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RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

September 2007

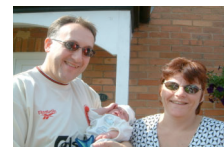
Community Centre News. Congratulations to Joe & Ian Pritchard (both members of our committee) on the birth of their son Jack, on August 16th. Mother and baby are both doing well and Ian will be running our quiz team later in the month. Anyone interested in joining the team should contact Ian on 233187.

Minor repairs and some decorating will be taking place over the coming months. We will try to minimize any inconvenience. We are often being told how clean and tidy the community centre looks. We always try our best to uphold good standards and we are indebted to our caretaker, Debbie, who does an excellent job.

There are a few changes to our regular bookings after the summer break. There will be a new Ballroom Dance group starting on Tuesday mornings and the Painting group will re-start on Thursday afternoon with a new tutor.

Lifestyle Fitness will be starting a new class of 'Movement to Music' on Wednesday morning from 9.30 – 10.30 a.m.

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)

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

Painting Classes will resume on Thursday 20th September at 2pm. The new 6-week course will be taken by Martin Eldridge who will give us a brief demonstration on the techniques of using watercolours, then he will offer us personal advice as we practise. This Course is open to everyone. If you are interested please contact John Griffiths Tel. 353740 a.s.a.p.

Radbroom Community Association Presents a **Charity**
“Proms Evening” in aid of the Red Cross
With the
Shrewsbury Light Orchestra
At Radbroom Community Centre
on **Friday 12th October at 7.30 p.m.**
Tickets £5 from Café Connect from 3rd Sept

Any donations for the raffle would be greatly appreciated

Radbroom Community Association Presents
Flower Arranging with Anne Lakelin
and 'A Christmas Carol' Slide Show and Talk from
David Trumper
Friday 2nd November at 7.30 p.m.
Tickets from Café Connect after 1st October

Internet Café at Meole Brace School Science College

Open every **Monday, Tuesday & Wednesday**
from 6pm – 8pm.

This new service will be **free of charge** to Radbroom residents. There will be expert help on hand to give you assistance if you need it. Come along and enjoy the brand new facilities in a relaxed and informal atmosphere. Refreshments will be available. To book your place, contact (01743) 235264 (school hours) or email georgia.tomlinson@meolebrace.shropshire.sch.uk



Members of RCA at the Internet Café
Paul Findon (Website Manager), Georgia Tomlinson (Community Links Co-ordinator) Chris Burge (Chairman), Alex Griffiths (Supervisor), Viki Williams (Secretary) and Harold Bound (Treasurer)



Green Thumb Lawn Treatment Service
Tel. 01630 655888

Many Thanks for sponsoring the Community Centre

Matt Weeks

Electrical
Radbrook Based

Commercial, Industrial and Domestic Work

Please Call 07855 778842

No job too Small

Monday Club September Programme

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

3rd Sept Quiz
10th Sept Bingo
17th Sept. Trip to Port Sunlight Village (£7 for non- members)
24th Sept. Beetle Drive

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

Church of Christ the King, Radbrook

2nd September Holy Communion
9th September Morning Worship
16th September All Age Worship
23rd September Morning Worship
30th September Morning Worship

Over the next few weeks at Christ the King we are going to spend some time in our morning services grappling with a range of issues that affect all our lives. We want to look at each of them and we plan to be down to earth and practical in our approach.

You are warmly invited to join us at 10.30am at Christ the King (CTK) each Sunday. Maybe the whole series is of interest to you or perhaps just one or two seem particularly relevant to you at the moment. In either case, just come along. We will be delighted to have you join us!

- ∞ Dealing with Stress (Sept 9th)
- ∞ Getting life and work in balance. (Sept 16th)
- ∞ Growing up as a teenager – and living with them! (Sept 23rd)
- ∞ Well Being – in body, mind and spirit (Sept 30th)

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

You are all invited to **Community Tea** Wednesday 5th September 2 – 3.30 p.m. at the Community Centre

**The days are growing shorter and the nights longer.
Act Now! Act Now!**

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* Plus Telephone and Broadband combined for £19.99 per month with FREE LOCAL AND NATIONAL CALLS

Contact Tim or Suzanne.

Tel. 01743 343041 or 0800 2985139

www.telecomplus.org.uk/utilitymasters

Radbrook Bus Fare Increase

It has been reported to us, that bus fares in the Radbrook area have increased by 18% and there are only 2 services per hour – if you are concerned about this situation, please let us know.



HEALTH NATURALLY

IT'S NOT JUST A MATTER OF WILLPOWER!
Led by Ginny Smith and Brian Covington

Thursday 20th September
The Community Centre, Radbrook Green
7 – 9 p.m.

Cost : £5 or £25 for six sessions

You don't have to be a smoker to be affected by smoking!
Come along and discover how Hypnotherapy can help with addictions. What you learn here will filter through to your lives...

Please contact The Natural Health Centre, Radbrook Green for more details and bookings on 01743 248878.

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

Trampoline Lessons at Meole Brace School Science College Tuesdays and Thursdays at 4.15 p.m. Contact Chris Burge (364721) for details

Radbrook Primary School raised over £3000 at their Summer BBQ. *Please note:* As from September the school day will finish 15 minutes later at 3.15 p.m.

Inn on the Green

Bank Farm Road, Radbrook Tel – 01743 343562

Home cooked food served daily 12 – 3 p.m. Mon. to Sat
Sunday Lunch 12 – 3 p.m. (Bookings advisable)
Evening Menu served 5.30 p.m. – 9.30 p.m.

Charity Quiz night first Thursday in every month 9 p.m. start
Bus to Shrewsbury Town home games – Ring for details



Give blood at the Community Centre

The Blood Transfusion Service has made several Bookings at the Community Centre. The first being on Wednesday 19th December, with a further 5 bookings in 2008 and another one in January 2009!

Around 1,700 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 **September 18th**.