



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

ISSUE 68 | FREE

SEPTEMBER – OCTOBER 2018

www.familymanx.co.im

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Branches Island Wide

propertywise.co.im

THE WISE MOVE



That was the summer that was

...and with the wind and rain returning the island feels refreshed and anew. It was rather welcoming for our farming community to see rain for the thinning livestock to now have their fill of green, green grass. But what a summer it was!! So much to do And again, we look anew at the clubs and groups and activities that our families can be participants in. Open the pages, have a skeet and Remember this magazine is for YOU!!



Beehive Kindergarten

Beehive....Bee Happy!

Childcare from **0 to 11 years**

Is your child going to be in their
Pre-School year from September 2018?

Let your child develop through
hands on learning in the best
nursery garden on the Island

✓ Pre-School Credits Accepted

✓ Hot Fresh Meals Included

✓ Zumba ✓ EYFS Curriculum

✓ Outdoor adventure trips

✓ Nappies & Wipes included



Please contact Mrs Nation

674655



Hillberry Road, Onchan

beehivekindergarten.co.uk



So – Family Manx needs YOU!! We need to hear from those who wish to advertise their wares; those who wish to list their groups and those who wish to WRITE!! We have such a dedicated little band of contributors but we ALWAYS welcome new ideas and I look forward to hearing what you might like to do.

And lovely reader Do let contributors know if you have seen their piece or ad in here ...it helps them to know if their spend and time are being well received.

Thanks as always Happy Fall.
Amy (Editor).

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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 parent2parentfamilies@gmail.com or send a private message to us on Facebook. Registered Charity Number: 1187



Having run Just Care for over a year now - we have been observing how people use their walking sticks. They are a very personal thing and some are passed down through generations. Infact just the other day I met a man who had a stunning cane (as they are sometimes called) which his grandfather had owned. It was a little worn in places where hands had caressed the hook .. but it was beautiful and I told him so. He grinned with pride.

As I was saying - Walking Sticks are used for a variety of reasons but one thing we will always try to do - when someone comes in, looking for a cane, is to make sure that the cane is at the right height. A cane should be used in such a way that it doesn't create an imbalance to your gait. If you are leaning onto the stick and therefore to the right or to the left, this can create problems with your muscles and skeletal system and that will create aches and pains that don't need to be there.

So, how does one know the correct height? Well, if you turn the cane upside down and with a straight arm by your side - ask someone to put the cane up against you measuring on the arm. The bottom of the cane (the ferrule base) should come just to the lower part of your wrist (there thereabouts) just where the little indent in the wrist is. Being this length will mean that you are walking with your body more upright and, as stated previously, means your gait is less bent.

Walking sticks are there to enhance balance and to just give that little bit of extra security and confidence when one is walking. You can get foldable, height adjustable, wooden, acrylic, plastic carved, dyed ...they are so many and varied.

Come in to Just Care and take a look. They make wonderful gifts and range in price from £24.00 - £38.00, depending on the style.

Any questions - just give us a call on 627177



family LIBRARY Community and Creativity
Schools Service + Mobile Library

Join us. Everyone welcome!

Westmoreland Road • Douglas • IM1 1RL
tel: 640650 www.familylibrary.im

Family Manx Magazine has been running now for more than 11 years and it relies, completely, on the contributors and advertisers that you see within its pages.

People write about their area of expertise; they write about their musings on life in the Isle of Man; they advertise the wares or services that they provide ...and without them Family Manx could not exist. As editor - I pull everything together and Melanie (who has been with me since I started the magazine) puts everything together in a way that hopefully you the reader enjoy. I do occasionally get feedback and people do come back so I am hoping that the magazine works for those who write and advertise.

The listings are given to me in a variety of ways and I will try to fit in as many as I can depending on how much space we have; but the full listing is normally available online too. You can download the PDF or print it out and stick it on the fridge for reference.

The magazine is available through approx 150 outlets island wide - the main places being Shoprite, Boots, the Libraries, The Welcome Centre, small shops around the island but also many of the Primary schools and Nurseries who are kind enough to give it out either in the children's book bags or via reception.

