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RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

September 2008

100th Newsletter!!! We have now issued 99 editions of the newsletter, so let's make the 100th one a little special. Please give me your ideas making our newsletter even more special by writing to: Chris Burge, 11 High Ridge Way, SY3 6DJ, or email: newsletter@radbrook.org.uk. The next **Committee meeting** of the Radbrook Community Association will take place on Thursday 18th September at 7.30 p.m. If there is anything you would like to discuss at the meeting please let us know.

Regular Events at the Community Centre

Monday: 9.30 – 10.30 am **Lifestyle Fitness** exercise classes for the over 40s (355779).

11.15 – 12.15 **Post Natal Yoga** Vicky Wood (860668)

2 – 4 p.m. **Monday Club.** Margaret Austin (363662).

Tuesday: 10 am – 12 noon **Topaz** Ballroom, Latin and Sequence

Dancing lessons with Paul and Joanne Hague (272672) Starts 16th Sept.

2 – 3 pm **Tai Chi** with James Lanyon (07950 344320).

5 – 7 pm **Line dancing** with Sally of Footloose (01939 260954).

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

Wednesday: 7 – 8 pm **Yoga for Pregnancy** Vicky Wood (860668).

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

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

2 – 4.00 p.m. **Painting group** Contact John Griffiths on (353740) Starts 11th September

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

7.00 – 7.45 pm **Advanced Aerobics** with Jan Phillips (245333)

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

Friday: 9.30 – 11.45 am **Yoga** with Jilly Shipway (249489) starts 12th Sept.

2 – 3 pm **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)

Telephone number for Community Centre bookings **07527 617670**

Thank you Dave

Newsagent Dave Carter finished trading from his shop in the Radbrook Shopping Centre on Tuesday 19th August after 21 years service to the local community. He still has shops in Frankwell and Porthill and continues to deliver papers in the Radbrook area. Dave would like to thank the residents for their support over the years and we would like to thank Dave for his support. Not only did he donate several prizes to us over the years but he was also one of the original sponsors of our monthly newsletters back in 1998.

Revd. Dr. Laurence

Wickens, will be taking over as Minister for the Church of Christ the King when he is licenced by the Bishop of Shrewsbury at the Community Centre on Saturday 6th September at 7.00 pm Light refreshments will be provided. Please come along.



Laurence and his wife, Isobel at the Community Centre

The Church of Chris the King would like to invite you to

A Free Community Tea

On Wednesday 3rd September

Between 2 – 3.30 pm

At the Radbrook Community Centre

Please come along

JEN'S AUTUMN FAIR

(in memory of Jen Crick)

Book the date in your diary now!

Saturday 25th October, 12 noon – 3 p.m.
at Radbrook Community Centre

Proceeds to be shared between
Marie Curie Cancer Care & Severn Hospice

Donations of items for Raffle & Tombola, good quality Bric-a-Brac, nearly new Clothes and books would be very welcome.

Please contact John Crick (359163)
or Maureen Bradley (246013).

Radbrook Forum - Proposed programme

Sept. 10th Daniel Kawczynski MP, Impressions of his first day in Parliament
Sept. 24th Secrets of Shrewsbury and Shropshire at war
Oct. 8th Pictures in harmony
Oct. 22nd Shropshire Gardens – Aspects and Delights
Meetings are held in the Radbrook Community Centre from 10.45 a.m. until approx. 12.15 p.m.
Cost of the 4 sessions is £14 payable on the first day please
For further information
contact Rose or Keith on 01743 245387

Radbrook Primary School Summer BBQ raised in the region of £3,000, including a donation of £750 from Barclays Bank.

Meole Brace School Science College

Riding the Storm

A 5 day Parenting Course – Understanding teenagers
at the Bungalow, Meole Brace School

Tuesdays Sept 30th, October 7th, 14th, 21st, and 28th.
Daytime 10am till 2 p.m.

