

# THE WOODLANDS CENTRE, RUSTINGTON YOUTH CENTRE AND SAMUEL WICKENS CENTRE

## Organisations and Activities Taking Place on a Regular Basis

### THE WOODLANDS CENTRE

<a href="#">Age UK Daybreak Dementia Activity Group</a>	Weekly	Ms L Harwood (Co-ordinator)	<a href="tel:01903792015">Tel:01903 792015</a>
" " "		Mr C Rayner (Manager)	<a href="tel:01903792015">Tel:01903 792015</a>
<a href="#">Alzheimers Society Carers Support Group</a>	6 Weekly (phone to register interest)	Dementia Connect	<a href="tel:03331503456">Tel:03331 503 456</a>
<a href="#">The Arts Society Arun</a>	Monthly, 3rd Tuesday (morning)	Sarah Rose	<a href="mailto:enquiries@theartsocietyarun.org">enquiries@theartsocietyarun.org</a>
<a href="#">Arun Antique Collectors Fair</a>	Monthly, 1st Sunday (10.00 am-3.30 pm)	Ms T Esfahani	<a href="tel:07563589725">Tel:07563 589 725</a>
<a href="#">Arun East u3a</a>		All enquiries	<a href="tel:07849633750">Tel:07849 633 750</a>
Line Dancing	Weekly, Wednesday (morning)	" " "	" " "
Wednesday Workout	Weekly, Wednesday (morning)	" " "	" " "
Monthly Meetings	Monthly, 3rd Wednesday (afternoon)	" " "	" " "
Line Dancing	Weekly, Thursday (morning)	" " "	" " "
History Lectures	Monthly, 1st Thursday (afternoon)	" " "	" " "
Photography Group	Bi-monthly, 3rd Thursday (afternoon)	" " "	" " "
<a href="#">Baby Superstars</a>	Weekly, Monday (morning)(term time only)	Vicki Russell	<a href="tel:07909873372">Tel:07909 873 372</a>
<a href="#">Modern Jive Freestyle Party Dance</a>	Monthly, Friday (evening as advertised)	Sue Diamond-Levy	<a href="tel:07500898283">Tel:07500 898 283</a>
<a href="#">JR's Rustlers - Line Dance Club</a>	Weekly, Monday (evening)	Ron Tate	<a href="tel:07776222417">Tel:07776 222 417</a>
<a href="#">Paracise &amp; Zumba Gold</a>	Weekly, Friday (morning)	Ellen Driscoll	<a href="tel:07882401679">Tel:07882 401 679</a>
<a href="#">Rustington Heritage Association</a>	Monthly, 2nd Thursday (afternoon)	Sheila Marsden	<a href="tel:01903770415">Tel:01903 770 415</a>
<a href="#">Rustington Horticultural Association</a>	Seasonal Shows	Secretary	<a href="tel:01903856007">Tel: 01903 856 007</a>
<a href="#">Rustington Players</a>	3 Productions per year	Mrs J Onslow	<a href="tel:07747846768">Tel:07747 846 768</a>
<a href="#">Rustington Short Mat Bowls Club</a>	Weekly, Wednesday (evening)	Mrs L May	<a href="tel:07397613531">Tel:07397 613 531</a>
" " "	Weekly, Tuesday & Friday (morning)	" " "	" " "
<a href="#">Rustington W.I.</a>	Monthly, 3rd Tuesday (afternoon)	Mrs P Lovegrove	<a href="tel:01903772725">Tel:01903 772 725</a>
<a href="#">Slimming World</a>	Weekly, Tuesday (morning)	Kirsty Cheyne	<a href="tel:07881614989">Tel:07881 614 989</a>
<a href="#">Theatre Academy Studios</a>	Weekly, Monday & Friday (evening)(term time only)	Tilly Racine	<a href="tel:07983584792">Tel:07983 584 792</a>
<a href="#">Woodlands Table Tennis Club</a>	Weekly, Tuesday (evening)	Barbara Bayford	<a href="tel:01903773306">Tel:01903 773 306</a>
" " "	Weekly, Thursday (evening)	Alan Gess	<a href="tel:01243554179">Tel:01243 554 179</a>

### RUSTINGTON YOUTH CENTRE

<a href="#">RCCG Oasis of Love - Church Group</a>	Weekly, Sunday (morning)	Kemi Adeyefa-ojomo	<a href="tel:01243820330">Tel:01243 820 330</a>
<a href="#">Virtuoso Dance Company</a>	Weekly, Saturday (morning)	Hayley Gentry	<a href="tel:07305361846">Tel:07305 361 846</a>
<a href="#">Activ8 Rustington Nursery Ltd</a>	Monday - Friday 07:30 - 18:00	Debbie Webb	<a href="tel:07517704605">Tel:07517 704 605</a>
<a href="#">Sussex Army Cadet Force</a>	Monday (evening) 18:15 - 23:00	All enquiries	<a href="#">See SERFCA Website</a>

### SAMUEL WICKENS CENTRE

<a href="#">Arun East u3a - Ukulele Group</a>	Monthly, 2nd & 4th Thursday (afternoon)	All enquiries	<a href="tel:07849633750">Tel:07849 633 750</a>
<a href="#">Dance Beat Studio</a>	Weekly, Tuesday (evening)(term time only)	Sally Parkinson	<a href="tel:07977344373">Tel:07977 344 373</a>
<a href="#">RNID</a>	Monthly, 3rd Friday (afternoon)	Jess Wood-Buckett	<a href="tel:07484411863">Tel:07484 411863</a>
<a href="#">Rustington Platinum Club</a>	Monday to Thursday (various times)	Annet Ziraba	<a href="tel:07877253470">Tel:07877 253 470</a>
<a href="#">St Barnabas - Bereavement Café</a>	Fortnightly, Friday (morning)	All enquiries	<a href="tel:01903254777">Tel:01903 254 777</a>
<a href="#">West Sussex Mind</a>	Monthly (phone to register interest)	All enquiries	<a href="tel:07932784979">Tel:07932 784 979</a>
<a href="#">Yasoga</a>	Weekly, Monday (evening)	Yasue Hodge	<a href="tel:07854485389">Tel:07854 485 389</a>

**Also available for: Wedding Receptions, Birthday and Children's Parties  
Table Sales, Fashion Shows, Business Seminars**

For further information please call Rustington Parish Council  
Telephone: 01903 786 420 or Email: [enquiry@rustingtonpc.org](mailto:enquiry@rustingtonpc.org)