Do let the school know if you would like to see them there ... it lets them know that parents are interested ...but of course there are many other places to pick them up.

If you would like to find out more about advertising - or about where you can get the magazine - just give me a shout at editor@familymanx.co.im or ring me on 225577 Amy xx

Café Lingo (Isle of Man)

Learn English - it's free		Nauka angielskiego - jest za darmo
Apprendre anglais, é gratis		Apprends l'anglais, c'est gratuit!
Impara l'inglese - è gratis		Изучай английский
学习英语 - 它是免费的		تعلم اللغة - أنو - الحرة

- In the Top Hall, PROMENADE METHODIST CHURCH
- On SATURDAY mornings
- From 10.15 to 11.45
- It's FRIENDLY, FUN and FREE
- Students' children welcome
- Contact Karen for further details - tel: 458340

Find us on Facebook - Café Lingo (Isle of Man)

A Carer's Information and Support Programme (CrISP) is currently running at our local office, Isle of Man.

For anyone on the island caring for a person living with dementia these sessions provide an opportunity to meet other carers, who may be in a similar situation, and the possibility to learn about the topic in an open and understanding setting. The 4 sessions cover topics on 'understanding dementia', 'providing support and care', 'legal issues' and 'coping day to day'. Each session lasts around 2hours30 including breaks and involves interaction in a group setting.

Our aim is to give people more of an understanding of dementia and to let them know they are not alone.

Anyone wanting more information can call the office on 613181.



"Be kind whenever possible. It is always possible" His Holiness the 14th Dalai Lama.



HUNGRY HEROES

FOR KIDS AGE 3+
HAPPY TUMMIES AND NO ADDED BADDIES!



Ravenous mouths to feed?
Hungry Heroes to the rescue!

Delicious and nutritious frozen ready meals with no added baddies, they'll satisfy their appetite, as well as your conscience.



While stocks last. Subject to availability.

Registered Charity No. 1100661

WE DONATE 5P FOR EACH PACK TO ALDER HEY CHILDREN'S HOSPITAL

exclusively at
shoprite

Overfill your trolley,
underspend your budget!

WHAT'S ON

Below is a guide to what is going on – on the Island. It is NOT the full list. You can find the full list at

www.familymanx.co.im

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

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

www.familymanx.co.im

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

OVER 50'S COFFEE MORNINGS AND SOCIAL GATHERINGS ISLAND-WIDE

Castletown Civic Centre
Castletown + District
Over 60's Club

Coffee Mornings

Time: 10 – 11.30am Cost £1 inc Refreshments

Guild Room, Atholl Street, Peel

The Thursday Fellowship

Thursdays 2.15 pm from Oct - Easter

Speakers, quizzes, DVDs and Bingo

Our aim is fellowship and fun! All welcome

Contact: Heather Horsburgh 842451

Morton Hall, Church Ave, Onchan

Onchan Ladies Club

1st Weds in the month at 2.15pm

Call 620352

Onchan Pensioners' Social Club,

Tuesdays and Thursdays 10.30am All Welcome.

Football Club, Glen Road, Laxey

Laxey Coffee and Chat

Thursdays 10 – 12

(Term-time only)

Contact: Janet 431706

Fresh filter coffee and home made cakes. All welcome.

Donations welcome.

Onchan Methodist Church Lounge,

(Opp Commissioners' office),

Drop-In Coffee and chat,

Fridays 10.30am-noon.

All Welcome.

Grace Baptist Church,
Market St, Peel

Sunset Cityzens

'A Friendly Natter, guest

speakers, tea/coffee. A 'get-together' for mid-lifers,

OAPS, On the Hill – Over the Hill – Top of the Slopers

Anyone with a free afternoon.

Pop along 1.30 – 3pm on

Fridays.

St. Michaels Hall, Main Road, Kirk Michael.

The Thursday Club,

(Sadly No Longer Running).

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.

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.

Palace Hotel, Douglas.

Isle of Man Ladies Luncheon Club

Monthly Luncheons with speakers.

