

Below is a guide to what is going on – on the Island.

Where possible the information is verified but things DO change so please ring to verify details.

If you know of other groups or clubs that would like to be listed (normally for free), just email Amy at

editor@familymanx.co.im

A small fee is payable for listings if the classes are fee paying (other than if nominal fees to cover rent etc).

Over 50's Coffee Mornings and Social Gatherings Island-Wide

St Pauls's Hall, Ramsey.

Manx Retirement Association

Northern Coffee Morning.

1st Tuesday of the Month at 10.30 am.

Hostess: Annette Solkin. Tel: 817007

www.manxretirement.org

Castletown Civic Centre

Castletown + District Over 60's Club
Coffee Mornings

Time: 10 – 11.30am Cost £1 inc

Refreshments

Castletown + District Over 60's Club
Afternoon Teas

Time: 2 – 3.30pm Cost: £1.50 inc

Scones/Refreshments

9th Oct, 27th Nov.

Cat with No Tail, Hailwood Centre, Douglas

Manx Retirement Association

Douglas/Onchan Coffee Morning

Last Tuesday of the Month at 10.30am

Cherry Orchard Hotel, Port Erin.

Manx Retirement Association

Southern Coffee Morning

2nd Tuesday of the Month at 10.30am

Host: Joan Daniels Tel: 817007

Guild Room, Atholl Street , Peel

The Thursday Fellowship

Thursdays 2.15 pm from Oct - Easter

Speakers, quizzes, DVDs and Bingo

Our aim is fellowship and fun!

All welcome

Contact: Heather Horsburgh 842451

Morton Hall, Church Ave, Onchan

Onchan Ladies Club

1st Weds in the month at 2.15pm

Call 620352

Onchan Pensioners' Social Club,

Tuesdays and Thursdays 10.30am

All Welcome.

Football Club, Glen Road, Laxey

Laxey Coffee and Chat

Thursdays 10 – 12 (Term-time only)

Contact: Janet 431706

Fresh filter coffee and home made cakes.

All welcome. Donations welcome.

Willaston Methodist Church, Barrule Rd.

Weekly Drop In Centre

Fridays 10am-noon. All Welcome.

Onchan Methodist Church Lounge,

(Opp Commissioners' office),

Drop-In Coffee and chat,

Fridays 10.30am-noon. All Welcome.

Grace Baptist Church, Market St, Peel

Sunset Cityzens

'A Friendly Natter, guest speakers, tea/coffee. A 'get-together' for mid-lifers, OAPS, On the Hill – Over the Hill – Top of the Slopers Anyone with a free afternoon. Pop along 1.30 – 3pm on Fridays.

St. Michaels Hall, Main Road, Kirk Michael.

The Thursday Club,

1st and 3rd Thursday of the Month

2.30pm.

We enjoy a variety of Speakers, Coach Outings with Lunch, Musical Evenings, Theatre Visits, and much more.

We are mainly an over 50's club and would be pleased and delighted to welcome new members.

Double Garage and Shed at Thie Rosien (Old Southlands), Castletown Road Port Erin

Men in Sheds A Project for Men of ANY Age to work on projects of their own or for the community.

Times: Tues, Weds and Fri 10am – 5pm.

Cost: £25 per year + contributions to tea fund.

To find out more call: Les Shires 494885.

Salvation Army Citadel, Lord St, Douglas
Lunch Club

Every Tuesday from 11.30am (lunch served at 12noon). £4 for a set three course meal, call 627742 to book a place.

Palace Hotel, Douglas.

Isle of Man Ladies Luncheon Club

Monthly Luncheons with speakers.

Contact Gladys Williams on 621740 for more info and/or to book a place.

Art and Craft Groups

(This category includes Arts, Crafts, Sewing, Flower Arranging, Knitting & Crochet, Quilting, Painting and so on)

House of Manannan. Peel

'Crafternoon' sessions

Wednesdays 1 – 3pm

No charge, and refreshments are served.

Come with your current craft project and have a chat and a cup of tea.

**St. Andrew's Church Hall,
Douglas**

IOM Embroiderers' Guild

Hand, Machine & Mixed Media embroidery

Regular Friday/Saturday Monthly Meetings

All welcome

Call Helen on 851258

www.iomeg.blogspot.com

contact iomegchair@yahoo.co.uk

St James' School Rooms, Dalby

The Dalby Art Group,

Thursdays 2pm.

Bring your own equipment. Call 843471

Laxey Football Club-house, Glen Rd, Laxey

Laxey Sketch Club

Wednesdays 1.30 pm-3.30 pm (outdoors in the summer months)

All Welcome

Contact: Norman McKibbin Tel: 861125

St Stephen's Church Hall, Sulby.

Sulby Art Club,

Wednesdays 2pm-4pm

Contact ?

Onchan Methodist Hall, Main Road.

Onchan Flower Club

Contact Mrs M. Clague 626573

Meets on the second Tuesday of the month in Talks, demonstrations and practice nights.

The Erin Arts Centre

Art Group

Thursdays 10.30am - 4pm

Contact: EAC 832662

St John's Methodist Hall

St John's Art and Craft Group

Tuesdays 9.40am.

Bring your own art and craft. Call 851364.

Ballabeg Methodist Hall, Ballabeg.

Mannin Quilters

Tuesdays 7.30pm-9pm. Call 628921.

St Columba's Catholic Church, Port Erin,

Mannin Quilters

Wednesdays 1.30-4pm. Call 628921

Bingo

**Castletown Over 60's Club, Morton Hall,
Castletown**

Bingo Nights

Thursdays and Sundays 8 – 9.45pm

**Book Clubs for Adults & Children's
Activities in Libraries**

Erin Arts Centre Book Club

First Weds of each month at 1.30pm

Free to Join. Call EAC 832662

Henry Bloom Noble Library,

10-12 Victoria Street

Storytime for Preschoolers

Thursdays 10 -10-30am

Monthly Adult Readers Group

3rd Tuesday of each month

7.30pm

Contact: Jan Macartney 696461

Onchan Library

**"Story Tots" stories, rhymes & colouring
for pre-schoolers and their parents / carers**

Tuesdays 2.30 - 3 p.m.

Book Group

1st Thursday of each month at 6.p.m.

Contact 621228 or

onchan.library@onchan.org.im

Ramsey Town Library.

Story Time

Tuesdays 9.30 – 10am

&

Saturdays 11 – 11.30am

Age: Preschool/Reception

Free with pictures to take home and colour.

Parents/Carers MUST attend with their child.

Family Library, Westmoreland Road

Storybox

Friday 10.30 - 11.00 Free

TeddyTime

Thursdays 2 - 2.45pm Free

Sticky Finger Craft

6 years olds and over

Saturdays 10.30 - 12pm

Book to avoid disappointment

Cost: £2

Contact 640650

Bowling

NSC, Douglas.

Manx Retirement Association Bowling

Thursday 2pm

Please call 817007 to book a place.

All Welcome.

Onchan Crown Green Bowling Club, Onchan Park

Ladies and Men's Club Bowling – which run separately but work together for the benefit of the Club.

Membership fees Apply. Call for further details.

Open April – September.

Play socially or competitively. The Ladies and men both play in two leagues. Beginners are welcome and tuition will be given

Contacts: Ladies Club Capt. Marilyn Ellison-253177 email: maz@wimanx.net

Club Captain: Libby Andrade 413318

St Johns Methodist Hall, St Johns.

Indoor Short Mat Bowling

Monday / Thursday 2 – 4.30pm Cost £3.00

Contact: E Kelly on 842548

(Winter Months only. Oct – April)

Douglas Bowling Club, Villa Marina, Derby Road

Crown Green Bowling

Crown green Bowling is a great way to stay active and meet new friends, and Douglas Bowling Club is always on the lookout for new bowlers to play social or competitive bowling.

Discounted membership is available for new bowlers with tuition and woods available for beginners.

Contact Paula Garrett on 411300,

paula@garfam.co.uk

www.douglasbowlingclub.com

Isle of Man Flat Green Bowling Club, Onchan Park.

Isle of Man Flat Green Bowling Club

We meet from April to September. New members Adults , Seniors , Juniors and visitors to island welcome. For further details contact Win Kewley 499174

Card Games (Bridge, Whist and so on)

St Pauls Church Hall, Ramsey

Whist Drive

1st Thursday of the Month at 7.30pm

£2. Contact: Alan 340591

Elim Family Centre, 2nd Ave, Onchan

Whist Drive

3rd Monday of the Month at 7.30pm

£2. Contact Alan 340591

The Cat with no Tail, Hailwood Ave.

The Manx Retirement Association

Whist Afternoon

Tuesdays 2pm £2

Contact: 817007

16 Banks Howe, Onchan

Manx Retirement Association

Rummikub Club

Times Vary so ring 817007 for times.

Onchan Pensioners Hall.

