



The What's On and Services Guide for ALL who live on the Isle of Man

ISSUE 65 | FREE
MARCH – APRIL 2018
www.familymanx.co.im

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Here comes the sun

and Family Manx is full to the brim with ideas for groups and clubs to try as a member or just as a 'drop in every now and then' experience. Spring is in the air and with it the longer days. It's been such a long and cold winter ... Family Manx is here tho' to help you find lots of things to do and to learn about the services that are on-island throughout the year. Enjoy a skeet of the groups and articles within and as you sit with a cuppa and read ... I hope you will always remember that this magazine is for YOU!!!



Isle of Man

fb.com/isleofmancff
615715/491043

Because family life matters

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Drop in anytime Monday to Friday between 10am and 3pm.
Nadine House, 1st Floor, 13 North Quay, Douglas.

Care for the Family – a Christian response to a world of need.
A registered charity (England and Wales: 1066905; Scotland: SC038497).



My goodness this winter has been harsh ... but the joy of seeing the snowdrops and a few daffs popping up ... along with lambing season ... well that warms the cockles eh? Family Manx is always here and we are always interested in hearing from you about what you would like to see more of in the magazine. Don't be shy!! Let me know by emailing me at editor@familymanx.co.im and I look forward to hearing your thoughts. Have a wonderful start to Spring!!
Hee'moo! Amy x

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Faulty Wire? Ring Maguire!

When a tradesperson is needed - it is, oftentimes, hard to find someone whom you can rely on. Dermot Maguire is an Electrician who is proud of the work he does and who has over 31 years of experience in the trade. He is Part P registered and with his 17th Edition Certification - Dermot is vastly experienced in the world of domestic and commercial electrics, with 13 years of his career spent as Chief Electrician at Madame Tussauds (London) and 10 years here with a local firm, whom he still works closely with despite running his own business.

His tag line is 'Faulty Wire? Ring Maguire!' and so if you need a reliable and knowledgeable electrician - just give him a call on 877909 or 409982 or message him on Facebook.

A spring in our step at the Family Library

It doesn't seem so long ago that we were asking you if you were ready for Christmas. Now Easter is looming on the horizon. As ever, we have plenty of events at the Family Library, in the run up to the season of Easter eggs and fluffy bunnies. If you want to keep up to date with those and what is happening with the Mobile Family Library service, check out our website, www.familylibrary.im

The days may be starting to get a little longer, but there is still nothing better than sitting down with a good book, so please call in to the Family Library, next to the children's playground in Westmoreland Road, Douglas, or look out for when the Mobile Family Library is due to call round in your neck of the woods.

We are always happy to help if you are looking for suggestions as to the next book to borrow and look forward to seeing some new faces - as well as many familiar ones!

www.familylibrary.im



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Alzheimer's Society (Isle of Man) has a Dementia Support Worker based at Nobles Hospital whose role is to support people with a diagnosis of dementia in the acute care setting



Their objective is to provide information, services and support for people with any form of dementia to ensure that their stay in hospital is as short as possible, their discharge is made at a safe and appropriate time of the day and that sufficient notice is given beforehand.

Because hospitals can be confusing and frightening places for someone with dementia, increased stays of five to seven times longer than other patients over 65 can occur. Our Dementia Support Worker aims to work with the hospital teams to ensure that dementia awareness is at the heart of the hospital culture and that everything is done to prevent a deterioration of their condition.

Call 613181 to request support for someone you know.



G'DAY CAPTAIN JIMBO: AN AUSTRALIAN ADVENTURE BY NINA NORMAN PROCTOR



Paperback:
ISBN 9781787101616
RRP: £8.99

An Australian Adventure welcomes captain Jimbo who travels around the world with his co-pilot Alex, who is based on the author's son. The story explains the process of travelling to a foreign country from the airport experience to

take off to arrival. Not only this, the story teaches children about the importance of visiting animals in their natural habitat, as opposed to in captivity as the characters swim with wild dolphins.

Unique to the children's market, author Nina Norman Proctor noticed a gap where her book would sit perfectly after researching and finding there were no other children's series about flying around the world.

Nina Norman Proctor is from the Isle of Man, where she lives with her husband and son, having recently returned home after several years spent living in Harrogate and Gibraltar.

She has a passion for travelling, and her childhood was spent between the Isle of Man and Trinidad. She also enjoys interior design, cooking, reading, sewing and sunshine.