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

ART AND CRAFT GROUPS

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

House of Manannan. Peel 'Crafternoon' sessions

Wednesdays 1 – 3pm

No charge, and refreshments are served. Come with your current craft project and have a chat and a cup of tea.

St. Andrew's Church Hall, Douglas

IOM Embroiderers' Guild

Hand, Machine & Mixed Media embroidery

Regular Friday/Saturday Monthly Meetings

All welcome

Call Helen on 851258

www.iomeg.blogspot.com

contact

iomegchair@yahoo.co.uk

St James' School Rooms, Dalby

The Dalby Art Group,

Thursdays 2pm.

Bring your own equipment.

Call 843471

Laxey Football Club-house, Glen Rd, Laxey

Laxey Sketch Club

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

Contact: Norman

McKibbin Tel: 861125

St Stephen's Church Hall, Sulby

Sulby Art Club,

Wednesdays 2pm-4pm

Contact ?

Onchan Methodist Hall, Main Road

Onchan Flower Club

Contact Mrs M. Clague

626573

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

The Erin Arts Centre

Art Group

Thursdays 10.30am - 4pm

Contact: EAC 832662

St John's Methodist Hall

St John's Art and

Craft Group

Tuesdays 9.40am.

Bring your own art and craft.

Call 851364.

Ballabeg Methodist Hall, Ballabeg.

Mannin Quilters

Tuesdays 7.30pm-9pm.

Call 628921.

St Columba's Catholic Church, Port Erin,

Mannin Quilters

Wednesdays 1.30-4pm.

Call 628921

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



PREGNANCY AND POST-NATAL EXERCISE CLASSES

HOLISTIC CORE RESTORE® CLASSES

1-2-1 PERSONAL TRAINING SESSIONS

DIASTASIS HEALING/C-SECTION RECOVERY PROGRAMMES

PREGANCY MASSAGE AND POST-NATAL REMEDIAL THERAPIST

totalwellbeing@manx.net 07624 465335

www.totalwellbeing.co.im

Onchan Library

"Story Tots"

Stories, rhymes & colouring for pre-schoolers and their parents / carers

Tuesdays 2.30 - 3 p.m.

Book Group

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

Contact 621228 or onchan.library@onchan.org.im

Ramsey Town Library.

Story Time

Tuesdays 9.30 – 10am

& Saturdays 11 – 11.30am

Age: Preschool/Reception

Free with pictures to take home and colour.

Parents/Carers MUST attend with their child.

Family Library,

Westmoreland Road

Storybox

Friday 10.30 - 11.00 Free

TeddyTime

Thursdays 2 - 2.45pm Free

Sticky Finger Craft

6 years olds and over

Saturdays 10.30 - 12pm

Book to avoid disappointment

Cost: £2

Contact 640650

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

16 Banks Howe, Onchan

Manx Retirement

Association

Rummikub Club

Times Vary so ring 817007

for times.

Onchan Pensioners Hall.

Whist Drive

Wednesdays 7.30pm £2

Contact Alan 340591

Scout Hall, Ballasalla

Ballasalla Whist Drive

Fridays 7.30pm

Contact: Heather 824897

BREW WITH A BOBBY AND SOCIAL WORKER SESSIONS

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

These events are an opportunity for local people to get to know the professionals within their local area.



A close and enduring bond

When parents and carers respond to a baby's needs to be fed, comforted, kept warm or stimulated, the baby learns they are loved and lovable. Even though they can't put it into words, they understand their parent is a source of comfort and security. They miss their caregivers and feel relieved when they return. So when babies cry after a brief separation from their caregiver and actively seek to be close to them when they are reunited, it shows that they are securely attached.

With a strong emotional foundation of trust, children can grow into self-assured, competent, caring adults. Securely attached children are more positive, friendly, confident, and eager to learn at school and are less likely to engage in anti-social behaviour, have fewer mental health problems, and cope better with the physical and emotional changes they are going through.

Without a secure attachment as babies, in later life people can experience feelings of loss and anxiety, poor self-esteem, and an inability to trust others and form positive relationships. The kind of relationship they have with parents and carers becomes a template for their future interactions and friendships, so a strong, loving relationship is important.