Whist Drive

Wednesdays 7.30pm

£2. Contact Alan 340591

Scout Hall, Ballasalla

Ballasalla Whist Drive

Fridays 7.30pm

Contact: Heather 824897

Brew with a Bobby and Social Worker Sessions

Come along & have an informal chat with your local Neighbourhood Policing & Older Persons Social Work Team

These events are an opportunity for local people to get to know the professionals within their local area. Free Refreshments. 'Let's talk about issues over a brew'

Western Session:

1st Friday of the Month

10am – 12 Noon

Westlands Lounge, Peel

Southern Session:

Last Friday of the Month

10am – 12 noon

Community Room, Reayrt y Chrink, Port Erin.

Chess Clubs

Falcon's Nest Hotel, Port Erin

Isle of Man Chess Club

Thursday's 7.30pm. Call Alan 495097.

Computer Clubs

Why not come along and enjoy the experience of learning new computer skills. From complete beginners to the more experienced, our aim is to build your confidence, improve your skills, but more importantly for you to enjoy the experience.

For more information on this free service you can phone: Drew or Barry of Age Isle of Man on 355453 or 485204

Douglas Sessions

iMuseum, Kingswood Grove, Douglas.

Wednesdays and Thursdays 10 – 12.30pm

Wednesday 1.30 – 4.30pm

Ramsey Sessions:

Ramsey Library, First Floor (Lift Available)

Tuesdays and Fridays 10 – 12.30

And Fridays 1.30 – 3.30pm

Port Erin Sessions:

New Southlands, Ground Floor, Library

Mondays 10 – 12.30pm, 1.30 – 4.30pm

Thursdays 2 – 4.30pm

Peel Sessions:

House of Mannanin, Peel

Top Floor, St Patricks Isle Suite

(Lift Available) Coffee shop on Ground Flr

Mondays 10 – 12.30 and 1.30 – 4.30pm

The Cat with no Tail, Hailwood Centre, Douglas

The Manx Retirement Association

Monthly Computer Discussion Group

Group meetings at on the first Wednesday of every month from 10.30am to 11.30am.

All Welcome.

Leonard Cheshire Disability – Computer Drop in Centre

Willow House, 61-69 Main Road, Onchan (above and behind Onchan Library)

Tuesday – Fridays 11am – 3pm.

Free internet access, printing and scanning facilities.

Volunteers on hand to help those with limited computer knowledge.

Refreshments available

Wheelchair accessible

Donations Welcome!

Onchan Library, Onchan

Free one-to-one computer tuition for seniors

Tuesdays 10am – 12pm. Contact 621228 to book

Dance Classes

Madhatters Dance and Theatre Academy

Mannannan House, Castletown.

Ballet, Tap, Theatrecraft and Musical Theatre.

Teaching aged 3 and above.

Classes are run on Monday, Thursday and Saturday

Contact: Helen Terry 472732 or email

madhatters@manx.net

Tregellis House, Westmoreland Rd, Douglas.

Move It Dance Classes

Classes every night of the week plus weekends.

All Ages and Abilities

Call 615989 or email dance@moveit.im

www.moveit.im

Kensington Youth Arts Centre, Douglas

Represent Dance

Kids Street Dance Classes

Saturdays – ring for details

Contact: Dave 408545.

Methodist Hall, Station Rd, Port Erin

Sequence Dancing

Tuesdays 8 – 10pm

Contact: Lesley 835071

Manx Legion Club, Market Hill, Douglas

Afternoon Tea Dance

Mondays 2pm-4pm, All Welcome.

Call 675217

South Douglas Old Friends Club

Linedancing for beginners

Tuesdays, 7.30-8.30 pm.

Doors open at 7.00 pm. All welcome

Pensioners Hall, opp. Library, Onchan.

Arabic Dance Classes

Saturdays 10-11 Beginners;

11.15-12.15 Improvers.

£5 for class; £7 for both.

St Johns Methodist Hall, St Johns.

St Johns Good Friends Tea Dances

Sequence Dancing with live music from Eric Kelly and Jim Maddocks.

Dancing, Afternoon tea and Friendship

Wednesdays 2 – 4.30pm Cost £3.00

Contact: E Kelly on 842548

St Andrews Church, Glencutchery Rd, Douglas

Arabic Dance Classes – All Abilities

Weds 7.30 – 9pm. £6 per class.

All the classes work on different aspects of Arabic (Belly) Dancing and are suitable for all women no matter shape or size.

Call 210200 or visit www.hediva.org.uk

Methodist Church Hall in Onchan.

Manx Folk Dancing Society

1st, 3rd and 4th Tuesdays of the Month

Cost £20 for the term Beginners welcome!

Info

Beginners – 7.00pm – 8.00pm

More Advanced – 8.00pm – 10.00pm

Learn traditional and newly created dances the fun way!!

For more information email us on mfds@manx.net

The Masonic Hall, Woodbourne Road Douglas

Ceroc (a fusion of Salsa and Jive)

Mondays (Doors Open at 7pm)

Beginners Class 7.30pm

Beginners Plus Class 8.30pm

Tel: 07624 456056

Email: cerocisleofman@gmail.com

Onchan Pensioners Hall,

(across from library)

Sequence dancing,

Saturdays 8pm. Call 829669.

Pulrose Methodist Church hall, Douglas,

Social sequence dancing,

Saturdays 8pm. Also Monday, Wednesday and Sunday. Call 842878.

Ebenezer Hall, Kirk Michael

Red Boots Line Dancing,

Fridays from 7pm. Beginners welcome, Adults £3.50, children £1.50. Call 878687.

St Paul's Hall, Ramsey

Argentine Tango for All,

Fridays from 7pm.

Advisable to check www.tangojinman.com for details or call Maggie or Bob 880650.

Exercise & Fitness Classes

Total Wellbeing From Bump 2 Birth & Beyond

Pregnancy & Birth Preparation Class

Crosby Chapel Hall

Every Saturday 10-11.30am

Mummy Movement Classes

Noble's Park

Wednesday and Fridays 10-11am (term time only)

Go to www.totalwellbeing.co.im for more details

Walk & Talk sessions are held every week:

Suitable for all ages & abilities, the concept is simple: Walk & Talk allows you to walk around a short circuit at your own pace & the emphasis is on talking with your fellow walkers, not just walking! A record is kept of the distances you cover. There are prizes on offer when you have walked 10 miles, 25 miles & 100 miles, which can be built up over time, at a pace that suits you

Monday Poulson Park, Castletown

10am -12.00pm

Register at Railway Station next to Viking Hotel

Monday NSC, Douglas 5.30pm - 7.30pm

Register at NSC Main Reception

Tuesday NSC, Douglas 09.30am-11.30am

Register at NSC Main Reception

Wednesday Mooragh Park, Ramsey.

10.00am- 11.30am

Register at Lakeside Centre Café,

Thursday The Promenade, Peel

10.00am-11.30am

Register at Harbour Lights Café

Friday NSC, Douglas 09.30am-11.30am

Register at NSC Main Reception.

There is a nominal fee of £1.50 per session which includes refreshments.

The National Sports Centre, Douglas

Manx Retirement Association

Stretch and Flex Classes

Thursdays at 10.00 am.

Contact Margo Naylor 617007

Rehab Swimming

Manx Sport & Recreation in conjunction with the National Sport Centre, Northern, Southern and Western Swimming Pools now offer weekly [Rehabilitation Swimming Sessions](#) across the Island for all individuals with disabilities, health related needs or recovering from injury.

These weekly swimming sessions are facilitated by highly qualified swimming teachers who can help support you as well as improve your swimming technique and swimming style.

It's never too late to learn, so whether you're new to swimming or just looking for some tips to improve your swimming; our qualified instructors are on hand to help you meet your swimming goals.

NSC Swimming Pool

Mondays 2.30 – 3.45pm

Western Swimming Pool

Mondays 7.30 – 8.30pm & Thursdays 1 – 2pm

Southern Swimming Pool

Tuesdays 2.45 – 3.45pm

Northern Swimming Pool

Saturdays 12Noon – 1pm

For more information on any of these activities please contact Zoe Crowe: 688575 or email

zoe.crowe@gov.im

Chair Based Exercise Sessions for Active

Ageing with Justgophysio Limited

Contact 612439

Email: thepolyclinic@manx.net

Northern Chair-Based Exercise sessions

Town Hall, Ramsey

Monday: 10.30am to 12 noon

Friday: 2pm to 3.30pm

Southern Chair-Based Exercise sessions

Sandfield Residents Lounge, Castletown

Tuesday: 2pm to 3.30pm

Methodist Church Hall, Port Erin

Friday: 2pm to 3.30pm

Western Chair-Based Exercise sessions

Westlands Residents Lounge, Peel

Wednesday: 10.30am to 12 noon

Eastern Chair-based Exercise sessions

Youth and Community Centre, Onchan

Thursday: 1.30pm to 3pm

Faith Meetings and Prayer – Youth Groups

Laxey Christ Church “Sunday Club”

Every 4th Sunday at 11.10am FREE

Ages 4 to 11 (pre school welcome if accompanied by parent/carer)

Contact: Rev Jo on 861989

Laxey Christ Church “All Age Worship”

Every 2nd Sunday at 11.15am

A shorter fun church service with children as its focus

Contact: Rev Jo on 861989

Faith Meetings and Prayer – General

Kirk Maughold Parish Church

“Family Service” with Treasure Seekers

1st and 3rd Sunday of each month at 9.30am

Coffee and Juice afterwards

Contact: Lilly 810958

Eastcliffe Resource Centre,

Victoria Road, Douglas.

