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RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

January/February 2010

The next committee meeting of the Radbrook Community Association will be Thursday 21st January 2010 at 7.30 p.m.

Regular Events at the Community Centre

- Monday:** **Morning - Post-Natal Yoga** Vicky Wood (860668)
Please phone to book a place
2 – 4 p.m. - **Monday Club**. Margaret Austin (363662). Starts 18th Jan
- Tuesday:** 10 am – 12 noon – **Ballroom and Latin Dancing** (not beginners)
2 – 3 pm – **Tai Chi** with James Lanyon (07950 344320).
3.30 – 4.30 p.m. Age Concern Yoga Heather Williams 233123 Ex 224 starts 12th Jan
5 – 7 pm - **Line Dancing** with Sally of Footloose (01939 260954).
7.45 – 9.15 pm - Open Youth Club (362339) restarts 12th Jan.
- Wed:** 6 – 8 p.m. - **Yoga for Pregnancy** Vicky Wood (860668)
Please phone to book times
7.30 – 8.30 **Tai Chi** with Tony Lawrence (718025) Meeting Room
8.30 – 9.30 pm - **Tai Chi** with Tony Lawrence (718025) - Hall
- Thursday:** 10.00 – 11.45 am '**First Steps**' mother and toddler group
2 – 4.00 p.m. - **Art group** Contact 07527 617670
6 – 6.45 pm - **Beginners Aerobics** with Jan Phillips (245333)
7 – 7.45 pm - **Advanced Aerobics** with Jan Phillips (245333)
7.45 – 8.30 pm - **Yoga** with Jan Phillips (245333)
8.45 – 11.00 p.m. Salsa Dancing – Jimmy (07773375325) Starts 14th Jan.
- Friday:** 9.30 – 11.45 am - **Yoga** with Jilly Shipway (249489)
10 – 12 noon **Singing for Fun** Hanna Lawrence (01952 592309)
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) restarts 15th Jan.

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

Art Group

At Radbrook Community Centre
On
Thursday afternoons 2 – 4 p.m.
Starts again on 7th January.
Tutor most weeks.
For further details please ring
07527 617670

Whist for Beginners

Radbrook Community Centre

Thursday 28th January
Thursday 25th February
7.30 – 9.00 p.m.

Free

If you are interested in playing
Whist please contact Harold
Bound on 352625.

Line Dance Social

At Radbrook Community Centre
Saturday 9th January
7.00 – 10.30 p.m.
Bring your own drink and plate of
food to share
Pay on the door £4

Carer available

15 years experience
N.V.Q. level 2
References
Proof of C.R.B
Telephone 01743 340070

Holistic Massage Therapy

At Radbrook Green Surgery on
Wednesday afternoons
Treatments available
Aromatherapy, Reflexology,
Indian Head Massage and
Therapeutic Massage
40 minute sessions for only £10
To book an appointment contact
the surgery on 01743 231817 or
Jan Jeans on 0781 460 2942

Bird Watching Radbrook Green is a wonderful place to watch birds! During 2009, fifty-four species were logged in the area, twelve species breeding successfully. January and February bring extra birds to gardens especially in cold weather. Keep bird tables and feeders clean and provide fresh water and food. You will see blue tits, coal tits, greenfinches, goldfinches, possibly blackcaps and bullfinches on bird tables and lawns and you might get larger birds like starlings, jackdaws, thrushes, blackbirds, robins, dunnocks and stock doves. Around the estate, look out for siskin on the alders (Torrin Drive/Newham Way) and goldcrests on the pines. There will also be extra water birds on the ponds. To add interest, why not buy a bird book to identify what you see?



BigT Tai Chi

**Beginners' class starting:
Wednesday 20th January 2010**
at

Radbrook Community Centre
7.30 - 8.30pm

Please ring Tony on (01743) 718025 to book
your place or for further details

The **Crossroads Christmas Fayre** held at Radbrook Community Centre, raised £565 for Respite Care for Carers

Local resident Maureen Bradley, would like to thank all those people who supported the Autumn Fayre in aid of the **Shropshire Sharks Disabled Swimming Club**. The event raised £550 towards the cost of sending a team to the next special Olympics in 2013

Around 1,800 copies of the RCA bi-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 Monday 15th February 2010