Setting boundaries and sticking to them
How Parenting styles can effect managing conflict
Call us on 01743 344010

Church of Christ the King, Radbrook

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

6 th September	Licensing of Rev. Laurence Wickens – new leader of CTK. All Welcome.
7 th September	Holy Communion
14 th September	Morning Worship
21 st September	All Age Worship
28 th September	Morning Worship
Community Tea	Wednesday 3 rd September 2.00 to 3.30 p.m. Meet friends and have a chat.
Youth Club	Every Tuesday 7.45 – 9.15 p.m. for 11 – 16 year olds. All Welcome.
First Steps	Mother and Toddler Group for Carers and children under 5 every Thursday morning 10.15 – 11.45 am



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PRIORY SCHOOL COMMUNITY COURSES SEPTEMBER - DECEMBER 2008

Get 2 Grips with that Computer (Beginners - suitable for people with no experience, covering internet, e-mail, word processing and spreadsheets). Attendance Certificate awarded.

17th September for 5 weeks from 7 – 9 p.m. (Wednesdays). Cost £28.

4th November for 5 weeks from 7 – 9 p.m. (Tuesdays). Cost £28.

Calligraphy 4 Beginners (this course will cover the basics of learning calligraphy for beginners).

Tuesday 4th November for 5 weeks from 7 – 9 p.m. (Tuesdays). Cost £40 (all materials included!).

Spanish 4 Improvers (this course is for people with some basic knowledge of Spanish).

Tuesday 2nd September for 5 weeks from 7 – 9 p.m. Cost £25.

French 4 Beginners (this course is for beginners and will enable you to speak basic French)

Tuesday 4th November for 5 weeks from 7 – 9 p.m. Cost £25.

Meditation/Visualisation & Angel Cards Workshop

(learn how to relax the body and mind, breathing techniques and angel cards) Wednesday 12th November from 7 - 9 p.m. Cost £10.

Indian Head Massage Course (learn about Indian Head Massage covering simple massage techniques for the back, arms, neck, scalp and face). Attendance certificate awarded.

18th September for 4 weeks from 7 – 9 p.m. (Thursdays). Cost £20.

Confidence Building & Assertiveness Course (build your confidence and learn how to say NO in a way that doesn't offend or make you feel guilty). Wednesday 15th October from 10 - 2 p.m. Cost £20.

Self Esteem, Confidence Building & Get More out of your Life!

(raising self esteem, confidence and self exploration, looking at the balance in your life) 12th November for 3 weeks from 7 – 9 pm Cost £20.

Introduction to Upper Body Massage (learn simple massage techniques for the neck, head and shoulders in this short course). 10th September for 2 weeks from 7 – 9 p.m. Cost £15

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 and click Business and Enterprise, then Community Courses.

Monday Club September Programme

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

Monday 1 st September	Quiz
Monday 8 th September	Beetle Drive
Monday 15 th September	Bingo
Monday 22 nd September	Coach trip to Chester £7 to non members*

Monday 29th September Visiting speaker from Age Concern

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

May Place Podiatry

Rachel Wozencroft D.Pod.M. M.C.P.S

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Mentoring at MBS

Do you have a little extra time in your day to become a volunteer mentor at Meole Brace School? We have a basic programme organised to help get you started and later in the year there will be an opportunity to attend a six session course for Learners' Mentors run by The Children and Young People's service for Shrewsbury. You can offer as little or as much time as you like, sessions with students are for 15 minutes and can make the difference that helps them to achieve their potential. Please feel free to ring me with any questions you may have regarding mentoring at MBS. Many Thanks.

Georgia Tomlinson 01743 235264/961

georgia.tomlinson@meolebrace.shropshire.sch.uk

Community Links / Extended Schools / Mentoring Coordinator



Living with Teenagers

We are pleased to offer you the chance of being involved in our new autumn program 'Living with Teenagers'. Presented by 2 highly experienced and qualified trainers from **Barnardos Shropshire Project** this specialist course aims to provide knowledge and understanding of teenage years, offering an insight into family communication including how to create helpful boundaries at home that benefit the whole family. By the end of the course you will have a portfolio of course handouts and information about useful contacts in MBS and the local area.

This FREE 7 week programme starts on Monday 29th September 2008
Course runs on 29th Sept, 6th/13th/20th Oct, 3rd/10th/17th Nov.
7.00 pm to 9.00 pm

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 **September 18th**.