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RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

July/August 2008

Newsletter Praised Officials of the Community Council of Shropshire praised our newsletter when they had another “full house” at their second “Wise and Well” event at the Community Centre. It is to our credit that we had no difficulty filling the places while other areas of the town often struggle to put the event on because of lack of numbers. We feel that advertising the activities that take place at the Community Centre has helped our attendances considerably. It is always rewarding to the committee, and the newsletter deliverers, that the work they do is so worthwhile. We have now issued 98 editions of the newsletter, so lets make the 100th one a little special. Please give me your ideas that would make our newsletter even more special by writing to Chris Burge, 11, High Ridge Way, SY3 6DJ or email:- newsletter @radbrook.org.co.uk

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)

6.00 p.m. – 8.00 p.m **Slimming World** Teresa Kelly (464390)

Wednesday

7.00 – 8.00 **Yoga for Pregnancy** Vicky Wood (860668)

8.30pm - 9.30pm **Tai Chi** with Tony Lawrence (718025)

Thursday - 10.00am – 11.45 a.m. **‘First Steps’** mother and toddler *

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** 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.

3.30 – 5.30 pm **Topaz Children’s Dance Class** with Joanne Hague * (272672)

* **These classes do not operate during the School Holidays**

*** **These classes will not operate on 3rd July 24th July & 31st July**

Radbrook Forum

July 9th Outing to R.A.F. Museum Cosford **Few spaces still remaining**

July 23rd Leslie Oppitz – Musical Postcards & Border Ghosts & Folklaw

Meetings are held in the Radbrook Community Centre from 10.45 – 12.15 p.m. For further information contact Rose or Keith on 01743 245387 The Autumn programme starts on September 10th

Priory School Business and Enterprise College

Longden Road

Summer Fair

Saturday July 12th 2 – 4pm

Lots of attractions including archery, coconut shy, homemade cakes, wheel of fortune, refreshments and many other attractions



A.G.M. report

Many thanks to everyone who attended. The meeting was short and was followed by drinks and nibbles. Two new committee members were elected; Carol Copplestone and John Organ. Unfortunately we have lost the services of secretary, Viki Williams (pictured left) who has done a great job for us. Many thanks Viki.

CTK starts a Youth Club at the Community Centre.

Local children between the ages of 11 – 16 have been enjoying the opportunity to meet friends, play table football, pool, computer games and have refreshments. The Club is run by members from the Church of Christ the King (CTK) every Tuesday evening during term time. Anyone requiring further information please contact the Church Office Tel 362339

Parents and Friends of Radbrook Primary School will be holding its **Summer BBQ** on Friday, 4 July from 6 - 9 p.m.

With bouncy castles, children's disco, children's entertainer, tombola, face painting, balloon race, side stalls, BBQ and refreshments, this year's event is shaping up to be as fun packed as last year's, so be sure to pencil it in on your calendar as a special date for the entire family.

Admission: £2 for adults, £1 for children.

Blood Transfusion Service

Change of times for July & August

The National Blood Transfusion Service have brought the times of their sessions forward to 9.45 a.m. – 12.00 noon and 1.30 – 4.30 p.m. for their bookings on 30th July and 20th August. For further details please contact the National Blood Transfusion Service Tel. 08457 771 771 or log on to www.blood.co.uk

Down's Syndrome Awareness Coffee Morning raises £342

Janice & Richard Curtis would like to thank everyone who supported their coffee morning on 14th June. A grand total of £342 was raised from the sale of cakes, sausage baps & raffle tickets. All proceeds went to the Shropshire Down's Syndrome Support Group.

We would like to thank Ivor Bywater for kindly donating the sausages and to MG Gardening Services and Elizabeth Ann Florist for donating raffle prizes.

