2nd Wed Even	Ann Mathias	01903 859191
Rusti Belles WI	We are Rustington's evening WI. We meet in the hall once a month to listen to speakers or take part in different activities. We have a walking group, walking netball and craft group, and arrange beach cleans from time to time. We take an interest in national campaigns such as looking after the environment, becoming more health aware and other issues relating to women's place in the world. It's not all Jam and Jerusalem. All women are invited to visit with a view to becoming part of this organisation. Come along and try us out.	Monthly- 4th Wed Even	Sue Midgley	01903 772535
Baby Ballet	<p>babyballet® Bognor Regis and Rustington is a fun, award-winning pre-school dance concept for girls and boys from 6 months to 6 years.</p> <p>babyballet® dance classes allow babies, toddlers and young children to enjoy the physical and social benefits of ballet, song and dance in a safe, caring, positive and informal environment. With a real focus on learning through play, the unique babyballet® syllabus offers four key stages of ballet and tap classes where every child can build their confidence and social skills, whilst developing their basic ballet technique, coordination, musicality, balance, posture and rhythm. babyballet®'s fully qualified, friendly and engaging dance teachers are joined in class by the babyballet® bears, Twinkle & Teddy, who help to encourage all the little stars to interact and share as they learn to dance without any pressure.</p>	Weekly- Thur am	Jessica Crossthwaite	07805 086149

U3A Craft Group	Open to members of Arun East u3a. An opportunity to learn a range of different crafts. Members have varied levels of skill and our experienced crafters are happy to help those who are new to the techniques. We have covered crochet, tatting, braiding and other yarn crafts. And our papercrafters have used different methods to create greetings cards, boxes and other works of art! For more information about Arun East u3a visit the website www.aruneastu3a.co.uk	Monthly- 4th Thur am	Arun East u3a	07849 633750
u3a Armchair Travel	Presentations on exotic climes from all over the worldfrom U3A members. We have had talks from every continent, including Antarctica the wilds of Queensland without electricity or running water, where you look out spiders and crocodiles on the beach. Also talks on the Oregon trail to Seattle, sailing a four-masted sailing ship, backpacking through Vietnam and Cambodia, safaries in Africa and cruised northwards from Japan to Kamchatka. Future plans take us to New Zealand, India, Provence, Norway and the Nile. Assistance provided, as required, with preparing slide show and when first giving a formal talk. Very friendly and supportive group.	Monthly- 3rd Thur am	Arun East u3a	07849 633750
u3a Quiz Group	General Fun Social Knowledge Quizes. New members welcome	2nd/4th Thur pm	Arun East u3a	07849 633750
Cancer United Choir	OUTSINGCANCER is a cancer-specific community choir who perform popular songs. We are a unique choir whose lives have been affected by cancer – under the leadership of Andre Da Silva, our amazing Musical Director, we have taken bad news and we have turned it into a beautiful melody. The OutSingCancer choir rehearse several times a week in various locations and we are always open to recruiting new members. The choir can also be booked for events including private performances, weddings, birthday parties and funerals	Weekly- Thur Even	Jan Sheward	01903 779880
Rustington Social Sequence Dance Club	Great for dancers to learn and develop new Dances and Skills. Sequence dancing in a friendly social environment	Weekly - Thur pm	Michael Jordan	01903 709212
Yoga with Liz	Hatha Yoga with flowing sequences to improve strength, flexibility and balance.	Weekly- Fri am	Liz Downes	07973 532733

Rustington Platinum	Zumba gold- Designed for active older adults. All fun, Latin inspired simple easy-to-follow dance combinations set to a wide range of world and popular music. Dance workout, brilliant form of exercise that keeps you fit, helps to burn calories, build stamina and tones the whole body.	Weekly- Fri am	Annet Ziraba	07877 253470
Rustington Platinum	Pilates- both beginners and mixed ability class. Helps improve posture, mobility of the joints, balance, flexibility co-ordination and muscular support support for the lower back. It is taught on the floor on mats,	Weekly- Fri am	Annet Ziraba	07877 253470
AA Friday	If you seem to be having trouble with your drinking, or if your drinking has reached the point of where it worries you, you may be interested to know something about Alcoholics Anonymous by coming to an AA meeting. You would be welcome to attend any AA meeting and find out about how it works. Meetings provide an opportunity for members to relate their experiences with one another on problems related to drinking patterns and attempts to achieve stable sobriety. They also permit detailed discussion of various elements in the recovery programme of AA and the AA programme of recovery from alcoholism. Just turn up. There is no need to register beforehand. If you have any questions you can ring the local AA Helpline on 01273203343 to find out more. You will speak with an alcoholic in recovery. You will be very welcome to join us at an AA Rustington Meeting.	Weekly- 12.30 Fri am	AA Help Line	01273 203343
Messy Church	A messy and creative new way of being church, every 3 rd Friday of the month 3.45-5.30pm. Join for crafts, games, songs, bible teaching, worship and a buffet meal. Fun for the whole family!	Monthly - 3rd Fri pm	Laura Darrall	07487 392009
Rocks	Every Sunday (apart from the 1st of the month) at 9.50am in the South Room. A Sunday club for children to join and explore faith creatively before heading into the church to worship. The first Sunday of the month holds our All Age Service at 10am, all welcome!	Weekly - Sun am	Laura Darrall	07487 392009
Art Works	ArtWorks is a 'none profit' group. Workshops cover a wide variety of Arts/Crafts to all children/adults of all abilities in a friendly relaxed environment. Our workshops have included Painting, Weaving, Printing, Felt making, Clay, Applique, Collage etc.	Monthly- 4th Sun pm	Lyn Leese	07572 388670