

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 August and 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*
Mondays Fortnightly 10am-12:30pm
Info: 07484 136542
contact@csaw.org.uk

Alcoholics Anon: *Open meetings*
Tuesdays 7:00pm-9:30pm
Sundays 5.30pm-7.30pm

Slimming World
Wednesdays 5.30pm & 7.30pm
Info: 07900 903 350

AL-Anon: *Open meetings for those affected by family members struggling with alcohol dependency*
Wednesdays 7.00pm-8:30pm

Care for the Carers: *Drop in for Carers*
3rd Thursday 10.00am-12.00pm
Info: 01323 738390

Carers O'Clock:
3rd Monday 10.00am-3.00pm
Info: 030 300 39120

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

SANDS: *Support for parents and family with baby loss*
Last Thursday bi-monthly 7-10pm
Info: 07493 7816 124
hastingseastsussexsands@gmail.com

BENEFITS ADVICE:
Friday mornings fortnightly
10-12 noon
Info at reception

AG Family Support
Info: 0800 999 1456
contact.centres@agfamilysupport.com

JOINING IN & COMMUNITY

Village Market
Last Saturday of every month
10am-12:30pm
Info at reception

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

Jackie's Art Group
Mondays 9:30am-12:30pm
Info: 01323 647 480

Painting with Friends
Tuesdays 09.30-12.00pm
Info at reception - Term Time

Calligraphy Group
Wednesdays 9:30am-12:30pm
Info at reception

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

Art with a Heart
Thursday 09.30am-12.00pm
Info at reception

Old Town Quilters
2nd & 4th Thursdays 2-4:30pm
Info: info@oldtownquilters.org.uk

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

CHILDREN & PARENTS

Guides
Mondays term time 6:30-8:00pm
Info: 01323 391 550

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

Pokemon League
Tuesdays 4.00pm-6.00pm
Info: playskapegames@outlook.com

Old Town Cubs & Scouts
Thursdays term time 6.00pm-9.00pm
Info: mike@mstanden1.plus.com

Hartbeeps
Fridays term time 9:30am-1.30pm
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
Info at reception or email:
youth@livingstoneschurch.co.uk

GETTING FIT & BEING ACTIVE

Old Town Dance:
Classes from Pre-School to Silver Swans Adult Ballet
Info: 07809 296 375
oldtowndance@hotmail.co.uk

Move with Ease/ Feldenkrais:
Helping you live your life without pain and ease of movement
5 week course
Wednesdays 12:30-1:30pm
Fridays 10.00-11.00am
Info: 07759 698920
kate.sweetapple@gmail.com

HIRING CENTRE ROOMS

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.

COMMUNITY CAFÉ DROP-IN
Relaxed and friendly with cakes, refreshments, activities etc
1st, 2nd and 4th Thursday mornings
10-12 noon
Run by Living Stones Community Church
Info at reception