Church of Christ the King, Radbrook

All services at 10.30 am at Community Centre unless otherwise stated.
For further details please contact Laurence Wickens on 367707

3 rd Jan	Holy Communion
10 th Jan.	Morning Worship
17 th Jan.	Morning Worship
24 th Jan.	All Age Worship
31 st Jan	Morning Worship
7 th Feb.	Holy Communion
14 th Feb	All Age Worship
21 st Feb	Morning Worship
28 th Feb.	Morning Worship

Tuesdays 7.45 – 9.15 p.m. **Open Youth Club** 11 -16 All welcome

Wednesday 6th January and 3rd February - 2.15 p.m. to 3.30 p.m. **Community Tea.** Meet friends old and new and have a chat.

Thursdays Term-time only - 10.15 – 11.45 a.m. **First Steps** for pre-school children with a carer.

10th January and 14th February at 4 p.m. **Refresh** – A fun family event, plus refreshments. Free for all the family

MG LAWCARE Garden & House Maintenance

Tel: 367267 or 07886 362584

Mike Gale and his staff would like to wish all his customers a belated Christmas wish and a Happy New Year.



THE PRIORY SCHOOL COMMUNITY COURSES

French 4 Beginners Commences 2 February for 5 weeks from 7 – 9 pm (Tuesdays) Cost £28

Get 2 Grips with that Computer (beginners - for people with no experience)

One course commences 24 February for 4 weeks from 7 – 9 p.m. (Wednesdays) Cost £25

Computers the Next Step (spreadsheets & digital photography)
One course commences 20 January for 4 weeks from 7 – 9 p.m. (Wednesdays) Cost £25

Food Safety in Catering –Food Hygiene Thursdays from 9 – 5 pm cost £50

Course dates 4 February **or** 18 March **or** 13 May **or** 1 July
(please note you need only attend one of the days above to achieve this qualification)

Decorate Cakes 4 Easter & Summer/Birthdays Saturday 20 March from 10 - 2 p.m. Cost £18 (students are asked to supply their own materials on both the above courses)

Spiritual Healing Level 1 (how to channel energy, emotional causes of illness and more)

Attendance Certificate awarded. Commences 2 February for 4 weeks 7 – 9 p.m. (Tuesdays) Cost £25

Meditation/Visualisation & Angel Cards Workshop
(learn how to relax the body & mind, breathing techniques and angel cards)

Thursday 4 February **or** 20 May from 7 - 9 p.m. Cost £10

Jewellery Making Course Commences 24 February for 6 weeks from 7 – 9 pm (Wednesdays) Cost £40 (all materials included in the course fee)

All Courses are held at - The Priory School Business & Enterprise College, Longden Road, Shrewsbury SY3 9EE For further details please call - 01743 284022 or 284000

Or email deb@priory.shropshire.sch.uk or sc@priory.shropshire.sch.uk or visit our website www.priory.shropshire.sch.uk - Quick links can be found on the right of the home page - Community Courses – Paypal facilities now available.

Monday Club Programme

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

18 th January	Beetle Drive
25 th January	Visiting speakers Chiropodist and reflexologist
1 st February	Quiz
8 th February	Visiting speaker
15 th February	Bingo
22 nd February	Social

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

J.J. Hathaway

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Call 01743 270 370

Bicton Heath Shopping Centre, Welshpool Road, Shrewsbury SY3 5AD
Open 8am-7pm Mon-Fri, 8am-12 noon Sat www.vets4pets.com

Open Afternoon Saturday 6th February 2 – 4 p.m.

Surgery Tours Pet advice Children's Activities
Charity Stalls Refreshments

Compass Counselling

at Lifestyle Fitness in Radbrook Green

We offer counselling in a supportive space where your voice will be heard and respected. Issues may include anxiety, depression, low self esteem, grief, loss, work related stress and chronic illness.

For further information or to book an appointment please telephone 0797 595 2080

Quiz League Congratulations to our quiz team on winning their opening three matches of the season. We will be hosting the quiz at the Community Centre on Friday 5th February Good luck in 2010!!

Ladies Netball

A group of Ladies play netball on Wednesdays at Roman Road Sports Centre (Meole Brace School). 7 til 8 p.m. They currently pay £3 per session on a pay and play basis. The games are very informal, good fun and help to keep you fit. For further details please ring Jo on 01743 270265 or just turn up.