

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](mailto: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.**

**1<sup>st</sup> Tuesday of the Month at 10.30 am.**

**Hostess: Annette Solkin. Tel: 817007**

[www.manxretirement.org](http://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**

**9<sup>th</sup> Oct, 27<sup>th</sup> Nov.**

**Cat with No Tail, Hailwood Centre, Douglas**

**Manx Retirement Association**

**Douglas/Onchan Coffee Morning**

**Last Tuesday of the Month at 10.30am**

**Embassy Rm, The British, North Quay Douglas**

**The Social Network Group**

Members organise meals, theatre, music quizzes and so on. Fun for all. All ages welcome!

**May Meeting Tues 26<sup>th</sup> at 6pm**

**June Meeting Tuesday 25<sup>th</sup> at 6pm**

Contact David via [dhgiom@gmail.com](mailto:dhgiom@gmail.com) to find out more

**Cherry Orchard Hotel, Port Erin.**

**Manx Retirement Association**

**Southern Coffee Morning**

**2<sup>nd</sup> 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](mailto:jurbycommunity@gmail.com), 331794 or see Jurby and Northern Community Initiatives Facebook Page.

**Morton Hall, Church Ave, Onchan**

**Onchan Ladies Club**

**1<sup>st</sup> 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](http://www.iomeg.blogspot.com)

contact [iomegchair@yahoo.co.uk](mailto: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](mailto: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**

**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**

3<sup>rd</sup> 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](mailto: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**

**1<sup>st</sup> Thursday of the Month at 7.30pm**

**£2. Contact: Alan 340591**

### **Elim Family Centre, 2<sup>nd</sup> Ave, Onchan**

#### **Whist Drive**

**3<sup>rd</sup> Monday of the Month at 7.30pm**

**£2. Contact Alan 340591**

#### **Kirk Michael Methodist Hall.**

#### **Whist Drive**

**1<sup>st</sup> 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**

**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**

**Tuesdays 2 – 4.30pm (NEW TIME)**

**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](mailto: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](mailto:dance@moveit.im)**

**[www.moveit.im](http://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.**

**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](http://www.hediva.org.uk)**

**Methodist Church Hall in Onchan.**

**Manx Folk Dancing Society**

**1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> 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](mailto: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](mailto:cerocisleofman@gmail.com)

**Onchan Pensioners Hall,**

(across from library)

**Sequence dancing,**

Saturdays 8pm. Call 829669.

**Pulrose Methodist Church hall, Douglas.**

**Social Sequence Dancing**

Saturdays and Mondays 8-10pm

For more information Call Mike 411563

**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.

Adviseable to check [www.tangoiman.com](http://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](http://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](http://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](mailto:zoe.crowe@gov.im)



## Various Venues (NEW LISTINGS)

### **Weekly ‘Paracise with Donna’ Classes:**

**Monday** - 1.15pm & 2.30pm - Braddan Church Hall (2 Classes)

**Tuesday** - 11.15am - Elim Church, Onchan

**Tuesday** - 6.30pm - Glencrutchery School Hall, Douglas

**Wednesday** - 9.30am & 10.30am - Port Erin Methodist Church Hall (2 Classes)

**Thursday** - 10.45am - Carrefour Health Club, Douglas

**Friday** - 11am - West Coast Fitness, Peel  
Contact: Donna Whalley

Tel: 492132

Email: donnawhalley@hotmail.co.uk

Facebook: Paracise with Donna

## 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**

**1<sup>st</sup> and 3<sup>rd</sup> 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](http://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](http://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](http://www.islandspiritualitynetwork.org)**

## Independent Living Schemes – Island-Wide

**Offices - The Mike Hailwood Centre,**

**Glencrutchery Road, Douglas IM2 6DA**

**Live at Home Schemes –**

**Northern/Western/Eastern and Douglas**

**Social activities and events include:**

**One to One befriending**

**Lunch groups**

**Coffee AfternoonMen in Sheds**

## **Cinema Club**

**Contact; Hilary Yates/Kerry Palmer**

**Tel: 627778**

**Email: [enquiries@liveathome.im](mailto:enquiries@liveathome.im)**

## **Southern Befrienders**

**One to one befriending**

**Lunch Group**

**Chair Based Exercise Classes**

**Contact:**

**Tel: 833025 / 468053**

**Email: [southernbefrienders@manx.net](mailto:southernbefrienders@manx.net)**

**Web: [www.southernbefrienders.im](http://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](mailto: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](mailto:mike@myfreemind.org)**

**Check out [www.myfreemind.org](http://www.myfreemind.org) for times and  
locations.**

### **THE POWER OF MINDFULNESS.**

Join Mindfulness Teacher Mike Kewley and explore the fascinating neuroscience of attention, positive mental states and freedom from small self. Mike will lead participants through three powerful yet simple practices to cultivate focus, calm and freedom from entanglement.