G'Day Captain Jimbo: An Australian Adventure by Nina Norman Proctor, was published on 31st January 2018 and will be initially available to purchase via Amazon.co.uk, Waterstones and austinmacauley.com

The publishers have very kindly agreed to give 3 Family Manx readers a copy of this book. If you'd like to be in with a chance of receiving one - drop Family Manx a line by email or snail mail. The names will be drawn on April 15th 2018. Good luck!!

(Address details on the back of Family Manx).



Spring is a wonderful time of year and an opportunity to see these calves and lambs frolicking and cavorting in our fields. But a happy lamb can quickly become a distressed one if it becomes separated from its mother. And so if you are walking in the countryside, especially if you have a dog, please keep your distance. Sheep are easily scared and if a ewe loses her lamb it is likely to die. You could actually endanger your own and your family's lives if you get too close to calves. Mother cows are fiercely protective of their offspring and can quickly turn from passively grazing to aggressively charging. Cattle will chase dogs and this is the only time when it is advisable to let a dog go, on the basis it can run faster than you! Avoid such situations by sticking to footpaths and respecting the countryside code at all times.



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"Don't cry because it's over, smile because it happened."
Dr. Seuss

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steamdining@gov.im

[/IoMTransport](https://www.facebook.com/IoMTransport) [/The-Tickethall](https://www.facebook.com/The-Tickethall) **www.rail.im**

Credit and debit cards accepted. All events must be booked in advance. Operational constraints may apply.





You might remember in the last edition we were talking about firsts and making the most of this beautiful island we call home.

I was telling you about my aim for 2018 - to visit as many beaches, forests, plantations, glens and other places of interest around the Isle of Man with my son. Did you decide to join me? If so, how are you getting on? So far we have ticked Groudle Glen and Archallagen off our list, but I'm hoping to get to a lot more places as the weather improves.

Living in the Isle of Man has completely changed my way of life. Whilst living in the UK we were near a major city and tended to opt for indoor activities, throwing in a rare walk outside to make ourselves feel better about it. After having our son we did get out for more walks around the park at the bottom of our road, but we still didn't make the effort to visit new places very often.

In the past year, since we moved, that has all changed. I think I might have been outside more in that time than I had in the previous decade! Getting outdoors and enjoying the refreshingly clean air and beautiful views this island offers is one of my absolute favourite things about living here.

Granted, the outdoor way of life isn't without its challenges. I have found it more difficult to think of indoor activities here when the winter weather turns against us. Previously, I could always go for a decent wander around a nearby large shopping centre just to get out of the house for an hour, whereas now I have to think and plan a bit more carefully. Saying that, I have been pleasantly surprised by the number and variety of baby and toddler groups that are offered here and it has given us the opportunity to try some activities that I don't think we would have had the opportunity to do if we hadn't moved.

But, for now, I'm looking forward to some milder, drier weather so we can continue our mission to discover the full beauty the Isle of Man has to offer.

You can read more from The Improving Mum at theimprovingmum.com

Below is part of the guide to what is going on – on the Island. The full list is downloadable at www.familymanx.co.im 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 [www.familymanx.co.im](mailto:amy@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

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

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 Fri's.

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
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 & 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

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



"It does not do to dwell on dreams and forget to live." **J.K. Rowling, Harry Potter and the Sorcerer's Stone**

Breastfeeding can throw up challenges for new Mums and families, and getting accurate information and support can make all the difference when faced with certain situations. Here are some of the most common queries that we get. The information below is all taken from either the La Leche League website along with some of their publications.

BREASTFEEDING AND...

..ALCOHOL. Mothers have enjoyed alcohol whilst breastfeeding since time began. It's generally safe in moderation. Alcohol is present in your milk at the same level as in your blood. Alcohol passes freely into mother's milk and has been found to peak 30 to 60 minutes after consumption, 60 to 90 minutes when drunk with food. Alcohol also passes freely out of mother's milk so there is rarely a need to express milk and throw it away. However, babies don't metabolise alcohol nearly as well as adults do, and when there's alcohol in the milk they seem to take less milk than they would otherwise. Combine that with the slowed milk release that can result from alcohol, and your supply and your baby's growth can be comprised if you drink substantial amounts regularly. A beer or glass of wine a couple of times a week is unlikely to matter, and the effects decrease as your baby gets older.