Isle of Man Religious Society of Friends

(Quakers)

For a silent hour of worship.

10.30am every Sunday

Contact Michael quakerfriends@manx.net

463126

Onchan Methodist Church Lounge

Onchan Methodist Women's Fellowship

Contact: Mrs Sheila Astill, 620236

Meets: Fortnightly from the end of September to Easter. Wednesdays 2.30pm.

Social meeting for ladies of all ages with speakers and demonstrations. Funds raised during the session distributed to local charities.

Onchan Village Hall, Royal Avenue,

St Peter's Ladies Group

Contact: Celia Marshall 621925.

Meets: 1st and 3rd Wednesdays of the month at 8pm.

An unstructured ladies group within the church providing friendship and companionship through talks, demonstration and social events. All ladies welcome to attend

Onchan Baptist Church

Friendship Club

Meet every Wednesday at 2.30 p.m. from Sept to June

Contact Joan Hitchen on 674255

A weekly meeting providing a warm and friendly welcome for the over 60's plus interesting speakers, activities, outings and light refreshments.

“The Link”

Meet the last Friday of every month at 7.30 p.m. from October to June

Contact Mike Best on 623415

A monthly get together for all ages with a variety of topics by speakers from different walks of life. The evening includes a buffet supper.

Varying Venues – in East & West of Island

AGLOW International – Ladies Meetings

Monthly

All Ladies Welcome

For details call Betty Esson 898928

www.aglow.org

St John's Mill, Mill Rd, St Johns

Free lending library & reading room, with

faith-related books and dvds for all

Mon - Fri, check for availability.

Duty Manager: 802900.

www.stjohnsmill.com

Daily Prayer

Daily 9.30am. All Welcome.

Healing Services

Monthly. All Welcome

For details call David Roberts 629683

Island Spirituality Network

Monthly Saturday meetings. All Welcome

For details call David Roberts 629683

www.islandspiritualitynetwork.org

Independent Living Schemes – Island-Wide

Douglas

Social activities and events include:

One to One befriending

Douglas lunch groups

Coffee Afternoon

Contact Jan Farrell

Tel: 627778 / 342602

Email: douglas.liveathome@mha.org.uk

Onchan

Social activities and events include:

One to One befriending

Lunch group

Contact Anni Pearsall

Tel: 625157 / 459226 or

Email: onchan.liveathome@mha.org.uk

Laxey & Lonan

Social activities and events include:

One to One befriending

Lunch group

Contact Jackie Bridson

Tel: 861691 / 497261

Laxeyandlonan.liveathome@mha.org.uk

Northern

Social activities and events include:

One to One befriending

Coffee Mornings

Lunch Groups

Contact Kerry Palmer

Tel: 818015 / 244256 or

northern.liveathome@mha.org.uk

Western

Social activities and events include:

One to One befriending

Coffee Mornings

Lunch Groups

Contact Hilary Yates

Tel: 843012 / 414796

western.liveathome@mha.org.uk

Southern Befrienders

One to one befriending

Lunch Group

Chair Based Exercise Classes

Contact:

Tel: 833025 / 468053

Email: southernbefrienders@manx.net

Web: www.southernbefrienders.im

Heritage Groups

Village Hall, Royal Avenue, Onchan

Friends of Onchan's Heritage

Approx. Bi-monthly - Call for details

Contact Mrs E. Park 624759.

The Friends is open to anyone with an interest in the history of Onchan. Illustrated talks and guided tours are provided for members

Language Groups and Social Gatherings

Top Hall, Promenade Methodist Church, Douglas

Café Lingo (Isle of Man)

If English is your second language – come converse and learn English in a relaxed, friendly atmosphere.

Time: 10.30 – 11.30am

Cost: Lesson, tea, coffee, cake and biscuits - all FREE.

Contact: Karen Norton 458340

Manx Language Groups

Classes in Port St Mary, Peel and elsewhere together with Manx for business classes, all run by Culture Vannin

For more information contact Adrian Cain on 451098 or at adrian@culturevannin.im

Meditation, Self Awareness and Self-Development

Monthly Mindfulness Meditation Classes In Douglas and Peel

All welcome - all levels of experience including beginners.

Cost: £5 donation for Room Hire costs

Contact Mike for more information 376856

mike@myfreemind.org

Check out www.myfreemind.org for times and locations.

COURSES:

Spring Mindfulness Day-Retreat

Join Mindfulness Teacher Mike Kewley for this special day of silent sitting and walking meditation to discover your own depths of stillness, insight and wisdom. Held at The Institute in Laxey, this is an ideal and supportive environment to nourish both your practice and your wellbeing. All levels welcome, full instruction given.

Date: Saturday 11th March 2017

Time: 9am - 4.30pm

Price: £75.00 (Includes vegetarian lunch) Places secured upon payment.

How to register: Please email mike@myfreemind.org or call 376856 for more information.

*Please note that places are booked on a first come, first served basis. Registration closes on Thursday 9th March.

The Big Compassion Workshop

Mindfulness teacher Mike Kewley explores the themes of awareness, compassion and acceptance, suggesting that we are hard-wired for kindness and connection. Mike will also introduce three powerful and transformative practices to calm the mind, open the heart and heal difficult emotions.

Date: Thursday 27th April, 2017

Time: 7pm – 9pm

Location: University College Isle of Man

Price: £12.00

How to reserve your place: Please call the University College directly on 648200 to reserve your place and quote course code ED591-UX

Brahma Kumaris Isle of Man

About Brahma Kumaris Isle of Man

We are an Isle of Man registered charity, fully funded by donations given by local people.

Since 1994, we have been offering courses, retreats and seminars facilitating self-

development and well-being through self-awareness, meditation and positive thinking.

We are one of a network of BK centres around the world in over 135 countries.

All courses and classes above (except Saturday meditation) are held at **20**

Appledene Court which is located over the road from the Anagh Coar shops and Snaefell Surgery, accessible via Woodlands View (IM22BU). All sessions are free of charge, donations welcomed. Please park in the public car park by the shops. Find us on Facebook:

Facebook.com/BrahmaKumarisIsleofMan

Look online at

www.brahmakumaris/uk/isleofman or call **626940** to register.

Weekly Group Drop-in Meditations at Appledene Court

Sunday 6.30pm to 7.30pm

On every third Sunday of the month at this time, all centres throughout the world

celebrate World Meditation Hour.

Meditation in Port Erin on Saturdays at 5.30pm to 6.30pm

There is a weekly meditation at Thie

Rosein, the old Southlands building. Please see website for details or call 626940.

Memory Support Groups
(for those with Memory Problems as well as Carers and Family/Friends)
Groups run by The Alzheimers Society.

Mobile Memory Café
Call 613181 for route details.

Ramsey – Brookfield Nursing Home
Cloughbane Drive, Ramsey, IM8 2RE
Singing for the Brain (Ramsey)
Every other Tuesday 2 – 4pm

Peel – Age-Isle of Man, Ny Kiare Thieyn
Resource Centre
Singing for the Brain (Peel)
Every Wednesday 1.30 – 3pm

Singing for the Brain® is a stimulating group activity, for people in the early to moderate stages of dementia and their carers, which can help with general well-being and confidence.

You'll meet others with similar experiences in a relaxed setting, and can join in a variety of songs, as much or as little as you like. The groups are run by our friendly staff and volunteers, and are led by a trained Singing for the Brain® leader.

Call Susan on 346794 for further info.

iMuseum Entrance (back of Manx Museum),
Kingswood Grove, Douglas
Golden Memories Group
1st Wednesday of the Month 2-4pm
Remembering the good old days....we would like to invite you and your carers to tell us

about your golden memories of days gone by. Working in partnership with Manx National Heritage, Alzheimer's Society Isle of Man are running monthly sessions open to anyone who has been diagnosed with dementia. Call Susan on 346794 for further info.

One to One Sessions for people diagnosed with dementia

We offer the opportunity for you to speak to a dementia support worker and will give personal advice on all aspects of living with dementia and finding the right care and support.

Carers Information and Support Programme (CrISP)

This programme is specifically designed to give carers an insight into the causes of the condition, how the disease affects people in many different ways, what financial and legal options are available, caring strategies for dealing with any challenges which may or may not present themselves and where to find support and care in our community.

These courses are run regularly throughout the year at Kirk Braddan, Peel and Ramsey, and are also available as an evening course as part of the IOM College prospectus. This may be more convenient if you work during the day. Please call 613181 for more information.