Date: Saturday 9th November 2019

Time: 9.30am - 12.00pm

Venue: The Function Room, Onchan Community Centre, School Road, Onchan

Price: £20.00

How to book your place: Please call email [mike@myfreemind.org](mailto:mike@myfreemind.org) or call 376856.

### **6-week Mindfulness Course (Castletown)**

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 and calm, physical relaxation, emotional resilience, perspective, tolerance and compassion.

Dates: From Tuesday 12th November to Tuesday 17th December 2019.

Time: 7pm - 8.30pm

Venue: The Engine House, Alexandra Road, Castletown, IM9 1TG

Price: £150.00

How to register: Call Mike on 376856 or email [mike@myfreemind.org](mailto:mike@myfreemind.org) to receive

## **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](https://www.facebook.com/BrahmaKumarisIsleofMan)**

Look online at [www.brahmakumaris/uk/isleofman](http://www.brahmakumaris/uk/isleofman) or call [626940](tel: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 1<sup>st</sup> Tuesday of the Month 2-4pm.**

**For more information call Andrea or Lorraine on 642879**

**Or Email [andrea.marsden@gov.im](mailto: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.**

2<sup>nd</sup> Wednesday of the month, 2-4pm

**Northern Decaf @ Ramsey Town Hall**

2<sup>nd</sup> 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](http://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](mailto:mmbc@manx.net)

[www.manxmodelboatclub.org](http://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](mailto:musecretary@manx.net) or telephone 851060. We have branches across the Island in Arbory, Braddan, Bride, Dalby, Dhooon, 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](mailto: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](mailto: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](http://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](mailto: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](mailto: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

### **Arbory School, Ballabeg.**

#### **GRIN Gardening Club**

Every Wednesday 10-12am

Age: 0-4yr olds and their grownup

Call Lucy 378011 or follow us on FB GRIN

Isle of Man.

### **Ballagh Village Hall**

#### **Parents and Tots**

Mondays 9.30 – 11.30am

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: 3<sup>rd</sup> 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**

2<sup>nd</sup> 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

### **Kewagigue School**

#### **Parent and Toddler Group**

CATCHMENT AREA ONLY

Wednesdays 2.30-3.30

Term time only

For any aged children who will be attending Kewagigue 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: ???

**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](mailto: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](mailto: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.

**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](mailto: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: Gemma 416973

**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**

1<sup>st</sup> & 3<sup>rd</sup> 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**

**Dates in 2019:**

**24<sup>th</sup> November.**

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](mailto:enquiries@phurtlemoirrey.sch.im)

### **Ramsey Elim Community Church**

(Behind Ramsey bus station)

#### **Noah's Ark Tots Group**

Mondays and Thursdays 9 – 11am (term-time only)

£1.50 per family. Refreshments are provided.

#### **After School Club**

Tuesdays 3.30pm – 5pm £1 per Child

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](mailto: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](http://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](http://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](mailto: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 7.00– 9.30pm and  
Sundays 10:00am - 4:00pm.

Archery instruction, practice and  
competition. New members and beginners  
welcome. For further  
info [visitwww.iomarchery.com](http://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 5.00 – 9:00pm and  
Sundays 9:30am - 5:00pm

Archery instruction, practice and  
competition. New members welcome. For  
further info visit [www.iomarchery.com](http://www.iomarchery.com)  
he Hub Sports Hall, Onchan Community  
Centre, School Road, Onchan

#### **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 1<sup>st</sup> and 3<sup>rd</sup> 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](http://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@rl360.com](mailto:helen.withers@rl360.com)

## **NSC Sports Hall, Douglas.**

### **Walking Football**

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

Get fit and keep active.

