



GRAYLINGWELL CHAPEL ACTIVITIES & WORKSHOPS

SPRING & SUMMER 2022

THE
CHAPEL

Owned and loved by CCDT.

CALENDAR

- Workshops ●
- Walk & Talk ●
- Talk ●
- Children & Youth ●
- Drop in Sessions ●

DATE	TIME	ACTIVITY	
Wednesdays	9.30-10.45	Bunny Boppers	●
Wednesdays	11.00-12.15	Little Bunnies	●
1st Monday	From 15.30	Monthly Stories & Supper	●
Saturdays	10.15-11.15	Monthly Graylingwell Heartsmart Walk	●
8 March	10.30-12.30	Upcycle: Heritage Photo albums	●
26 Feb	14.00-15.30	Graylingwell Asylum: Heritage Walk and Talk	●
16 March	18.30-20.00	Graylingwell Hospital: As seen through the archives	●
19 & 20 March	10.00-15.00	Graylingwell Script Performing & Recording	●
26 March	11.00-12.30	Heritage tree walk	●
30 March	10.30-11.30	Art for Wellbeing Workshop	●
30 March	14.00-16.00	Floristry Workshop	●
5 April	10.00-11.00	Chapters: Discover the history of Graylingwell	●
9 & 10 April	10.00-15.00	Graylingwell Monologues: Recording our history	●
12 April	10.00-12.00	Graylingwell Chapel Mosaics Art	●
13 April	10.00-12.00	Art for wellbeing: Honesty boxes Youth/children	●
14-16 April	8.00-17.00	Easter Egg Hunt	●
27 April	18.30-19.30	Art for Wellbeing Workshop	●
3 May	10.00-11.00	Chapters: Discover the history of Graylingwell	●
25 May	10.30-11.30	Art for Wellbeing Workshop	●
28 May	14.00-15.30	Graylingwell Asylum: Heritage Walk and Talk	●
31 May	10.00-12.00	Art for wellbeing: Matchboxes Youth/children	●
7 June	10.00-11.00	Chapters: Discover the history of Graylingwell	●
14 June	18.30-20.00	Dr Vawdrey and pioneering Art Therapy	●
29 June	18.30-19.30	Art for Wellbeing Workshop	●
5 July	10.00-11.00	Chapters: Discover the history of Graylingwell	●
6 July	18.30-20.00	Graylingwell Chapel Stained Glass Windows	●
5 July	18.30-20.00	Stained Glass Windows Workshop	●
27 July	10.30-11.30	Art for Wellbeing Workshop	●
24 Sept	14.00-15.30	Graylingwell Asylum: Heritage Walk and Talk	●

For all activities and to book, please visit: graylingwellchapel.com/activities

WALK & TALK



GRAYLINGWELL ASYLUM: HERITAGE WALK AND TALK

with Greg Slay

Join us for a fascinating walking tour of Graylingwell Park, previously the West Sussex County Asylum. Historian, Greg Slay, will take you on a stroll through the past looking at the Victorian buildings that still stand, discussing how they were used to deliver pioneering mental health work on these grounds since 1897. Start at the recently renovated Graylingwell Chapel, once a place of sanctuary for many patients – now a source of archive materials from the century of care and finish up back at The Chapel Café for a warm drink and something sweet!

SATURDAY 26TH FEBRUARY

SATURDAY 28TH MAY

SATURDAY 24TH SEPTEMBER

2-3:30PM

£10

WORKSHOP



UPCYCLING: HERITAGE PHOTO ALBUMS

with CCDT

Help us to up-cycle Amazon packaging to create vintage-effect photo albums to be used within the Graylingwell Chapel. Work within a small group to put your crafting skills to use within a really meaningful project. Not only will we create old-fashion style albums, but we will fill them with historic photos of the Graylingwell Asylum to be used within our heritage exhibition in Graylingwell Chapel. This event is free to attend, no skills or experience necessary - just the enthusiasm to help bring history back to life!

