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# RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

March/April 2010

The next committee meeting of the Radbrook Community Association will be Thursday 18<sup>th</sup> March 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).
- 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  
5 – 7 pm - **Line Dancing** with Sally of Footloose (01939 260954).  
7.45 – 9.15 pm - Open Youth Club (362339)
- 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 – 4.15 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)
- Friday:** 9.30 – 11.45 am - **Yoga** with Jilly Shipway (249489)  
9.30 – 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)  
**Telephone number for Community Centre bookings 07527 617670**

## Radbroom Fellowship Club (Radbroom Form)

At Radbrook Community Centre  
11.30 a.m.  
10<sup>th</sup> March General Talk on Wildlife  
26<sup>th</sup> March South China  
21<sup>st</sup> April In search of the Big Five  
in Tanzania  
For further details please contact:-  
Rose or Keith on 01743 245387

## Whist for Beginners

Radbroom Community Centre  
Thursday 25<sup>th</sup> March  
Thursday 22<sup>nd</sup> April  
7.30 – 9.00 p.m. **Free**  
If you are interested in playing Whist  
please contact Harold Bound on  
352625.

## Community Centre Re-decorated

The main hall of the Community Centre was re-decorated during the School half term. This is the first time it has been painted since we opened over four years ago. We also took the opportunity to re-seal the floor and paint the front door. The work was carried out by local company

**Décor -Rate** Tel:- 235271

**Bird Watching** - In early spring look out for the domed nest of the magpie. The twiggy platform of the woodpigeons and collared doves in taller hedges and conifers. You might see the bulky nests of carrion crows, all alone in tall oaks. Listen to the beautiful songs, especially of the robin, blackbird and songthrush. The moorhen and coot on the pond are a delight to watch as they defend their territories and build nests. Watch out for the first migrants from Africa and Southern Europe; swallows, sand martin and chaffinch (song like name). Thoroughly clean nest boxes, repairing and replacing as necessary. Always place them in a sheltered spot, out of direct sunlight and reach of cats; but put them where you can see them to experience the pleasure they can bring.



## Coffee Morning

at 3, Six Acres  
On Friday 19<sup>th</sup> March 10.30 – 12.00 mid-day  
In aid of a tag rugby club for young people with disabilities to enable them to go to a tournament in Swansea  
For further information please contact Maureen Bradley on 01743 246013

## 60's & 70's night Charity Disco

At Radbrook Community Centre  
Friday 5<sup>th</sup> March 7p.m. – midnight  
Bar  
All proceeds to the Blue Cross Pet Charity  
  
Special appearance by  
**Gavin – "So you think you can dance"**  
Tickets £8 available from Louise 07719193238

## Holistic Massage Therapist

At  
**Radbroom Green Surgery**

on **Wednesday Afternoons**  
Treatments available  
**Aromatherapy, Reflexology, Indian Head & Therapeutic Massage**  
40 minute sessions (includes consultation)  
For £10  
Reflexology treatments will require a consultation prior to the 40 minute session. To arrange call Jan. To book an appointment contact the surgery  
(01743) 231817 or  
Jan Jeapes on 0781 460 2942  
[www.jimobilemassage.co.uk](http://www.jimobilemassage.co.uk)

**TASTER WALKING SESSION**  
**20 to 30 minutes on Thursday March 11 at 2pm**  
Meet at the front of Lifestyle Fitness Gym  
Telephone 01743 355779 for further information

The Church of Christ the King (CTK)  
**Invite you to a Free Community Tea**  
On Wednesday 3<sup>rd</sup> March and 7<sup>th</sup> April 2.15 – 3.30 p.m.

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](mailto:newsletter@radbrook.org.uk) or send items to 'Newsletter' C/O 11 High Ridge Way, Radbrook Green, Shrewsbury SY3 6DJ by Monday 17<sup>th</sup> April 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

7 <sup>th</sup> March	Holy Communion
14 <sup>th</sup> March	Morning Worship
21 <sup>st</sup> March	All Age Worship
28 <sup>th</sup> March	Morning Worship – Palm Sunday
2 <sup>nd</sup> April	Good Friday – Morning Worship * 9.00 a.m.
4 <sup>th</sup> April	Holy Communion – Easter Sunday
11 <sup>th</sup> April	Morning Worship
18 <sup>th</sup> April	All Age Worship
25 <sup>th</sup> April	Morning Worship

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

**Wednesday 3<sup>rd</sup> March and 7<sup>th</sup> April** - 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.

**14<sup>th</sup> March and 11<sup>th</sup> April** at 4 p.m. **Refresh** – A fun family  
event, plus refreshments. Free for all the family

### Chris's Coach Trips 2010 – All coaches are fully executive

Sat. 20 <sup>th</sup> March	Birmingham Bull Ring Adults £10.50 Children £9.50
Tu. 15 <sup>th</sup> June	Chester Shopping Adults £10.50 Children £9.50
Tu. 10 <sup>th</sup> August	Llandudno Adults £12 Children £10

Picking up in Radbrook Green, Meole Brace, The Abbey,  
Monkmoor and Harlescott. For further details please contact  
Chris on 01743 353817 or 07947884686

Mike and Diane Gale of Torrin Drive would like to thank their  
friends and neighbours for their help and support over the past  
few months. Dianne has had an operation to remove a brain  
tumour. She is now making a good recovery

### THE PRIORY SCHOOL COMMUNITY COURSES

**Food Safety in Catering –Food Hygiene** Thursdays from 9 – 5 pm  
cost £50 18 March

**French Beginners Plus** - Commences 20 April for 4 weeks from 7 – 9  
pm (Tuesdays) Cost £25

**Get 2 Grips with that Computer** (beginners - for people with no  
experience) Course commences 21 April for 4 weeks from 7 – 9 p.m.  
(Wednesdays) Cost £25

**Healthier Food Special Diets Nutrition Course** Commences 28 April  
for 5 weeks from 7 – 9 pm (Wednesdays) Cost £50

**Marketing & Promoting 4 Business Workshop** Thursday 29 April  
from 7 – 9 p.m. Cost £10

**Computers the Next Step** (spreadsheets & digital photography)  
Course commences 19 May for 4 weeks from 7 – 9 p.m. (Wednesdays)  
Cost £25

**Decorate Cakes 4 Easter** Saturday 20 March from 10 - 2 p.m. Cost  
£18

**Spanish 4 Beginners** Commences 22 June for 4 weeks from 7 – 9  
pm (Tuesdays) Cost £25

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

20 May from 7 - 9 p.m. Cost £10

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](mailto:deb@priory.shropshire.sch.uk) or [sc@priory.shropshire.sch.uk](mailto:sc@priory.shropshire.sch.uk) or  
visit our website [www.priory.shropshire.sch.uk](http://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.

1 <sup>st</sup> March	Beetle Drive
8 <sup>th</sup> March	Spring Bring and Buy
15 <sup>th</sup> March	Quiz
22 <sup>nd</sup> March	Visiting Speaker Mr Phillips on Calligraphy
29 <sup>th</sup> March	Bingo
12 <sup>th</sup> April	Visiting Speaker Mr. A. J. Crowe on Faberge
19 <sup>th</sup> April	Plant Sale
26 <sup>th</sup> March	Annual General Meeting

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

## J.J. Hathaway

### Building Services and Carpentry

Property Repair, Maintenance, Renovations and extensions  
Loft Conversions

Kitchens (including low mobility)

Roofs, Stairs, Floors, Windows and Doors

And Much More

No Job too small

Telephone Joe on 07816667673



## Mary Jones

Garden Design and  
Consultation

Also Pruning - Gardening

Bank Farm Road, Shrewsbury,  
Telephone 01743 231452



**Scrapbooking and Paper crafting** Sessions at Radbrook  
Community Centre on the 1<sup>st</sup> Saturday of each month 9.30  
– 4.30 p.m. Half day option available, some Fridays also  
available

**Papercrafts and cardmaking** Sessions 11.15 a.m. – 1.00  
p.m. every other Monday at the Trinity Centre, Meole  
Brace. All levels welcome. For further information please  
ring Caroline on 01691 662560 or visit [www.scrapz.co.uk](http://www.scrapz.co.uk)

### Quiz

The Community Centre recently hosted a round of the 'Village  
Halls Quiz League', with the home team of Peter Nottle, Marion  
Haworth, Pete Wells and Mike James, coming a very close 2<sup>nd</sup>  
on the night. Many thanks go to all who helped out on the night with  
raffle, food, setting-up, scoring, etc.

Your help was very much appreciated and your efforts made the  
evening a very successful one.

Good luck to the Radbrook team for the final 2 quizzes in March!

### Trinity Money Advice Centre

#### Need Help Managing Your Debts?

Absolutely confidential help and advice.

Open **Monday** evenings **7.00 – 9.00 p.m.**

And **Tuesday** mornings **10.00 – 12.30 p.m.**

At the Trinity Centre, Meole Brace

For free, face-to-face advice by appointment.

Telephone: **01743 357711** or email:

[tmac@trinitychurches.org](mailto:tmac@trinitychurches.org) for an appointment.