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RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

February 2008

Newsletter Deliveries - Thank you to all those people who volunteered to help out. Unfortunately, we still do not have anyone delivering newsletters on a regular basis to Roman Road, Russell Ridge, Russell Drive, Canonvale, Sandiways or Woodside. We still need a few reserves who would be prepared to help out when our regulars are away or ill. If you think you may be able to assist us, please give Chris a ring on 364721 a.s.a.p.

Book early to avoid disappointment. Bookings for February are over 10% higher than last year. We already have an excellent range of activities every week as you can see on the list below. We try to keep weekends for one-off events and parties. Children's parties cost only £30 for two and a half hours, including the use of the kitchen. Our Booking Secretary, Margaret Burge, does an excellent job keeping the Centre in full use. If you want to book a party or event please contact her on 364721. You can get more details from our website but we advise you to double check your booking by phoning Margaret to check availability.

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)

Monday Club February Programme

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

4th February Quiz

11th February Spring Bring and Buy

18th February Beetle Drive

25th February 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 the Church Office on 362399

February 6th Holy Communion (with groups for children)

February 13th Morning Worship (with groups for children)

February 20th All Age Worship-

February 27th Morning Worship (with groups for children)

You are invited to a **Community Tea on Wednesday 6th February** at the Community Centre. Free of charge! 2 – 3.30 p.m.

'Young People's Group' - A group for 14 – 18 year olds meets in the Trinity Centre, Church Road, Meole Brace (adjacent to Holy Trinity Church) at 8 p.m. on Sunday evenings – all welcome.

Multiple Sclerosis Society

Shrewsbury and District Branch (01743 364484)

'February Fayre'

At Radbrook Community Centre

Saturday 16th February - 10 a.m. – 1 p.m.

- **Books**
- **Cakes and Preserves**
- **Tombola & Refreshments**
- **Bric-a-brac**
- **What Women Want**

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)

Radbrook Quiz Team continues good form!

The Radbrook team came first in the last 2 quizzes – held at Minsterley and Stapleton – and are currently in first place in Division 1. Good luck to the team in the next quiz at Leebotwood.

PaF: A fantastic profit of £905 was raised by the Parents & Friends of Radbrook Primary School at its annual Xmas Fair.

Photo removed.

Prizes for the 10 winners of Radbrook Primary School's annual Christmas Tree Decoration Competition were kindly donated by Julie Sumner, manager of Radbrook Shopping Centre Co-op, who also did the judging. Picture: Headteacher Peter Rickard and Julie Sumner with Class 6L winner James Smith, Class 5DL winner Jack Jarvis, overall winner Daniel Sherratt, Class 2/3SW winner Joshua Harrison, Class 4S winner James Evanson, KS2 winner Emma Pickin, Class 1/2R winner Ellie Atkinson, Class RL winner Lily Clews, KS1 winner Anna Oldershaw and Class 1/2A winner Chase Keller.

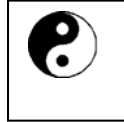
Linda Maule Beauty Therapist

Introduce a friend and get two treatments for the price of one. (Offer ends at the end of February)

Contact Linda on 355776
19, Steepside, Collegefields.

Tai Chi Qi Gung

New beginners class starting on
Wednesday 13th February
at the Radbrook Community Centre
7.30 – 8.30 p.m.



Please ring Tony or Carole on (01743) 718025 for further details

PASSED YOUR DRIVING TEST WITHIN THE LAST 12 MONTHS?

Become a safer driver and save on your car insurance with a **Pass Plus** course. One day weekend course for just £110.

Please visit www.passplus-shrewsbury.co.uk for more info or ring 01743 272101 / 07887 483 265.

Skrapz (www.skrapz.co.uk) runs workshops and crops throughout Shropshire promoting **Scrapbooking** - the craft of creating decorative memory albums. We encourage people to look after their photos in a safe way thus keeping a record of family history for the future. At our workshops we not only provide customers with uninterrupted time to work on their albums we also provide the cutting tools and templates etc for them to use, plenty of ideas through demonstrations and samples and of course endless tea and coffee. 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 February 2nd 2008 @ Radbrook Community Centre
10:15am – 1:00pm - Making a paper bag album
1:30pm – 4:30pm General cropping time
Saturday March 1st 2008 @ Radbrook Community Centre
10am – 4:30pm – All Day Crop

The Doctors & staff at Radbrook Green Surgery would like to wish all their patients a Happy and Healthy New Year. 2007 saw us saying 'goodbye' to 2 Partners; Dr Palmer who officially retired at the end of August following a long absence and Dr Wills who left the Partnership following the birth of her first born, though she continues to work part-time with us as a salaried doctor.

We are pleased to announce 2 long-term additions to the Doctors team for 2008. Dr Durrell becomes a Partner in January, and Dr Hart has started with us, with a view to joining the Partnership from April.

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The Natural Health Centre Radbrook Green

'GETTING HERE'

Led by Simon Hooker, Yanisa de Winter and Lynn Louis.

Fertility, pregnancy and childbirth.

A workshop for all involved.

Come and learn how Homeopathy, Reflexology, and Cranial Osteopathy can support the process at all stages. Complementary Medicine is completely safe to use at this time
Location: Radbrook Community Centre
Date: Thursday 21st February 7pm - 9pm
FREE Admission.

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

Priory School Community Courses

FOOD HYGIENE COURSE (Level 2 Award in Food Safety in Catering)

A must for all caterers and food handlers
Saturday 2nd February 2008 from 9 – 5 pm Cost £45
(includes exam and registration fees)



CONFIDENCE BUILDING & ASSERTIVENESS

This course is aimed at helping you build your confidence and learn how to say no. Wednesday 6th February 10 - 2 p.m. Cost £20 (includes lunch & refreshments)

THINKING OF A CAREER CHANGE?

This course will look at your skills & strengths to help you make that change. Wednesday 27th February 10 – 2 p.m. Cost £20 (includes lunch & refreshments)

HELP TO MANAGE YOUR HOUSEHOLD FINANCES

This course will help you manage and budget your household finances. Tuesday 4th March 9.30 – 12.30 pm Cost £15

LIVING WITH A TEENAGER – Understand Conflict and relationships

Thursday 13th March 10 – 2 pm Cost £20 (includes lunch & refreshments)

NORDIC WALKING WORKSHOP – Learn how to get a great all over body workout! Saturday 23rd February 10 – 12 p.m. Cost £5

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 or visit our website for details and an application form www.priory.shropshire.sch.uk, Business & Enterprise Link, Community Courses

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 **February 16th**.