



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

ISSUE 72 | FREE

MAY – JUNE 2019

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629690

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14 Hailwood Court,
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Vroom Vroom – guess what's coming!!

It's that time of year when the island becomes a buzzing hive of activity but you know – it always is!! There is so much to do here. Take a look inside for the What's On guide ...but don't just do that!! Take a look at www.familymanx.co.im and there you will find the complete list to download!!

Inside we have so much to read about. The use of reusable babywipes; News from our wonderful libraries; lower back pain and how to tackle it, top tips for making mummy friends, thoughts from our Improving Mum blogger ...and so much more. Take a skeet and Remember – This magazine is for YOU!!



Hello!! With this issue we come to the end of our 12th Year in production. The island is buzzing with so much to do and I love engaging with writers and contributors all of whom bring their own unique stamp to the magazine. Do let them know when you have seen their article or contribution in here – it helps them to know that their efforts are being appreciated. **If you would like to contribute to the magazine – just give me a shout on 225577 or email me editor@familymanx.co.im** Hee'moo xx Amy (Editor and Proprietor)!!

CONTENTS MAY – JUNE 2019

FM News	2-3
FM Manx Culture with Jane Killey	4
FM Kym Recommends – Reusable Wipes	4
FM What's On	5 – 7
FM Your Family Library News	6
FM Health Supplement with Align4Life, the Le Leche League, Total Wellbeing and Boots contributing	8-9
FM What's On	10 – 15
FM News from Shoprite	10
FM News from Care for the Family	12
FM The Improving Mum Blog	12
FM Information	15



Registered Charity number 1187

Parent2Parent is a local registered charity run by parents to support parents of teenagers who are struggling with anxiety-related issues. Talking to likeminded parents in time of crisis can be invaluable. P2P run regular support groups from their office on Prospect Hill, Douglas and can also offer parents 'one to one' support.

For more information, please contact our support line on 240999 or email parent2parentiom@gmail.com or send a private message to us on Facebook.
Registered Charity Number: 1187

Finding the right exercise for you!

When it comes to exercise and keeping fit and healthy; finding your own personal lifestyle balance is crucial. For many of us; the idea of going to a gym can be daunting and off-putting, whereas something more relaxed, such as a walk & talk with friends may be more appealing. For lots of other people, hitting the weights in the gym is the ideal stress reliever!

It can be tricky finding what works for you. This is where it's so useful to have such a varied range of exercise classes & sports across the Island of all levels on offer for you to try out. Lots of mainstream exercise classes cater for those who are already functioning at a relatively high level. If you are looking for a class which is all low impact, no floor work and helps improve core, balance, mobility & co-ordination; perhaps try Paracise with Donna (see class times and venues in the listings). Many participants tell me the reason they continue to attend the class is because they enjoy it...which really is what it's all about! Keeping fit and active with a smile; whatever is right for you!

Contact: Donna Whalley
Tel: 492132 Email: donnawhalley@hotmail.co.uk
Facebook: Paracise with Donna
for a full monthly timetable.



- Borrow up to 8 items
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- Large print and audiobooks
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- Download free eMagazines
- Free access to online reference resources including Encyclopaedia Britannica, Oxford Online and Ancestry

You can have a whole library at home using your PC, tablet or smart phone! Our online library is available 24/7 just visit www.douglaslibrary.im

Keep up to date with library news using our website or social media pages; we have Facebook www.facebook.com/hbnlibrary and Instagram www.instagram.com/douglaslibrary



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HBN Library, 8 Duke Street, Douglas, IM1 2AY
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Dementia Action Week

Monday 20th May to Sunday 26th May will be Dementia Action Week and the theme this year is inclusion.

As a result there are a number of events on the island organised by the team at the Older People's Mental Health Service and Alzheimer's Society for everyone affected by dementia:

Monday – Steam Train afternoon tea from Douglas to Port Erin

Tuesday – Dementia Café in Noble's Hospital

Wednesday – Dementia Friendly sports activities at the National Sports Centre

Thursday – Dementia Friendly showing of Singing in the Rain at the Broadway Cinema

Friday – 50s/60s/70s Disco and fancy dress for PWD and their carers – DJ will be Consultant Psychiatrist Chris Jagus from the memory clinic

Including people with dementia at these events helps to maintain their social skills and will create new happy memories for them and their families.

