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RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

November 2007

Community Centre News – Proms Night raises £413 for REsponD (Red Cross) on another fantastic evening which was thoroughly enjoyed by everyone. We would like to thank the Shrewsbury Light Orchestra for treating us to an excellent evening. All of the events organised by the Community Association have been very enjoyable and well supported, but we would still like to see even more of you there.

The **Flower Arranging Demonstration by Anne Lakelin** and the **“Shrewsbury News” Slide Show and Talk by David Trumper** will take place on Friday 2nd November. If you haven't already got your ticket you can pay on the door. **Children's Parties** at the Community Centre from only £30. For further information and a booking form, please telephone 364721 **Saving Stamps** - People who save the stamps off letters can hand them in at The Natural Health Centre (Radbrook Green) to raise money for Multiple Sclerosis. The centre has a small "postbox" just inside the front door for stamps - all money raised goes to aid research into MS.

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 - 9.30am - 10.30am **Movement to Music** – Lifestyle Fitness – Tel 355779

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

7.30 – 8.30 p.m. **Tai Chi** Qi Gung (but not 7th November.)

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.

Radbrook Community Association Presents

Flower Arranging with Anne Lakelin
and **‘Shrewsbury News’** a Slide Show and Talk from
David Trumper, about events during the last 150 years.

Friday 2nd November at 7.30 p.m.

Tickets priced £4 will be on sale on the door
Proceeds in aid of “Bosom Buddies” a local Breast Cancer Charity



Proms night – “A great success” – pictures showing
(Top left) Peter Road-Night (conductor), (Other pics) Audience
participation in full swing and Shrewsbury Light Orchestra ‘in action’

The Radbrook Forum

**** *Coming Soon* ****

At the Radbrook Community Centre

Starting on Wednesday 14th November

Time 10.45 a.m. – 12.15 p.m.

Comprises of Talks and Slides by various speakers on
a variety of topics

Contact Rose Rogers on
01743 245387 for more information



Topaz Dance Centre

*** New Children's Class ***

Variety Class (i.e. Strictly Ballroom, Hip Hop, Cheerleading, Flamenco, etc)
Starts Thursday 8th November 4.30 – 5.30 p.m. for 6 – 11 year olds
At **Radbrook Community Centre**

Cost – Normally £12 to cover a block of 4 weeks, however, just £3
for first session – Then make up the block (£9) the following week if
you choose to reserve a place.

The Inn on the Green

Lunch-time menu 12- 3pm

Daily Specials Board including home cooked food
Charity quiz night - 1st Thursday of every month. starts 9pm
(all proceeds to air ambulance)

Matt Weeks Electrical

Radbrook Based

Commercial, Industrial and Domestic Work

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No job too Small



The Natural Health Centre Radbrook Green

SEASONAL ILLNESSES - BOOSTING THE IMMUNE SYSTEM.

Led by Yanisa de Winter, Gill Lockwood, and Gail Shakespeare

We associate particular conditions with the seasons of the year.

Autumn/Winter means a high incidence of colds and flu.

What can we do to protect ourselves naturally at this time?

What part does stress play in lowering our immunity?

Come and learn how homeopathy, acupuncture and herbal medicine can help.

Venue: Radbrook Community Centre

Day: Thursday November 22nd Time: 7pm - 9pm

FREE Admission.

Monday Club November Programme

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

5th November Pat Ellis reading poems from episodes in her life

12th November Quiz

19th November Christmas 'Bring and Buy'

26th November Bingo

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

10th December Christmas meal at Lord Morton Hotel

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

Pictured right are members of the club as the coach sets off on a beautiful sunny day for a trip to Ludlow and South Shropshire.



Church of Christ the King, Radbrook

4th November Holy Communion

11th November Morning Worship

18th November All Age Worship

25th November Morning Worship

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

Faith under Fire

1. Have you ever wondered why there is cancer when a loving God is in control?
2. Is Richard Dawkins right that Science and intellect have disproved the existence and need of God?
3. Have you ever wondered what makes Christianity unique? Who says one religion is right and not another? Do Muslims and Christians worship the same God?

If you want to question these big life issues with others, then come along on Tuesday the 30th of Oct, Nov 6th and Nov 13th @ 7:45pm in Radbrook Community centre.

You are invited to a Community Tea on Wednesday 7th November at the Community Centre. Free of charge!

The governors, parents, staff and children of **Radbrook Primary School** are working towards the Safer School accreditation with support from the local policeman, PC Pete Franklin and the local CSO, Chris Baldwin. The initiative is a practical and realistic approach to the safety and security of children, parents and property, to reduce levels of anti-social and criminal behaviour. Members of the community are welcome to forward any particular concerns or issues they may have concerning the school and its immediate vicinity, to the Administrator, Anne Breach.

Little Explorers Pre-School

The Scout Hut, Rad Valley Road, Copthorne, Shrewsbury, SY3 8AL.

Open 9:00am to 12:00 noon, Monday to Friday, (Term time only)

Ofsted registered – Home from home environment

Quality Care and Education for children aged from 2 years to school entry

Qualified, Enthusiastic and Caring staff

For a brochure or more information please call Shelly or

Lyndsey on **07805216411**

**** We are holding an open morning on Saturday 24th November 2007 10:00 to 1:00pm ****

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Radbrook Quiz Team off to a good start!

The first quiz of the Village Halls quiz league took place at Marton recently and the Radbrook team came a respectable second by a single point. Overall, the team are currently 2nd in Division 1, with the next quiz being at Picklescott on 9th November.

Anyone interested in joining the team, call Ian Pritchard on 233187

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

2 bar meals for £10

Bar meals served daily from 12 - 3pm

2 for £10 from 3pm (except Mondays)

Double Edition next month. Our next edition of the newsletter will cover the months of December and January. 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 **November 18th.**