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# RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

April 2008

**Children's Parties – Are they too expensive?** There has been considerable media coverage recently about the cost of organising a party for young children. The biggest outlay seems to be the cost of hiring an entertainer, a D.J. a Bouncy Castle or arriving in a stretch Limo. Many of the mums interviewed on television seem to be saying that you can have a very good party without all the trappings that could make it more expensive. Activity parties, such as model making and pottery painting were very popular with many children. There was also a strong feeling of returning to the good old games of "musical Chairs" and "Pass the Parcel." At the end of the party many hosts provide a "Goody Bag" for their guests. These do not have to be expensive and are they entirely necessary? Maybe a piece of cake and some fruit or sweets would be sufficient. If you have any thoughts on the matter please let us know. Maybe you have already had a party at the Centre or you have been to one, and you would like to tell us how it went. The Community Centre can be hired for just £30 for 2.5 hours which includes the use of the kitchen. For further details please contact our booking secretary, Margaret Burge on 07527 617670

## 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** 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. **Topaz Children's Dance Class** with Joanne Hague (272672)

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

7.00 – 7.45p.m. **Advanced Aerobics** with Jan Phillips (245333)

7.45pm - 8.30pm **Yoga** with Jan Phillips (245333)

**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.

4.30 – 5.30 pm **Topaz Children's Dance Class** with Joanne Hague (272672)

## Quiz team wins County League

After last year's victory in division 2 of the Village Halls Quiz League, the Radbrook team (clockwise from top left – Ian Pritchard, Peter Nottle, Peter Wells, Marion Howarth) again dusted off their brains and took part, this time winning division 1 and taking the Galliers Homes Shield. Many thanks also go to David Barrow and Jack Parry for answering the call! Congratulations to the team & good luck next season!



## Monday Club April Programme

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

7<sup>th</sup> April Plant Sale

14<sup>th</sup> April Quiz

21<sup>st</sup> April Outing to Trentham Gardens non-Members welcome £5

28<sup>th</sup> April AGM and members hobbies

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

## Tips for the Garden in April

Now that the weather is improving, it is time to prepare the garden for summer flowers and vegetables.

**Cut of all dead foliage** and put it in your green bin.

**Dead-head daffodils** but not the leaves. Don't tie a knot in them!

**Feed Roses** and **weed the borders**.

If you have room, **plant some vegetables**, particularly salad crops.

## Assistant Caretaker Wanted for the Community Centre

If you would be interested in doing a few hours per week, including some Sunday afternoons, please contact us on 0752 7617670 or in writing to Radbrook Community Association, c/o 11, High Ridge Way, Radbrook Green, Shrewsbury, SY3 6DJ

## Free event for the over 60s

on Wednesday 16<sup>th</sup> April

Organised by the Community Council of Shropshire

An exciting opportunity for you to come along to a **FREE, Local, Wise and Well Event** at Radbrook Community Centre 9.30am - 1.30 pm (to include a free lunch.)

To spend an enjoyable time finding out about important information,

which can help you to keep safe and well in your home.

There will be Talks from :

**West Mercia Constabulary**-home and personal safety  
**Shropshire Fire and Rescue**- fire safety

**Pensions service**- are you claiming all the benefits you are entitled to?

**Extend exercise** - appropriate exercise for the over 60s  
*Plus lots more information*

*Come along and find out*

To book your free place please phone 01743 342162

## Radbroke Forum

April 9 <sup>th</sup>	Outing to Blists Hill
April 23 <sup>rd</sup>	Leslie Oppitz – When the sea froze & The Greek Islands
May 14 <sup>th</sup>	Tim Weaver – Police Crime Prevention Officer
June 11 <sup>th</sup>	Peter Shepherd – 5 Cities around the Baltic Sea
June 25 <sup>th</sup>	Bill Morris – Personal reflections of volunteering In retirement
July 9 <sup>th</sup>	Outing (To be arranged)
July 23 <sup>rd</sup>	Leslie Oppitz – Musical Postcards & Border Ghosts & Folklore

Meetings are held in the Radbrooke Community Centre on Wednesdays from 10.45 – 12.15 p.m. The fee for the term is £17.50, payable by cheque or cash at the first meeting. For further information contact Rose or Keith on 01743 245387

## Jet King

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## Church of Christ the King, Radbrooke

All services at 10.30 am at Community Centre unless otherwise stated. For further details please contact the Church Office on 362399

**April 2<sup>nd</sup>** Community Tea, 2 – 3.30p.m. Everybody welcome For cakes, tea and a chat.

**April 6<sup>th</sup>** Holy Communion (with groups for children)

**April 13<sup>th</sup>** Morning Worship (with groups for children)

**April 20<sup>th</sup>** All Age Worship

**April 27<sup>th</sup>** Morning Worship (with groups for children)

Fun and friendship every Thursday (Term time only) **First Steps** adult/carer under 5 year old age group. 10.15 – 11.45 a.m.

