



Looking for a venue?

For private functions, children's parties, fitness classes, business or networking events and more. Our hall is available for hire in the evenings and at weekends. To find out more call **01293 544144**.

Interested in volunteering?

We are always in need of volunteers to help us run the Crawley Centre and Clubs. Please get in touch if you are interested in helping in the reception or kitchen • data entry • running an activity or class • acting as a centre assistant.



Please support us!

If you would like to help us by making a donation or legacy, we will use it to ensure that more older people benefit from our services. Visit the donation page on our website or give us a call on **01903 731800**.



**The Crawley Centre,
1 Town Barn Road • West Green
Crawley • RH11 7XG**

We are opposite Crawley Hospital

Tel: 01293 544144

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f AUKWS @AUKWS



www.ageukwestsussex.org.uk

Registered charity no. 1086323.



**Love
later
life!**



The Crawley Centre and Community Clubs



For everyone in later life!

Fun, friendship, food ... and keep active too!

Welcome to Age UK West Sussex, Crawley

Our Crawley Centre and Community Clubs are vibrant places for people who love later life. There are great opportunities to socialise, learn new skills, keep active and enjoy home-cooked delicious lunches. Join us at our centre or your nearest club – or perhaps visit them all!

Benefits of becoming a member

- Access to fitness, arts and crafts and computer lessons.
- Great opportunities to keep active,
- Free use of computers and internet access.
- Programme of social events and theme days.

United Women's Group (BME)

Ladies! Join us for a social afternoon at our Crawley Centre.

Bring and share food and enjoy our wide programme of activities including arts and crafts, games, music and Bollywood dancing, gentle exercise, guest speakers and other entertainment. The group is aimed at Women whose first language is not English.

12.30am to 4pm - every other Friday. Cost £2 per session.

Activities and Services include

- Nutritious lunches and a selection of snacks available to eat in or take away - at exclusive member prices.
- Beauty and holistic therapies and treatments including hypnotherapy, massage, reflexology and aromatherapy.
- Chiropractor and nutritional therapy.
- Chiropody, manicures and pedicures.
- Board games and quizzes, gardening and singing.
- Tai Chi and chair-based exercises.
- Computer Classes, Cinema Club and Arts & Crafts.
- Door to door transport is available with our partner - Crawley Community Transport. Please call them direct on 01293 544985.

If you are looking for a friendly, welcoming environment to meet new people, learn a new skill, have a bite to eat or take part in activities, then our Crawley Centre and Community Clubs offers all this and more!



Call us today: 01293 544144

Open Monday to Friday 9.30am to 4pm