..MEDICATION Some medications are labelled as not suitable during pregnancy and breastfeeding. Because of this, or other medical advice, some mums feel they need to choose between the drugs or breastfeeding. If you are concerned about this you can contact La Leche League (details at the bottom) or go to a pharmacist who has a current edition of Hale's 'Medications and Mothers' Milk'. It's the most complete source of information, giving studies relating to each drug during breastfeeding. Many mothers have received information that has allowed them to make an informed choice about their medication and continuing breastfeeding. Occasionally there are drugs that are incompatible with breastfeeding, and if needed LLL can offer weaning support.

..COLDS Ah the dreaded cold season. What to do if you or your baby has a cold? With very few exceptions the bottom line is keep nursing. Your baby not only lives on your milk, they share your immune system. By the time you know you're sick, you've started passing not only the illness but your immunities on to your baby. The reverse is truly remarkable. If your baby picks up an illness that you haven't been exposed to, they pass those germs to you through nursing, and within the breast itself you begin making antibodies and passing them back. Breastfeeding provides fluids and nutrition when other foods and drink are refused and serves as excellent pain relief. The local LLLIOM Facebook page is a great source of information and help when you are the sick one.

..COMFORT SUCKING Most breastfeeding mums will have experienced the well-meaning, 'Oh they're only using you for comfort' line at some stage. Often given when the mum has mentioned tiredness or night-time feeds. Well-meaning is maybe helpful, maybe not but, in fact it's often correct. Babies do nurse for comfort. They feed for hunger, when tired, in new or stressful situations, to relieve the pain of a tumble or simply because they are anxious for the safety of mums arms. Nursing for comfort can be celebrated – what a wonderful gift to offer a child. A recent meme passed through Facebook suggesting a suitable reply to that particular gem was to remind the speaker that we also use mattresses and duvets for comfort, but they could sleep on the floor if they desired!

Local Breastfeeding Support groups include:
La Leche League IOM (on Facebook) or www.laleche.org.uk
Breastfeeding Buddies (details through Health Visitors)
References for this article can be found at www.laleche.org.uk and *The Womanly Art of Breastfeeding 8th edition.*



HOW MANY ITALIAN WORDS ALREADY DO YOU KNOW, WITHOUT KNOWING IT?

Studying a new language is always a new adventure. We start with great enthusiasm, a desire to discover and to know; but what is the best way to focus on studying a language?

Probably the best thing would be to totally immerse ourselves in the study, finding a partner for a language exchange and to keep alive the interest; listening and observing and sometimes, even, speaking with ourselves.

When I approached learning English for the first time, I remember how hard it was to memorize new vocabulary knowing that to have a good conversation I needed to know the grammar, yes, but also, most importantly, I needed a good knowledge of vocabulary. My first language is Italian and fortunately, it comes from Latin. Therefore, from this I could see that a large part of the words in English are very similar to Italian but are pronounced differently.

The reasoning can also be applied to the contrary and then you could ask yourself: "how many words do I already know in Italian without knowing it?". The answer is "a lot".

You need only to know some simple tricks to transform English words into Italian words, changing the pronunciation.

Here, let me show you:

1. Words that are different due to the final letter

- Acrobata-Acrobat
- Altare-Altar
- Concerto-Concert
- Errore-Error
- Dollaro-Dollar
- Moderno-Modern
- Problema-Problem
- Poeta-Poet

2. Words that have a different vowel at the end

- Cura-Cure
- Futuro-Future
- Minuto-Minute
- Nativo-Native
- Paradiso-Paradise
- Senso-Sense
- Temperatura-Temperature
- Universo-Universe

3. Words that end in -ale in Italian and end in -al in English

- Accidentale-Accidental
- Artificiale-Artificial
- Canale-Canal
- Finale-Final

- Naturale-Natural
- Originale-Original
- Vitale-Vital

4. Words that end in -bile in Italian and end in -ble in English

- Adorabile-Adorable
- Impossibile-Impossible
- Miserabile-Miserable
- Terribile-Terrible
- Responsabile-Responsible

5. Words that end in -ente/-ante in Italian and end in -ent/-ant in English

- Diligente-Diligent
- Ingrediente-Ingredient
- Recente-Recent
- Eloquentente-Eloquent
- Tollerante-Tolerant

6. Words that end in -ia in Italian and end in -y in English

- Archeologia-Archaeology
- Democrazia-Democracy
- Lotteria-Lottery
- Melodia-Melody
- Sinfonia-Symphony

So you already know a lot of words in Italian, you just have to say them with the correct pronunciation.

