

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 other 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

Jurby Community Centre, Jurby

Monday Cuppa and a Catch Up (and the Monday Mile if you fancy it).

9.30 - 11.30am.

Pop in for a brew and natter and/or a gentle walk around Jurby. Donations welcome for refreshments

Contact details: jurbycommunity@gmail.com, 331794 or see Jurby and Northern Community Initiatives Facebook Page.

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.

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.

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

Jurby Community Centre, Jurby

Monday Crafternoon

Mondays 2 - 4pm. Bring your own craft. Learn a skill/share a skill. Suggested donation of £1 to cover refreshments

Contact details: jurbycommunity@gmail.com, 331794 or see Jurby and Northern Community Initiatives Facebook Page.

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 (NEW TIME)

Art Group

Thursdays 1.30 – 4.30pm

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,

8 Duke Street, Douglas

Storytime for Preschoolers

Thursdays 10-30am

Monthly Adult Readers Group

3rd Tuesday of each month

6pm

Contact: Jan Macartney 696460

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 (New Time)

Story Time

Tues and Thurs 9.30 – 10am

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

Kensington Road, Douglas

Finch Hill Crown Green Bowling Club

Meets April to October

Monday afternoons from 2pm

Beginners welcome and its free to try

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

Kirk Michael Methodist Hall.

Whist Drive

1st Tuesday of the Month

7.30pm Refreshments and Raffle

£2 – Proceeds go to Hospice IOM

Call Barbara Dawson on 878349

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

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: Age Concern Isle of Man on 631740

iMuseum, Kingswood Grove, Douglas.

Wednesdays and Thursdays 10 – 12.30pm

Wednesday 1.30 – 4.30pm

Ramsey Sessions:

Ramsey Town Hall Library,

Tuesdays and Fridays 10 – 12.30

And Fridays 1.30 – 3.30pm

Port Erin Sessions:

New Southlands, Ground Floor, Library

Mondays 10 – 12.30pm

Thursdays 2 – 4.30pm

Peel Sessions:

House of Mannanin, Peel

Mondays 2 – 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

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.

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. Contact?

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.

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.

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.

Ramsey – Reayrt Skyall

Singing for the Brain (Ramsey)

Every other Monday 11.15am – 12.30pm

Douglas – Thei Meanagh

Singing for the Brain (Douglas)

Every other Monday 11.15am – 12.30pm

Port Erin – Southlands

Singing for the Brain (Port Erin)

Every other Tuesday 11.15am – 12.30pm

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 613181 for further info.

One to One Sessions for people diagnosed with dementia and their carers

We offer the opportunity for you to speak to a dementia support worker and will give information about all aspects of living with dementia.

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.

Dementia support/one-to-one sessions are also available at the Older Persons Mental Health services for people going through the diagnostic process and at Nobles to support people with a diagnosis who are in hospital: a dementia support worker is based at each.

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 @ Port St Mary Pavilion.

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

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

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

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 (NEW TIME)

Parents and Tots

Fridays 1.15 – 3.15pm

Cost: £1 per family (inc drinks)

Contact: Emily Lord 361606

Braddan Church Hall

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

**'The Salvation Army, Fairfield School,
Tynwald Street, IM1 1BE (New Address)**

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

**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

Contact: 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

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: 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

Ebenezer Hall, Kirk Michael

Parents and Tots

Wednesdays 1.45 – 3.15pm

Cost: £1.50 per family

Contact: New Contact details?

Jurby Community Centre, Jurby

Tuesday Tots from 9 - 11am. Weekly drop in, play and crafts for under 5's.

Suggested donation of £1.50 per family to include refreshments for all.

Thursday: Banter, Brews and Babies

9 - 11am. Drop in chat and social with Health Visitor in attendance 10 - 11am. Donations welcome for refreshments.

Contact details: jurbycommunity@gmail.com, 331794

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

Ramsey Elim Community Church

(Behind Ramsey bus station)

Noah's Ark Tots Group

Mondays 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 852140Q

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

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

The Hub Sports Hall, Onchan Community Centre, School Road, Onchan

IOM Archery Club – Indoor Season

Contact: Dave Berry on 431969

Meets: October to March, Tuesday and Thursday evenings 7.30 – 9.30pm.

Archery instruction, practice and competition. New members and beginners welcome. For further info visit www.iomarchery.com

Greeba Residents Playing Fields, Ballachurry Rd, Greeba

IOM Archery Club – Outdoor Season

Contact: Dave Berry on 431969

Meets: April - September, Tuesday and Thursday evenings 7.30 – 9.30pm.

Archery instruction, practice and competition. New members welcome. For further info visit www.iomarchery.com

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.**

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

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 Trailing 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@r1360.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

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.iomtgd.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

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

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 Liz (Group Organiser), 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
- Philosophy
- 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, Ayre (Andreas), Baldrine, Ballabeg, Ballaugh, Bradda Head, Braddan, Castletown, Cornaa, Foxdale & District,

Glen Maye, Kirk Andreas, Kirk Bride, Laxey Minorca, Marown, Onchan Jubilee, Parkfield (Douglas) , Peel Belles, 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.

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

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.

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.

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