

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	Fun with Flowers - basic flower arranging	10am – 12pm	FREE but bring your own flowers	Every three weeks
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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
	Rockspring Community Choir	7.15pm – 8.45pm	£3 sub	01584 874922

THURSDAY	IT Support - help with Universal Credit, benefits, house search, job applications etc	9am – 12pm	FREE	Drop-in
	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.
	Ludlow Community Reiki Clinic 2 nd Thursday of the month	1pm – 3.30pm	£5 or concession £2.50	01584 890 284 07817 250 762
	Young People Information & Support drop-in 16 – 21yrs	2.15pm -3.15pm		Drop-in
	Homework Club – 8 – 11yrs	3.30pm – 5pm		

FRIDAY	Job Club – job search skills, cv creation, interview techniques etc	10am – 12pm	FREE	Drop-in
	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

SATURDAY	Marches Polio Group – every 3 months – bring and share lunch	12pm - 2pm		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: Justin Griffiths - 01584 874922

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