

Visit our website at www.radbroom.org.uk



RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

January/February 2009

Happy New Year to all our readers. We start 2009 with a bright, newly polished floor at the Community Centre. The top surface has been sanded down and three layers of lacquer and polish have been applied. This will not only brighten up the hall but will also extend the life of the floor. **The R.C.A. Committee** will be meeting on 22nd January and 19th February. If you have any ideas for future events or anything else you want us to discuss please let us know (Tel. 07527617670). Both meetings start at 7.30 p.m.
Beware of bogus gardeners. Someone has been calling on some of Mike Gale's regular customers, saying that they are working for him when in fact they are not. They have then managed to gain access to back gardens. If you are suspicious ring Mike on 07886 362584. Mike has an advert on the back page of this newsletter.

Regular Events at the Community Centre

Monday: 11.15 – 12.15 **Post Natal Yoga** Vicky Wood (860668)
2 – 4 p.m. **Monday Club.** Margaret Austin (363662).
Tuesday: 10 am – 12 noon **Ballroom and Latin Dancing lessons** (not beginners)
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 group
2 – 4.00 p.m. **Art group** Contact John Griffiths on (353740)
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)
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**



INFORMATION EVENING

Understanding Children's Emotions

This event is aimed at parents and carers of children aged 8 - 18 years. YoungMinds are the only UK national charity concerned with the mental and emotional well-being of children and young people. YoungMinds provide information to children, parents, carers and professionals about mental health issues.

Come along to a free event run by YoungMinds to learn about children's emotional needs and wellbeing. Daryl Nicholas will talk about the parents' information help line and other matters affecting young people

Wednesday 28th January 7.00pm to 9.00pm - In the MBS Library
To book your place, phone Georgia on 01743 235961

Radbrook Forum

28th January In search of the Bengal Tiger
11th February An hour with the Stars
25th February To be arranged
Meetings are held in the Radbrook Community Centre from 10.45 a.m. until approx.12.15 p.m. For more information, contact Rose or Keith on 01743 245387.

REFRESH! - The Church of Christ the King invites you to :

- Refresh** the body – drinks and cake
- Refresh** the mind – time to relax and chat
- Refresh** the soul – down-to-earth spiritual input
- Refresh** the family – activities for children (0+)

When? - Sunday 1st February at 4p.m. at the Community Centre

HOUSING TRUST PROPERTIES FOR RENT AT

RADBROOK HALL - The Wrekin Housing Trust have obtained a number of units at the Radbrook Hall Hotel development, which are available to rent. The properties are all apartments, and are due for completion in the New Year. These properties are covered by a local lettings plan, which means they are ring-fenced for suitable applicants with a local connection to Shrewsbury, and at an affordable rent level. For more information, please contact: James Prestwich, Area Manager, Newport Shop, The Wrekin Housing Trust, 76 -78 High Street, Newport TF10 7AU Tel: 01952 217285

* Christmas Fayre Success!

Radbrook Primary School raised in the region of £850 at their Christmas Fayre. The organisers would like to thank everyone who helped and attended the event.

* Charity Scrapathon

Scrapz, a local group that uses the Community Centre, raised £280 for Children In Need with a 24 hour Scrapathon. Twenty very keen scrapbookers got together and scrapped their way through the night for Children in Need and what a night it was! A terrific Indian pot luck table of food, lots of scrapping, bacon butties, more scrapping, pizza and lots of prizes won in our raffle and tombola. And yes a few of us did stay awake all night scrapbooking! A big thank you from Pudsey Bear and the girls from Skrapz for all your efforts for this great cause.

MORRIS
RESIDENTIAL

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
Tuesday – Saturday 10am – 4pm.

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

www.morrisresidential.co.uk

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 **February 14th**.



BigT Tai Chi

(a mixture of Sun and Yang style Tai Chi, including Qi Gung)

**New Beginners class starting:
Wednesday 21st January 2009
Radbrook Community Centre
7.30pm - 8.30pm**

Places are limited, booking is essential. Please ring Tony or Carole on (01743) 718025 to book your place or for further details.

The slow flowing gentle movements of Tai Chi are particularly well suited to all ages and abilities.

**Professional Association of Alexander Teachers
www.paat.org.uk**

Evening Classes in

ALEXANDER TECHNIQUE

**Starting February 2009 in
Shrewsbury, Telford,
& Market Drayton**

Individual lessons also available

**For venues & full details, telephone:
01743 873847 or 01939 290101**

www.paat.org.uk

Authentic Connections

Starting Monday 9th February 2009

Held on the 2nd and 4th Monday of the Month, 7.15 to 9.15pm.

