

ROCKSPRING COMMUNITY CENTRE TIMETABLE

Day	Activity	Time	Cost	Other Notes
MONDAY	Baptist Church Lunch Club 2 nd Monday of the month	12 noon – 2pm	£2.50	Diane: 01584 831109
TUESDAY	Basic Flower Arranging	10am – 12pm	FREE but bring your own flowers	Every three weeks
WEDNESDAY	Tai-Chi	10am – 12 noon	£9 a session or concessions £7	Susan: 01584 874296
	Singing for Lung Health	2.30pm – 3.30pm	£4 a session	Kate: 01584 890284
	Rockspring Community Choir	7.15pm – 8.45pm	£3 sub	01584 874922
THURSDAY	LUNCH – it's either soup, baked potato, cottage pie, sausage & mash or pasta bake etc followed by a dessert – all welcome! Lunch is FREE for community garden volunteers.	12.15pm	£2	No need to book just turn up! Although if you are vegetarian please let us know in advance.
	Young people Drop-in & Support	2.15pm – 3.15pm	FREE	16 – 21 years
	Homework Club	3.30pm – 5pm	FREE	8 – 11 years
FRIDAY	Get together Fridays - Cooking or craft	10am – 12.30pm	FREE	Craft every week but once a month it will be cooking.
	Intellistars – fun play the learning way for pre-school children	1.30 – 2.30pm		Amy Bottoms 07876400905
	Clubbercise with Hannah	6pm – 7pm	£5	07833 228243
SATURDAY	Marches Polio Group – every 3 months – bring and share lunch	12pm - 2pm		Ask at Rockspring for next meeting date

Ludlow Churches provide Emergency Food Parcels (by referral only through Housing Officer or Citizens Advice Bureau at Ludlow Youth Centre, Lower Galdeford, Ludlow Tel: 08444 99 11 00) Food parcels are made up on Monday, Wednesday, Thursday & Friday between 11am – 1pm and can be collected from Rockspring Monday – Friday 9am – 4.45pm.

Rockspring Community Garden – run by volunteers for the community. Contact: Justin Griffiths - 01584 874922

Computers are available Monday, Tuesday, Thursday & Friday 9am – 4.30pm. PLEASE NOTE – NOT AVAILABLE ON WEDNESDAY MORNINGS

FEBRUARY 2019