Robert Porter

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Radbrook Primary School had a Walk to School week 19 - 23 May and 71% of the children walked or cycled to school. To encourage children to walk or cycle to school they held a Walkers and Wheelers competition, with the Golden Boot Award going to the class with the highest percentage of walkers and wheelers over the week. The winners were Class 2/3SW with 80.6%! They also had an **Arts Week** 19 - 23 May (busy week!) with a number of artists visiting the school to work with the children. During the week there were singing and story sessions, percussion workshops, clay sculpture workshops, music workshops, ceramics and mask making. The children have been invited to join the **Darwin Parade of Evolution** on Saturday 5th July, wearing the masks they made in school. During the week they also made a wonderful **felt display** to celebrate the school's 20th birthday in January 2009.

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

6 th July	Holy Communion
13 th July	Morning Worship
20 th July	All Age Worship
27 th July	Morning Worship
3rd August	Holy Communion
10 th August	Morning Worship
17 th August	All Age Worship
24 th August	Morning Worship
31 st August	Morning Worship

Fun and friendship every Thursday (Term time only) **First Steps** adult/carer under 5 year old age group. 10.15 – 11.45 a.m. Please note that First Steps will not be operating during the summer holidays

Wednesday 2nd July Community Tea 2.00 p.m. to 3.30 p.m.

Meet friends old and new and have a chat.

Please note that there is no Community Tea in August



Quality Assisted Living Apartments For Sale

The newly built Radbrook House is set in the heart of the desirable residential area of Radbrook Green, Shrewsbury.

Radbrook House has one and two bedroom apartments which offer an independent lifestyle with the added security and comfort of having help and support available when needed.

A furnished show apartment is available for viewing Wednesday to Sunday 10am – 4pm.

For more information please call the Sales Office on 01743 340030 or out of these hours Head Office on 01743 234 222

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PRIORY SCHOOL COMMUNITY COURSES
SEPTEMBER - DECEMBER 2008

All Courses are held at - The Priory School a Business & Enterprise College Longden Road, Shrewsbury SY3 9EE

For further details please call - 01743 284022 or 284000

Or email sc@priory.shropshire.sch.uk or visit our website

www.priory.shropshire.sch.uk Business & Enterprise Link, Community Courses




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Wednesdays 7.30pm at The Core Studio
(Oakfield Centre, Rad Valley Rd Copthorne)
Thursday 1.15pm at Bodytech, Mardol, Shrewsbury

Receive 60% off the joining fee and pay from just £3 per class and you'll receive an Eat4Life diary, a free 7 day diet plan and an in-depth GI guide book.



For more information call 01743 235600

Beginners aerobics classes on Thursday evenings.

Please note that Jan Phillips will not be running any of her classes on three Thursdays in July. They are 3rd, 24th and 31st July. The classes on 10th & 17th July and all those in August will operate as usual.

Introduction to Meditation One-Day Workshop

Saturday 26th July 2008

9.30am until 5pm

Monkhouse Granary, Albrighton, Shrewsbury (opposite Albrighton Hall Hotel)

A chance to sample the different techniques available:

- ≈ Candle meditation
- ≈ Visualisation
- ≈ Chakra/colour meditation
- ≈ Moving meditation
- ≈ Mantras/Mandala's, etc

£48 including vegetarian lunch and all refreshments

Contact Tony or Carole on 01743 718025 for a booking for further details.



For Health and Relaxation

Monday Club June Programme

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

Monday 7th July Visiting Speaker - Squadron Leader Ted Cowling

Monday 14th July Quiz

Monday 21st July Outing to Bridgmere £5 to non - members

Monday 28th July Bingo

There will be no meetings in August. The Club will re- start on 1st September. For further details please contact the Organiser, Margaret Austin, on 363662.

Indian Head Massage Martin Wood ITEC FHT

Need help to relax in the comfort of your own home? No need to undress, just sit and relax while I take away the stress of everyday life. Special offer:- pay for 2 get the 3rd FREE (Why not have a massage party?) Tel. 07967 924770

Around 1,800 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 **August 18th**.