To get more information call Alzheimer's Society on 613181 or OPMHS on 642879



Top Tips For Making Mummy Friends

I moved to the Isle of Man six months ago and have met lots of new people. Here are my top tips for making new mummy friends.

■ Join Facebook groups such as 'New Kids on the Rock' which organises meet-ups and shares events and groups for parents.

■ Attend as many baby/toddler groups as you can. I've tried various types of groups to find the right ones for me and my daughter.

■ Be brave – it takes huge amounts of courage to take the first step and go to a new group but you'll be pleased you did it.

■ Prepare a few questions to ask when meeting new people; it might help the conversation flow.

■ Plan a 'play date' if you meet someone you click with.

You can read more on my Facebook page 'Millie, Me and a Cup of Tea'.



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



My Time
Isle of Man

Isle of Man Railways welcomes Peter's Railway

At Laxey Gardens 11am to 4pm

SATURDAY 18TH MAY 2019

Laxey Duck Race at 2:30pm. Great Laxey Mine Railway open

RIDE ON PETER'S RAILWAY

Meet Author Chris Vine

Visiting loco from The Orchid Line



Call Anji on 697475 for information

@IoMTransport @iombusandrail



In our re-run of some of the lovely pieces written by Jane Killey (who sadly left us in September last year) - this piece was written by Jane for the May/June 2010 magazine. I loved Janes knowledge of Manx Culture and Legends ... this one is well known. Enjoy x

Many years ago a glass cabinet on the wall of the Highlander Steak House contained a big rusty pair of scissors, a long needle and an enormous thimble. Why were they there and what had happened to the roof of the church situated in the nearby field?

Many years ago some monks were building a church dedicated to St Trinian but a Buggane living nearby did not want to be disturbed by church bells, so he decided to stop the church from being finished. A Buggane is a hairy creature with a huge head, tusks, eyes like torches, large feet and hands with claws. Bugganes live in the hills and they can tunnel underground.

When St Trinian's church was finished the angry Buggane tore the roof completely off. It was rebuilt but the same thing kept happening. Everybody was frightened apart from a local tailor. The people agreed to pay him if he would sit in the church one evening and make a pair of trousers while he waited for the Buggane to arrive. After locking himself in the church Tim sat down on the floor to start sewing. He had taken material, an enormous thimble, a long needle and a big pair of scissors. When Tim had almost finished sewing the trousers he heard a terrible noise and the ground beneath him shook. Up came the Buggane out of a hole in the floor ready to chase Tim away. Just as the Buggane was climbing out Tim put the last stitches in the trousers, folded them under his arm and jumped out of the window. He was frightened now and he ran to Marown church as fast as he could. The Buggane came stomping after him but Tim was already safely in the Churchyard. By now the Buggane was in a furious rage and he tore his own head off and threw it on the ground. It burst at his feet and the Buggane vanished never to be seen again.

The church without a roof is still to be seen in the field. The only mystery remaining is what happened to the needle, scissors and thimble?

REUSABLE WIPES

Ten Things I Love About Reusable Wipes

I decided to change to reusable wipes in an effort to become more eco-friendly. Here are ten reasons why I am pleased I made the swap.

1. Save money in the long-run

With reusable wipes, I made a one-off payment and wash the wipes every 2-3 days which has meant I will end up saving money when compared with buying countless packets of wipes!

2. They are so soft

The wipes are so soft! Mine have bamboo on one side and minky on the other so they're soft enough for bums and faces yet grippy enough to remove poop/food.

3. Fresh wipes smell lovely

The clean wipes are stored in water with essential oils and smell lovely each time they are used.

4. No need to use many

Unlike disposable wipes, I only tend to use one each time thanks to the type of materials they're made from.

5. They wash well

The wipes can be washed at 30° with other clothes/ bedding/towels and are also safe to go in tumble drier. I was worried they'd stain but after several months and many hideous nappies, all wipes have washed well.

6. They're eco-friendly

I feel everyone could make more of an effort to use less plastic and baby wipes are known to be one of the worst contenders.

7. Not as much hassle as you'd think

I thought they would become a burden but they quickly became part of my routine. I wash them every 2-3 days and as they don't take long to dry, they can quickly be added back into the clean pile.

8. Use whilst out

They usually come with travel bags; clean and dirty. When you've used a wipe, you pop it into the dirty bag then the mesh liner can be unzipped and put straight in the wash.

