

<p>Monday 8th June</p> <p>Benefits & Employment Support Drop-in</p> <p>10:00-12:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 8th June</p> <p>Therapeutic Yoga for the Nervous System</p> <p>10:30-12:00</p> <p>WB Young People Centre</p> <p>Donation</p>	<p>Monday 8th June</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 8th June</p> <p>Becoming Your Own Health Advocate</p> <p>12:15-13:30</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 8th June</p> <p>Pilates</p> <p>12:30-13:30</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Monday 8th June</p> <p>Experimental Fabric Printing</p> <p>13:00 - 15:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 8th June</p> <p>Sound Bath</p> <p>14:00-15:00</p> <p>WB Young People Centre</p> <p>Donation</p>
<p>Monday 15th June</p> <p>Benefits & Employment Support Drop-in</p> <p>10:00-12:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 15th June</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 15th June</p> <p>Meditation for Beginners with Insight Timer</p> <p>10:30 - 11:30</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 15th June</p> <p>Pilates</p> <p>12:30-13:30</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Monday 15th June</p> <p>Next Steps Support Group</p> <p>12:30-13:45</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 15th June</p> <p>Art Journaling for Wellbeing</p> <p>13:00-14:30</p> <p>WB Young People Centre</p> <p>£5 plus booking fees</p>	<p>Monday 15th June</p> <p>Yin Yoga</p> <p>14:00-15:00</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>
<p>Monday 22nd June</p> <p>Benefits & Employment Support Drop-in</p> <p>10:00-12:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 22nd June</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 22nd June</p> <p>Introductory Sessions to NHS Talking Therapies</p> <p>12:30-14:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 22nd June</p> <p>Community Book Club - Replay</p> <p>14:00-15:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 22nd June</p> <p>Yin Yoga</p> <p>14:00-15:00</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Monday 29th June</p> <p>Benefits & Employment Support Drop-in</p> <p>10:00-12:00</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 29th June</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 29th June</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 29th June</p> <p>Your Wellbeing Roadmap</p> <p>12:15-13:30</p> <p>WB Young People Centre</p> <p>Free</p>	<p>Monday 29th June</p> <p>Pilates</p> <p>12:30-13:30</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Monday 29th June</p> <p>Art Journaling for Wellbeing</p> <p>13:00-14:30</p> <p>WB Young People Centre</p> <p>£5 plus booking fees</p>	<p>Monday 29th June</p> <p>Mindful Movement & Breath</p> <p>14:00-15:00</p> <p>WB Young People Centre</p> <p>£4 plus booking fees</p>	<p>Please note the Hub will be closed from Monday 25th May and reopen on Monday 8th June</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



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<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.