## Give blood at the Community Centre



Wednesdays 9<sup>th</sup> April and 30<sup>th</sup> April  
12.45 p.m – 3.30 p.m.  
and 4.30 p.m. – 7.30 p.m.

Sessions can be particularly busy - to avoid disappointment, we advise donors to 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](http://www.blood.co.uk)

Meole Brace School Science College Internet Café is open as always on Mon, Tues, Wed from 6 to 8pm. To book your free slot, call Alex on 07832124309 ([meolebraceinternetcafe@hotmail.com](mailto:meolebraceinternetcafe@hotmail.com)).

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**The Natural Health Centre**  
**Radbroke Green, Shrewsbury**  
**Telephone Number for Appointments:**  
**01743 248878**

## Skrappz ([www.skrappz.co.uk](http://www.skrappz.co.uk)) runs workshops

and crops throughout Shropshire promoting **Scrapbooking** - the craft of creating decorative memory albums. Anyone is welcome to come and have a look at what we do, but to take part, booking is essential as space is limited. For further details please call Ann on 01743 248327 or Caroline on 01691 662560

**Saturday April 5<sup>th</sup> 2008 @ Radbrooke Community Centre**

10:15am – 1:00pm - Making a wind chime Cost £10

1:30pm – 4:30pm General cropping time Cost £5

**Friday June 6<sup>th</sup> 2008 continuing for 6 weeks**

7pm – 9pm five week beginners course. Cost £40

Cost includes all course materials, room hire and refreshments.



## Priory School Community Courses

APRIL TO MAY 2008



**Spanish 4 Beginners** Commences Tuesday 15<sup>th</sup> April for 5 weeks from 7 – 9 pm Cost £25

**Healthier Food & Special Diets Level 2 Award** (certified course covering nutrition, healthy eating, exercise, special diets) Commences Wednesday 16<sup>th</sup> April for 5 weeks from 7 – 9 pm Cost £45

**Jewellery Making Course** (no machinery involved – all materials included in the course fee) Commences Wednesday 14<sup>th</sup> May for 6 weeks from 7 – 9 pm Cost £38

**Spiritual Healing Level 2 Course** (distance & self healing, chakras, aura and meditation) Commences 15<sup>th</sup> May for 5 weeks from 7 – 9 p.m. (Thursdays) Cost £25

**Meditation/Visualisation & Angel Cards Workshop**

(learn how to relax the body & mind, breathing techniques and angel cards) Wednesday 21<sup>st</sup> May from 7 - 9 p.m. Cost £10

**Food Safety in Catering Level 2 Award – Food**

**Hygiene** (certified course covering preparing, cooking, holding and serving food safely) Wednesday 16<sup>th</sup> April from 9 – 5 pm Cost £45

**Held at - The Priory School Business & Enterprise College**

Longden Road, Shrewsbury SY3 9EE

For further details contact: 01743 284022 or 284000 or email

[sc@priory.shropshire.sch.uk](mailto:sc@priory.shropshire.sch.uk) or visit our website for details and an application form [www.priory.shropshire.sch.uk](http://www.priory.shropshire.sch.uk), Business & Enterprise Link, Community Courses

## The Priory School Table Top Sale

Saturday April 19<sup>th</sup> 10-12 (mid-day)

£5.00 per table

Admission 30p

To book call 01743 236335

Around 1,800 copies of the RCA monthly Newsletter are distributed to homes in the Radbrooke 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@radbrooke.org.uk](mailto:newsletter@radbrooke.org.uk) or send items to 'Newsletter' C/O 11 High Ridge Way, Radbrooke Green, Shrewsbury SY3 6DJ by **April 18<sup>th</sup>**.