Just as important as physical needs are their emotional needs – such as their need for affection or encouragement. We can do this by expressing affection and tuning in to our infant's feelings in practical ways. Babies love looking at faces, and our eyes are a powerful bonding tool. Every time we smile and look animated, 'happy' hormones are released which help our infant's brain develop healthily.

A secure attachment is no guarantee against the storms in life, but it does contribute towards our children's foundation of love, security in their worth and ability to live healthy, independent lives as adults.

Care for the Family's new resource TotSlot, helps parents identify something they can say or do with their child each week that will build up their relationship. In a series of ten-minute talks, it looks at the key principles of bonding and attachment and helps parents explore how to develop a close bond with their children. It is ideal for running in a local setting such as a baby or toddler group.

Visit our website for more information
www.cff.org.uk/totslot or call 615712



Free Refreshments.
'Let's talk about issues over a brew'

Western Session:

1st Friday of the Month
10am – 12 Noon
Westlands Lounge, Peel

Southern Session:

Last Friday of the Month
10am – 12 noon
Community Room, Reayrt y Chrink, Port Erin.

COMPUTER CLUBS

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

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

Douglas Sessions

iMuseum, Kingswood Grove, Douglas.
Wednesdays and Thursdays
10 – 12.30pm
Wednesday 1.30 – 4.30pm

Ramsey Sessions:

Ramsey Library, First Floor (Lift Available)
Tuesdays and Fridays
10 – 12.30
And Fridays 1.30 – 3.30pm

Port Erin Sessions:

New Southlands, Ground Floor, Library
Mondays 10 – 12.30pm,
1.30 – 4.30pm
Thursdays 2 – 4.30pm

Peel Sessions:

House of Mannanin, Peel Top Floor, St Patricks Isle Suite
(Lift Available) Coffee shop on Ground Flr
Mondays 10 – 12.30 and
1.30 – 4.30pm

Leonard Cheshire Disability – Computer Drop in Centre Willow House, 61-69 Main Road, Onchan (above and behind Onchan Library)

Tuesday – Fridays 11am - 3pm.
Free internet access, printing and scanning facilities.
Volunteers on hand to help those with limited computer knowledge.
Refreshments available
Wheelchair accessible
Donations Welcome!

Onchan Library, Onchan
Free one-to-one computer tuition for seniors

Tuesdays 10am – 12pm.
Contact 621228 to book

DANCE CLASSES

Methodist Hall, Station Rd, Port Erin
Sequence Dancing
Tuesdays 8 – 10pm
Contact: Lesley 835071

Manx Legion Club, Market Hill, Douglas
Afternoon Tea Dance
Mondays 2pm-4pm,
All Welcome.
Call 675217

South Douglas Old Friends Club
Linedancing for beginners
Tuesdays, 7.30-8.30 pm.
Doors open at 7.00 pm.
All welcome

Pensioners Hall, opp. Library, Onchan.
Arabic Dance Classes
Saturdays 10-11 Beginners;
11.15-12.15 Improvers.
£5 for class; £7 for both.

St Johns Methodist Hall, St Johns.
St Johns Good Friends Tea Dances
Sequence Dancing with live music from Eric Kelly and Jim Maddocks.
Dancing, Afternoon tea and Friendship
Wednesdays 2 – 4.30pm
Cost £3.00
Contact: E Kelly on 842548

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.

St Andrews Church, Glencutclery Rd, Douglas
Arabic Dance Classes – All Abilities
Weds 7.30 – 9pm. £6 per class.
All the classes work on different aspects of Arabic (Belly) Dancing and are suitable for all women no matter shape or size.
Call 210200 or visit www.hediva.org.uk

Methodist Church Hall in Onchan.
Manx Folk Dancing Society
1st, 3rd and 4th Tuesdays of the Month
Cost £20 for the term
Beginners welcome!
Info
Beginners – 7.00pm – 8.00pm
More Advanced – 8.00pm – 10.00pm
Learn traditional and newly created dances the fun way!!
For more information email us on mfd@manx.net

Onchan Pensioners Hall, (across from library)
Sequence dancing,
Saturdays 8pm.
Call 829669.