Braddan Church, Douglas

Forget – Me – Notes

Come and Join our Memory Choir
Sessions held on the 1st Tuesday of the Month 2-4pm.

For more information call Andrea or Lorraine on 642879

Or Email andrea.marsden@gov.im

The Decaf 'Café' is for people with Dementia and Memory problems, their families and/or carers. There are 4 café's now across the Island. For Enquiries/Details call 642879
Southern Decaf @ Cherry Orchard Hotel, Port Erin,
2nd Wednesday of the month, 2-4pm

Northern Decaf @ Ramsey Town Hall

2nd Thursday of the month, 2-4pm

Douglas Decaf @ Douglas Golf Club, Pulrose

Last Friday of the month 2:30 – 4:30pm

Miscellaneous

Various Venues

IOM Sling Meet

Discuss and try a range of baby carriers

Dates/times – Monthly - Varying

Contact - Sam 498547

www.iomslingmeet.com

Based in Foxdale

Isle of Man Cloth nappy network & library

Library of nappies available to try as well as advice.

Various dates/locations monthly

Contact Nicky 249504

Email iomclothnappynetwork@gmail.com

Close Woirrey, Ramsey

(diagonally Opp Bus Station)

Manx ASC Support Group (North)

For Parents/carers of children and young

adults with an Autistic spectrum condition

Second Wednesday of the month 1-3pm

Last Wednesday of the month 7-9pm

For info please contact Estelle on 211400

Model Boat Clubs

Manx Model Boat Club

Contact: Secretary: Mr J. Quayle on 660323

Email: mmbc@manx.net

www.manxmodelboatclub.org

On weekends when we don't have an organised event, you can find members having a sail on Sunday mornings at Silverdale Glen

lake starting at 10am.

The Mothers' Union

The Mothers' Union is a Christian mission organisation working with people of all faiths and none in 83 countries to promote stable marriage, family life and the protection of children through praying, enabling and campaigning. We have over 4 million members worldwide. Our members are not all mothers, or even all women. They are single, married, parents, or grandparents.

If you wish to know more and find the nearest Branch to you please email the Secretary on musecretary@manx.net or telephone 851060.

We have branches across the Island in Arbory, Braddan, Bride, Dalby, Dhoon, Douglas (5 branches), Foxdale, Kirk Michael, Malew, Marown, Maughold, Onchan, Patrick, Peel, and Rushen.

Music and Movement Classes for Babies and Toddlers

Hiit Fit, 4/5 Glen Falcon Road, Douglas

Baby Sensory (NEW)

A fun-filled programme of learning and development for babies from birth to 13 months.

Fridays 9:30-10:30am 7 months to 13 months (Wrigglers)

Fridays 11-12pm Birth to 6 months (Newbies)

Cost: £75 for a 10-week booking.

To Book Contact Gemma

at isleofman@babysensory.co.uk

St Ninian's Church Parish Centre

Manx Music Bus,

Music Club for preschoolers

Thursdays 9.30 – 10.30am

Contact Rosie 437386 for details

Island-Wide

Action Songs and Rhymes (term-time only)

Cost: FREE (courtesy of the The Children's Centre) Donations Welcome

Call 479452 – to find your nearest group.

All Saints Church Vestry

Alexandra Drive

SuperSaints

Music, Movement, Stories, Rhymes + Prayers

Tuesdays 10 -11.15am (Term-time only)

Ages 0-4 £1 per child

Contact: Kristene 427185

Music, Singing , Bands - General

Trinity Church Hall, Ramsey

Ramsey Choral Society Rehearsals

Mondays 7.15 – 9pm

Contact:

All Welcome. Come and Sing!

St John's Methodist Church

Glenfaba Chorale Choir

Mondays 7.30pm

We are looking for singers.

No experience necessary. All Welcome

Contact: Muriel Corkish 620548

St Columba Catholic Social Club

Circular Rd, Douglas

Lon Dhoo Male Voice Choir

Weds 7.45 - 9.30pm

Returning and New Singers Welcome

Contact Gary Corkhill 627027

**Salvation Army Citadel, Lord Street,
Douglas,**

Friday Lunchtime Choir

Open to All – come and Enjoy!

Fridays 1.15 – 1.45pm.

Call Maggie Richardson 686555

Onchan Silver Band Rehearsals

Every Monday and Friday evening,

Juniors/beginners from 6.15pm,

Full band rehearsal 7.30-9.30pm.

**The band room is located at the rear of Onchan
Commissioners' offices on the Main Road,
new and returning faces always welcome.**

Contact: karen_karran@hotmail.com for
details

Marown School, Glen Vine

Isle of Man Wind Orchestra Rehearsals

Every Thursday night in school term

7.45 pm to 9.40 pm.

For brass, woodwind and percussion players.

New and returning faces always welcome.

Visit our site at www.iomwo.com for more
info or call 457157.

Eastcliffe in Victoria Ave, Douglas

Manx Saxophone Ensemble

Mondays from 7pm

More info: Call Jem Cotton 842874

jem.cotton@wm.im

Jim Crosbie Memorial Bandroom,

Derby Road, Douglas

Manx Youth Band

Thurs 7pm – 9pm and Sats 10 – 12pm

Learners: Saturdays 12pm – 1pm

Manx Concert Brass

Mon & Weds 7.30pm – 9.30pm

Contact: Ian 622030 or e-mail the Secretary at
secretary@manxyouthband.org

Parents and Tots Groups

Anagh-Coar School

Mini Club – Parents and Tots

Weds 9.30 – 11.15am

Ages: 0 – 4 and their Parents/Carers

Cost: £1 per Family inc refreshments

Contact: Caroline 851782

Andreas School Mobile Classroom

Parent and Toddler Group

Tuesdays 9.15 – 11.30am

Contact: Andreas School 880375

Ballaugh Village Hall

Parents and Tots

Thursdays 10 - 12 pm

Cost: £1 per family (inc drinks)

Contact: Dawn 428359 or Kellie 439993

Braddan Church Hall,

Mini Club – Parents and Tots.

Weds 1.30 – 3.30pm

Ages: 0 – 4yrs and their parents/carers

£1.50 per family inc. refreshments

Contact: Elizabeth 675091

The Buchan School

Little Sunflowers Baby & Toddler Group

Ages 0-4yrs

Wednesday 9.00 -10.30am (term-time)

Cost FREE

Craft activities, songs, story, refreshments.

Contact 820110 or admissions@kwc.im

**Castletown Methodist Church, Arbory St,
Daniel's Den**

Day: Mondays and Wednesdays

Time: 9.30 – 11am

Cost: £1 Contact: Stephanie 240958

St Mary's on the Harbour, Castletown

Messy Church

Day: 3rd Saturday of the Month

Time: 12.30-2.30pm

Children must be accompanied by an adult.

Contact: ?

Colby Methodist Hall.

ROCK Sunday Club – 10:30am (Term-time)

Music, stories, crafts, puzzles and challenges.

PEBBLES – 10:30am Sunday (Term time)

Friendly club for preschoolers with parents/carers.

CONTACT Jane 492010 or Pam 832070

Douglas

Salvation Army Citadel

Lord St, Douglas

Sunbeams Parent & Toddler Group

Weds 9.30-11.30am (term time)

75p adults, 25p children

Contact 627742

National Sports Centre

“Jumping Jacks”

Days: Tues + Thurs

Time: 10-11am, 11-12pm, 1-2pm, 2-3pm

+ Tues Only 3-4pm sessions

Age: Under 4's Contact: 688588

Cost: £3.10 per session

**St Thomas' Church Vestry, Finch Rd.
Douglas**

Edward Bears Toddler Group,
Wednesdays 1.30 – 3pm – All Yr Round
Contact: Caroline 435600
Age: 0 – Pre-school
Cost £1 per family with drink and snack included.

**Dragons Castle, Villa Marina, Douglas
IOM Twins/Multiple Births Club**

2nd Weds of each Month 10.30am – 12pm
Cost £3 per Family
Contact: Rachel 474535.

St Ninian's Church, Douglas

Kittens @ St Ninian's
For Parents, Carers and children
from babies up to pre-school
(term time only)
Mondays 10.30 - 11.30 am
£1 per family
Contact: Christine Roberts 629683

Kewaique School (New Day)

Parent and Toddler Group
CATCHMENT AREA ONLY
Wednesdays 2.30-3.30
Term time only
For any aged children who will be attending
Kewaique School in the future.
Cost: Donation for teas/coffees.
Contact The School on 673951

Cronk -y-Berry School

Side Entrance (Term Time only)

Parents and Tots Group

Tues 9.30 – 11.15am
Thurs 1.30 – 3.15pm
Cost: £1 per family
Contact: Kelly 393844

**Broadway Baptist Church
Broadway, Douglas**

“First Steps”

Tuesdays: 9.45 – 11.45a.m (term time only)
Age: from baby – school age
Cost: £1 Contact: Rosie 437386

**Broadway Cinema, Villa Marina, Douglas
Parent and Baby Cinema.**

Enjoy the latest releases in a baby-friendly
atmosphere.
Contact LLL Leader Siobhan 487334 or
parentandbabycinema@manx.net

Parentcraft Room, Nobles Hospital

La Leche League

Mother-to-mother support for breastfeeding:
for pregnant women interested in learning
more about breastfeeding and all breastfeeding
mothers.
LLL Leaders Katie Davies 619836 / 316950 or
Siobhan Molloy 625158 / 487334 or
lllbreastfeeding@manx.com

**All Saints Church Hall, Alexander Drive,
All Saints' Messy Church.**

1st Sunday of month 11.15 am - 1.15 pm
Crafts and celebration followed by lunch.
All welcome but children must bring an
adult. Contact Cath 626097 for details.

