

<p>Thursday 9th April</p> <p>Friends Together</p> <p>10:00 - 14:00</p> <p>West Bridgford Methodist Church</p> <p>Free</p>	<p>Friday 10th April</p> <p>East Leake Community Advice Hub</p> <p>10:30 - 12:30</p> <p>East Leake Village Hall</p> <p>Free</p>	<p>Monday 13th April</p> <p>Benefits Advice and Support Drop-in</p> <p>10:00-12:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 13th April</p> <p>Cook & Connect</p> <p>10:30-12:30</p> <p>WB Young People Centre</p> <p>£3 plus booking fees</p>	<p>Monday 13th April</p> <p>Foundations of Wellbeing Mindset Made Simple</p> <p>10:30-11:45</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 13th April</p> <p>Pain Café – Medication with Pain</p> <p>12:30-13:30</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 13th April</p> <p>Block Printing Workshop</p> <p>13:00 - 15:00</p> <p>WB Young People Centre</p> <p>Free</p>
<p>Monday 13th April</p> <p>Meditation for Beginners with Insight Timer</p> <p>14:00 - 15:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Tuesday 14th April</p> <p>Stay & Play</p> <p>12:00-15:00</p> <p>East Bridgford Village Hall</p> <p>Free</p>	<p>Wednesday 15th April</p> <p>Rushcliffe LTC Support Group</p> <p>18:15-19:45</p> <p>Pig & Pudding, Cotgrave</p> <p>Free</p>	<p>Monday 20th April</p> <p>NHS App One to One Support Sessions</p> <p>10:00-13:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 20th April</p> <p>Benefits Advice and Support Drop-in</p> <p>10:00-12:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 20th April</p> <p>Cook & Connect</p> <p>10:30-12:30</p> <p>WB Young People Centre</p> <p>£3 plus booking fees</p>	<p>Monday 20th April</p> <p>Yin Yoga</p> <p>10:30-11:30</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>
<p>Monday 20th April</p> <p>Community Book Club - Kindred</p> <p>12:00-13:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 20th April</p> <p>Pilates</p> <p>12:30-1:30</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Monday 20th April</p> <p>Wellbeing through Art</p> <p>13:00-15:00</p> <p>WB Young People Centre</p> <p>£5 plus booking fees</p>	<p>Monday 20th April</p> <p>Sound Bath</p> <p>14:00-15:00</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Tuesday 21st April</p> <p>Wellbeing Walk with Rushcliffe Ramblers</p> <p>11:15-12:30</p> <p>Gresham Park Road, West Bridgford</p> <p>Free</p>	<p>Wednesday 22nd April</p> <p>Ruddington Allotment Group</p> <p>13:00-15:00</p> <p>69 Wilford Rd/St Peter's Rooms, Ruddington</p> <p>Free</p>	<p>Monday 20th April</p> <p>Benefits Advice and Support Drop-in</p> <p>10:00-12:00</p> <p>WB Young People Centre</p> <p>Free</p>
<p>Monday 27th April</p> <p>Therapeutic Yoga for the Nervous System</p> <p>10:30-12:00</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Monday 27th April</p> <p>Cook & Connect</p> <p>10:30-12:30</p> <p>WB Young People Centre</p> <p>£3 plus booking fees</p>	<p>Monday 27th April</p> <p>Next Steps Support Group</p> <p>12:30-13:45</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 27th April</p> <p>Printing Workshop Cont.</p> <p>13:00 - 15:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 27th April</p> <p>Yin Yoga</p> <p>10:30-11:30</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Please note the Hub will be closed from Monday 30th March and reopen on Monday 13th April</p>	

Join us for our drop-in at the Social Prescribing Community Hub on Mondays 10am-12pm

eventbrite

To book, visit our page on Eventbrite
<https://www.eventbrite.co.uk/o/rushcliffe-social-prescribing-service-108969547441>
 or scan the QR code



www.facebook.com/RushcliffeSP

@rushcliffesocialprescribing

<https://www.rushcliffehealth.org/sp-hub>

The timetable is regularly updated, so please check our social media, website or scan the QR code for the latest information.

