

ROCKSPRING COMMUNITY CENTRE

WHAT'S ON

| Day | Activity | Time | Cost | Other Notes |
|---------------|---|---------------|-------|---------------------|
| MONDAY | Baptist Church Lunch Club 2 nd Monday of the month | 12 noon – 2pm | £2.50 | Diane: 01568 613969 |

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| WEDNESDAY | Tai-Chi | 10am – 12 noon | £9 or concession £7 | Susan: 01584 874296 |
| | Singing for Lung Health | 2.30pm – 3.30pm | £4 a session | Kate: 01584 890284 |
| Term Time | Homework Club – 8 – 11yrs | 3.30pm – 5pm | FREE | |
| | Rockspring Community Choir | 7.15pm – 8.45pm | £3 sub | 01584 874922 |

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| THURSDAY | IT Support - help with Universal Credit, benefits, house search, job applications etc | 9am – 12pm | FREE | By appointment 01584 874922 |
| Term time | Jiggy Wrighlers for 0 – 5 yrs Music & movement group | 10am – 11am | £4.50 a family free for under 4mths | No need to book but for more info tel:07966 065 643 |
| | 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 going up to £2.50 in April | No need to book just turn up! Although if you are vegetarian please let us know in advance. |
| | Ludlow Community Reiki Clinic 2 nd Thurs of the month | 1pm – 3.30pm | £5 or conces £2.50 | 01584 890 284 07817 250 762 |

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| FRIDAY | Job Club – job search skills, cv creation, interview techniques etc | 10am – 1pm includes a free lunch | FREE Drop-in | every week |
| | Get together Fridays - Craft | 10am – 12.30pm | FREE | Craft takes place every week |

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| SATURDAY | Marches Polio Group – every month – bring and share lunch | 12.30pm – 2.30pm | | Ask at Rockspring for next meeting date |
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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: Diane Hyde - 01584 877751

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

FEBRUARY 2020