TUESDAY 8TH MARCH
10:30-12:30AM
FREE

TALK



GRAYLINGWELL HOSPITAL: AS SEEN THROUGH THE ARCHIVES

with Katherine Slay

The first in a series of heritage talks in The Chapel at Graylingwell will take you through the rich history of this incredible site. Katherine Slay, of the West Sussex Records Office, will show you the history of the West Sussex County Asylum in images through the century, sharing stories, plans and a glimpse of daily life in the hospital. With Katherine's significant knowledge and the records office's archival material, you will gain a real insight into the story of this progressive asylum which served the county for over a hundred years.

WEDNESDAY 16TH MARCH
6:30-8PM
£10

WORKSHOP



GRAYLINGWELL SCRIPT PERFORMING & RECORDING

with Dramatis

Having recently delved into the historical archives of Graylingwell Hospital, and unearthed original play-scripts performed for entertainment in the Graylingwell Hospital Theatre, Dramatis Community Drama School will be using these scripts to recreate and record. This two-day workshop will allow participants to bring these scripts to life.

Join us for two days of acting fun where you will read and act comedic scripts aloud to revisit one of the forms of entertainment that took place here at Graylingwell. The workshop will culminate in an audio recording of your pieces (some of which will be used as part of the Graylingwell historical audio recordings featured in the Chapel).

SATURDAY 19TH & SUNDAY 20TH MARCH

10AM-3PM

£70

WALK & TALK



HERITAGE TREE WALK

with Tim Lawrance Owen

'A tree is a nobler object than a prince in his coronation robes'. - Alexander Pope

Enjoy an inspirational stroll through the grounds of what was once the Graylingwell Hospital, and discover the many interesting trees around the site. Graylingwell's trees not only provide ecological importance but are also a part of its history. Join us for this expert-led walk as we explore the tree history of Graylingwell and the cultural and heritage value of the arboreal residents, as well as examining some of the more unusual trees and finding out about their stories. This walk will focus on the tree barks and the newly sprouting buds. Join us later in the year to see the trees in full bloom!

SATURDAY 26TH MARCH
11AM-12.30PM
£10

WORKSHOP



FLORISTRY WORKSHOP

with Kate @ Katkins Floristry

Create your very own seasonal vase of flowers. Join Katkins Floristry for an enjoyable afternoon creating a posy of fresh flowers. All abilities welcome.

Cost per person £40.00 which includes flowers, foliage and vase.

WEDNESDAY 30TH MARCH
2-4PM
£40



WORKSHOP

ART FOR WELLBEING

with Kate Simms

Join artist Kate Simms for a series of creative workshop inspired by the pioneering art therapy work of Dr Vawdrey that took place at West Sussex County Asylum at Graylingwell. These monthly sessions will allow you to express your inner artist in a safe, encouraging environment using a range of mediums and techniques.

No drawing, painting, creative experience or technical ability required or needed. Just the will to have a go in a fun and inclusive group – everyone is welcome. All materials will be provided.

Sessions will alternate between mornings at 10:30am and evenings at 6:30pm.

WEDNESDAY 30TH MARCH 10:30–11:30AM

WEDNESDAY 27TH APRIL 6:30–7:30PM

WEDNESDAY 25TH MAY 10:30–11:30AM

WEDNESDAY 29TH JUNE 6:30–7:30PM

WEDNESDAY 27TH JULY 10:30–11:30AM

£12

DROP IN SESSION



CHAPEL CHAPTERS: DISCOVER THE HISTORY OF GRAYLINGWELL

with CCDT

Join the CCDT team for an informal drop-in session where we will take you through one of our Chapel Chapters. All of our fascinating artefacts are organised into 7 chapters that reflect different aspects of the Graylingwell Asylum. Have a chance to handle artefacts, read patient files and dig deep into the mental health provision that existed over 100 years ago. These drop-in sessions take place on the first Tuesday of the month and are completely free, but booking is required.

TUESDAY 5TH APRIL

TUESDAY 3RD MAY

TUESDAY 7TH JUNE

TUESDAY 5TH JULY

10-11AM

FREE

WORKSHOP



GRAYLINGWELL MONOLOGUES - RECORDING OUR HISTORY

with Dramatis

Dramatis Community Drama School has devised scripts based on the original play-scripts performed for entertainment in the Graylingwell Hospital Theatre.

