Worthing Homes

What's on at...

thecommunityhouse

Autumn 2026



What's On at Community House

Welcome to Community House, a welcoming space for residents and community members to come together, try something new, meet others and access local support.

Community House is supported by funding from Worthing Homes, enabling us to provide a range of free groups and services for residents and community members.

Inside this leaflet, you'll find details of our regular activities, including:

Wellbeing

Groups and sessions designed to support mental health, confidence, connection and overall wellbeing.

Arts and Crafts

Creative activities for all abilities, whether you want to learn a new skill, enjoy a relaxing hobby or meet others in a friendly setting.

Physical and Fitness

Opportunities to get moving, stay active and support your physical health in a welcoming environment.

Community House also offers additional support, including signposting, help for Worthing Homes residents with general form-filling where possible, and free use of our computer, printer and telephone for all the community. We are also a part of the Safe Haven network.

Independent counsellors and hypnotherapists also work from the building, with hypnotherapists offering up to three free 90-minute sessions for community members.



Enter for a chance to win a free 50-minute massage donated by a local massage business. Winners will be contacted by Community House with booking details and will need to complete a medical questionnaire before their appointment. Seasonal draws will take place on the last day of August 2026, November 2026, February 2027 and May 2027. If you don't win, your entry rolls over to the next draw.

Wellbeing



We now have two hypnotherapists offering free sessions at Community House. To find out more, please call us and we can pass your details on. Sessions are available to Worthing Homes residents, as well as anyone in the community who may not usually be able to afford a session and feels it could benefit their wellbeing.



Vinyasa Yoga

Location:
East Worthing Community Centre
Date: Every Monday (exc Bank Holidays)
Time: 6:30pm- 7:15pm

Join Alice for free Vinyasa Yoga. Scan to book or book through Eventbrite.



Counselling and Hypnotherapy

Location: Community House
Date: Call for more information.
Time: On appoinment basis
These services are available at a concessionary rate through our partner therapists. An assessment fee may apply. Please contact us for details.



Reiki

Location: Community House
Date: Every Monday,
Time: 10:30am - 2:00pm.

Join us at Community House. There are seven slots (25-minute) of Reiki each Monday. Hands-on healing to make you feel relaxed and calm. Booking required.

Wellbeing



Coffee Afternoon

Location: Community House
Date: Every Monday,
Time: 1:30pm-3:00pm.

Join us at Community House. Pop in for a cuppa, meet others in the community and enjoy a relaxed chat in a welcoming space. No booking required.



Mindfulness Drop-in

Location: Community House
Date: Every 2nd Friday of the month,
Time:11:00am- 12:00pm.

Grow resilience in managing anxiety and stress. Find new ways to support you health and wellbeing. No booking required.

Arts and Crafts



Splat and chat (Halloween)

Location: Community House
Date: 23 October
Time: 10:30- 12:30pm

A fun, creative art session painting an autumn-themed picture. She'll guide you step by step, so everyone finishes with their own version of the same artwork.

Arts and Crafts



Finger Knitting

Location: Community House
Date: 22 September
Time: 10:30am to 12:00pm

Learn the basic techniques and build the confidence to create your own handcrafted items. Led by Maria, this friendly session includes all materials. Booking is essential.



Poetry Sessions

Location: Community House
Date: Tuesdays (fortnightly)
Time: 10:30am-11:30am

Join Dan in creative writing sessions to develop your writing skills and produce thoughtful and expressive poetry. Booking not required, just arrive on the day!



Crochet Group

Location: Community House
Date: Every Friday
Time: 1:30pm-2:45pm

Join Monica for crochet and enjoy getting creative in a calm, welcoming space. This session is open to all. Booking not required.

Arts and Crafts



Salt Dough (Halloween)

Location: Community House
Date: 15 October & 22 October
Time:10:30am -12:00pm

Learn the basic techniques of salt dough. over two weeks. Week one, make, week two, paint. A fun and creative session hosted by Irmina. Booking is essential.



Watercolour

Location: Community House
Date: Every Tuesday in October
Time: 10:00am - 12.00pm

Join Debbie for a friendly 4-week beginners watercolour course in a calm and creative setting.



Mug Painting

Location: Community House
Date: 28th October 26
Time: 10:30am - 12:00pm

Join Louise and enjoy getting creative in a calm, welcoming space autumn addition. Please call to book, booking is essential.

Physical and Fitness



6 Week Gym Course

Location: Yes You Can Gym
Date: TBC

New Year, New Start, New Goals

Learn the basics of using the gym and exercising safely on our six-week course. Dates will be confirmed soon. Pre-book to avoid disappointment, as places fill quickly.



Vinyasa Yoga

Location:
East Worthing Community Centre
Date: Fridays
Time: 1:30pm-2:30pm

Join Alice for free Vinyasa Yoga, Scan to book or book through Eventbrite.



Dance Fitness

Location:
St Stephen's Church, BN14 8DL
Date: Every Thursday
Time: 10:45am-11:30am

A fun, energetic aerobics-style dance fitness class with singalong music, led by Tracey. Scan to book or book through Eventbrite.

Physical and Fitness



Pilates

Location: Yes You Can Gym, BN14 8JP
Date: Every Friday
Time: 11:00am-11:45am

Low-impact mind-body exercise for core strength, flexibility, posture and mindfully controlled movements, led by Jude.
Scan to book or book through Eventsbrite.

New to Community House



Self Defence

Once a week for 6 weeks

Location: Community House
Date: Every Tuesday (started 8th September)
Time: 10:00am -11.00am (Mixed Group)
Leading: Chris Saunders from Teach me Ku Fu

Self-defence classes can help people feel safer, stronger and more confident in everyday life. This course teach practical skills for personal safety, while also improving awareness, fitness and self-belief. Taking part can support wellbeing, reduce fear, and help people feel more prepared to respond calmly in challenging situations.

- Builds confidence and self-esteem.
- Supports personal safety and awareness.
- Improves fitness, strength and coordination.
- Encourages calm thinking in difficult situations.
- Helps people feel more independent and empowered.
- Offers a positive way to meet others and learn in a supportive environment.

October Half Term Kids



Dance with Sarah Halloween dance session

Location:
East Worthing Community Centre

Date: 28 October
Time: 1.30pm to 3.00pm **(ages 3 to 11)**

Sarah will be hosting Halloween dance this will be a fang-tastic dance where you can dress up, singing, dance and play some games.

Christmas Crafts

What the C word! With Christmas just around the corner, we're excited to bring our community together with a wonderful line-up of festive activities throughout November. From seasonal cheer coffee afternoons to Arts and Crafts for our with residents and wider community, there will be plenty to join in. Keep an eye out for more details coming soon — we can't wait to share what's planned.



We are always looking for new activities to add to our offerings for our community.

Worthing Homes

Do you have an original idea for new activity?

Are you someone who has a talent for crafting and would like to share it with the community?

Can you sew, knit and crochet?

Are you a therapist who wants to work with the community?

Are you a fitness or dance instructor?

Could you teach something new to beginners?

Reach out to us at Community House!

We would like to thank all our service users for their continued support.
All of our activities are possible thanks to funding provided by Worthing Homes.

Come and see us at 25 Domion Road, East Worthing, BN14 8JZ

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