If you would like to learn more about the Italian language and culture, and for lessons and times - contact me on facebook: www.facebook.com/BusyBeetalianCulture

Douglas Sessions

iMuseum, Kingswood Grove, Douglas.
Tuesdays 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

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

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 mfd@manx.net

The Masonic Hall, Woodbourne Road Douglas
Ceroc (a fusion of Salsa and Jive)
Mondays (Doors Open at 7pm)
Beginners Class 7.30pm

If you run regular sessions and would like to have them listed in here please contact Amy on 225577 to discuss. There is a small monthly fee for fee paying sessions.

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.tangoiman.com for details or call Maggie or Bob 880650.

EXERCISE & FITNESS CLASSES

Follan Natural Health Centre, Premier House, 1 Carrs Lane, Douglas
Mum & Baby Exercise Class with Rachel
Tuesdays 10.45 – 11.45am
Pregnancy Exercise Class
Tuesdays 12 – 12.45pm
Both classes £8 if booked online. £10 on day.
Phone 852140

Nobles Park
Mummy Movement
Fridays 10 – 11am
Various payment schemes available
Book at www.totalwellbeing.co.im or call 465335

Warehouse Fitness, Westmoreland Rd, Douglas
Pregnancy Exercise & Birth Prep Class
Saturdays 9.30 – 11.30am
£75 for a 6 week block
Book at www.totalwellbeing.co.im or call 465335

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.

Alzheimer's Society (IOM) supports people with dementia in Nobles Hospital

If your loved one has dementia and is going into hospital

Call 613181

We'll do everything we can to provide them with the extra support they need

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



- Antenatal & Postnatal support via workshops, 1-1 home visits and online Facebook membership group with access to fantastic content for parenting preparation and ongoing professional support.
- First Year of Life online Facebook membership group with access to valuable content to support you through your first year of parenthood and ongoing professional support.
- Sleep training services for sleep deprived parents struggling with their child's sleep issues.
- Parenting services to help you prioritise your concerns and find a way to work through challenges that modern family life may bring.

'RESILIENT AND CONFIDENT PARENTING FOR THE MODERN FAMILY'

For more information or to book a consultation, please visit www.lkparenting.com email Laura@lkparenting.com or visit me on Facebook at Healthy Families Healthy Futures



LISTEN TO YOUR BODY!

Huge radio telescopes are used to scan the heavens, searching out the faintest signal. The larger the telescope, the fainter the signal it can detect. If we listen to our body, we can pick up the faintest, earliest warnings that something is amiss. With skill, these messages can be detected long before the health issue becomes serious. Ignore these warnings, and your body may have to literally scream to get your attention!

Be sensitive to things like:

- Changes in digestion or intestinal gas
- Pain when attempting to turn or bend
- A persistent cough or throat clearing
- Increased frequency of urination
- Sudden loss or increase of weight
- Dark circles under the eyes
- Inability to fall asleep or stay asleep

Waiting until symptoms become obvious makes correction more difficult.

You should also always be aware of the effects that stress can have on your body and that it may be screaming at you to do something about it.

Common symptoms of too much stress are:

- Upset stomach pain
- Anxiety
- Headaches
- Shortness of breath
- Back and Neck pain – the list goes on and on.

Stress is the body's reaction to a real or imagined danger. It doesn't matter if a bear or a debt collector is chasing you, the chemical change in your body is the same. That reaction can be helpful in the right circumstances but can be damaging when it is not.

Stress can overload your nervous system. Like a chain that breaks at its weakest link, stress tends to show up where we are most vulnerable. Our neck. Lower back. Between our shoulders. Stress can increase the frequency of headaches and compromise other aspects of our health.

While regular chiropractic care can't eliminate stress, it's likely to help you resist, dissipate and accommodate stress better and by removing interferences in your nervous system it can help your body heal.

So, just like a radio telescope scanning the heavens for signals that indicate changes to our solar system, make sure you listen to your body and if in doubt have a thorough chiropractic and nervous system check-up.



www.align4life.com 629444



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

INDEPENDENT LIVING SCHEMES – ISLAND-WIDE

Douglas
Social activities and events include:
One to One befriending Douglas lunch groups Coffee Afternoon



Email us at editor@familymanx.co.im, call on 01624 877909 / 07624 225577 (m) or write to us at: Family Manx 51 Broogh Wyllin, Kirk Michael, Isle of Man IM6 1HU

If you run regular sessions and would like to have them listed in here please contact Amy on 225577 to discuss. There is a small monthly fee for fee paying sessions.