Pulrose Methodist Church hall, Douglas,
Social sequence dancing,
Saturdays 8pm. Also Monday, Wednesday and Sunday.
Call 842878.

Ebenezer Hall, Kirk Michael
Red Boots Line Dancing,
Fridays from 7pm.
Beginners welcome,
Adults £3.50, children £1.50.

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

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.
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

➤ WHAT'S ON CONTINUES ON PAGE 9

ALIGN 4 LIFE
"THE ISLAND'S FAMILY WELLNESS CLINIC"

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

**ANIMAL FLOW®
IS COMING TO
THE ISLAND!!**

Animal Flow® includes a wide range of exercises and movement combinations that are grouped into Six Components, each designed to elicit specific results.

The Six Components include:

- 1. Wrist Mobilisations** designed to increase the flexibility and mobility of your wrists.
- 2. Activations** are static holds that are progressed by decreasing the points of contact with the ground. They are all about setting the foundations for movement.
- 3. Form Specific Stretches** are full body stretches that begin in a base animal position, then move through various ranges of motion. The goal is to encourage a combination of flexibility and stability throughout the body's many movements.
- 4. Traveling Forms** are our "animal locomotion" movements. The movements help improve the biomechanics of the human body.
- 5. Switches & Transitions** make up the bulk of the "flow". These are dynamic, multi-planar movements that can be linked together to form endless combinations.
- 6. Flows** is where the real magic happens. This is where we combine all of the above to get a truly amazing workout and move our body in a beautiful way.

The Animal Flow® programme certainly evokes a sense of fun and creativity, but it is still, at its heart, based solidly in science.

It draws upon multiple, proven concepts within exercise science and kinesiology to formulate its overall approach to fitness and movement. The programme is structured around several factors that contribute to its grounding in scientific research; it is entirely bodyweight training based, using closed-chain exercises to achieve goals; it emphasises multi-planar and functional movement, focused on anatomical subsystems; it is designed to integrate into a range of fitness programmes and resistance training models; and it provides for assessment, regression, and progression with each step.

The specific exercises that comprise the Animal Flow® Workout are themselves highly effective examples of various exercise modalities designed to increase mobility, flexibility, stability, power, endurance, skills, and neuromuscular development. Every movement included in the programme has a specific function.

The reason why I love Animal Flow® is because not only is it so much FUN but it's also a great workout at the same time. You don't need any equipment; just you and the ground. Mindful Movement at its best.

If you would like to join a class check out my website/ Facebook page to keep up to date with class information.

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

**INFLUENZA VACCINATION
(FLU JAB)**

If you want help to stay healthy and prevent the spread of flu amongst family, friends and work colleagues, taking advantage of the winter flu jab at Boots is a good first step. Flu is contagious and it can be passed through coughing, sneezing or by touching contaminated surfaces. Flu outbreaks usually occur in late autumn or in winter, and, for most people, it's an unpleasant but not life-threatening condition.

The NHS Flu Vaccination.

Flu can be serious for those more at risk of developing complications and these people are entitled to a free NHS jab. Most community pharmacies are now offering the NHS flu jab as an alternative locality to the GP practice. Patients who suffer from asthma, COPD, AF, angina and other cardiovascular complications, stroke, diabetes, kidney disorders, liver disorders and immunosuppression are all entitled to an NHS flu vaccine. Any patient in these categories over 18 years of age, are able to book an appointment at a participating community pharmacy. Any patients under 18 years of age can be vaccinated at their GP practice, with an appointment.

Private flu vaccination at Boots

If you're not eligible for the free NHS flu jab, we offer a private Winter Flu Jab at Boots from 10 years of age.

Following World Health Organisation guidelines, the NHS has decided to use a trivalent adjuvant vaccine for the over 65's and a quadrivalent non-adjuvant vaccine for the under 65s. Please ask your pharmacist for more information regarding this, if so desired. The vaccines are expected in Pharmacies for the under 65s from 14th September. The vaccines for the over 65's are expected on the 1st October.

