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RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

December 2007/January 2008

A Merry Christmas and a Happy New Year to everyone.

Newsletter Deliveries. We desperately need more newsletter deliverers, particularly in the following areas :- Radbrook Road (38), Roman Road (30), Roman Road (28), Canonvale (10), Dunedin Drive (6), Aspen Close (5), Mouscroft Lane (14), Keeble Way (14), Ballihol Way (11), St. Catherines Drive (14), Amber Hill (40), Crawford Meadows (14) and Nether Way (10). Please try to help. We also need a few general reserves who would be prepared to help out when our regulars are away or ill. Please give Chris a ring on 364721 a.s.a.p. if you can help.

Nappuccinos. A FREE coffee mornings for new mums and mums to be at the Community Centre on Friday 7th December and Friday 4th January.

CHRISTMAS CEILIDH with THE MELOMANICS Friday 21st December 7.30 - 11pm (Doors open 7pm) - £12 per person (£7 for ages 5 - 14) to include hot and cold supper. Licensed bar, raffle and games. Prior booking essential. Contact Jill Carr on 271269 in aid of Hope House.

Regular Events at the Community Centre

Monday 9.30am – 10.30am **Lifestyle Fitness** exercise classes for the over 40s (355779)

2pm - 4pm **The Monday Club.** Margaret Austin (363662)

Tuesday 10 a.m. – 12.00 **Topaz** Ballroom, Latin and Sequence Dancing lessons with Paul and Joanne Hague (272672)

2pm – 3pm **Tai Chi** with James Lanyon (07950 344320)

5pm – 7pm **Line dancing** with Sally of Footloose (01939 260954)

5.30pm - 8.30pm **Slimming World** Teresa Kelly (464390)

Wednesday 7pm - 8pm **Yoga for Pregnancy**, Vicky Wood 860668

7.30 – 8.30 p.m. **Tai Chi Qi Gung**

8.30pm - 9.30pm **Tai Chi** with Tony Lawrence 718025

Thursday - 10.00am – 11.45 a.m. **'First Steps'** mother and toddler group

2pm - 4.00 pm **Painting group** Contact John Griffiths on 353740

4.30 – 5.30 p.m. **New Children's Dance Class** with Joanne Hague (Topaz) 01743 272672

6pm – 6.45pm **Beginners Aerobics** with Jan Phillips 245333

7.00 – 7.45p.m. **Advanced Aerobics** “ “

7.45pm - 8.30pm **Yoga** “ “

8.45pm - 10.30pm **Salsa** with John Paul (360775)

Friday - 9.30 - 11.45 **Yoga** with Jilly Shipway (249489)

2 – 3 p.m. **Extend Exercise Classes** for older people and those with limited mobility.



The **Flower Arranging** Demonstration by **Anne Lakelin** and the “Shrewsbury News” Slide Show and Talk by **David Trumper** raised a total of £445 towards “Bosom Buddies,” a local breast cancer charity.

The Radbrook Forum got off to a good start with over 30 people attending a talk by gardening expert, Brian Howard. (Seen in action in the picture on the right) The next meeting will be on 12th December at 10.45 a.m. Contact Rose on 01743 245387 for more information.



Radbrook Primary School Parents and Friends Association will be holding its annual Christmas Fair on Friday, 7 December from 6 – 8 p.m. Admission will be £1 per adult (payable on the door) and free for children. There will be Refreshments, Adult Tombola, Children's Tombola, Book/DVD/Video stall, Toy Stall, Raffles with Great Prizes, Lucky Jars, Cake Stall, Face Painting, Wild West Gunslinger and more. And, yes, Santa will be there. Please come along and support this festive event!

The Parents and Friends Association (PaF) recently held two Fancy Dress Discos at the school and a great time was had by all of the children, skeletons and other scary beings. They raised £190 and plan to buy a friendship bench for the playground.

Radbrook Quiz Team continues its good start!

The team visited Picklescott and came away victorious by 3 points over Cruckton, currently placing them at the top of Division 1. Team members on this occasion were Peter Nottle, Peter Wells, David Barrow and Jack Parry. The next quiz is to be held at Stapleton Village Hall on 7th December. Anyone interested in joining the team, call Ian Pritchard on 233187

Café Connect Festive Season Closing

The Café will close over the festive season from 4.00p.m. on Friday 21st December, re-opening on Thursday 3rd January at 9.30 a.m.



