

		RUSHCLIFFE SOCIAL PRESCRIBING COMMUNITY HUB TIMETABLE					
Monday 2nd Nov Social Prescribing & Community Drop-ins 10:00-12:00 WB Young People Centre Free		Monday 2nd Nov Cook & Connect 10:00-12:00 WB Young People Centre £3.50 plus booking fees	Monday 2nd Nov Yin Yoga 10:30-11:30 WB Young People Centre £4.50 plus booking fees	Monday 2nd Nov Air Dry Clay Workshop 11:00-12:00 WB Young People Centre Free	Monday 2nd Nov Next Steps Support Group 12:30-13:45 WB Young People Centre Free	Monday 2nd Nov Pilates 12:30-13:30 WB Young People Centre £4.50 plus booking fees	Monday 2nd Nov Managing Worrry & Overthinking 13:15-14:30 WB Young People Centre Free
Monday 9th Nov Social Prescribing & Community Drop-ins 10:00-12:00 WB Young People Centre Free		Monday 9th Nov Cook & Connect 10:30-12:30 WB Young People Centre £3.50 plus booking fees	Monday 9th Nov Restorative Yoga 10:30-11:30 WB Young People Centre £4.50 plus booking fees	Monday 9th Nov Breath In Sing Out 12:30-13:30 WB Young People Centre £3 plus booking fees	Monday 9th Nov Community Book Club 12:30-13:30 WB Young People Centre Free	Monday 9th Nov Art Journaling for Wellbeing 13:30-15:00 WB Young People Centre £5.49 plus booking fees	Monday 16th Nov Social Prescribing & Community Drop-ins 10:00-12:00 WB Young People Centre Free
Monday 16th Nov Cook & Connect 10:30-12:30 WB Young People Centre £3.50 plus booking fees		Monday 16th Nov Yin Yoga 10:30-11:30 WB Young People Centre £4.50 plus booking fees	Monday 16th Nov Pilates 12:30-13:30 WB Young People Centre £4.50 plus booking fees	Monday 16th Nov Mindful Stitching 13:00-14:30 WB Young People Centre £5.49 plus booking fees	Monday 16th Nov Meditation for Beginners with Insight Timer 14:00 - 15:00 WB Young People Centre Free	Monday 23rd Nov Social Prescribing & Community Drop-ins 10:00-12:00 WB Young People Centre Free	Monday 23rd Nov Cook & Connect 10:30-12:30 WB Young People Centre £3.50 plus booking fees
Monday 23rd Nov Calming Breath 14:00-15:00 WB Young People Centre £4.50 plus booking fees		Monday 23rd Nov Pain Café 12:30-13:30 WB Young People Centre Free	Monday 23rd Nov Pocket Sketchbook 13:00-14:30 WB Young People Centre £5.49 plus booking fees	Monday 23rd Nov Qigong for Wellbeing 14:00-15:00 WB Young People Centre £4.50 plus booking fees	Monday 30th Nov Social Prescribing & Community Drop-ins 10:00-12:00 WB Young People Centre Free	Monday 30th Nov Cook & Connect 10:30-12:30 WB Young People Centre £3.50 plus booking fees	Monday 30th Nov Meditation for Beginners with Insight Timer 10:30 - 11:30 WB Young People Centre Free
Monday 30th Nov Understanding Medications for Mental Health 12:30-13:30 WB Young People Centre Free		Monday 30th Nov Art Journaling for Wellbeing 13:30-15:00 WB Young People Centre £5.49 plus booking fees	Join us for our drop-in at the Social Prescribing Community Hub on Mondays 10am-12pm  Find and book upcoming activities and sessions through Rushcliffe Social Prescribing Eventbrite or Scan the QR Code.				  www.facebook.com/RushcliffeSP  @rushcliffesocialprescribing  https://www.rushcliffehealth.org/sp-hub