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RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

October 2007

Please support our Community Centre Events – Proms Evening on Friday 12th October – Tickets only £5. The Shrewsbury Light Orchestra gave us a tremendous performance last year and we are assured of another rousing, flag waving event this year. The money raised will go to REsponD, who are trying to buy a minibus for the Red Cross. So far they have raised over £80,000 towards their £100,000 target. **Flower Arranging Demonstration by Ann Lakelin and a slide show and talk by David Trumper** will be held on Friday 2nd November. The topic of Davids's talk has now changed to "Shrewsbury News". Please support both these events, which are being promoted by our Association, with profits going to charity. All tickets are available from Café Connect.

Shropshire County Council Youth Service asking for youngsters between 11-18 to go along to a "let's talk" meeting on Wednesday 10th October from 7.00 p.m. at The Darwin Community Centre, Frankwell which allows youngsters from all areas to discuss various issues about what they would like to change in the community.

Children's Parties at the Community Centre from only £30. For further information and a booking form, please telephone 364721

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 26th Sept. or 3rd Oct.)

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

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.

4pm - 5pm **Wado-Ryu Karate** (Rob Buckley 07841389359)

Radbrook Community Association Presents a **Charity**
“Proms Evening” in aid of the Red Cross

With the

Shrewsbury Light Orchestra

At Radbrook Community Centre

on **Friday 12th October at 7.30 p.m.**

Tickets £5 from Café Connect

Refreshments available

Any donations for the raffle would be greatly appreciated

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 at Café Connect after 12th October
Proceeds in aid of a Breast Cancer Charity



The wedding of Alistair and Liesa Nottle took place at Holy Trinity Church Meole Brace. Alistair is the son of Peter and Joan Nottle of Tresta Close, Radbrook.



Community action results in new crossing. Tina Beauchamp and Kathryn Brown (parents from Radbrook Primary School), who helped organise a 900 signature petition some three years ago, would like to thank everyone who supported them in their successful quest for the introduction of a safe crossing.

In last month's Newsletter, we incorrectly stated that the Parents and Friends of Radbrook Primary School raised £300 at its Summer BBQ in July. The actual figure was an incredible £3,000! Some of that money has already been spent on new books for the school's library, which will benefit all of the school's pupils. Already enjoying the new books are Librarian Karen Arthur, Headteacher Peter Rickard and PaF Vice-chair Fi Whittall.

Matt Weeks Electrical

Radbrook Based

Commercial, Industrial and Domestic Work

Please Call 07855 778842

No job too Small



The Natural Health Centre Radbrook Green

***** NEW *****

LYMPHATIC THERAPY with Deborah Berry
(Dr. Vodder qualified therapist and teacher)

If you want to know more or would like to register your interest, contact either the Centre on 01743 248878 or Deborah direct on 01584 874681

Monday Club October Programme

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

1st October Quiz
8th October Bingo
15th October. Harvest Festival (with Captain Neville Willerton)
22nd October Visiting Speaker - Mr Ron Mills (Grenadier")
29th October Outing to Ludlow via Church Stretton (£7 for non-members)

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

Church of Christ the King, Radbrook

7th October Holy Communion - Harvest Festival
14th October Morning Worship
21st October All Age Worship
28th October Morning Worship

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

These are the following issues for the month of October:

- Respecting the planet (Oct 7th)
- Handling money (Oct 14th)
- What makes or breaks relationships (Oct 21st)
- Sex: intended for pleasure (Oct 28th)

You are all invited to **Community Tea** Wednesday 3rd October 2 – 3.30 p.m. at the Community Centre. Free of charge

Allergy Testing & Relief

WITH
Health Kinesiology

Also helpful for arthritic pain, chronic fatigue, digestive problems, hormonal problems, migraine, phobias, stress and poor self-esteem.



Susan Moor & Rebecca Alliker
The Natural Health Centre
Radbrook Green, Shrewsbury

Telephone Number for Appointments:
01743 248878

Cleaning Assistant required to work 15 hours per week, based at the Radbrook campus of Shrewsbury College. Hours of work are 5am-8am, Monday to Friday. Salary: £11,310 pro rata, per annum (£5.86 per hour). Final salary pension scheme is available. If you would like an application form, please call 01743 342406 before 04/10/07, leaving your name and address.

Café Connect recently celebrated it's 5th Birthday. Customers were treated to complimentary tea/coffee and birthday cake. They would like to thank customers old and new for all their support. Anyone wishing to volunteer to help at the café, please telephone 363355

Little Tots and Friends (Parent/Carer Toddler Group)

Mums, Dads, Carers, Aunties, Uncles, Nans, Grandads and any other family members welcome.

Every Tuesday 12:30pm to 2:30pm, at The Scout Hut, Rad Valley Road, Cophorne, Shrewsbury, SY3 8AL. (Term time only)

£1.50 per family (includes a healthy drink and snack for children)
All children aged under 5 years old welcome

Visitors from the Local Health Visitors, Oral Health, Development Officer from the P.L.A and many more.

For more details please call Shelly or Lyndsey on 07964499283, or just pop in and have a play

Around 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, 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 **October 18th**.



UKonline
centres

MBS INTERNET CAFÉ

@ Meole Brace School Science College, on
Monday, Tuesday, Wednesday from 6pm to 8pm

To book your free slot, call Alex on 07832124309
meolebraceinternetcafe@hotmail.com

All abilities welcome - Specialised courses available

Community Links Co-Ordinator, Georgia Tomlinson 01743 235264
georgia.tomlinson@meolebrace.shropshire.sch.uk

Recycle your plastic bottles at the new recycling container in the Co-Op Car Park.

Meet your MP Daniel Kawczynski and Borough Councillor Keith Roberts, at Café Connect from 9a.m. – 10.30 a.m. on Wednesday 3rd October.