**Give blood at the
Community Centre**

Wednesday 19th December,
12.45 p.m – 3.30 p.m.
and 4.30 p.m. – 7.30 p.m.
Please read the notes overleaf
for further details

Captain Neville Willerton (pictured above), who's been serving as the minister of Christ the King Radbrook Green, has been appointed to a new post as the National Projects Officer for Fresh Expressions of Church in Church Army. The post will be responsible for developing new styles and concepts of church around the country. The Willerton family will be moving early in the New Year and Neville's final farewell service will be held at Holy Trinity Church on the 6th January 2008. He is pictured above with his son Joel.

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The Natural Health Centre Radbrook Green

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At the Radbrook Community Centre

Thursday 24th January 7pm - 9pm

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Susan Moor & Rebecca Alliker

The Natural Health Centre

Radbrook Green, Shrewsbury

Telephone Number for Appointments:

01743 248878

Monday Club December/January Programme

Meetings are held at the Community Centre every Monday afternoon from 2 p.m.

3rd December Making Christmas cards - starting at 1.00 p.m.

10th December Christmas meal at Lord Morton Hotel

14th January Beetle Drive

21st January Social Afternoon

28th January Bingo

For further details please contact the Organiser, Margaret Austin on 363662.

Church of Christ the King, Radbrook

All services at 10.30 am at Community Centre unless otherwise stated. For further details please contact Captain Neville Willerton on 367707

2nd Dec – Joint service at Holy Trinity Meole Brace 10:45am

9th Dec – 'Consumerism – being wise in what you buy' 10:30am

16th Dec – 'Community Carol Service' 10:30am

23rd Dec – 'The virgin with Child' Holy Communion 10:30am

25th Dec – 'Born for us today' 10:30am

6th Jan - Combined service at Holy Trinity, Meole Brace (farewell service to the Willertons) 10:45am

13th Jan – Morning worship 10:30am

20th Jan – All age service 10:30am

27th Jan – Morning worship 10:30am

You are invited to a Community Tea on Wednesday 5th December at the Community Centre. Free of charge! 2 – 3.30 p.m. Please note that there is no Community Tea in January

Blood Transfusion Service Wednesday 19th December

As sessions can be particularly busy, to avoid disappointment, we advise that donors ring 0845 7 711 711 to book an appointment.

For more information about donation guidelines, ring the number above or log on to www.blood.co.uk

It is also suggested that donors eat a light meal or snack 2-3 hours prior to donation, and drink plenty of fluids before and after donation.

You can donate blood between 17 and 59 years of age.

However, if you have donated between the ages of 58 - 60 then you may give blood up until the age of 70.

Priory School Community Courses

Get 2 Grips with that Computer (beginners – suitable for people with no experience, covering internet, e-mail, word processing, spreadsheets & Powerpoint)

Commences 7th January for 5 weeks - from 6.30 – 8.30 p.m. (Mondays) Cost £28

Spiritual Healing Course (how to channel energy, emotional causes of illness and more) Commences 8th January for 5 weeks - from 7 – 9 p.m. (Tuesdays) Cost £25

Reiki I Course (a gentle Japanese method of channeling energy for the purpose of healing) Commences 9th January for 3 weeks - from 7 – 9 p.m. (Wednesdays) Cost £25

Crystal Healing Workshop (learn how to work with crystals to induce deep relaxation) Wednesday 30th January - from 7 - 9 p.m. £10

Award in Food Safety in Catering –Food Hygiene (covering preparing, cooking, holding and serving food safely, micro-organisms, contamination, personal standards) Saturday 2nd February - from 9 - 5 p.m. Cost £45

Confidence Building & Assertiveness Course (build your confidence and learn how to say NO in a way that doesn't offend or make you feel guilty) Wednesday 6th February, 10 - 2 p.m. Cost £20

Self Esteem, Confidence Building & Get More out of your Life! (raising self esteem, confidence and self exploration, looking at the balance in your life) Commences 17th January for 3 weeks - from 7 – 9 p.m. (Thursdays) Cost £20

For further details please call - 01743 284022 or 284000 email

sc@priory.shropshire.sch.uk or visit our website

www.priory.shropshire.sch.uk Business & Enterprise Link, Community Courses



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The Inn On The Green,
Bank Farm Road, Shrewsbury (343562)

Thursday 6th December "Charity Quiz Night" All proceeds to Air Ambulance 9pm Start

Saturday 8th December "Live music from "Darren" (As seen here before)

Christmas Eve - "DJ Rich" (music for all ages) from 8.30pm

New Years Eve - "DJ Rich" Come and celebrate in style!!! from 9pm till late

Christmas lunches being served from 1st December, bookings essential

Daily Specials board with Christmas lunches throughout December - bookings preferred

Around 1800 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, or if you have an item of news to share, please email newsletter@radbrook.org.uk or send items to 'Newsletter' C/O 11 High Ridge Way, Radbrook Green, Shrewsbury SY3 6DJ by **January 18th**.