Join us for two days of acting fun where you will learn how to create and build a character from a monologue. We will use exercises and games to build the character - looking at the history, physicality, and voice of the person. The workshop will culminate in an audio recording of your pieces (some of which will be used as part of the Graylingwell historical audio recordings featured in the Chapel).

SATURDAY 9TH & SUNDAY 10TH APRIL
10AM-3PM
£70

WORKSHOP



FAMILY WORKSHOP: DISCOVER GRAYLINGWELL CHAPEL MOSAICS ART

with Charlie Cluff

Graylingwell Chapel is home to beautiful mosaic floors and images. The most striking of which is the decorative mosaic reredos of a shining cross behind where the altar would have stood. Take part in this rare workshop designed for the whole family. Using the shining cross as an inspiration, create your own mosaic using natural and found objects.

TUESDAY 12TH APRIL
10AM-12PM
£15

CHILDREN & YOUTH



ART FOR WELLBEING: HONESTY BOXES

with Charlie Cluff

A unique art workshop for young adults, led by artist and teacher Charlie Cluff, in which they will be guided to create 'Honesty Boxes' – a physical representation expressing the difference between how a person or place may seem different on the outside to what lies within. Designing and illustrating a cuboid box inside and out, the young people can use the workshop to represent how the two may differ greatly and express their inner and outer impressions.

For ages 8+, children can be left at this session.

WEDNESDAY 13TH APRIL
10AM-12PM
£5

CHILDREN & YOUTH



FAMILY EASTER EGG HUNT

Enjoy an Easter egg hunt with your family at your own time and pace.

The trail will take the children round points of community interest on Graylingwell Park and Keepers Green, with a scavenger hunt to enjoy along the way. The trail starts at the Chapel Café where parents can enjoy a delicious freshly ground coffee or hot chocolate for the kids before setting off.

Book your places now to avoid any disappointment, then simply come along to the Chapel Café any time between 8am-5pm to pick up your Easter trail pack.

THURSDAY 14TH APRIL

FRIDAY 15TH APRIL

SATURDAY 16TH APRIL

8AM-5PM

£5 PER CHILD, INCLUDES AN EASTER EGG

CHILDREN & YOUTH



ART FOR WELLBEING: MATCHBOXES

with Charlie Cluff

Children will have the opportunity to work with educator and artist Charlie Cluff, to use art as a tool to express emotions. Children will have the opportunity to have their artwork displayed in the Chapel if they are happy to do so, and others will find a new outlet in which to illustrate how they feel when words are sometimes not enough.

Join us for a very unique session that will give children the opportunity to explore their thoughts and emotions in an alternative way.

For ages 8+, children can be left at this session. We are very limited on spaces so book soon to avoid disappointment.

TUESDAY 31ST MAY
10AM-12PM
£5

TALK

DR VAWDREY & PIONEERING ART THERAPY AT THE GRAYLINGWELL ASYLUM

with Kate Simms

Learn about the incredible pioneering work of Dr Vawdrey that took place at the West Sussex County Asylum at Graylingwell Hospital. Take a step into the past, to find out how Dr Vawdrey used art as therapeutic treatment for patients for over two decades at a time when this concept was entirely new, helping patients unable to express themselves effectively through words alone. Hear from artist Kate Simms about how this work was brought back to life as part of an amazing heritage project which saw artists archive, exhibit and respond to this work.

TUESDAY 14TH JUNE
6:30-8PM
£10



GRAYLINGWELL CHAPEL STAINED GLASS WINDOWS

with Katherin Slay

The beautiful stained glass windows of Graylingwell Chapel tell many of the stories of the people and patients that made up the Hospital's history. The standard, coloured windows donated in memory of Dr Arthur Stuart, killed tragically young in a motorbike accident in 1915. The windows above the main entrance were created in memory of the brave staff of Graylingwell Hospital and those who fell during the Wartime years.

The talk will provide the history and insight into the meaning behind the imagery and tell the stories of those they commemorate.

WEDNESDAY 6TH JULY

6:30-8PM

£10

WORKSHOP



STAINED GLASS WINDOWS WORKSHOP

with Kate Simms

Join artist Kate Simms in exploring the Chapel stained glass windows and recreating your own in this informal art workshop. For a fully immersive experience, why not pair this practical workshops with our history talk the on the windows the week before. All materials provided and no experience necessary!

