

Extend

Extend is an active class for the youthful 60plus age group. Emphasis is placed on stretching muscles/improving flexibility and balance, using a variety of music/dance styles.

Wednesday mornings: 10am to 11am.

Classes £4 New members welcome

Contact: Jenny West 01323 848216



IT Club

The IT Club is a free club, which has grown out of an IT Course for those over 65 titled

“You, the Internet and the 21st Century”

We discuss security issues and ‘how to’ topics, with occasional guest speakers. We meet fortnightly for an hour of IT ‘stuff’ followed by lunch together. Contact The Bridgemere Centre for more details



THE Bridgemere CENTRE



Breakfast & After School Club

Let us care for your children while you work The staff team are qualified, DBS checked and Ofsted approved

“Wrap around” childcare that lets you stop worrying

We take your child to school & collect them at the end of the day

Open for breakfast from 7.15am Afterschool Club until 6pm—A healthy snack will be provided

All about play & having fun We’ve more games, toys and imagination than you could possibly fit in your home.

Pop in or Call 01323 439700 (option 2)



Interested in hiring the facilities?



MAIN HALL

A good selection of chairs and tables are available in both rooms.
MEETING ROOM

Main Hall, Meeting Room, Kitchen & Toilet Facilities

Just £17.00 per hour!

Discount available to groups who book for a whole year.



Standard Children’s party rate

3 hours use of the whole building for
£50

A £50.00 refundable damage deposit is required.

The Bridgemere Centre has a NO SMOKING policy (including E-Cigarettes)

Telephone: 01323 439700 (Option 1)

Or ‘pop in’ Tues, Wed or Thur between 9am and 12:15pm

Or visit www.thebridgemerecentre.co.uk

We would like to give special thanks to Milhams for their continued maintenance of the grass around the centre, which they do without charge to us.

The Bridgemere Centre, 100 Bridgemere Road, Eastbourne, East Sussex BN22 8TY

01323 439700 (option 1) bookings@thebridgemerecentre.co.uk www.thebridgemerecentre.co.uk

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At the Heart of Our Community

Welcome to The Bridgemere Centre News.

A brief look at some of the activities happening here during the week. Contact our Centre Manager, Viv Strudwick, for more information. Or take a look at our website.



A flavour of what goes on...

8th Eastbourne Brownies

Brownies is for 7 to 10 years

Tuesdays during term-time, 6.20pm - 7.30pm

A range of exciting indoor and outdoor activities: cooking, craft, swimming, climbing, sports, water games, parties. Occasional sleepovers and residential.

Contact: amandadrakeley@hotmail.com,
Or visit www.girlguiding.org.uk to register your daughter.

Fees: £30 in Sept, Jan and April



8th Eastbourne guides

Guides is for 10-14 year olds.

Tuesday evenings, term-time only
7:30pm - 8:45pm

We aim to empower girls to be their best and face the challenges of growing up today. Girl guiding has been doing that through adventure, friendship and fun for over 100 years as an organisation. Our particular unit will be celebrating its centenary this autumn & plan to do something special to mark the occasion. It will be planned and organised by the guides, leaders support and facilitate their plans for this as they do for all meetings and outings.

Visit www.girlguiding.org.uk/ to register your daughter.
£20 one off joining fee on making promise

Our Subscription is currently £25 due every September, January & April. This will increase to £30 from September 2018.



Park School of dancing

Saturday mornings from 09:00am ballet, tap & modern, along with special baby classes from 18 months old.

£4 per class

Sue.fuller2010@yahoo.co.uk 07710304312

Search Facebook for park school of dancing.

Others who meet here

Red Cross

Bridgebuilders

Slimming World

Eastbourne Photographic Society

Roseland & Bridgemere Neighbourhood Panel

The Sea Gypsies

Over 16s only

Classes - Sunday mornings at The Bridgemere Centre

Alison is the founder and teacher of The Sea Gypsies Belly Dance Troupe and Belly Dance Classes for all levels in the Eastbourne area.

Classes are for beginners to Advanced levels.

Classes are great fun and relaxed, you can learn just for fitness and fun or if you feel that you would like to progress to performance level then there is the Rasheeka Belly Dance Troupe who perform at charity events.

Contact Details - Alison Hallowell 07548948184
or Facebook (Sea Gypsies Belly Dance)

Costs - £6 per class



Bridgemere Bowls Club

Every Tuesday 9:30—11:30am, open to anyone, £3.00 per session.

The group started in 2000 and there are currently 12 members. NEW MEMBERS WELCOME.

The group has 2 indoor bowls mats used for the sessions, which can easily accommodate 20+ members. There is a 20 minute refreshment break during the session, when tea/coffee and biscuits are served (cake on special occasions!).

This is a social group as much as a bowls club, where the members 'put the world to rights' during their time together.

Contact: Dick Blake 01323 722450 for more info.



Acorns Parent & Toddler group

Every Thursday during school term time at The Bridgemere Centre. We start at 10.00am and offer a wide range of toys, painting, play dough, colouring & then at 11.15am singing & drinks for the children. We finish for the morning at 11.30.

We charge £2.00 for the first adult in the family & to encourage grandparents to come along just £1.00 for the second adult. All children are free. The cost includes unlimited tea/coffee & cakes.

We love it when parents/carers help their child learn through doing activities together.

We welcome new babies and children up to preschool or infants school.

Just come along and find out what you've been missing

Howard . Lisa . Maggie . Lorraine & Jo

