

# ROCKSPRING COMMUNITY CENTRE

## WHAT'S ON

Day	Activity	Time	Cost	Other Notes
<b>MONDAY</b>	<b>Baptist Church Lunch Club</b> 2 <sup>nd</sup> Monday of the month	12 noon – 2pm	£2.50	Diane: 01584 831109

<b>WEDNESDAY</b>	<b>Tai-Chi</b>	10am – 12 noon	£9 or concession £7	Susan: 01584 874296
	<b>Singing for Lung Health</b>	2.30pm – 3.30pm	£4 a session	Kate: 01584 890284
	<b>Rockspring Community Choir</b>	7.15pm – 8.45pm	£3 sub	01584 874922

<b>THURSDAY</b>	<b>IT Support</b> - help with Universal Credit, benefits, house search, job applications etc	9am – 12pm	FREE	Drop-in
<b>Term time</b>	<b>Jiggy Wrighlers</b> 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
	<b>LUNCH</b> – it's either soup, baked potato, cottage pie, sausage & mash or pasta bake etc followed by a dessert – all welcome! Lunch is <b>FREE</b> 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.
	<b>Ludlow Community Reiki Clinic</b> 2 <sup>nd</sup> Thurs of the month	1pm – 3.30pm	£5 or conces £2.50	01584 890 284 07817 250 762
<b>Term time</b>	<b>Homework Club</b> – 8 – 11yrs	3.30pm – 5pm		<b>Starting 3<sup>rd</sup> Oct 19</b>

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

<b>SATURDAY</b>	<b>Marches Polio Group</b> – every month – bring and share lunch	12.30pm – 2.30pm		Ask at Rocksring 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 Rocksring Monday – Friday 9am – 4.45pm.

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

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

SEPTEMBER 2019