**Living Hope Community Church
The Studio, Opp the Palace Cinema
Park in Cinema Car Park.**

Toddle Inn, Douglas

Parking in the Cinema car park.
Weds 9.30am - 11.30am.
Refreshments, play and chat!
Contact: Cara 364348

**Foxdale Primary School Community Hall
Parents and Tot's**

Wednesdays 2 – 3.15pm (term-time only)
Contact: Emma 801946
Cost: £1.50 per Family

**St Pauls Church, Foxdale
Foxdale Panda Club**

Some Thursdays 2 – 3.20pm
Contact Nancy 497747 or
nancyclague@manx.net for full details.

**Glen Maye Chapel & Community Centre
Baby and Toddler Group**

Fridays 9.30 – 11.30am
Cost: £1.50 per family to cover
craft/refreshments
All Welcome
Contact: Debbie 845681

**Dhoon Church Hall,
Parents and Tots Group**

Mons 9.30 – 11am
Cost: £1.50 per family. Contact: Dawn 863064

**Marown Hall, Peel Road, Crosby
Marown Moms and Tots**

Weds 1.30 – 3pm
£2 per family (inc refreshments)
Janice ward 851378.

**Ebenezer Hall, Kirk Michael
Parents and Tots**

Wednesdays 1.45 – 3.15pm
Cost: £1.50 per family
Contact: Carrie 321074

Jurby Health and Community Centre

Parents and Tots

Thursday 9.30 – 11am
(Health Visitor Attending – 10 – 11am)
FREE Donations Welcome
Contact: Julie 355360

Laxey Working Mens Institute

Laxey Mums and Tots

Fridays 10 – 12pm
Cost: £2.50 per family inc. refreshments
Contact: Louise Gribble 432442
Or find us on Facebook.

All Saints Lonan Church

Edward Bear Club

(for pre-school Children)
Tuesdays 2-3pm
Contact: Rev Jo 861989

Onchan Elim Church, Elim Family Centre, Second Ave, Onchan. IM3 4LE.

"Tiddlers" Parent & Tots group.

Fridays 10:00am - 11:45am (Term-time only)
0-4 yrs £1 per family
Contact Anne: 434933 or Church Office
665186 Singing, crafts and much more

Onchan Parish Hall, Royal Ave

"Carers and Tots"

Fridays 1.15 – 3.15pm
Age: birth upwards
Price: £1 per child
Contact: Jill Dugdale 625328

"Peter Bear Club"

Day: Some Mondays – call to find out which.
Time: 10.15 – 11.15am
Price: Free
Contact: Jackie 451988.

Grace Baptist Church, Market St, Peel

Good News Club

Mondays 4:30pm-5:30pm
Age: School Yrs 1 – 6
Games and craft; free entry and refreshments;
Contact Pauline 335890

Grace Tinies

Wednesdays 9:15am-11am
Ages: 0-4 yr olds
Free entry and refreshments
Contact Louise 300258

Philip Christian Centre, Peel

Peel Play Group

Day: Every Weekday (Term Time only)
Age: Preschool from 2 up.
Time: 9am – 12pm & 1pm – 4pm daily
Contact 842043 or 436981 or during open
hours 439136

Champions Parent and Toddler Group

Thursdays 9.30 – 11am
Fee £1 Contact: Bernie 259890

Parents and Tots Group inc Krafty Kids

Age: Birth – 4.
Fridays 10 – 11.30am (Term-Time only)
Contact: 355360

Roll'n'play (Soft play sessions)

Age: Birth to 4.
Mondays 10 -11.30am (Term-Time only)
Contact: 355360

**Unless otherwise stated - All the above are
Free (courtesy of The Children's Centre)
Donations Welcome.**

Peel Clothworkers School, Main Hall

Parent and Toddler Group

Thursdays 2 – 3.15pm
Cost £1
Contact Bernie 259890

St German's Cathedral

Caterpillar Club - For Pre-school Children

1st & 3rd Weds of every month.
Time: 10am.
Craft activities, songs, story, refreshments.
Contact 844830

Living Hope Community Church Building, Bayview Rd,

"Toddle Inn Parent and Toddler Group"

Tuesdays: 9.30 – 11.30a.m (term time only)
Age: babies - preschool
Cost: £1
Contact: Emma 231203

Scoil Phurt Le Moirrey

Parents and Toddler Group

Thursday 9:30 - 11:30am (Term time)
Soft play, crafts, music and refreshments
Contact 835531 or email:
enquiries@phurtlemoirrey.sch.im

Church on the Rock

(Behind Ramsey bus station)

Noah's Ark Tots Group

Mons & Thurs 9 – 11am (term-time only)
£1 per child. Refreshments are provided.
Contact: Heli 256797.

St Olave's Church, Bowring Road

Tiddlers

Tuesdays 9.30 – 11.30am (term time only)
£1.50 per child (inc refreshments)
Contact: Anne 451896 or 813033

Ramsey Rugby Club

Toddle Inn by Living Hope Community Church

Thurs 9.30-11.30am. £1 per family.
Refreshments and Craft included
Contact: Charlie 372559

Ballagarey Methodist Church Hall

Ballagarey Babies

Parent and Toddler Group

Age: 0 – 5yrs

Wednesdays 1.30 – 3pm (All year Round)

Tea, toast and chat – toys and crafts, stories and songs. All Welcome.

Contact: Catreeney Denham 498037

Sulby Methodist Church

Sunday School (during term time)

10.30am onwards.

Willaston School Main Hall

Willaston School Happy Tots

Thurs 10 til 11.15am (term time only)

£1 per family - including refreshments

Contact School Secretary on 621577

Pilates

Manx Pilates with Wendy Amaral

Ballaugh Bowling Club, Ballacroscha, Ballaugh

Tuesday 5.15pm to 6.15pm

Tuesday 6.30pm to 7.30pm

Laxey Working Men's Institute, New Road, Laxey

Wednesday 10am to 11am

Ramsey: The Studio, First Floor, 4 Bowring Road, Ramsey (opposite Shoprite)

Wednesday 6.00pm to 7.00pm

£8 per class - classes must be pre-booked

Mats/equipment provided

Contact Wendy 266245

Online booking also available

at: <https://uk.bookingbug.com/home/52742->

Manx-Pilates

E-mail: wendy@manxpilates.im

Facebook: <https://facebook.com/ManxPilates>

Poetry Groups

Archibald Knox Pub function room, Onchan

IOM Poetry Society

3rd Sunday in each Month to read ours and others Poems.

7.30pm to 9.30pm

£10 per year inc Publications containing our members work.

All welcome. No pressure to read.

Contact: Chairman Bethany on 481792 or email poetry@manxcat.org.uk

Pregnancy Groups/Ante + PostNatal

Total Wellbeing From Bump 2 Birth & Beyond

Pregnancy & Birth Preparation Class

Crosby Chapel Hall

Every Saturday 10-11.30am

Mummy Movement Classes

Noble's Park

Wednesday and Fridays 10-11am (term time only)

Go to www.totalwellbeing.co.im for more details

Centre 21, Greenfields Rd, Douglas.

Breastfeeding Buddies (NEW VENUE + TIME)

Tuesdays: 11am – 12.30pm

All antenatal and breastfeeding mums welcome. Contact Nicole 656030

Royal British Legion

To promote the welfare of the ex-service and service community. The Royal British Legion is the largest service organisation in the world. Potential members do not need to have served in the forces to become an associate member.

Royal British Legion Women's Section Douglas Branch

New members welcome.

Please contact:-

The Chairman, Mrs. Genevieve Armstrong
674150/266068.

The Secretary, Mrs. Lily McLean 274513
email: lilymilo@gmail.com

Cat with no Tail, Governors Hill

Onchan Branch Royal British Legion

Branch meets third Thursday of each month September to May starting 2-30pm. Light refreshments.

Contact Doug Porter 622924

Sporting Activities:

Archery

Onchan Youth and Community Centre, School Road, Onchan

IOM Archery Club

Contact: Sarah Rigby on 470370

Meets: October to May, Monday and Thursday evenings and Sundays.

Archery instruction, practice and competition.

New members welcome.

**The Old Brewery behind The Hop Garden,
Mount Murray, Santan.**

Bowderyn Vannin Field Archery Club

Tuesdays on 7pm

First Lesson Free then £1 per session after that. Membership of NFAS needed to join – but have a taster session to find out more.