9. Pretty!

All wipes are either brightly coloured or have nice designs. It may seem silly but when dealing with poo, anything pretty makes it a little better!

10. Chemical-free

The wipes are stored in water and essential oils and so are chemical free - definitely a positive.

You can read more on my Facebook page 'Millie, Me and a Cup of Tea'.



Within these pages are SOME of the activities and groups that are going on on the Isle of Man. Visit www.familymanx.co.im for the complete list.

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

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

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 26th at 6pm
June Meeting Tuesday 25th at 6pm

Contact David via dhgiom@gmail.com to find out more

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)
(See Full listing at www.familymanx.co.im)

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

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



Family library is the place to be this summer!

From Story Box and Toddler Tots to Stickyfingers and Number Fun, the Family Library, Douglas is far more than just a library!

Each week from Tuesday to Saturday, it is a hive of fun-filled activity including crafts, puzzles and games, all promoting reading, writing and creativity.

The facility is also in demand as a popular, easy-to-reach venue to host community and corporate events.

There are a range of diverse activities on our events calendar, ranging from 'Sing and Sign' for babies and toddlers to 'Stitch Social' – a new sewing class primarily for adults or supervised young adults. Meetings are on alternate Saturday afternoons twice a month - bring your own sewing projects and get creative!

We welcome all members of the family including 'Twins' – children who are no longer considered 'little kids' but are not yet teenagers. All are welcome to pop in and explore beyond the shelves!

With our kaleidoscope of books, CDs, DVDs and in-house iPads, a world of learning and discovery is literally at your fingertips.

There is plenty to look forward to this summer too with our yet to be revealed Reading Scheme which starts in July. Keep an eye out in the local press for summer timetable details or better still, pop in and see us.

The Family Library is next to the children's playground in Westmoreland Road, Douglas. It operates as a charity and also runs the Mobile Family Library and a Schools Service. To keep up-to-date on events and to find out more about the services available, check out the Family Library page on Facebook, visit www.familylibrary.im or call the library on 640650.

Onchan Pensioners Hall.
Whist Drive
Wednesdays 7.30pm £2.
Contact Alan 340591

Scout Hall, Ballasalla
Ballasalla Whist Drive
Fridays 7.30pm
Contact: Heather 824897

DANCE CLASSES

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, Glencutcher 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

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.
Adviseable 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

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

Various Venues
Weekly 'Paracise with Donna' Classes:
Monday – 1.15pm and 2.30pm
- **Braddan Church Hall (2 Classes)**

Tuesday – 11.15am – **Onchan Community Centre**

Tuesday – 6.30pm – **Glencrutchery School 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.

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

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
southernbefrienders@manx.net
www.southernbefrienders.im

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

➤ **WHAT'S ON CONTINUES ON PAGE 10**

SPINE, POSTURE & STRESS CLINIC

SPECIAL OFFER FOR FAMILY MANX READERS

£99

Full Initial Assessment including:

- A Comprehensive History
- Physical Exam
- State of the Art Nervous System Evaluation
- Computer Generated Posture Analysis
- X-Rays (if necessary)

Please mention this advertisement when booking.

www.align4life.com Tel: 629444
1 Lake Road, Douglas, IM1 5AF

Lower Back Problems

Chiropractic is “more cost-effective than medical care” with the results being “long term”.

According to The Global Burden Of Disease, lower back pain is the single leading cause of disability worldwide. Chiropractors have helped millions of people with lower back problems, often saving them from pain, disability, drugs and surgery. This may make the difference between a life of ease, health and comfort compared to a life of pain, disease and disability.

What Do Major Government Studies Reveal?

In the last 30 years, 5 separate government enquiries (the UK, US, Canada, Australia and New Zealand) have all shown that chiropractic is the most cost effective treatment for lower back pain. This re-affirms what chiropractic patients have been telling their friends with back pain for years: “Why don’t you see my chiropractor? You’ll probably get better much faster than from drugs or surgery – and it’s safer too”

In 1994, the federal US government sent shock waves throughout the healthcare system when a definitive public pronouncement established chiropractic as one of the preferred and most effective methods of care for acute adult lower back pain. The panel revealed that extended bed rest (more than four days) was harmful, and that muscle relaxants and surgery can be unnecessary and, in some cases, harmful.

What Canadian Researchers Found

The Manga Report was commissioned by the government of Ontario in Canada. Leading economists found that chiropractic care for patients with lower back pain is superior to medical care in terms of safety, scientific evidence of effectiveness, cost and patient satisfaction.