Tuesdays 12:00 – 1pm

£1 per session

Contact Lewis 615576 or email

[Lewis.Qualtrough@isleofmanfa.com](mailto:Lewis.Qualtrough@isleofmanfa.com)

## **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](mailto: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](mailto:Jsk.engineering@manx.net)

## **Isle of Man Judo Club**

Fridays from 7pm

Age: 6yrs +

More info – call Andrew 378655 / Richard

310553

## **Onchan Primary School - Onchan**

### **Manx Taekwondo**

Tues and Thurs 6pm-8pm Age 6 yrs +

Sats 10am-10:45am 3 – 5yrs

Sats 11am-1pm Adults

Facebook: Manx Taekwondo or call Rod

Nielsen 07624 436181

## **Pinewood Complex, Pulrose, Douglas**

### **IOM Taekwondo**

Classes for 5, 6 and 7yrs:

Mondays 6 – 7pm

Wednesdays 5.30 – 6.30pm

5 days a week: Classes for 8yrs+ and adults

Visit [www.iomtkd.org](http://www.iomtkd.org) or text 432152 for info

## **Venues in Douglas.**

### **IOM Karate Kobudo Federation**

Teaching Kihon (basics), Kata (forms),

Kumite (fighting) & Kobudo (weapons).

Contact - Frank Newton, 6th Dan Kyoshi

(Japan) Tel:612305

## **Mini Golf**

### **Onchan Pleasure Park (Summer Months only)**

#### **Manx Retirement Association Mini Golf**

Wednesdays at 2pm.

Phone 817007 for details.

## **Netball**

### **Ramsey Grammar School**

**Netball Sessions** (Term-Time only)

Tuesdays 8-9pm Seniors (Yr10 – Adult)

Contact: Colette 452718

## **Castle Rushen High School**

### **Simcocks Eagles Netball Club**

Mondays 6.00-7.30pm Year 7, 8, 9, 10 & 11

7.30-9.00pm All abilities

Contact Claire Belcher-Smith 481757 or email

[clairebelcher@manx.net](mailto: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](http://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](mailto: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**  
**Henry Bloom Noble School**  
Fridays 7.15pm – 8.45pm  
&

**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](mailto:douglastennis@manx.net).

**Albany Tennis Club Ballaughton Meadows, Douglas**  
[www.albanylts.co.uk](http://www.albanylts.co.uk)  
**Castletown L.T.A Club**  
**Malew Street, Castletown**  
[www.castletownlawn tennisclub.webs.com](http://www.castletownlawn tennisclub.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](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto: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.

## 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 or email [info@sja.org.im](mailto:info@sja.org.im)

### Badgers (Aged 5-10) (NEW TIMES)

All groups mixed

Monday 6pm-7pm

Douglas HQ

Tuesday 6.30pm -7.30pm

Laxey Methodist Church

Wednesday 6.30pm -7.30pm

Marashen Community Hall

Friday 6pm-7.30pm

Ramsey ATC Unit, Auldryn School

Saturday 10.30am-12pm

Douglas HQ

### Cadets (Aged 10-18) (NEW TIMES)

Wednesday 7pm-8.30pm

Douglas HQ (Girls only)

Thursday 7pm-9pm

Douglas HQ (Mixed)

Friday 7pm-9pm

Douglas HQ (Mixed)

There are also Adult Groups who meet at Douglas HQ on a Monday, Tuesday & Thursday plus a Monday in Ramsey in the Training Room, Ramsey Cottage Hospital. Email [info@sja.org.im](mailto:info@sja.org.im) for more details.

## SCOUTS/CUBS/BEAVERS

### The Scout Association

Website: [manxscout.com](http://manxscout.com)

Email: [manxscouts@gmail.com](mailto: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](mailto:ggiommembers@gmail.com)

[www.girlguidingiom.co.uk](http://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](mailto:Michael.griffiths@gov.im)

### Air Cadets:

Contact: 677240. (Manned Mon/Weds Eve's;

Answering machine other times)

Email: [440@aircadets.org](mailto:440@aircadets.org)

### Army Cadets:

Contact: 671210

Email: [ceo@isleofmanarmycadets.com](mailto:ceo@isleofmanarmycadets.com)

### Sea Cadets:

Contact: 611527

## IOM YOUTH SERVICES

For the Youth Groups go to

[www.iomyouth.com](http://www.iomyouth.com) or call 686057 for further details and to confirm information.