Please do not hesitate to get in touch to ask questions or to book an appointment. Alternatively Boots have an online booking facility, available at [www.boots.com /appointment-booking](http://www.boots.com/appointment-booking)

Pneumonia vaccines are also available privately at Boots. Please ask in store or look out for the next article in Family Manx.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." Dr Seuss

**AMAZING FACTS
ABOUT YOUR BRAIN!**

■ The human spinal cord consists of nearly 13.5 million neurons.

■ If all the neurons in your brain were lined up, they would form a path about 600 miles long!

■ Think your car is fast? Signals travel between your brain and body at speeds of 100 meters per second!

■ Of the 43 pairs of nerves that connect your central nervous system, 31 are attached to your spinal cord, making it important to look after your spine

With all these facts in mind, why would you risk disrupting all those signals that are zipping up and down your spinal cord? Here is another interesting fact:

■ When your 12lb head is tilted forward, it causes huge strain on your neck – just a 15-degree tilt causes its weight to double.



Can you imagine the strain that constantly staring down at a phone or tablet can cause to your spine and nerves? If your body was designed to carry a 12lb head and now it is coping with a head that feels like 24lbs, physically it will struggle, but how will all those signals negotiate the unexpected curve at 100 meters per second!

To combat this strain, make sure you raise your device to eye level to allow for better support of your head. Texting neck combined with too much sitting is the new smoking!

The good news is that poor posture and texting neck can be corrected by a chiropractor thus allowing all those signals free passage up and down your spinal cord. You will look better which is important to many, but much more importantly, your health will improve too.

www.align4life.com 629444

**➤ WHAT'S ON
CONTINUED FROM PAGE 7****FAITH MEETINGS
AND PRAYER – YOUTH
GROUPS**

Laxey Christ Church

"Sunday Club"

Every 4th Sunday at 11.10am
FREE

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

Contact: Rev Jo on 861989

Laxey Christ Church

"All Age Worship"

Every 2nd Sunday at 11.15am

A shorter fun church service

with children as its focus

Contact: Rev Jo on 861989

**FAITH MEETINGS AND
PRAYER – GENERAL**

Kirk Maughold Parish
Church

"Family Service"

with Treasure Seekers

1st and 3rd Sunday of

each month at 9.30am

Coffee and Juice afterwards
Contact: Lilly 810958

Eastcliffe Resource Centre,
Victoria Road, Douglas.

Isle of Man Religious
Society of Friends
(Quakers)

For a silent hour of worship.
10.30am every Sunday
Contact Michael
quakerfriends@manx.net
463126

Onchan Methodist
Church Lounge

Onchan Methodist

Women's Fellowship

Contact: Mrs Sheila Astill,
620236

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

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

Onchan Village Hall, Royal
Avenue,
St Peter's Ladies Group
Contact: Celia Marshall
621925.

Meets: 1st and 3rd Wednesdays
of the month at 8pm.
An unstructured ladies group
within the church providing
friendship and companionship
through talks, demonstration
and social events. All ladies
welcome to attend

Onchan Baptist Church
Friendship Club

Meet every Wednesday at 2.30
p.m. from Sept to June
Contact Joan Hitchen
on 674255

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

"The Link"

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

Contact Mike Best
on 623415

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

Varying Venues – in East &
West of Island

AGLOW International –
Ladies Meetings

Monthly
All Ladies Welcome
For details call Betty Esson
898928 www.aglow.org

**INDEPENDENT LIVING
SCHEMES**

Island-Wide
Douglas

Social activities and events
include:

One to One befriending
Douglas lunch groups
Coffee Afternoon

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



Childhood Healthy Weight The road to a better future

The recent report by the Director of Public Health into Childhood Healthy Weight has some concerning statistics for the Isle of Man.

"By age five a quarter of the island's children are overweight or obese, as are two thirds of adults. Obesity starts early in life and is often related to family habits; therefore a focus on reducing childhood obesity is vitally important and makes it one of our greatest public health challenges."