According to the British Medical Journal:

“A 1990 study of lower back pain patients revealed that chiropractic patients got better results, missed less work and the results lasted longer than those receiving medical care” (BMJ vol.300 1431-1437)

The Facts Speak for Themselves....

Doctors of chiropractic relieve chronic and severe pain, both immediate and long term, in one half the time it takes medical physicians.

Chiropractic is Better for You.....

Why are the results so overwhelmingly in favour of chiropractic? Because painkillers, muscles relaxants, Valium, braces, physical therapy and surgery are not designed to correct interferences in the nervous system that can lead to spinal misalignments – chiropractic is!

www.align4life.com 629444



I was scrolling through Facebook (in that way you do when you should actually be getting up to get breakfast started, lunches packed, uniform sorted but really you’re tired and it’s cold outside the covers) when a post caught my eye. It was a first time Mum asking for ‘best advice’ as she was due to give birth in a couple of weeks. It appeared in my newsfeed because a friend had commented on it. She was replying to the most commented on message which said, “don’t be forced into breastfeeding”.

Well my heart sinks when I see messages of this sort, and usually for my own sanity I don’t read the comments, but for some reason on this day I did. It was the usual mixture of ‘I was formula fed and I’m fine’, ‘Breastfeeding is best’, ‘I was made to feel guilty when I didn’t want to breastfeed’ and (the heart wrenching) ‘I wanted to breastfeed but it was too sore’. There were a few voices of reason interspersed, but mainly it was people with no interest in helping the original poster, instead intent on telling their own story.

Being a breastfeeding counsellor is a hard line to walk – there simply isn’t enough support available to Mums, and occasionally they are given incorrect information (a common one is being told to stop feeding for 7 days while taking medication – many medicines are compatible with breastfeeding, but not all providers are aware of where to get the correct information from). Words like Breastapo, Breastfeeding Nazis and worse are bandied around as though it was acceptable to liken anyone to a Nazi prison guard. The vast majority of breastfeeding support in the world comes from unpaid mums who have a genuine desire to help those who want that help. Their role is to provide support and information when it is sought. Spare time to go marching through local cafes snatching bottles of formula and manhandling breasts into babies mouths is a non-existent commodity (and definitely a non-existent desire)! At La Leche League IOM we want to meet each mum where they are and help them on the journey they want to take. No judgement, just support from mums who have travelled the road and understand the map a bit. So if you are an expectant mum and would like to know more, then we can offer you that information. If you want a cheering squad then we have the pom-poms. If you want to stop breastfeeding then we have some suggestions you might like to try. If my friend, my sister, my colleague wants to sit in a café and feed their baby a bottle of formula then I will buy the tea and cake (and cut it into small pieces so that you can eat it with your free hand!). Mmmmm..cake.

Contact us on breastfeeding@manx.net or La Leche League IOM on Facebook.



WHAT IS CORE FASCIAL RELEASE?

People come for CORE Fascial Release for many reasons: pain or lack of movement, a desire to enhance performance or be more in touch with their bodymindcore, & as an adjunct to other therapies.

We believe symptoms only point us to the problem & don’t necessarily show where it’s located.

We suggest trying a session with a practitioner to see if this bodywork makes sense to you..

CORE Fascial Release is designed to:

**Coax
Order and
Restore
Energy...**

...to the human bodymindcore, one person at a time.

Practitioners of this CORE work are dedicated to unwinding fascial restrictions & holding of old trauma — physical, mental, emotional, chemical & energetic.

We believe any old trauma can be stored in the body & inhibit freedom & movement, causing pain, illness & further lack of movement.

As we work with clients, we partner with them to create freedom, movement, breath & health in their systems.

What happens during a treatment:

■ You will complete a screening form BEFORE you attend your first treatment (first treatment is always 90 minutes)

■ Your first treatment will include a postural assessment, range of motion testing & a discussion as to what your goals & expectations are from the treatment

■ You will remain fully clothed for the whole treatment (please wear loose, comfortable, breathable clothing)

■ In your initial treatment we will follow an all purpose recipe where we release fascia through 10 key areas of the body, assess what we find then make a plan to move forward.

This treatment is about **YOU** changing.....**NOT** me changing you! Don’t demand change; just COAX it.

Our goal is to build integrity & strength into the body, not to just tear down resistances.