Call Roger 835674 for further details.

*** During the Winter months – the sessions only occur on the 1st and 3rd Sunday of the month at 1pm, depending on the weather.**

Call Roger if in doubt of times and details.

Athletics

Ramsey Grammar School (East Field)

Lezayre Rd.

Northern (IOM) Athletics Club

(For 4yrs and up)

U11, U9 and U7 – Every other Weds

U13 and over – Every other Weds

For full details contact:

clubsecretary@iomnac.co.uk

Manx Harriers Training

For details / information on Membership fees and so on Visit manx.harriers.com or visit their Facebook page.

We offer two free taster sessions, thereafter we would welcome the athlete to join the club. If they do not wish to join the club an additional charge of £2.00 will be payable.

NSC Bottom Car Park

Running: Beginners Group & Intermediate Group

The beginners are a mix of walkers and runners.

The intermediate group are Training for Half/Full Marathons

We meet every Mon & Weds at 6pm.

All Welcome. No Cost

For More info Call Jo Glassey 49911

St Ninians Lower School

365 TRAINING

Mons 6pm - 7pm

£1.50

7 - 12 years of age. Registration 5.50pm

Contact Peter & Bridget Kaneen Tel 852884

CORE STABILTY & SKILLS WORK

Mons 6pm - 7pm

Age 13/14 upwards

£1.50

Andy Fox andycfox@outlook.com Tel 626415

NSC TRACK (rates apply)

OUTDOOR HIGH JUMP

Mons 5pm - 7.30pm

Age 12 Years upwards

John Whitlow

RACE WALKING

Mons 5pm - 6pm

Juniors & Seniors

Liz Corran. Tel 674566

ENDURANCE

Tues 6pm - 7.30pm

15 Years upwards

Contact Andy Fox for schedule andycfox@outlook.com
Tel 626415

POLE VAULT

Tues 5pm - 6pm Under 13 and upwards

Trevor Christian. Tel 688592

HORIZONTAL JUMPS

Tues 5.15pm - 6.15pm

Under 15 Years and above

Peter Kaneen. Tel; 852884

RACE WALKING TECHNICAL & FITNESS WORK

Manx Harriers Clubhouse

Weds 6pm

15 years upwards

TRACK WORK (rates apply)

Liz Corran 674566

OUTDOOR TRAINING FOR YOUNG ATHLETES

Thurs 5.50pm - 7.15pm

School years Recep. to Year 5

Coaches: Bridget Kaneen, Peter Kaneen, Fiona McGarrigle, Petra Atchison, Ellie Glassey: Volunteers: Jo Glassey

&

Thurs 7.00pm - 8.15pm

School years 6 to 11

Coaches: Niall McGarrigle and Di Shimell

email-dishimell@manx.net

HIGH JUMP

Thurs 5pm to 7.30pm

Age 12 and upwards

John Whitlow

HORIZONTAL JUMPS

Thurs 5.15pm - 6.15pm

Under 15 Years and above

Peter Kaneen. Tel; 852884

RACE WALKING PACE WORK

Manx Harriers Clubhouse

Thurs 5pm

11 yrs and older.

Liz Corran. Tel; 674566

Victoria Road Primary School Sports Hall, Castletown

INDOOR TRAINING SOUTHERN

Mons 6pm - 7pm

Up to school year 4

Mons 7 – 8pm

Year 5 upwards

Cost £2 Contact Lesley Christian

SPEED/SKILLS SESSION FOR SPRINTING/HORIZONTAL JUMPS

SAT 10.30am - 12pm

Under 13 boys & girls upwards

Peter Kaneen Tel; 852884

Different Venues

ENDURANCE

Sat 10am - 12pm

15 Years upwards

Contact Andy Fox for venues / schedule

andycfox@outlook.com Tel; 626415

ENDURANCE/CROSS COUNTRY

Age 7 to 13

Sat 11am - 12.30pm

Contact Di Shimell email: dishimell@manx.net or check Manx Harriers Facebook page

Badminton Clubs

To find out about ALL to do with Badminton Clubs on the island – just go to

www.iombadminton.com.

Cycling

Varying Locations/Starting Points

Ladies only Beginners MTB

Mondays 6.30pm

Good level of fitness and bike in good working order essential

Helmet compulsory

Contact via Ladies only Beginners MTB facebook page or madmanxcow@gmail.com

No charge

Trailer Tots

Have you got a child cycle trailer/ child seat/tag-a-long? Trailer Tots aims to bring together parents/carers who enjoy cycling and want to tow their children in a trailer. Purely for fun, fitness and being outdoors. Rides are weather dependent and will be posted to our Facebook page with a start time and meeting place as well as other useful information.

Visit Cycle Trailering Isle of Man on Facebook.

Fencing

To find out about all the Fencing Clubs on the island – for adults too – call Mr De Silva on 880863 or visit their Facebook page Isle of Man Schools Fencing

Mondays:

Andreas Parish Hall 4-5pm Ages 7+

Tuesdays

Arbory Parish Hall 4-5pm Ages 7+

Tuesdays

Ebenezer Hall, Kirk Michael

6.30 – 7.30pm Ages 7+

7.30 – 9.30pm Ages: Adults

Wednesdays:

The Gym, Ramsey 4-5pm Ages: 7+

Thursdays:

The Fun Factory, Oncham Park 4-5pm Ages 7+

Football – All Ages

Pulrose Football Fields

St Marys AFC

Football for Under 11's – Mixed.

Sats 10-30 – 11.45am.

Call Jim 405859

Marown Playing Fields

Marown Association Football Club

Boys Football 5 – 13yrs

Girls Football U7 upward

Beginners Welcome

Sunday 10am – 1130am (11am for U7's)

Cost: £50 for the Season (less if you start late)

Contact for boys sessions Dave 323649

Contact for girls sessions Helen 497888 or

helen.withers@rl360.com

NSC Sports Hall, Douglas.

Walking Football

Football for the Over 50's, come along and enjoy a slow paced version of the nations beloved game...

Get fit and keep active.

Tuesdays 12:00 – 1pm

£1 per session

Contact Lewis 615576 or email

Lewis.Qualtrough@isleofmanfa.com

FA Girls Only Skills Centre

Learn to play – Get Active – Play Football – Believe in Yourself

For All Abilities aged 5 – 11 years

Wednesday Nights – NSC Sports Hall – 17:00 – 18:00pm

Tuesday Nights – Tommy Clucas Hall, Peel AFC – 17:00 – 18:00pm

Contact Ben Qualtrough – FA Skills Coach

On 497477 or email Ben.Qualtrough@thefa.com for more info

General Sports

Trinity Church, Buck's Road

Sporty Church for 7 to 11 year olds

Fridays 6 p.m. - 7 p.m.

Football, Hockey etc. with 5 minute fun God slot

Price 50p inc. drink and biscuit

Contact Jean Faragher 628374

Hockey

QE2 Astro Pitch, Peel

Valkyrs Hockey

Beginners Welcome!

Juniors 8 and up

Weds 6 – 7.30pm (Term-time)

Senior 13yrs and up 7.30 – 9pm

Call Cath 801802

NSC Astro Pitch, Douglas
Bacchanalians Hockey Club
Beginners welcome!
Thursday evenings
Juniors 8 and up from 6pm (term time)
Seniors from 7.30pm
Contact bacchashc@hotmail.com

Karate/Judo/Taekwondo

Training in venues in Douglas.
IOM Karate Kobudo Federation
Teaching Kihon (basics), Kata (forms),
Kumite (fighting) & Kobudo (weapons).
Contact - Frank Newton, 6th Dan Kyoshi
(Japan) Tel:612305

Murrays Road School, Douglas
IOM Karate Federation
Tuesdays: Juniors 7 – 8pm
Tuesdays: Seniors 7 – 9pm
Fees: Minimal to cover rent/insurance
Contact: Frank 612305

Glencrutchery Special School Gym
Douglas
I O M Shotokan Karate Club
Training nights are
Monday , Thursday and Friday
Children and Adults Welcome
Black Belt Instruction
Contact John Kennish 629195
Jsk.engineering@manx.net

Isle of Man Judo Club
Fridays from 7pm
Age: 6yrs +
More info – call Andrew 378655 / Richard
310553

Onchan Primary School - Onchan
Manx Taekwondo
Tues and Thurs 6pm-8pm Age 6 yrs +
Sats 10am-10:45am 3 – 5yrs
Sats 11am-1pm Adults
Facebook: Manx Taekwondo or call Rod
Nielsen 07624 436181

Pinewood Complex, Pulrose, Douglas
IOM Taekwondo
Classes for 5, 6 and 7yrs:
Mondays 6 – 7pm
Wednesdays 5.30 – 6.30pm
5 days a week: Classes for 8yrs+ and adults
Visit www.iomtkd.org or text 432152 for info

Venues in Douglas.
IOM Karate Kobudo Federation
Teaching Kihon (basics), Kata (forms),
Kumite (fighting) & Kobudo (weapons).
Contact - Frank Newton, 6th Dan Kyoshi
(Japan) Tel:612305

Mini Golf
Onchan Pleasure Park (Summer Months
only)
Manx Retirement Association Mini Golf
Wednesdays at 2pm.
Phone 817007 for details.

