

Visit our website at www.radbroom.org.uk



RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

January and February 2013

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)
4.15 - 6.10 p.m. **Topaz Children's Dance Class** with Joanne Hague (272672)
7 - 10 p.m. **Monday Bridge Club**

Tuesday

11.15 - 12.30 Pilates with Jan Bevan*****
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).

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. - **Advanced Aerobics** with Jan Phillips (245333)
8 - 9.00 p.m. - **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: www.radbroom.org.uk/

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.

New Pilates Group Starting

On Tuesdays 11.15 - 12.30 p.m. in the Hall with Jan Bevan.

This replaces the session that used to take place in the meeting room on Mondays.

Parents and Friends of Radbrook Primary School

We made a fantastic profit of £1,600 at the 2012 Christmas Fair, which will be used to buy equipment and resources to enhance the education of all pupils and the facilities of the school.

Whist for Beginners

Starting in January these sessions will be held on the 4th Thursday of the month, from 1.30 - 3.00 p.m.

If you are interested in learning to play, please contact Harold Bound on 352625.

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 16th January.

No newsletter delivery this month

As we have received no news items this month, we have decided to suspend delivery until February or March, provided people send in items to make it worthwhile.

The next committee meeting of the **Radbrook Community Association** will take place on Thursday 24^h January at 6.30 p.m.

If you have any suggestions concerning activities at the Community Centre, please let us know by telephoning 364721.

Stable Cottage Holistics (Located in Belle Vue)

Natural Therapies on offer:

Reflexology £20-00

Facial Rejuvenation Massage £15-00

Yoga 1 to 1 (Relaxation and Beginners) £15-00
(10% Discount with this advert)

For further details please call Sue on 01743 362616
or visit www.stablecottageholistics.co.uk

Free Community Tea

Wednesday 6th February
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.



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

Services – A New Year at Christ the King

6 th Jan	Holy Communion
13 th Jan	Morning Worship
20 th Jan	All Age Worship
27 th Jan	Morning Worship
3 rd Feb	Holy Communion
10 th Feb	Morning Worship
17 th Feb	All Age Worship
24 th Feb	Morning Worship

Other regular events

Weds. 2.00 – 3.30p.m. **Community Tea** 2nd Jan / 6th Feb
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** – on 20th Jan. Food, games and family time.

Café Connect. New year, still great food and a warm welcome in Radbrook Shopping Centre
 Mon – Fri 9.30am – 4.00pm, Sat. 10.00am – 1.00pm

**THE PRIORY SCHOOL
COMMUNITY COURSES**

Jewellery Making - 27th Feb for 5 wks from 7 – 9 p.m. £45

Get 2 Grips with that Computer 4 Absolute Beginners

27th February from 7 – 9 p.m. £30

Photoshop 4 Beginners 26th February 5 weeks 7 – 9 pm £30

Birthday Cake Decorating Saturday 9th March 10 - 2 pm £18

Cup Cake Decorating Saturday 8th June 10 - 2 pm Cost £18

Spanish 4 Beginners 5th March for 4 weeks 7 – 9 pm £27

Reflexology Introduction Workshop 8th May 7 – 9 pm £10

Head Massage Workshop 4th June 7 – 9 pm Cost £10

Relaxation & Meditation Workshop 13th June 7 – 9 pm £10

Dance & Meditation Workshop 15th May 7 – 9 pm Cost £10

Nutrition Healthier Food Courses 19th March OR 25th June – Tuesdays from 9 – 5 pm Cost £55

Food Safety in Catering – Food Hygiene 14th February OR 25th April OR 20th June – Thursdays from 9 – 5 pm Cost £55

For further details please call - 01743 284022 or 284000

Visit our website www.priory.shropshire.sch.uk

Quick Links 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.

14 th January	Monologues and Poetry
21 st January	Homeopathy
28 th January	Shrewsbury Slides and Quiz
4 th February	Boccia
11 th February	Light Exercises
18 th February	R.S.P.B.
25 th February	Quiz

For further detail please contact Maureen on 246013

**MG LAWCARE (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.

A GOOD GROOM

Dog grooming salon by Rosemary Evans
 Tel: 07769 205431 or 01743 368649
 20 Roman Road, Shrewsbury
 SY3 9AT

Personalised pet grooming to breed standard/pet clips at a friendly, local purpose built salon.

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

Sue Ashton-Green MPS Pract
 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