I invite you to come & find out where & how you are stuck but also how you might change the way you live as you become unstuck – physically, mentally & emotionally. mindbodycore connection.

Enter the discount code **CORE10** to receive 10% off your initial treatment.



**Rachel Kermeen,
Total Wellbeing
From Bump 2 Birth & Beyond
www.totalwellbeing.co.im**

Boots Douglas Store Launches private chickenpox vaccine service

Boots are proud to announce the introduction of the private chickenpox vaccine, to sit alongside our other vaccination services. Boots already offers private meningitis B, seasonal influenza and cervical cancer vaccines, as well as a comprehensive travel service offering all travel vaccines and anti-malarials.

Chickenpox

Chickenpox is a common viral infection and mostly affects children, although you can get it at any age. Symptoms include a high temperature, aches and pains, a general feeling of being unwell, and an itchy rash. Chickenpox is highly contagious, leading those who catch it to need to take time off work, school or nursery. Chickenpox is generally self-limiting; however, infection can have serious consequences for people who are immunocompromised (poorly functioning immune system, or taking medication specifically to suppress the immune system), and for ladies who are pregnant.

Chickenpox usually gets better by itself within a week without needing to see a GP.

The Vaccine

The NHS currently offers a chickenpox vaccination to certain vulnerable groups, (such as those in close contact with transplant, HIV positive and chemotherapy patients.)

The private Boots Chickenpox Vaccination Service is available to those seeking protection from the chickenpox virus, from age 1 to 65, subject to the eligibility criteria.

Patients accessing the chickenpox vaccination will receive two vaccinations at a minimum of six weeks apart. If you, or your child, had a first dose of chickenpox vaccination at a different provider, you can still have your second dose at Boots, providing you meet all the eligibility criteria for the Boots service.

The complete course is discounted at £140 if both vaccines are paid for together or vaccines can be paid for upon administration at £75 each.

If you would like more information, or would like to book an appointment please speak to our Pharmacy team in store, or access the Boots website on www.boots.com.

“I’m playing all the right notes, but not necessarily in the right order”
Eric Morecambe

BBQ Brilliance

Unlock the power of frozen with our new range of delicious BBQ food that's designed to make barbecuing fun, simple and incredibly tasty.



Iceland exclusively at
shoprite

WHAT'S ON

► WHAT'S ON CONTINUED FROM PAGE 7

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.

Mindful Mann Wellbeing Festival

Join us at Mindful Mann 2019, for a celebration of positive mental health, spirituality and wellbeing. Keynote speakers currently include stand-up Philosopher Tim Freke, Transpersonal Psychologist and Best-Selling Author Steve Taylor, Sufi Teacher Zahir Khan, Canadian Spiritual Teacher Canela Michelle Meyers and Philip Quirk, one of the UK's leading Human Performance Coaches.

There will also be a programme of yoga, mindfulness and meditation classes, talks from local wellbeing heroes, workshops, live music, and kids activities. Fantastic food and drink will be provided by Island Favourites, Flo the Coffee Van, The Secret Pizza Co, The Alpine and Smoo Ice Cream.

Date: Saturday 29th June
Time: 8am - 8pm

Location: The Childrens Centre Community Farm, Douglas

Tickets can be purchased via www.myfreemind.org
www.myfreemind.org
m. 07624 376856 / h. 01624 621384

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

BRAHMA KUMARIS ISLE OF MAN

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.



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



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

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

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.

WHAT'S ON

Dementia Action Week

Monday 20th to Sunday 26th May

For information on the activities happening on the Isle of Man and how your loved one can join in

Call Alzheimer's Society
613181

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 & MOVEMENT CLASSES FOR BABIES AND TODDLERS AS WELL AS GENERAL MUSIC GROUPS

(see full listing at www.familymanx.co.im)

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

Ballagh 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: ?



My Time
Isle of Man



Help! It's exam time



There is no doubt that for many families the exam season can bring a pressure of its own with both teenagers and parents responding in different ways.

Some children thrive under exam pressure while others find it extremely challenging and parents can vacillate between the two extremes of saying nothing and 'letting them learn the hard way' or batten down the hatches with a strict revision timetable – and anything in between.

