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# RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

May 2008

Radbrook Community Association  
cordially invites you to our

**Annual General Meeting**  
at the Community Centre  
on Tuesday 10<sup>th</sup> June 2008 at 7.30 p.m.

Everyone is welcome

Free drinks and refreshments will be provided

Anyone interested in joining the Committee is asked to contact  
our Chairman, Chris Burge, on 07527617670.

## 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

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)

## Robert Porter

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Radbrook Community Association is pleased to welcome Martin Wood (pictured here) as our new Assistant Caretaker at the Community Centre. He will be working some mornings and Sundays, giving Debbie Gorton, our regular caretaker the opportunity to enjoy a little more freedom. We would all like to sing Debbie's praises; she does an excellent job and has always been there when required. Thank you Debbie.



**\* WISE and WELL \***

**Free event for the over 60s**

**on 18<sup>th</sup> June**

Organised by the Community Council of Shropshire

Another exciting opportunity for those people who missed the  
April event, to come along to a **FREE, Local Wise and Well**  
Event at

**Radbrook Community Centre 9.30 am - 1.30 pm**  
(includes a free lunch.)

**Spend an enjoyable time finding out**  
**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 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



**See the back page for photos of the first "Wise and Well"**  
event that took place in April at the Community Centre. The  
event was over-subscribed, so the Community Council of  
Shropshire has decided to hold another one on Wednesday 18<sup>th</sup>  
June. Remember, you must phone soon to book a place.

## **Desperately seeking Bob & Judith!!**

During early April, one of our readers contacted us, somewhat  
perplexed, with a strange tale of a mystery gift left on their  
doorstep in Torrin drive...

The gift appeared to be from 'Bob & Judith' and was intended  
for the birthday of 'Pam'!

Ring any bells??? Well, if you happen to be the 'Bob', 'Judith' or  
indeed, 'Pam' involved in this mystery, please contact us by  
email at [newsletter@radbrook.org.uk](mailto:newsletter@radbrook.org.uk), via post to 'Newsletter'  
C/O 11 High Ridge Way, Radbrook Green, Shrewsbury, SY3  
6DJ or telephone on 07527 7617670.

## Radbrook Forum

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 RAF Museum Cosford  
 July 23<sup>rd</sup> Leslie Oppitz – Musical Postcards & Border Ghosts & Folklore

Meetings are held in the Radbrook Community Centre from 10.45 a.m. – 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.

## Church of Christ the King, Radbrook

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

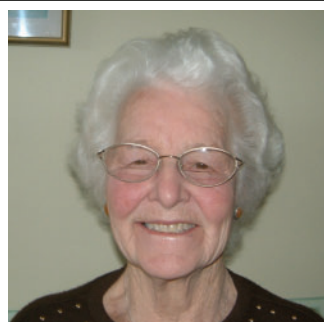
4<sup>th</sup> May Holy Communion  
 11<sup>th</sup> May Pentecost Sunday Joint Service at Holy Trinity Church, Meole Brace at 10.45 a.m.  
 A farewell service for Rev. Steve Kelly  
 18<sup>th</sup> May All Age Worship  
 25<sup>th</sup> May Morning Worship

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

Wednesday 7<sup>th</sup> May - Community Tea 2.00 – 3.30 p.m.  
 Get to know your neighbours.

## Thank you Pat!

Pat Ellis has performed an excellent job as our “Key Lady” for over 18 months. If we ever needed someone to open up when Debbie wasn’t available, Pat was there. Now that we have an assistant caretaker, Pat can have a well earned rest. RCA would like to thank her for everything she has done.



## Allergy Testing & Relief

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**Susan Moor & Rebecca Alliker**  
**The Natural Health Centre**  
**Radbrook Green, Shrewsbury**  
**Telephone Number for Appointments:**  
**01743 248878**

## Skrapz (www.skrapz.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



**Friday June 6<sup>th</sup> 2008 continuing for 6 weeks**  
 7 – 9 p.m. - five week beginners course. Cost £40 which includes all course materials, room hire and refreshments.

## Monday Club May Programme

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

Monday 5<sup>th</sup> May Bank Holiday - No club  
 Monday 12<sup>th</sup> May Visiting Speaker – Jeremy Derrick speaking on Homeopathy (see advert below)  
 Monday 19<sup>th</sup> May Bingo  
 Monday 26<sup>th</sup> May Bank Holiday – No club

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

## Homeopathy Works!

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## SUDOKU CHALLENGE

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2			4	6				3

**Meole Brace School Science College Internet Café** is open as always on Mon, Tues, Wed from 6 to 8 p.m.

To book your free slot, call Alex on 07832124309 ([meolebraceinternetcfe@hotmail.com](mailto:meolebraceinternetcfe@hotmail.com)).

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## Wise and Well day in April



Local residents enjoyed a great day that included talks, a free lunch and several FREE gifts including an energy saving light bulb, gloves, a blanket and a pen.

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 **May 18<sup>th</sup>**.