WEDNESDAY 13TH JULY

6:30-8PM

£12

DISCOVER ON YOUR OWN

ART CART

Come and make use of one of our Art Carts, experiment with equipment you don't have at home and enjoy the opportunity to get creative in a different environment. Help yourself to self-led art and craft activities. Our Art Carts are suitable for all ages and are free to use. Connect with your inner artist and get creative anytime at The Chapel whether it's for the kids or just for you!

MONDAY-SATURDAY

8AM-5PM

FREE

HIRE SPACE

Would you like a new home for your social group? Are you part of a knit and natter? Would you like to set one up? Perhaps a book club or a local history group? Book a table in The Chapel for free to ensure you a regular slot to meet with your hobbyist group!

To book, please email:
bookings@chichestercdt.org.uk



LITTLE BUNNIES

with Bunnies in the Woods

A class for Newborn babies up to 1 year of age/walking.

WEDNESDAYS (TERM TIME)

11AM-12:15PM

BOOKABLE AS A 6 WEEK BLOCK

BUNNY BOPPERS

with Bunnies in the Woods

A class suitable for Movers 1 year - 4 year.

WEDNESDAYS (TERM TIME)

9:30-10:45AM

BOOKABLE AS A 6 WEEK BLOCK

Bunnies in the Woods was set up to provide a community for parents and their little ones with open access to Sleep support and guidance on a weekly basis. These weekly sessions are broken down into the following parts.

1. Sleep Support (with a Certified Sleep Consultant running each class). Sleep support is delivered through a 'hot topic' on sleep and the sleep consultant is also available for the duration of the session to answer any questions.
2. Music and Movement which is delivered by a Movement therapist, this part of the class lasts about 30 minutes. We have a selection of action songs, lots of props, bubbles and our very own playlist.
3. Freeplay outdoors, and use of the Chapel interactive indoor play area when the weather is bad! We have a selection of toys for the babies and children to allow them time to play and explore while parents chat and connect.

WALK



GRAYLINGWELL HEARTSMART WALK: WALKING FOR HEALTH

with Sarah Watts

Walking is a great way to take exercise but sometimes it can be difficult if you: don't know where you can walk; don't have anyone to walk with; feel unsafe to walk alone

HeartSmart walks are arranged locally by trained volunteer walk leaders. We aim to show you routes, encourage you to keep your heart healthy and help you meet other people you might like to walk with.

Join us for a flat 1.25 mile walk at a gentle pace, enjoying the history of Graylingwell Park and surrounding areas, the buildings, trees & wildlife. Meet at The Chapel. Bookings by phone 01243 521041 or online at: chichester.gov.uk/heartsmart

SATURDAYS MONTHLY
10:15-11:15AM
FREE

CHILDREN & YOUTH



STORIES & SUPPER

A chance for young people to rest and relax after school with some of the best loved stories of our time, enjoyed with a low-cost warm meal to end the day giving a great treat to the little ones and a well-earned night off cooking for those caring for them. There will be a special offer for children's food available at the café.

MONDAY 7TH MARCH
MONDAY 4TH APRIL
MONDAY 9TH MAY
MONDAY 6TH JUNE
MONDAY 4TH JULY
FROM 3:30PM

THANK YOU

We want to send a massive Thank you to all our funders and supporters who have made this project a reality. We have worked with the community to co design the space as well as our incredible funders and huge thanks to:

National Lottery Heritage Fund, Drew Smith, Chichester District Council, The Bernard Sunley Foundation, The Foyle Foundation, The Architectural Heritage Fund, PRT Brick Mentoring, Chichester City Council, The Pilgrim Trust, West Sussex County Council, Basil Shipham Trust.

If you would like to support our work please sign up to be a friend of The Chapel and membership starts from just £40 per year. For more information about how to support us please visit graylingwellchapel.com/friends

 @graylingwellchapel  fb.com/graylingwellchapel

or visit: graylingwellchapel.com



THE
CHAPEL

Owned and loved by CCDT.

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