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# RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

March 2008

**Newsletter Deliveries** - Thanks to your great response we now have enough people to deliver newsletters to the whole of Radbrook. We could always do with a few extra people to cover for illness and holidays.  
**The Community Centre will be closed** over Christmas while the floor is being sanded and sealed. The exact details will be given at a later date.  
**The 100<sup>th</sup> edition of the newsletter** is probably going to be our October edition. Please give us your ideas in order to make it a special edition.  
**Radbroom Forum** – Wednesday 12<sup>th</sup> March – Talk on Hot Air Ballooning with Hannah Bridge (Espiritu Balloons).

## 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 pm **Tai Chi** Qi Gung

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

**Thursday** - 10.00 – 11.45 am **'First Steps'** mother and toddler group

2pm - 4.00 pm **Painting group** Contact John Griffiths on (353740)

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

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

7.00 – 7.45pm **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 pm **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 March Programme

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

3<sup>rd</sup> March Quiz

10<sup>th</sup> March Jane Barker - Horse riding for disabled children

17<sup>th</sup> March Graham from the Keynotes entertains

24<sup>th</sup> March Bank Holiday – no club

31<sup>st</sup> March 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

**March 2<sup>nd</sup>** Mothering Sunday (Mums & Children especially welcome)

**March 5<sup>th</sup>** Community Tea, 2 – 3.30p.m. Everybody welcome For cakes, tea and a chat.

**March 9<sup>th</sup>** Morning Worship (with groups for children)

**March 16<sup>th</sup>** **Palm Sunday** Morning Worship (with groups for children)

**March 21<sup>st</sup>** **Good Friday Service (9.30 a.m.) at Holy Trinity (Meole Brace)**

**March 23<sup>rd</sup>** **Easter Day Holy Communion**

**March 30<sup>th</sup>** All age 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.

## Multiple Sclerosis Society

Thank to the residents of Radbrook for their kind donations and support at the February fair, which raised £631.04

**Dog Fouling** is causing great concern for several residents with young children living near the Primary School. Please have consideration for other people and clean up after your dog.

**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)).

## Robert Porter Window Cleaning Service

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Mobile: 07971 264383

[robert.porter21@btinternet.com](mailto:robert.porter21@btinternet.com)

## 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

## Beauty Therapy with Linda Maule FIHB

19 Steepside, Collegefields.

Waxing, Facials, Manicures/pedicures

Aromatherapy/massage

Reflexology/Hopi Ear Candles

Wedding Make up.

Senior Citizens Day Tuesday (10% Discount)

Students 10% Discount

Home visits available

Contact Linda on 355776 or mob 07816494352

## Inn on the Green

**Thursday 6th march-** Charity quiz night

(in aid of winner's chosen charity) 9pm start

**Thursday 27th March** from 6pm **Tarot & palm readings** with "Lance Kelly" private readings £20.00. To book, call Gemma on 343562

Home cooked specials board served daily 12-2pm

Monday-Wednesday all specials £4.95



For Health and Relaxation

Introduction to Meditation - One-Day Workshop

**Saturday 5th April 2008**

**10am 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 Lunch and all refreshments

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

## News from Radbrook Green Surgery

Although we don't take telephone calls during the lunch hour, the surgery is open all day, from 8.15 a.m. until 6.30 p.m., so call in if you wish to make an appointment or to collect a prescription.

Always allow 48 hours notice when ordering your repeat prescription. It is important that we have enough time to deal with your request safely and efficiently. You can collect a leaflet from reception explaining our repeat prescribing system.

We receive blood and urine test and x-ray results electronically each day at 2p.m. if you want to know your results.

We appreciate that some of you have been and are still having difficulty getting through to us on the telephone and we are working hard to improve our telephone answering times. We are always interested in your comments or suggestions and would very much welcome feedback which would help us when we are working through the problems.



## The Natural Health Centre Radbrook Green

GETTING PERSPECTIVE - COUNSELLING, A BRIEF EXPLORATION Led by Jennie Saunders and David Phillips (therapists at The Natural Health Centre)

Jenny and David will create a comfortable and positive setting in which you can identify what will enable you to make positive changes in the future. These changes may be for you as an individual, or in relation to others who are important in your life. You will be shown how counselling can help you to develop your personal insights, strategies and skills to create a new happier future.

Location: Radbrook Community Centre

Date: Thursday 20<sup>th</sup> March 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

APRIL TO MAY 2008



**Spanish 4 Beginners** Commences Tuesday 15<sup>th</sup> April 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

## Hate Housework? We Love It!

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## The Priory School Table Top Sale

Saturday April 19th 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 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](mailto:newsletter@radbrook.org.uk) or send items to 'Newsletter' C/O 11 High Ridge Way, Radbrook Green, Shrewsbury, SY3 6DJ by **March 18<sup>th</sup>**.