Netball
Ramsey Grammar School
Netball Sessions (Term-Time only)
Tuesdays 8-9pm Seniors (Yr10 – Adult)
Contact: Colette 452718

Castle Rushen High School
Simcocks Eagles Netball Club
Mondays 6.00-7.30pm Year 7, 8, 9, 10 & 11
7.30-9.00pm All abilities
Contact Claire Belcher-Smith 481757 or email
clairebelcher@manx.net

NSC Main Hall
Mixed Netball Now
Mondays 6-7pm until 3rd April
Age: Over 18 yrs only
Cost: £4 per session
+
Walking Netball
Thursdays 10- 11am
£3 per session Term time only
Contact Rachel 308893

Tommy Clucas Community Sports Hall
Walking Netball
Tuesdays 10.30 – 11.30am Term time only
£3 per session Contact Rachel 308893

QEII High School
Netball Now
Tuesdays 7-8pm until 4th April
£4 per Session Contact Rachel 308893

Riding / Riding for the Disabled.
Ballavartyn Equestrian Centre
Manx Carriage Driving 4 Disabled
Providing Carriage Driving experiences and
Challenges,
Friday afternoons 1-3p.m.
Registered IOM Charity, 1172, and a member
group of Riding For the Disabled Association,
incorporating Carriage Driving.
Contact Janet, Secretary, Manx Carriage Driving 4
Disabled on 07624 322431 for further information
or to book a session.

Rugby

Mooragh Park Pavilion, Ramsey

Ramsey Rugby Club

Sundays 2 – 3.15 (weather permitting)

Year 2 – Year 11 school age.

Contact: 473087 www.ramseyrugby.com

Vagabonds Rugby Club, Ballafletcher Rd

Youth Rugby

Sundays 1.45 – 3.30pm (Sept – May)

Ages: 4yrs and up. Girls & Boys

Qualified Instructors, great new pitches and clubhouse. Monthly Tournaments.

Contact: vagabondsyouth@manx.net

Swimming Pools

NSC Swimming Pool 688588

Western Swimming Pool Tel: 842525

Southern Swimming Pool Tel: 823930

Ramsey Swimming Pool Tel: 812852

Tai Chi Chuan

Tai Chi Chuan Classes

Murrays Road School

Fridays 7.30 – 9pm

&

Lezayre Parish Commissioners Hall

Thursdays 2 – 4pm

Fee - Minimal to cover rent/insurance

Contact: Frank 612305

Tennis Clubs

Douglas Lawn Tennis Club, Kensington Road, Douglas.

Tuesdays, Thursdays 7-9pm, Sundays 11-1pm club sessions.

Beginners'/improvers' coaching Tuesdays

6-7pm. £5.

Juniors

Coaching Thursdays 4.30pm (4-8y.o.) and

5.30pm (8-10 y.o.) £3.

Tel. 302642 or email

douglastennis@manx.net.

Albany Tennis Club Ballaughton Meadows, Douglas

www.albanyltc.co.uk

Castletown L.T.A Club

Malew Street, Castletown

www.castletownlawntennisclub.webs.com

The Townswomens' Guild

The Townswomen's Guilds have three Guilds on the Island, Douglas (Evening), Mannin (Afternoon) and Peel which are for women of any age. They meet at least once a month and have interesting speakers, craft demonstrations or outings. If you wish to know more about the Townswomen's Guilds please contact the secretaries - Douglas, Mrs Pauline Richardson, 624434. Mannin, Mrs Jean Purvis, 674118. Peel, Mrs Brenda Forster, 843153.

TravelWatch – Isle of Man

TravelWatch Isle of Man is the Island's Passenger Watchdog.

www.travelwatch-isleofman.org.

On our website, readers will find a useful collection of information to aid the challenges of being a passenger!

University of the Third Age

U3A is a self managed learning co-operative for people with time available in the daylight hours.

Network meetings are held monthly on Thursdays at 2pm in **St Johns Mill**. This is an opportunity to listen to a variety of speakers, meet fellow members and find out about new Groups and events.

Activities are organised mainly in small groups that meet regularly, sharing their knowledge, skills and experience and learning from each other.

www.isleofman.com/U3A or call 801032.

Groups. Various meeting dates and venues.

For detailed information see the website.

- All about Herbs
- Art DIY
- Art History
- Book Club
- Bridge for Beginners
- Bridge Refreshers
- Craft
- Discussion Group
- Geology
- History and Literature
- Jazz Appreciation
- Latin
- Manx Churches Archeology
- Manx Language for Beginners
- Natural History
- Philsophy
- Rummikub
- Social Group
- Tai Chi
- TOTO (Those On Their Own)
- Walking
- Wellbeing

- World of Tomorrow
- Wearable Art
- Writing for Pleasure

Voluntary Organisations

St John's Ambulance

Building skills that will be VERY useful in life. For Specific details - Call 674387.

Groups meet at the Douglas HQ on Mon/Tues & Thurs and in Ramsey, St Olaves Church Hall on Fridays.

The Rotary Club.

A Social and Fundraising Organisation – helping to raise funds for ALL.

Open to All . Contacts for areas as follows:

Douglas - Secretary Howard Callow
851854

Ramsey - Secretary Terry Groves
terry.groves@manxcloud.com

Rushen - Secretary Terry Clare 472381
Douglas Bay - Secretary Stephen Castle
howstrake7@mymail.co.im

Onchan - Secretary Mike Percival
mikepercival@manx.net

The Manx Wildlife Trust Talks

To find out more about the MWT; the activities they run and how you can volunteer with them – just call 844432 or e-mail dawn@manxwt.org.uk

Walking / Race Walking

Race Walk Training Sessions

The NSC half mile roadway is always popular as a training venue, and there will be walkers using the facility every evening. Feel free to join in.

If you would like further assistance, three organized sessions are held at the NSC each week.

Monday 5pm – 6pm

NSC athletics track

Session for juniors and seniors – technique and speed

Tuesday 6pm – 7.30pm

Meet at Manx Harriers Clubhouse

Session for seniors – technique and drills

Thursday 5pm – 7.30pm

Meet at Manx Harriers Clubhouse

Session for seniors and experienced juniors

Ramsey training session

Monday 5pm – 6pm

Mooragh Promenade (opp. Swimming pool)

Session for juniors and seniors – technique and fitness

Coach: Steve Partington 489582

Peel training session

Saturday morning

Meet at the House of Mannanan

Session for juniors and seniors – technique and fitness

Coach: Bridget Kaneen 497594

All above sessions are free, (subject to track charge at NSC)

For more details, contact Elizabeth Corran on 473340,

manxharriers@manx.net

Women's Institute

The WI is a great place to meet new friends, develop new skills, learn a new craft, involve yourself in your local community, get on your soap box about topical issues and have time for yourself.

If you wish to know more and find the nearest Institute to you please ring the office on 818194 and speak to the Federation Secretary or email iomwioffice@manx.net

The list of Wi's are

Arbory, Avondale(Onchan),
Ayre (Andreas), Baldrine, Ballabeg,
Ballaugh, Bradda Head, Braddan,
Castletown, Cornaa, Foxdale & District,
Glen Maye, Kirk Andreas, Kirk Bride,
Laxey Minorca, Marown, Michael, Onchan
& District, Onchan Jubilee, Parkfield (Douglas) , Peel Belles, Peel City, Port St Mary, Port Soderick, Ramsey Harbourside, Santan, Spring Chicks (Douglas), St John's & District, St Mark's, Sulby
Individual WI's have added their listings but these will only be available on-line on this list (due to space) so feel free to download the list from our website.

Avondale Afternoon WI

Onchan Youth and Community Centre
2nd Thursday of the month at 2pm
Call 617746

Braddan WI

Union Mills Methodist Church Hall
The third Tuesday of each month at 2pm.
Contact: Mrs Joyce Quine 851543

Castletown WI
Arbory Street Methodist Church Hall
2nd Wednesday of the month at 7.30 in
Contact 823733

Cornaa WI
Ramsey Rugby Club, Ramsey
2nd Monday of the month at 7.30
Call Tina 303332

Foxdale WI,
Foxdale Community School,
Mondays 7.30pm. Call 818194.

Kirk Bride WI
Bride Church Hall
2nd Thurs of the Month at 7.30pm
Contact Moira Chrystel 814768
Laxey Minorca WI,
Laxey Football Club,
Mondays 7.45pm. Call 818194.

Marown WI,
Millennium Hall, Crosby,
Mondays 7.30pm. Call 818194.

