



RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

October 2006

BOOK AHEAD FOR YOUR EVENT

The Community Centre is proving a popular venue for private bookings and with both the Main Hall and Meeting Room available for hire, most occasions can be catered for. Booking Secretary, Margaret Burge, can be contacted on 364721 or by email on bookings@radbrook.org.uk

COME DANCING AT COMMUNITY CENTRE

If 'Strictly Come Dancing' has inspired you to learn to dance why not join one of our popular evening classes. Line Dancing takes place on Tuesdays from 5 to 7pm, Ballroom Dancing on Wednesdays from 6.30 to 7.30pm and Salsa on Thursdays from 8.45 to 10.30pm at a cost of £3 per person. Children have their own dance class on Wednesdays from 4 to 5pm at a cost of only £2.

CENTRE IN TIP TOP CONDITION

Thanks to Mike Gale and his team from MG Lawncare who have kept the grass mowed and the site tidy throughout the summer months.

New entrance mats have been installed at the centre to prevent dirt and water damaging the beech flooring in the main hall.

Satirical singing group as appeared on BBC 1 and the Edinburgh Festival

Three Men in a Bow Tie

Friday 24th November 2006
7.30pm

at Radbrook Community Centre
Tickets £7.50 to include refreshments
available from Café Connect
from Monday 9th October
Licensed bar

Three New Rotary Presidents All Live in Radbrook



Bob Scaiff, John Edwards and Jeremy Johnson

Three local residents were each installed as President of a Rotary Club earlier this year. Bob Scaiff will preside at the Rotary Club of Shawbury and Mid Shropshire, meeting on Tuesday evenings at the Lord Hill Hotel. John Edwards takes the helm of the Rotary Club of Shrewsbury that meets at lunchtime on Wednesdays also at the Lord Hill Hotel. Finally, Jeremy Johnson heads the Rotary Club of Shrewsbury Darwin and they meet for breakfast on Fridays at the Lion Hotel. All three have announced their intention to jointly support a major new appeal for a local Shropshire charity. New Club members are always welcome and anyone interested in joining or simply supporting local Rotary Clubs call can Bob Scaiff on 01743 241345 for more information.

PROMS NIGHT

*With the Shrewsbury Light Orchestra
At Radbrook Community Centre
Saturday 7th October 7.30pm*

Tickets £5 each available from Café Connect and members of the RCA Committee.
Charity Raffle during interval

The Natural Health Centre - Radbrook Green
invites you to
THE SHREWSBURY NATURAL HEALTH FAIR 2006
Saturday 14th October - 11am to 4pm
at RADBROOK COMMUNITY CENTRE

Talks, displays, demonstrations and sample treatments of many Complementary Therapies such as Acupressure, Acupuncture, Aromatherapy, Chiropody, Counselling, Cranial Osteopathy, Emotional Freedom Therapy, Health Kinesiology, Homeopathy, Hypnotherapy, Indian Head and Therapeutic Massage, McTimoney Chiropractic, Medical Herbalism, Nutrition, Reflexology, Reiki, and Shiatsu.
Crystals, Herbal & Organic Products, Natural Cosmetics and The Real Nappy Company stalls!

Come along and enjoy your Health - Naturally!

The Natural Health Centre - 01743 248 878



**Meals On Wheels
Scheme Short of
Volunteers**

This local imperative service to the Community is in need of additional volunteers. Could you give your time between 11am and 1pm once a month or per week? Male or female drivers and helpers are welcome.

For further information contact WRVS office on 01743 356919.

Monday Club October Programme

Meetings are held at the Community Centre every Monday from 2pm.

Oct 2 Quiz

Oct 9 Bingo

Oct 16 David Trumper - Shrewsbury Suburbs

Oct 23 Harvest Festival

Oct 30 Coach Trip to Chester*

*Seats available to non-members at £7 each. To book contact organiser Margaret Austin on 363662.

Choice Plants for your Garden

Slide show and talk by local gardener Dai Owen

In the meeting room at the Community Centre on Monday 13th November.

Admission by ticket only, available from Chris Burge at £1 each (to include refreshments)

PRIORY SCHOOL BUSINESS & ENTERPRISE COLLEGE

Computers the Next Step! some experience required, commences 1st November for 5 weeks 6.30 – 8.30 pm £28

Indian Head Massage Introduction Course commences 31 October for 5 weeks 7 – 9 pm £25

Assertiveness Workshop Wednesday 11 October from 9.30 – 12.30 pm £10

Henna Body Art Workshop Saturday 14 October from 10 to 12.30 pm £15

Level 2 Award in Food Safety in Catering Certificate Saturday 11 November 9 – 5 p.m. £45

Get more out of Life!, balance your life, commences 22 November for 3 weeks 7 – 9 pm £20

Interested? Please call 01743 284022 or 284000 or email sc@priory.shropshire.sch.uk for further details



Aerobics with Jan Phillips

Every Thursday at the Community Centre

Beginners Class 6 – 6.45pm

Advanced class 7 – 7.45pm

Followed by Yoga 7.45 – 8.30pm

£3 per session.

Call 245333 for details.



Church of Christ the King, Radbrook

All services take place at the Community Centre at 10.30am every Sunday. Call 367707 for details.

Congratulations to Captain Neville Willerton, wife Isabel and daughter Aimee on the arrival of Joel Matthew on 16th September.

Please join members of the Church for free afternoon tea and cakes on Wednesday 4th October 2 – 3.45pm.

New Courses at Meole Brace School Science

From Oct to Dec 06

Yoga, Cookery, Computing for Beginners, Gardening, Bridge, Tai Chi, Card-Making, Reiki, Healing Courses, Life Skill Coaching

Free healthy eating workshops for kids aged 8 – 12 in October half term

Interested? Call Stephanie Maclennan on 01743 235264

Or email stephaniemaclennan@meolebrace.shropshire.sch.uk for more information.

Over 1700 copies of the RCA monthly Newsletter are distributed to homes in the Radbrook area by a team of volunteers. To place an advertisement in the next issue for only £15, email newsletter@radbrook.org.uk or debbiek.richards@virgin.net by 19th October 2006.

If you have an item of news to share, we would love to hear from you. Please address correspondence to: Chris Burge, Chairman, 11 High Ridge Way, Shrewsbury SY3 6DJ or telephone 01743 364721.



Would you like to save £100s by home-washing nappies?

A set of washable nappies to see you through to potty training will cost you anything from £150 to £450, depending on which you choose. They can be used again on a second child.

Disposables from birth to potty will cost approximately £600, per child.

Laundry services won't save you money, but they will save you waste and washing.

Not sure which nappies to buy?

To find out just how easy cotton nappies are to use and care for, contact us for more information on our **free trial nappy kits!** They consist of 5 different nappies, 3 wraps liners and a bucket.

We also hold 'Nappuccinos' once a month, where you can handle and discuss nappies over a cup of coffee! Contact us for dates and venues, or to arrange a Nappuccino for your own group.

Are you on Income Support?

We have full nappy kits available for hire (£10 one-off fee per kit) for those on Income Support. They include 24 prefold nappies, 3 wraps, liners and a bucket. Proof of status will be required.

or any other information or advice, please contact us:

Tel. 0870 777 1137

Email: info@shropshirenappy.org.uk