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
www.southernbefrienders.im

HERITAGE GROUPS

Village Hall, Royal Avenue, Onchan
Friends of Onchan's Heritage
Approx. Bi-monthly - Call for details
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
www.myfreemind.org for times and locations. ➔

10 GOOD REASONS TO EXERCISE WITH A CHAIR!



We all know that exercise is important for children. It helps them develop strength and good health. But you could say that exercise is even more important as we get older
Why more important? Well, in our last column we talked about 'Sarcopenia' - the body's natural tendency to start losing muscle mass, from middle age onwards, seen as a decline in strength as we age. But with the right exercise we can stay strong and vibrant.

Also consider the general health benefits of exercise. Physical activity is known to prevent (or minimise the effects of) conditions such as diabetes, hypertension, osteoporosis, arthritis, cancer, depression and anxiety.

But can Chair Based Exercise really be an effective way to work out? The answer is Yes! We've listed just 10 of the proven benefits of Chair Based Exercise:



1. STRENGTH
2. POWER
3. FLEXIBILITY
4. STAMINA
5. ABILITY TO PERFORM EVERYDAY TASKS
6. BALANCE
7. DEPRESSION
8. ARTHRITIC PAIN
9. POSTURAL HYPOTENSION
10. RISK OF FALLS

Our Just Go Physio Chair Based routines work on every component of fitness, specifically tailored to reach those parts that normal day to day activity doesn't reach. Ideal for those with medical conditions or painful arthritic joints. In fact, it's great for anyone who would like to do more but find it a struggle to take part in popular physical activities.

Professionally led by qualified instructors who understand pacing and encourage you to work to your own level of ability....but work-out you will! Why not come along and spend a lively and cheerful hour with likeminded people of all ages and levels of ability.

Island Wide Just Go Physio Chair Based Fitness Classes are held at the following venues:

- Ramsey Town Hall: Mondays 10:30/ Fridays 2pm
- Castletown Sandfield: Tuesdays 2pm
- Peel Mylchreest Court: Weds 10.30
- Onchan The Hub: Thursday 1:30
- Pt Erin Methodist Hall: Friday 2pm

Just Go Physio offer discounted sessions to make attending as often as possible as affordable as possible.

To find out more about Just Go Physio Chair Based Fitness call 612439 or visit our Facebook page.



HUMAN PAPILLOMAVIRUS (HPV)

HPV is a virus with over 100 strains or varieties, most of which are harmless.

In most cases, your immune system will be able to get rid of it. However, sometimes an HPV infection can persist and it can lead to certain types of cancer and genital warts.

The human papillomavirus (HPV) is very common, and can be transmitted via any form of sexual contact, due to it being spread by skin to skin contact. However, if it is not cleared it can remain hidden and can cause cervical, vaginal, vulval, anal and penile cancer, and some cancers of the head and neck. Cervical cancer is the most common of these in those under 35 years of age, and nearly all are caused by infection of HPV. Due to the risk of other cancers and genital warts, men can also be vaccinated against the virus, to protect themselves, and future sexual partners.

The manufacturers of the HPV vaccine (Gardasil) have recently improved the product, so that it protects against 9 strains of HPV, and offers immunity against an extra 5 strains of HPV responsible for cancer development and genital warts. All patients who complete a vaccination course are still encouraged to practice safe sexual practices, and attend routine NHS smear test appointments.

Two vaccinations are required to obtain full protection for patients under 14. It is currently given to all females aged between 12-13 with parental consent as an NHS service. The NHS does not currently offer this vaccination to male patients. Once the patient is over 15 years old three vaccinations would be required. HPV vaccinations can be offered to male and female patients who are aged 12 to 44 on a private basis by Boots.

More information is available at www.boots.com, or by telephoning (01624616120) or visiting the Douglas store.



"I may not have gone where I intended to go, but I think I have ended up where I needed to be"
Douglas Adams

MARCH Peel 6-Week Mindfulness Training Course

Train your mind, transform your life - This 6-week Mindfulness training course is suitable for anyone interested in discovering a new relationship to life, and developing transformational self-awareness skills such as focus, mental clarity, physical relaxation, emotional resilience, perspective and compassion..