Here are a few tips to help us keep the balance right:

- Encourage your teenagers to plan a timetable and stick to it, so that once the day's revision is done they know their time is their own.
- Help them discover how and where they best revise.
- Discover their love language (what makes them feel loved – e.g. small gifts, speak encouraging words, tasks done for them, spending quality time with them) and use it during the revision and exam period. It will help and encourage them when they feel under pressure.
- Remind them to turn off notifications whilst revising.
- Give them a break from household chores during the most pressurised weeks.
- Be around the house as much as possible.
- Just like you, they may fail sometimes. So let them know you love them whatever grade they get.

And the final word from the teenagers:

- Keep the fridge full.
- Give help, but don't control.
- Remind us of the things we're good at.
- Remember they are our exams, not yours.

This extract is taken from an article written by Katharine Hill, UK Director, Care for the Family. For this or any other helpful articles regarding family life please visit our website www.cff.org.uk

*“Summer afternoon—
summer afternoon; to me
those have always been the
two most beautiful words
in the English language.”
Henry James*

The Improving Mum

As parents I think we get so wrapped up in what we can teach our children and what they might learn from our choice of words, actions and behaviours that we often forget that there is also so much we could learn from them.

I can honestly say that as an adult I have experienced more worry and anxiety than I did when I was younger. Yes, even those years of teenage angst, when everything seemed like the end of the world and life was so difficult, don't compare to what I have experienced as an adult, especially since becoming a parent. I wish I could go back and tell my younger self, not that I would have believed it at the time!

This month the boy and I have started going to a new sports class for children aged between two and four years old. As I sat watching these small people run around having fun and interacting together I was struck by a few things.

On the whole, young children are so much more sociable and accepting of others. Let's be honest here, how often is it as an adult do you walk into a room of strangers and just start chatting away and interacting with no self-doubt or preconceived ideas? It was lovely to see this group of tiny humans simply having fun together.

As an adult, how often do you just throw yourself into a new activity without giving a second thought to how good, or not, you might be at it or whether you might make a fool of yourself in front of others? These children were just doing whatever they felt like doing at the time. They were living in the moment and enjoying it however they wanted to without concern for what others might think.

I have been reading recently about how it is our thoughts that shape our experiences, and watching a group of innocent young children sharing in an activity together cemented the theory for me. No anxieties. No fears. No worry. After all, why would they feel these things? I definitely learned something from them.

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

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

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.

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

Kewague School
Parent and Toddler Group
CATCHMENT AREA ONLY
Wednesdays 2.30-3.30
Term time only
For any aged children who will be attending Kewague 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 – 11.45am (term time only)
Age: from baby – school age
Cost: £1
Contact: Rosie 437386

Broadway Cinema, Villa Marina, Douglas
Parent and Baby Cinema.
Enjoy the latest releases in a baby-friendly atmosphere.
Contact LLL Leader Siobhan 487334 or parentandbabycinema@manx.net

Parentcraft Room, Nobles Hospital
La Leche League
Mother-to-mother support for breastfeeding: for pregnant women interested in learning more about breastfeeding and all breastfeeding mothers.
LLL Leaders Katie Davies 619836 / 316950 or Siobhan Molloy 625158 / 487334 or llbreastfeeding@manx.com

All Saints Church Hall,
Alexander Drive,
All Saints' Messy Church.
1st Sunday of month
11.15 am - 1.15 pm
Crafts and celebration followed by lunch.
All welcome but children must bring an adult.
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

Dates in 2019: 12th May, 22nd Sept and 24th 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

Scoill 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.](http://www.totalwellbeing.co.im)

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

GENERAL SPORTS

(for the full listing – visit www.familymanx.co.im)

HOCKEY

QE2 Astro Pitch, Peel

Valkyrs Hockey

Beginners Welcome!

Juniors 8 and up

Weds 6 – 7.30pm (Term-time)

Senior 13yrs and up

7.30 – 9pm

Call Cath 801802

NSC Astro Pitch, Douglas

Bacchanalians Hockey Club

Beginners welcome!

Thursday evenings

Juniors 8 and up from 6pm

(term time)

Seniors from 7.30pm

Contact bacchashe@hotmail.com

NETBALL

Ramsey Grammar School

Netball Sessions

(Term-Time only)

Tuesdays 8-9pm Seniors

(Yr10 – Adult)

Contact: Colette 452718

Castle Rushen High School

Simcocks Eagles

Netball Club

Mondays 6.00-7.30pm

Year 7, 8, 9, 10 & 11

7.30-9.00pm All abilities

Contact Claire

Belcher-Smith 481757 or 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

THE TOWNSWOMEN'S 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

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

fellow members and find out about new Groups and events. Activities are organised mainly in small groups that meet regularly, sharing their knowledge, skills and experience and learning from each other.

www.isleofman.com/U3A or call 801032.

Groups. Various meeting dates and venues. For detailed information see the website.

VOLUNTARY ORGANISATIONS

ST JOHN'S AMBULANCE

Building skills that will be VERY useful in life. For Specific details - Call 674387. Groups meet at the Douglas HQ on Mon/Tues & Thurs and in Ramsey, St Olaves Church Hall on Fridays.

THE ROTARY CLUB

A Social and Fundraising Organisation – helping to raise funds for ALL. Open to All. Contacts for areas as follows:

Douglas - Secretary Howard Callow 851854

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

Rushen - Secretary Terry Clare 472381

Douglas Bay - Secretary Stephen Castle

howstrake7@mymail.co.im

Onchan - Secretary Mike Percival mikepercival@manx.net

THE MANX WILDLIFE TRUST TALKS

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

WOMEN'S INSTITUTE

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

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

YOUTH CLUBS

Grade Baptist Church, Market Street

Monday Club

Mondays 7pm-8:30pm

Age: School Yr 7 – 11 FREE

Pool, Table football; Table

Tennis and games;

Contact Glenn 335897

ST JOHN AMBULANCE CADETS

Building skills that will be VERY useful in life.

Specifics/Venues can be gotten by calling 674387.

BADGERS

Here is a list of the places for Cadets and Badgers meeting more details can be obtained by calling 674387. Badgers (Aged 5 – 10) all groups mixed

Monday 6pm to 7pm
Douglas HQ

Monday 5.30pm – 6.30pm
Kirk Michael Primary School

Tuesday 6.30 – 7.30pm Laxey Methodist Church

Thursday 5.30 – 6.30pm Peel Age Concern

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

Saturday 10.30am - 11.30am
Douglas HQ

There are also adult groups

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

CADETS (AGE 10-18 YEARS)

Weds 7pm – 9pm

Douglas HQ Girls only

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

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

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

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

SCOUTS/CUBS BEAVERS

The Scout Association

Website: manxscout.com

Email: manxscouts@gmail.com

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

GUIDES/BROWNIES RAINBOWS

Email: ggiommembers@gmail.com

www.girlguidingiom.co.uk

ISLE OF MAN CONSTABULARY POLICE CADETS

Ages 16 – 18yrs

Contact: Cadet Liaison Office

PC 245 Mike Griffiths on

FAMILY MANX/MY TIME/FIT HEALTH & SPORT MAGAZINES

51 Broogh Wyllin, Kirk Michael, Isle of Man IM6 1HU

■ Tel: 01624 877909 Mob: 07624 225577
■ Email: editor@familymanx.co.im ■ Editor: Amy Maguire

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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.



YOUR NUMBER ONE CHOICE

FOR DISABILITY AND MOBILITY PRODUCTS ON THE ISLAND



Just Care Products is a Mobility and Disability Shop up behind B&Q. Our team, Amy, Dermot and Becca – pride ourselves on the service we provide, on the huge array of products we have in the shop and oftentimes people will come in and describe the array of products as a real treasure trove. We have products from as simple as 'a good grips' cutlery set – to our amazing Apollo Saturn Rotate Bed. If we don't have it – we will try to find it for you.

Our service engineer – Dermot (a fully qualified Electrician with over 30 years' experience in the trade and whom you can reach on 409982) is our 'man who can' (as Becca calls him). He will either come to you in your home for services or repairs OR you can bring your item to him. Whatever suits you!

We have sales on throughout the year on different items so it's always worth popping in to see what's happening. We have beds (Divan-style as well as Hospital Care beds) Rise-Recline Chairs, Mobility Scooters (Folding, Road and Pavement), Walkers and Rollators, we are the only stockist of the Cosyfeet

Footwear Range and as we always say – if we don't have it in – we will source it for you!

We are working in conjunction with the Alzheimer's Society to create a Dementia Friendly world. Once a month we are holding Dementia Friends Information Sessions.



Unit 15, Spring alley Industrial Estate

Tel: 627177

Open Mon-Thurs 9-5pm and Fridays 9-6pm

Appointments can be booked on the weekend

To find us – come to B&Q and take the next turning on the right (with ADT on the corner). Drive along there and we are on the left.