This 8 week workshop to be held at the Radbrook Community Centre, is aiming to help change our relationships from one of Reaction to Genuine Understanding. The workshop will be incorporating the NVC process pioneered by Marshall Rosenberg.

NVC Practice Group

Starting Monday 16th February 2009

Held on the 3rd Monday of the Month from 7 to 9pm at the Radbrook Community Centre, an informal group will be meeting to practise Marshall Rosenberg's Non violent Communication Process. It is to enable people to practise with others, so as to increase our ability to understand and use the process to enhance our communication skills.

For more information contact Jacqueline at APMum@phonecoop.coop Or ring 01743 241933

Brain Tumour UK (0800 9882628) Self help group, meets every 2nd Friday of the month from 1 - 3 pm. at the Community Centre.

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

4 th January	Holy Communion
11 th January	Joint Service at Holy Trinity Church to say farewell to Anne and Kevin Roberts at 10.45a.m.
18 th January	All Age Worship
25 th January	Morning Worship
1 st February	Holy Communion
8 th February	Morning Worship
15 th February	All Age Worship
22 nd February	Morning Worship

First Steps Thursdays 10.15 - 11.45 a.m. for pre-school children with a carer starting on **8th January**

Community Tea Wednesday 4th February 2.00 p.m. to 3.30 p.m. Meet friends old and new and have a chat.

Open Youth Club on Tuesdays 7.45 - 9.15 p.m. Starting on 6th January. There will be no First Steps or Youth Club during half term

Monday Club January Programme

Meetings are held at the Community Centre every Monday afternoon from 2 pm	
19 th January	Quiz
26 th January	Musical Entertainment - 10 th Anniversary
2 nd February	Bingo
9 th February	Quiz
16 th February	Guess Who ?
23 rd February	Visiting Speaker (TBA)

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

PRIORY SCHOOL COMMUNITY COURSES

Courses January to April 2009

Get 2 Grips with that Computer - Beginners One course commences 28 January for 4 weeks from 7 - 9 p.m. One course commences 6 May for 4 weeks from 7 - 9 p.m. (Wednesdays) Cost £20 each

Computers the Next Step One course commences 4 March for 4 weeks from 7 - 9 p.m. One course commences 10 June for 4 weeks from 7 - 9 p.m. (Wednesdays) Cost £20 per course

Spanish 4 Beginners Commences 13 January for 5 weeks from 7 - 9 pm (Tuesdays) Cost £25

Spanish Beginners Plus Commences 24 February for 4 weeks from 7 - 9 pm (Tuesdays) Cost £20

French 4 Beginners Commences 21 April for 4 weeks from 7 - 9 pm (Tuesdays) Cost £20

French Beginners Plus Commences 23 June for 4 weeks from 7 - 9 pm (Tuesdays) Cost £20

Creative Sketching Workshop Thursday 12 March from 7 - 9 p.m. Cost £10

Cake Decorating Workshop Wednesday 25 February from 7 - 9 p.m. Cost £10

Jewellery Making Course Commences 25 February for 6 weeks 7 - 9 pm (Wednesdays) Cost £40

Award in Food Safety in Catering - Food Hygiene Wednesday 25 February from 9 - 5 pm Cost £50 or Wednesday 25 March 9 - 5 pm £50

Crystal Healing Workshop Wednesday 25 March from 7 - 9 p.m. Cost £10

Meditation/Visualisation Workshop Wednesday 1 April from 7 - 9 p.m. Cost £10

Indian Head Massage Course Commences 24 February for 4 weeks from 7 - 9 p.m. Cost £20

Sound Healing Workshop Wednesday 11 March from 7 - 9 p.m. Cost £10

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

QUIZ TEAM VICTORY

After an inconsistent start, the Radbrook Quiz League team headed out to Yockleton and came away with the wine and the victory! Congratulations to the team on their first win of the season. Many thanks to Ian Pritchard, Marion Howarth, Peter (Robocop) Wells and Mike James for turning out for the team. The next round will be on January 9th at Bayston Hill and the following round on Friday February 6th will be held at our own Community Centre

MG LAWNCARE

Garden & House Maintenance - All work fully insured.

Tel: 367267 or 07886 362584

Mike Gale is the man who keeps the grounds at the Community Centre in such great condition. He is available for all types of work including fencing, slabbing, treework, topiary, lawn treatment, scarifying, spiking, turfing & weeding, landscaping, removal of waste and much more.