

Visit our website at www.radbroom.org.uk



RADBROOK COMMUNITY ASSOCIATION

Charity registration number 1075696

March/April 2013

Regular Events at the Community Centre

Monday

9.00 - 11.00 **Children's Music Group** Juliet Edwards 07778834315
10.00 - 11.00 **Zumba** with Leah Watts 07792288996
1.30 - 3.15 **Flower Arranging** with Anne Lakelin 01743 357266
2.00 - 4.00 **Monday Club.** Maureen Bradley 01743 246013
3.45 - 5.45 **First Class Learning** Maggie English 01743 249974
4.15 - 6.10 **Topaz Junior Dance** with Joanne Hague 01743 272672
7.00 - 10 **Monday Bridge Club**

Tuesday

11.15 - 12.30 **Pilates** with Jan Bevan 07793462729
1.30 - 2.30 **Tai Chi** with James Lanyon 07950 344320
3.15 - 4.45 **Gentle Yoga** with Val Young 01743 872394
5.00 - 7.00 **Line Dancing** with Sally Ralph 01939 260954

Wednesday

5.45 - 7.00 **Yoga for Pregnancy** Emma Gittins 07762143763
7.15 - 8.15 **Yoga for Mums** Emma Gittins 07762143763
8.30 - 9.30 **Tai Chi** with Tony Lawrence 01743 718025

Thursday

10.00 - 11.45 **'First Steps'** mother and toddler group
2.00 - 4.15 **Art group** Contact 01743 364721
7.00 - 8.00 **Advanced Aerobics** with Jan Phillips 01743 245333
8.00 - 9.00 **Yoga** with Jan Phillips 01743 245333

Friday

9.30 - 11.45 **Yoga** with Jilly Shipway 01743 249489
3.30 - 5.30 **Topaz Junior Dance** with Joanne Hague 01743 272672

For bookings please contact the Booking Secretary Ms. Ja Wood by Phone: 07527617670 or Email: bookings@radbrook.org.uk

To check availability visit our website. <http://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.

Flower Arranging with Anne Lakelin

At the Community Centre on Mondays 1.30 - 3.15 p.m.
For further details contact Anne on 357266

Ceilidh/Barn Dance

In aid of Cancer Research UK
at the Community Centre
Saturday 2nd March

7.30 to 10.30 p.m.

Tickets £7.50

Music by Half-Cut Ceilidh Band
Nibbles available & drinks from the bar. Join us with your family and friends To Whom It May Concern: support this good cause and have a good evening of fun and dance. Contact Gilly on 01743 231533 for tickets and

Charity Table Top Sale

At the Community Centre
Shrewsbury & District
Breathing Club

Saturday 9th March

Any donations would be gratefully received
10 - 12 midday
refreshments available.
Free lung function checks
For further details contact Barbara Roberts 359619



The children at **Radbrook Primary School** all had an extended golden time 25th Jan to enjoy the snow before it melted. They were split into mixed aged groups and each group built a snowman/snowanimal for the competition.

Part-night street lighting: As part of the Council's energy saving scheme, some of the lights along Bank Farm Road and all of the lights on the residential roads off Bank Farm Road will be turned off between midnight and 5.30 a.m. each day. Use the link on our website to get more details.

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 April.

Cafe Connect would like to invite you to see the Easter Story in the Cafe each morning of Easter week. Monday to Thursday 25th to the 28th March from 8.45am till 9.30am. Come along and enjoy a coffee or tea, and see what Easter really means. You will be most welcome.

EASTER EGG COLLECTION

Once again Cafe Connect are collecting Easter eggs for those less fortunate. Help us to show how much we care by bringing an Easter egg into the Cafe so that we can distribute them before Easter day. You will never know how much joy this gives to those who receive one.

Three Men in a Bowtie

Shropshire's comedy kings are now on their 20th anniversary tour and return to **Radbrook Community Centre** with another selection of their silly songs and manic monologues

Friday 22nd March at 7.30

Tickets £10 in person from the Natural Health Centre or on 01743 248878 or 01743 368652

To raise funds to send therapist Hannah Litschmann back to Sarajevo to provide free treatment for the forgotten war-damaged people of Bosnia.

Community Centre News. It is hoped that we will soon have a **notice board** in the car park near the Road. This will help us to advertise all the events that take place in the Community Centre. **We are still struggling to find enough news for our newsletter.** If you do have anything of interest please let us know by 17th April. (please see the notice at the bottom of this page.) **Council Elections** will take place at the Community Centre on Thursday 2nd May. All classes due to take place in the main hall will be cancelled. **Spaces are available** for regular bookings at the Community Centre on Friday evenings, Saturday Mornings and Tuesday evenings. For further details, contact the bookings Secretary on 07527 617670

INNER WHEEL CLUB OF SHREWSBURY PRESENTS A CHARITY FASHION SHOW BY COUNTRY CASUALS

IN SUPPORT OF SHROPSHIRE CARERS

FRIDAY 15TH MARCH 2013 7.00 PM FOR 7.30 PM

RADBROOK COMMUNITY CENTRE

(Please note - No Stiletto Heels in the hall)

TICKETS £10.00 CHARITY NUMBER 1096779

Tickets available from Cafe Connect or Tel: 01743 231059

CPR First Aid Courses will be held at the Community Centre on 23 March, 10 a.m. to midday. For further details, please contact Julie on 07792 765188.

Whist for beginners on Thursdays 28 March and 25 April, 1.30 to 3 p.m. For further details, please contact Harold on 352625.



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

Services – Spring and Easter at Christ the King

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| 3 rd Mar | Holy Communion |
| 10 th Mar | Morning Worship – Mothering Sunday |
| 17 th Mar | All Age Worship |
| 24 th Mar | Morning Worship – Palm Sunday |
| 29 th Mar | 9.00am Good Friday Service |
| 31 st Mar | Easter Day Service |
| 7 th Apr | Holy Communion |
| 14 th Apr | Morning Worship |
| 21 th Apr | All Age Worship |
| 28 th Apr | Morning Worship |

Other regular events

Weds. 2.00 – 3.30p.m. **Community Tea 6th Mar / 3rd Apr**
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 17th Mar. Food, games and family time.
Café Connect. Great food and a warm welcome in Radbrook Shopping Centre

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 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.

W. Barnes Property Maintenance

We offer the following repairs and replacement services:
 * Windows & Doors * Gutter, fascia & soffits
 * Rubber roofing & felting * Kitchens & bathrooms
 * Solid wood / laminate & tiled floors
 * Painting & decorating * Paving and patios
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 * Pure water window cleaning

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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.

Monday Club Programme

Meetings held at the Community Centre most Monday's 2 p.m.
 4th March Flick's Adventures
 11th March Heather Game's Theatrical Experiences
 18th March Afternoon Tea at Sparrows
 25th March Icing with Nicky
 8th April Annual General Meeting and Bingo
 15th April Quiz
 22nd April Bring and Buy and Games
 29th April Trip to Llangollen
 For further details please contact Maureen on 01743 246013



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Natural Therapies on offer:
 Reflexology £20-00
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 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



The Natural Health Centre
 Shrewsbury
01743 248878
www.natural-health-centre.com
 4 The Professional Centre
 Radbrook Green
 SY3 6DU

- Established since 1990
- The widest range of natural therapies in Shropshire.
- Many therapies may be paid for using private medical insurance.
- Professional Expertise with fully qualified and insured therapists.
- Large free car park.
- Regular bus service from town centre (N°20).



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.

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