Dates: From Monday 12th March - Monday 16th April 2018
Time: 7pm - 8.30pm

Venue: The Pilates Studio, The Viking Longhouse, Peel
Price: £150.00

How to register: Call Mike on 376856 or email mike@myfreemind.org to receive registration details.

New March Mindfulness Sitting Group

Join Mindfulness Teacher Mike Kewley at Shine Om Studio in Douglas for this new monthly sitting group to deepen your practice and develop the transformative qualities of focus, sensory clarity, equanimity and insight. Please note that this group is not suitable for complete beginners..

Dates: Sunday 18th March
Time: 10am - 12pm
Price: £10.00

Location: Shine Om Yoga Studio, Victoria St, Douglas
How to book: Please email mike@myfreemind.org or call 376856 to book your place.

Monthly Mindfulness Group (Douglas, Peel, Ramsey)
Please see website for details.

APRIL

The Deep Body

Join Mindfulness Teacher Mike Kewley and discover the joy of embodied mindfulness at this special Sunday morning workshop. Mike will lead a series of somatic practices to silence the mind and drop into the

profound depths of this ancient wise body, inviting us into deep states of rest, unity and realisation.

Date: Sunday 15th April 2018
Time: 9am - 12pm

Venue: Shine Om Yoga Studio, Douglas
Price: £30 early bird booking / £35 full price booking.
Bookings via the Mindbody App - to register download the app:
www.myfreemind.org
m. 07624 376856 / h. 01624 621384

What is known as 'realising the mystery' is nothing more than breaking through to grab an ordinary persons life. - Te Shan.

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.



Find us online at www.familymanx.co.im or check us out on facebook at Family Manx Magazine - Isle of Man



If you run regular sessions and would like to have them listed in here please contact Amy on 225577 to discuss. There is a small monthly fee for fee paying sessions.

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

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: Does anyone know??

Joan's Wools & Crafts
Putting the creativity back into life...

A creative haven filled with inspirational craft and gift ideas for all ages.

- Knitting
- Dressmaking fabrics and patterns
- Artists' and fabric paints
- Craft Books
- Patchwork and Quilting
- Haberdashery
- Beads and Trimmings
- Kids Crafts
- Sewing/Embroidery Machines

Gift Vouchers!

5b/6b Village Walk Onchan Tel: 626009
Email: joans_wools_crafts@manx.net
www.facebook.com/joanswoolsandcrafts

Braddan Church Hall
(TIME CHANGE)
Mini Club - Parents and Tots.

Weds 1.30 - 3.15pm

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: Cath 420646

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

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.

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

Try a traditional Simnel Cake this Easter...

Simnel cake was originally made by girls in service who were given the day off to visit their mothers on Mothering Sunday, but now it's more often eaten at Easter. It's rich with dried fruit and spices and is topped with 11 spheres of marzipan, representing all the Apostles, minus Judas. This recipe is simple to make and a delicious Easter treat. All ingredients and lots of baking essentials are available from most Shoprite stores.

Ingredients

- 2100g/4oz glacé cherries
- 225g/8oz IOM Creamery butter, softened
- 225g/8oz light brown sugar
- 4 large Manx eggs
- 225g/8oz Laxey Glen Mills Manx self-raising flour
- 225g/8oz sultanas
- 100g/4oz currants
- 50g/2oz chopped mixed peel
- 2 lemons, grated zest only
- 2 tsp ground mixed spice

For the filling and topping

- 450g/1lb marzipan
- 1-2 tbsp apricot preserve, warmed

1. Preheat the oven to 150C/280F/Gas 2. Grease and line a 20cm/8in cake tin.
2. Cut the cherries into quarters and rinse. Drain well then dry thoroughly on kitchen paper.
3. Place the cherries in a bowl with the butter, sugar, eggs, flour, dried fruit and peel, lemon zest and mixed spice and beat well until thoroughly mixed. Pour half the mixture into the prepared tin.
4. Take one-third of the marzipan and roll it out to a circle the size of the tin and then place on top of the cake mixture. Spoon the remaining cake mixture on top and level the surface.
5. Bake in the pre-heated oven for about 2½ hours, or until well risen, evenly brown and firm to the touch. Leave to cool in the tin for 10 minutes then turn out, peel off the parchment and finish cooling on a wire rack.
6. When cool, brush the top with a little jam and roll out half the remaining marzipan to fit the top. Press firmly on the top and crimp the edges to decorate. Mark a criss-cross pattern on the marzipan with a sharp knife. Form the remaining marzipan into 11 balls.
7. Brush the marzipan with beaten egg and arrange the

marzipan balls around the edge of the cake. Brush the tops of the balls with beaten egg and then carefully place the cake under a hot grill until the top is lightly toasted.