Hopefully the details contained in the report will serve as a call to action for us. With the consequences of childhood obesity reaching far into adulthood, ensuring we safeguard our children's health is a major priority for all of us. One of the risk factors listed in the report as driving our children's weight is not breastfeeding. So, if you are pregnant, or considering having children, then educating yourself about breastfeeding so that you can make an INFORMED CHOICE is a huge step in the right direction for your children and yourself. Informed choice is key, so that whatever you decide, be that exclusively breastfeeding, pumping milk for others to give your baby, using formula, or combination feeding, then you have made that decision with the wealth of information and support that all new parents are fully entitled to.

With that in mind here are some amazing facts about breastmilk and breastfeeding that you might not have heard of:

- Fresh milk has antibacterial properties.
- Milk changes its nutritional profile as your baby grows. In fact breastmilk composition changes from feed to feed. Feedback to your breasts from your baby's saliva 'tells' your breasts what your baby needs.
- Your breasts can detect even a one degree fluctuation in baby's body temperature and heat up or cool down based on what your baby needs.
- Breastfeeding baby girls can reduce their risk of breast cancer by 25%. Breastfeeding can also lower your risk of developing breast cancer, especially if you breastfeed for over one year.
- For 75% of mums, the right breast produces more milk than the left.
- In the Isle of Man the Breastfeeding Act 2011 protects the rights of a mother to breastfeed in a public place.

Support on the Isle of Man can be found through:

La Leche League IOM meet-ups and socials for mother-to-mother support led by qualified breastfeeding counsellors. **Come find us on facebook and meet us in person, or contact Siobhan on 487334.**

Health Visitor-led **Breastfeeding Buddies** held weekly. There are also two qualified International Board Certified Lactation Consultants on the island offering paid services. **The full report from the Director of Public Health can be accessed at www.gov.im under Health and Social Care.**

Laxey & Lonan
Social activities and events include:
One to One befriending Lunch group
Contact Jackie Bridson
Tel: 861691 / 497261
Laxeyandlonan.liveathome@mha.org.uk

Northern
Social activities and events include:
One to One befriending Coffee Mornings Lunch Groups
Contact Kerry Palmer
Tel: 818015 / 244256 or northern.liveathome@mha.org.uk

Western
Social activities and events include:
One to One befriending Coffee Mornings Lunch Groups
Contact Hilary Yates
Tel: 843012 / 414796
western.liveathome@mha.org.uk

Southern Befrienders
One to one befriending Lunch Group
Chair Based Exercise Classes
Contact:
Tel: 833025 / 468053
Email:
southernbefrienders@manx.net
Web: www.southernbefrienders.im

HERITAGE GROUPS

Village Hall, Royal Avenue, Onchan
Friends of Onchan's Heritage
Approx. Bi-monthly - Call for details
Contact Mrs E. Park 624759.
The Friends is open to anyone with an interest in the history of Onchan. Illustrated talks and guided tours are provided for members

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

LANGUAGE GROUPS AND SOCIAL GATHERINGS

Top Hall, Promenade Methodist Church, Douglas
Café Lingo (Isle of Man)
If English is your second language – come converse and learn English in a relaxed, friendly atmosphere.
Time: 10.30 – 11.30am
Cost: Lesson, tea, coffee, cake and biscuits - all FREE.
Contact: Karen Norton 458340

Manx Language Groups
Classes in Port St Mary, Peel and elsewhere together with Manx for business classes, all run by Culture Vannin
For more information contact Adrian Cain on 451098 or at adrian@culturevannin.im

MEDITATION, SELF AWARENESS AND SELF-DEVELOPMENT

Monthly Mindfulness Meditation Classes
In Douglas and Peel
All welcome - all levels of experience including beginners.
Cost: £5 donation for Room Hire costs
Contact Mike for more information 376856
mike@myfreemind.org
Check out www.myfreemind.org for times and locations.

6-Week Mindfulness Training Courses:
Ramsey Course
Dates: From Monday 10th September to Monday 15th October
Time: 7pm - 8.30pm
Venue: Perfect Harmony, Union Lane, Ramsey
Price: £150.00
How to Book: email mike@myfreemind.org

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.

