

Regular Activities in Rustington Parish Church Hall

| <u>Name</u> | <u>Description</u> | <u>Regularity</u> | <u>Contact</u> | <u>Telephone No</u> |
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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |