

Visit our website at www.radbroom.org.uk



RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

September and October 2012

Regular Events at the Community Centre

Monday

10.00 – 11.00 a.m. **Zumba** with Leah Watts (07792288996)
 2 – 4 p.m. - **Monday Club**. Maureen Bradley (246013)
 3.45 – 5.45p.m. **First Class Learning** Maggie English (249974)
 7 – 10 p.m. **Monday Bridge Club**

Tuesday

1.45 – 2.45 p.m.. **Tai Chi** with James Lanyon (07950 344320)
 3.15 – 4.45 **Gentle Yoga** with Val Young (01743 – 872394)
 5 – 7 pm - **Line Dancing** with Sally of Footloose (01939 260954).
 7.45 – 9.00 pm - **Open Youth Club** (362399)

Wednesday

5.45 – 7 p.m. - **Yoga for Pregnancy** Vicky Wood (860668)
 7.15 – 8.15 **Yoga for Mums** Please phone to book times
 8.30 – 9.30 pm - **Tai Chi** with Tony Lawrence (718025)

Thursday

10.00 – 11.45 a.m. **'First Steps'** mother and toddler group
 2 – 4.15 p.m. - **Art group** Contact (364721)
 7 – 8.00 p.m. - **Aerobics** with Jan Phillips (245333)
 8 – 9.00 p.m. - **Physical Yoga** with Jan Phillips (245333)

Friday

9.30 – 11.45 a.m. **Yoga** with Jilly Shipway (249489)
 3.30 – 5.30 p.m. **Topaz Children's Dance Class** with Joanne Hague (272672)

For Bookings please contact Ms Ja Wood Booking Secretary
 Phone: 07527617670 Sunday 11.30 - 5.00 Monday to Friday 10.00 - 6.00 Not available Saturday To check availability visit our website.

Email: bookings@radbrook.org.uk

Web site: <http://www.radbroom.org.uk/index.html>

Children's Parties are only £30 for 2.5 hours (including the use of the kitchen.) Extra time can be booked for £6 per half hour.

Private parties can be booked on Friday or Saturday nights. A bar is available on request.

We need help to Edit this newsletter, Can you help?

If you have good computer skills, and you would like to help us to maintain and improve the quality of this newsletter please let us know. We would like a small team of volunteers who would help us to produce this newsletter every two months. We already have a very good team of 42 people who deliver to over 1,600 homes and businesses in the area. If you are prepared to help or need any more information please Telephone 364721.

Art Group

Radbrook Community Centre
 Thursdays 1.45 – 4.15 p.m.

New block of 7 weeks begins
 Thursday 13th September

to book a place, please ring
 364721

Whist for Beginners

Radbrook Community Centre
 Thursday 27th September
 & Thursday 25th October

7.30 – 9.00 p.m.

Free

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

Inn on the Green

(01743 588385) Paul & Judy

Live Bands most Saturday nights at 9 p.m.

FREE

1st September Euphonium
 8th September The News
 21st September The Endings
 29th September Stuart McCall (Singer/Entertainer)
 13th October Stage Fright

3rd November Malcolm Coote Rock & Roll

27th September & 25th October Quiz Night

Food is served Monday to Saturday

12 – 2 p.m. and 6 – 8 p.m.

There is a wide variety of your favourite meals, Fish, Steak, Gammon, Curry and many more.

Growing Old Disgracefully

At Bradbury Hall in the Trinity Centre

Wednesday 12th September 2 – 4 p.m.

This will be a Five Rhythms Dance workshop led by Duncan Wordley. This is an open meeting. All welcome. The cost is £6 to include refreshments. Please wear comfortable clothing and appropriate footwear for dance

The October meeting will be a laughter yoga workshop on Wednesday 10th October at the Radbrook Community Centre

Further details: Sue Phillips 01743 341591

Parents and Friends of Radbrook

Primary School: We raised a fantastic £4,350 at this year's BBQ, which will be used to enhance the education of all pupils and the facilities of the school. Thanks to everyone who helped with the BBQ.

Vacancies at the Community Centre

The main hall is available for only £8 per hour

on Mondays 11.30 – 1.15 p.m.

Tuesdays 11.15 – 1.15 p.m.

And Fridays 12.00 – 1.15 p.m.

The meeting room is available most days for only £6 per hour.

For further details please contact the Booking Secretary Ms Ja Wood, on 0752 761 7670 Please see details above, left.

Table Top Sale at the Community Centre

Saturday 13th October 10 – 12

light refreshments available

Tables £10 Proceeds to Fiwila orphanage in Uganda. To book a table please contact Beryl Steadman Lloyd on Tel.:- 240822

Free Community Tea

Wednesday 5th September
 & Wednesday 3rd October
 2.00 – 3.30 p.m.

Open to all ages living in Radbrook

Come and enjoy a piece of cake, a drink

and the chance to meet other people in your area.

TABLE TOP SALE

At the Community Centre

Saturday 27th October 10 – 12

Proceeds for "Shropshire Carers" and "the Ark" £10 per table
 Please contact Maureen Bradley on Tel.:-246013

The RCA bi-monthly Newsletter is distributed to 1,800 homes in Radbrook. 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 **Wednesday 17th October**



Services at 10.30 am at the Community Centre unless otherwise stated. For details, please contact the Church on 362399.

Services – looking at ‘Challenging Lifestyle’

2 nd Sept	Holy Communion
9 th Sept	Morning Worship
16 th Sept	Morning Worship
23 th Sept	Morning Worship
30 th Sept	National Back to Church Sunday
7 th Oct	Harvest Festival and Communion
14 th Oct	Morning Worship
21 st Oct	Morning Worship
28 th Oct	Morning Worship

15th Sept Family Party – open to all

Other regular events

Tues. 7.45–9.00 p.m.	Open Youth Club for school years 7 to 11. Entry 50p
Weds. 2.00 – 3.30p.m.	Community Tea 5 th Sept / 3 rd Oct
Thurs. 10.15 – 11.45a.m.	First Steps (term time only) for pre-school children with a carer.
Sun. 4.00 – 6.00p.m.	Refresh – A fun and free family event, 14 th Oct

Monday Club Programme

The Monday Club welcomes everyone back after the summer break. New members are always welcome. There are about 40 members who enjoy a varied programme of activities in a friendly atmosphere. There is a small charge of £1.50. Refreshments and a raffle are included.

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

3 rd September	Bingo
10 th September	Jewellery
17 th September	People 2 People
24 th September	Trip to Welshpool and Derwen Nurseries

1 st October	Harvest
8 th October	British Red Cross
15 th October	Boccia
22 nd October	Painting my Way
29 th October	Music Quiz

For further detail please contact Maureen on 246013

THE PRIORY SCHOOL COURSES

Sketching & Drawing Basics & More! 16th & 23rd October from 7 – 9 pm Cost £18
Painting 4 Beginners & More! 13th & 20th November from 7 – 9 pm Cost £18
Spanish 4 Beginners & More! 6th November for 4 weeks from 7 – 9 pm Cost £27
Get 2 Grips with that Computer 4 Absolute Beginners 26th September for 5 weeks 7 – 9 p.m. Cost £30
Computers Beginners Plus 7th November for 4 weeks from 7 – 9 pm Cost £27
Photoshop 4 Beginners 9th October for 4 weeks from 7 – 9 pm Cost £27
Photoshop Beginners Plus 13th November for 4 weeks from 7 – 9 pm Cost £27
Christmas Cake Decorating Course Saturday 10th November 10 - 2 pm Cost £18
Reflexology Introduction Workshop 10th October 7 – 9 pm £10
Head Massage Workshop 17th October from 7 – 9 pm £10
Nutrition – Day Courses 9th October or 27th November – Tuesdays from 9 – 5 pm Cost £55
Food Safety in Catering – Food Hygiene 27th September or 22nd November – Thursdays from 9 – 5 pm Cost £55

For further details please call - 01743 284022 or 284000

Matt Weeks Electrical
Commercial, Industrial and Domestic Work
 Please call 07855 778842

The next meeting of the **Radbrook Community Association** will be on Thursday 20th September at 7.15 p.m.



LIFE COACHING

FREE FIRST SESSION

ANDREAROBINSONCOACHINGFORLIFE
 @YAHOO.COM

WWW.COACHINGFORLIFE.CO
 07971 861019

Aerobics and Yoga with Jan Phillips

Every Thursday at the Community Centre
 7 – 8.00 p.m. - **Aerobics**
 8 – 9.00 p.m. - **Physical Yoga**

For further details contact Jan Phillips (245333)

EXERCISE CLASS

Are you between 40 – 50 – 60+ then come and join our friendly Fitness League class
 Exercise to music to encourage good posture; flexibility; strength and stamina
 Venue: Trinity Centre, Meole Brace
 Thursday 10.30 – 11.30 am

Contact: Fiona Beddard 01938 580 472
 Fitness League website: www.thefitnessleague.com

Relate Shropshire and Herefordshire Ltd offers you

Basic Counselling Skills

(a Course for Non –Counsellors)
 At the Roy Fletcher Centre, Shrewsbury

7 Session Course Open College Network accredited
 Monday, September 3rd 10th 17th 24th October 1st 8th & 15th 6 – 9 p.m.
Contact Jane, Dan or Hayley on 01743 266844 today!

Cost £250 per person
 Payment by cash/cheque/Visa

Learning is for Life

Charity Registration number 1054670

**MG LAWNCARE
 Mike Gale**

Garden Services/Tree Work/Landscaping
 Tel: 367267 or 07886 362584

Grass cutting, brush cutting, scarifying, lawn treatment, rotovating, turfing and weeding. All aspects of tree work, hedges, topiary, brushwork and shrubs. Removal and reduce, stump grinding, slabbing, fencing, landscaping. Removal of waste. Painting. Certified for the spraying of weedkillers. Certified for tree work. Fully insured.

**Can't reach to cut your toenails?
 Corns? Hard Skin? Diabetic?**

Sue Ashton-Green MPSPract
 Foot Health Practitioner
 Est. 1995

Home Visiting Appointments
Tel: 07855 098 166

Or 0845 519 5415 (local rate)
 Registered Member of The Alliance of Private Sector Practitioners CRB
 Checked
 www.ashton-greenfootcare.co.uk