

WHAT IS COMMUNITY WISE?

Community Wise is a voluntary organisation run for the benefit of all residents in the surrounding area.

In particular:

- To Witness to the truth of God's love for all through Jesus
- To Serve the Community and promote Community Spirit
- To Encourage and Support family life, parents, children and young people
- To Value Individuals, identifying and responding to their needs

It does this by:

- Providing community facilities at low cost
- Actively encouraging the development of new groups as and when needs have been identified and opportunities arise
- Envisioning and supporting staff and volunteers
- Working in partnership with other agencies

Community Wise's vision is to encourage vibrant community life for all through Christian faith in action.

WISE BUYS

Community Wise runs a community shop selling good quality clothing, household goods, bric-a-brac, toys and books. So why don't you come down and visit, support your local community, have a browse, donate or maybe volunteer? We would love to see you!

Opening times: Monday - Saturday 10am-12:30pm

VILLAGE MARKET

Community Wise runs a Village Market on the last Saturday of each month, except December. It is open from 10am-12:30pm.

LIVING STONES COMMUNITY CHURCH

Living Stones Community Church meets at Community Wise on Sunday mornings from 10:30am to 12:30pm. The two charities work together in partnership, sharing the same aims.

Community Wise, Ocklynge Road, Eastbourne, BN21 1PY

Tel: 01323 722924 Email: admin@communitywise.org.uk www.communitywise.org.uk



Come and Join in, Everyone is Welcome
Be Community at Community Wise!



Community Wise
at the Heart of the Community
in Old Town

FINDING HELP & SUPPORT

C-SAW: *Drop in for those affected by family members with addictions*
Fortnightly on Mondays
10am-12:30pm
Info: 07732 890 799

Alcoholics Anon: *Open meetings*
Tuesdays 7:00-9:30pm
Sundays 6-8pm

Guided Relaxation for Health & Wellbeing
Wednesdays 2-3:30pm
Info: 01323 422 280

Slimming World
Wednesdays 4-9pm
Info: 07900 903 350

AL-ANON: *Open meetings for those affected by family members struggling with alcohol dependency*
Wednesdays 7-8:30pm

Care for the Carers: *Drop in for Carers*
Every 3rd Thursday of the month
10am-12nn
Info: 01323 738 390

Gamblers Anon: *Open meetings*
Thursdays 7:30pm

AG Family Contact Centre
Info: 07843 236 047

JOINING IN & COMMUNITY

Village Market
Last Saturday of every month
10am-12:30pm
Info: paulcartercdt@gmail.com

Living Stones Community Church:
LSCC is a family church made up of people from a variety of backgrounds and with many stories to tell.
Sundays 10:30am-12:30pm

LEARNING, MUSIC & THE ARTS

Artists' Workshop
Mondays 9:30am-12:30pm
Info: 01323 647 480

Painting on Tuesdays
Tuesday mornings
Info at reception

Calligraphy Group
Wednesdays 9:30am-12:30pm
Info: bridgetlloyd64@gmail.com

English Language Lessons:
Free with all materials provided
Wednesdays 10am-12nn
Info at reception

Old Town Quilters
2nd & 4th Thursdays 2-4:30pm
Drop in or info: gillianms55@gmail.com

Creative Writing Club for Grown-Ups
Saturday afternoons
Info: www.sapphireallard.com

Duncan White Guitar Lessons:
All ages, beginners to advanced, 1:1 and small group lessons
Info: 07974 711 875

CHILDREN & PARENTS

Guides
Mondays 6:30-8:30pm
Info: 01323 391 550

Little Stones Parents & Toddlers:
Bumps & Babes welcome:
Run by Living Stones Community Church
Tuesdays, term time 9:45-11:45am
Info at reception

Pokemon League
Tuesdays 4-7pm,
including school holidays
Info: steve2610@hotmail.co.uk

Redefined
Thursdays 6-8.30pm
Info: livingstoneschurch.co.uk/youth-and-children

Old Town Cubs & Scouts
Thursdays 6-9pm
Info: 01323 507 391

Hartbeeps
Fridays 9:30am-2:40pm
Info: kim@hartbeeps.com

Live Wires Youth Club: *School years 4+:*
Run by Living Stones Community Church
Fridays, term time 6:30-8:30pm
Info: youth@livingstoneschurch.co.uk

Schools Out Activity Mornings:
Mornings throughout the school holidays for Children & Parents/Carers:
Run by Living Stones Community Church & Community Wise
Info at reception or email:
youth@livingstoneschurch.co.uk

GETTING FIT & BEING ACTIVE

Old Town Dance:
Classes from 2.5 years & adult ballet
Info: 01323 438 697

Pelvic Floor Exercise
Thursday mornings
Info: 07944 409113

Move with Ease: *Helping you live your life without pain and ease of movement*
Wednesdays 12:30-1:30pm
Info: 01323 735 986

HIRING THE CENTRE

Hiring rooms and halls:

To find out more ask at reception or head over to our website to see our full pricing list and fill out an enquiry form.

Concessionary rates may be available for not-for-profit, volunteer-led, mutual support networks or community benefit organisations at the discretion of the trustees.