Onchan and District WI
Village Hall, Royal Ave, Onchan
2nd Mon of the Month at 2.30pm
Call 621921

Onchan Jubilee WI
Methodist Hall, Main Rd, Onchan
2nd Monday of the Month at 10am
Call 628735

Peel City WI
Guild Room, Peel Methodist Church, Athol St.
2nd Tues of the Month (Not Aug) at 10am
Contact:844454 or email asharpe@manx.net

Port Erin WI,
Port Erin Methodist Church hall
Thursdays 9.30am. Call 818194.

Ports St Mary WI
Mount Tabor Methodist Church Hall
Port St Mary
Meets 3rd Wednesday of every month
Contact; 830629

Ramsey WI,
St Paul's Church Lounge, Market Place,
Ramsey,
Thursdays 7.30pm. Call 818194

Spring Chicks WI, Douglas
South Douglas Old Friends Association, Finch
Rd, Douglas
2nd Weds of the month at 7.30pm
Contact: Sandra 677362

Please let me know if you know of other WI
groups on the island.

[Yoga Classes](#)

**SHINE OM STUDIO – 2ND FLOOR, 8 VICTORIA STREET,
DOUGLAS – ENTRANCE TO REAR OF BATH AND
BOTTLE**

Types of classes on offer and descriptions below
along with many pop up workshops and events!
Variety of styles, levels and teachers to welcome
you to the studio.

Full timetable online at www.shineom.me or
Download the Studio MIND BODY App to your
phone – search Shine Om and make us your
favourite Wellness destination!

- **BEGINNER YOGA WORKSHOPS** - 6 Week course for £55 introducing students to yoga postures and the practice ready for open classes - **Beginners**

- **BEGINNER OPEN FLOW** Gentle Vinyasa Flow based yoga classes – mats, blocks, straps provided – **All levels**
- **STRONG FLOW** Intermediate level vinyasa flow with warm up sun salutations, standing sequences, twists, balances, stretch, inversion and relation – **All levels**
- **PIYOGA FLOW** – Pilates with body sculpting and yoga balance and stretch– **Fitness focused for all levels.**
- **FIIT YOGA FLOW** – Full qualified Pro Team Insanity Interval training combined with yoga – Trainers, Water, Towel required – **Fitness & cardio for all levels.**
- **BEGINNER HATHA** - - Hatha Yoga Style of class, which works through the chakras and a selection of asanas, with pranayama and meditation included – **rebalancing and calming.**
- **BEGINNER GUIDED MEDITATION** – Lunch time guided meditation, mindfulness to break up the day. **Stress Relieving and calming.**
- **BEGINNER ASHTANGA** – This is a full hour introducing postures and Vinyasa flow of the Ashtanga Primary Series – **Path to Self Practice.**
- **EXPRESS PRIMARY** – 90 Minutes of non-lead class. Attendees must have knowledge of Primary or 2nd Series – **Group Self Practice**
- **ADULT BALLET** – Evening Beginner Adult Ballet classes & Private Sessions – Dance, Fitness All Levels
- **Little Omigo's Children's** – Yoga for Children aged 5-11. 6 Week workshops which run term time only – **Children's Yoga**
- **Corporate Beginner Workshops** – Special Beginner Workshops designed to reduce stress, improve well being and staff performance. **Contact Studio to arrange your bespoke package.**

**DROP IN £8, BLOCK OF 6 SESSIONS £40,
UNLIMITED FULL MEMBER: £39.50 Direct Debit**

Youth Clubs

[Grade Baptist Church, Market Street](#)

[Monday Club](#)

Mondays 7pm-8:30pm

Age: School Yr 7 – 11 FREE

Pool, Table football; Table Tennis and games;

Contact Glenn 335897

[St John Ambulance Cadets](#)

Building skills that will be VERY useful in life.
Specifics/Venues can be gotten by calling
674387.

BADGERS

Here is a list of the places for Cadets and
Badgers meeting more details can be obtained
by calling 674387.

Badgers (Aged 5 – 10) all **groups mixed**

Monday 6pm to 7pm Douglas HQ

Monday 5.30pm – 6.30pm Kirk Michael
Primary School

Tuesday 6.30 – 7.30pm Laxey Methodist
Church

Thursday 5.30 – 6.30pm Peel Age Concern

Friday 6pm – 7pm Ramsey ATC Unit, Auldyn
School

Saturday 10:30am - 11:30am Douglas HQ

There are also adult groups who meet at the
Douglas HQ on Mon/Tues & Thurs and
Ramsey, St Olaves Church Hall on Fridays

Cadets (Age 10-18 years)

Weds 7pm – 9pm `Douglas HQ Girls only

Thurs 6.30pm – 8pm Peel Age Concern Boys
and Girls

Thurs 6:30 pm – 8pm Douglas HQ Boys &
Girls

Fri 7pm – 8pm Ramsey ATC Unit, Auldyn
School - Boys and Girls

Fri 7pm – 9pm Douglas HQ – Boys and Girls.

SCOUTS/CUBS/BEAVERS

The Scout Association

Website: manxscout.com

Email: manxscouts@gmail.com

There are Scout Groups all over the island for
girls and boys aged 6-25. Just contact us
through our website or email to find a Group
nearest to you. Come join the adventure.

GUIDES/BROWNIES/RAINBOWS

Email: ggiommembers@gmail.com

www.girlguidingiom.co.uk

Isle of Man Constabulary Police Cadets,

Ages 16 – 18yrs

Contact: Cadet Liaison Office
PC 245 Mike Griffiths on 631291

Email Michael.griffiths@gov.im

Air Cadets:

Contact: 677240. (Manned Mon/Weds Eve's;
Answering machine other times)

Email: 440@aircadets.org

The Air Cadets Squadron's meet weekly in
Douglas, Castletown, Ramsey and Peel
(Monday nights) and then at HQ (Douglas) on
Wednesdays.

To Join you need to be aged: 13 – 17yrs

Army Cadets:

Contact: 671210

Email: ceo@isleofmanarmycadets.com

The Army Cadets meet weekly on a Monday
in Port Erin & Castletown; on a Tuesday at
Douglas HQ, Ramsey and Onchan and on a
Wednesday in Peel.

All Detachments meet on a Thursday at
Douglas HQ – transport provided from each
detachment.

Sea Cadets:

Contact: 611527

The Sea Cadets meet weekly on a Monday and
Thursday – in Douglas.

To join you need to be aged: 10 – 18yrs

IOM YOUTH SERVICES

For the Youth Groups go to

www.iomyouth.com or call 686057 for
further details and to confirm information.

**We have put the days for each area and
Year group for ease of information. See
Teens Whats On for the Youth Groups for
Teenagers.**

ANDREAS

Andreas School

Youth Service Junior Club

Thursdays 6.30 – 8pm

Age: School Yr 4,5 + 6

Contact: Youth Service 686057

BALLAUGH

Ballaugh Village Hall

Youth Service Junior Club

Tuesdays 6 – 8.00pm

Age: School Yrs 4, 5, 6, 7, 8

CASTLETOWN

Castletown Youth Centre, Arbory St

Youth Service Junior Club

Fridays 6 – 7.15pm

Age: School Yrs 4,5 + 6

DOUGLAS

Ballacottier School, Farmhill

Youth Service Junior Club

Fridays 6.30-8.00pm

Age: School Yr 4,5 + 6

Cronk –y-Berry School

Youth Service Junior Club

Wednesday 7.00-8.30pm

Age: School Yr 4,5 + 6

KIRK MICHAEL

Community Room - Michael School

Youth Service Junior Club

Thursdays 6 – 7.30pm

Age: School Yrs 4,5 + 6

Contact: Youth Service 686057

LAXEY AND LONAN

Laxey School

Youth Service Junior Club

Fridays 7.30 – 9pm

Age: School Yrs 4,5 + 6

ONCHAN

Onchan Community Centre, Station Rd

Youth Service Junior Club

Fridays 6.30 – 8pm

Age: School Yrs 4,5 + 6

PEEL

Peel Clothworkers School, Main Hall

Youth Service Junior Club

Mons and Weds 6.30 – 8pm

Ages: School Yrs 4, 5 + 6

PORT ERIN

Rushen Youth Centre, Bay View Rd, Port Erin

Youth Service

Tuesdays 4.00-5.30pm

Age: School Yrs 4,5 + 6

PULROSE

Pulrose Youth Centre, Heather Crescent

Youth Service T-Time Club

Mon and Thurs 3.45 – 5.15pm

Ages: School Yrs 2 + 3

Youth Service Junior Club

Mon and Weds 6 – 7.30pm

Age: School Yrs 4,5 + 6

RAMSEY

Close Woirrey, Ramsey

(diagonally Opp Bus Station)

Youth Service Junior Club

Fridays 6.30-8pm

Age: School Years 4,5 + 6

ST JOHNS

St John's School – Youth Wing

Youth Service Junior Club

Tuesday 6.30 – 8pm

Age: School Yrs 4,5 + 6

WILLASTON

Willaston School Main Hall

Youth Service Junior Club

Fridays 6 – 7.30pm

Age: School Years 4,5 + 6