St Thomas' Church Vestry, Finch Rd. Douglas
Edward Bears Messy Tots,
 Wednesdays 1.30 – 3pm – All Yr Round
Contact: Caroline 435600
 Age: 0 – Pre-school
 Cost £1 per child to cover materials. (Under 1's go free if accompanied by older child).

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
Christine Roberts 629683

Kewaigue School Parent and Toddler Group
 CATCHMENT AREA ONLY
 Wednesdays 2.30-3.30
 Term time only
 For any aged children who will be attending Kewaigue 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 llbreastfeeding@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.
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: Ann 801946
 Cost: £1.50 per Family

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

If you run regular sessions and would like to have them listed in here please contact Amy on 225577 to discuss. There is a small monthly fee for fee paying sessions.

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: Rose 479445
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 (during open hours) 439136

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

St. John's Methodist Hall, Peel Road, St. John's Messy Church
 Sundays, 26th Nov '17, 28th Jan'18, 18th March '18 and 20th May '18.
 Time: 4pm - 5.30pm
 Children's crafts and celebration followed by a meal. All welcome and free of charge, but children must bring an adult.
Contact Ann 801 946 for details.

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)
 £1.50 per family. 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

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

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

Centre 21, Greenfields Rd, Douglas
Breastfeeding Buddies
 Tuesdays: 11am – 12.30pm
 All antenatal and breastfeeding mums welcome.
Contact Nicole 656030
Follan Natural Health Centre, Premier House, 1 Carrs Lane, Douglas
Mum & Baby Exercise Class with Rachel
 Tuesdays 10.45 – 11.45am
 Pregnancy Exercise Class
 Tuesdays 12 – 12.45pm
 Both classes £8 if booked online. £10 on day.
Phone 852140

Nobles Park Mummy Movement
 Fridays 10 – 11am. Various payment schemes available
Book at www.totalwellbeing.co.im or call 465335

Warehouse Fitness, Westmoreland Rd, Douglas
Pregnancy Exercise & Birth Prep Class
 Saturdays 9.30 – 11.30am
 £75 for a 6 week block
Book at www.totalwellbeing.co.im or call 465335

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.



CALL 622011
TEXT 498985
EMAIL
GAMCAREISLEOFMAN@IOM.COM

PROVIDING SUPPORT FOR ANYONE WORRIED ABOUT THEIR OWN OR SOMEONE ELSE'S GAMBLING

GamCare Isle of Man is a branch of Motiv8 Addiction Services, a charity of 40 years standing, that supports problem gamblers and their significant others. We are the only problem gambling service on the Island and are not funded by the Islands Health Service. At present, the service relies on donations from the Islands Gambling and Gaming industry.

GamCare Isle of Man is proud to provide:

- **FREE, CONFIDENTIAL** and **NON-JUDGEMENTAL** one to one counselling, support, advice and other therapeutic interventions including psychological provision
- Telephone and e mail support
- Evening clinics (Douglas) and appointments island wide
- Education, training and research

There are a number of signs to look out for if you feel that either you, or someone you know, might have a problem with gambling.

If any of the following sounds familiar, contact us today!

- Uncontrolled spending
- Significant amounts of time spent gambling
- Concealing or lying about gambling behaviour
- Gambling impacting on relationships
- Withdrawal from family activities
- Spending excessive amounts of time on a computer
- No apparent interest or leisure pursuits
- Absence from school, college or work

Are gambling and its consequences getting in the way of the life you want to live?



Anyone that would like further information or to seek support can email motiv8@iom.com or you can contact AAS, the Family Alcohol Service or AAS 12-21 on **627656**, GamCare Isle of Man on **622011** or DrugAware on **627650**

Further information regarding the services offered at Motiv8 is also available at www.motiv8.im



BADMINTON CLUBS

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

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

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 **Ben Cunningham 358049**

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 bacchashe@hotmail.com

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 clairebelcher@manx.net

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

If you run regular sessions and would like to have them listed in here please contact Amy on 225577 to discuss. There is a small monthly fee for fee paying sessions.

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.

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

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

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, Auldryn 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

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, Auldryn 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.

Find us online at www.familymanx.co.im or check us out on facebook at **Family Manx Magazine - Isle of Man**