Castletown Course
Dates: From Tuesday 16th October to Tuesday 20th November
Time: 7pm - 8.30pm
Venue: The Engine house, Alexandra Rd, Castletown
Price: £150.00
How to Book: email mike@myfreemind.org

Workshops
Working Mindfully With Pain, Discomfort and Difficult Emotions
Date: Wednesday 10th October
Time: 7pm-9pm
Venue: University College Isle of Man
Price: £13.00
How to Book: Contact the IOM College on 648204 and quote reference code ED-586-AW

How to be Happy: An Introduction to Mindfulness
Date: Saturday 27th October
Time: 10am - 12.30pm
Venue: The Hub, Onchan Community Centre
Price: £20.00
How to Book: email mike@myfreemind.org

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 – Thie Meanagh Singing for the Brain (Douglas)
Every other Monday
11.15am – 12.30pm

Port Erin – Southlands Singing for the Brain (Port Erin)
Every other Tuesday
11.15am – 12.30pm
Singing for the Brain® is a stimulating group activity, for people in the early to moderate stages of dementia and their carers, which can help with general well-being and confidence.

You'll meet others with similar experiences in a relaxed setting, and can join in a variety of songs, as much or as little as you like. The groups are run by our friendly staff and volunteers and are led by a trained Singing for the Brain® leader.
Call 613181 for further info.

One to One Sessions for people diagnosed with dementia and their carers
We offer the opportunity for you to speak to a dementia support worker and will give information about all aspects of living with dementia.

Carers Information and Support Programme (CrISP)
This programme is specifically designed to give carers an insight into the causes of the



condition, how the disease affects people in many different ways, what financial and legal options are available, caring strategies for dealing with any challenges which may or may not present themselves and where to find support and care in our community. Dementia support/one-to-one sessions are also available at the Older Persons Mental Health services for people going through the diagnostic process and at Nobles to support people with a diagnosis who are in hospital: a dementia support worker is based at each. **Please call 613181 for more information.**

Braddan Church, Douglas Forget – Me – Notes
Come and Join our Memory Choir
Sessions held on the 1st Tuesday of the Month 2-4pm.
For more information call Andrea or Lorraine on 642879. Or Email andrea.marsden@gov.im

The Decaf 'Café' is for people with Dementia and Memory problems, their families and/or carers. There are 4 café's now across the Island.
For Enquiries/Details call 642879

Southern Decaf @ Cherry Orchard Hotel, Port Erin,
2nd Wednesday of the month, 2-4pm

Northern Decaf @ Ramsey Town Hall
2nd Thursday of the month, 2-4pm

Douglas Decaf @ Douglas Golf Club, Pulrose
Last Friday of the month
2:30 – 4:30pm

MISCELLANEOUS

Various Venues
IOM Sling Meet
Discuss and try a range of baby carriers
Dates/times – Monthly - Varying
Contact - Sam 498547
www.iomslingmeet.com

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

The Improving Mum

Hands up who remembers the last time they weren't tired?

Everyone says to enjoy your sleep before you have a baby, make the most of it, because newborns are infamous sleep thieves. What I didn't realise, was that I would still be an exhausted shell over two years later. Of course, the reasons change, but the exhaustion remains.

In the early days, it's as you expect. The tiny baby that just turned your life upside down has no concept of night and day and you see more of 4am than you did when you were young and out partying. Eventually things start to settle, you get into some form of routine where you're only awake 3 times a night, you think you can cope with this.

Then they start to walk. You need eyes in the back of your head and boundless energy to run after them and make sure they don't throw themselves down the back of the sofa or climb out of the window.

Then they start to talk. You're now not only often still up a couple of times in the night and running around after them, but the mentally draining "whhyyy?" and incessant chatter begins. You're now both physically and mentally exhausted.

I find it feels occasionally better for a few weeks, I think I'm coming out of the haze, I think I might start exercising again (ha!), but it's all just a false sense of security and the wave of exhaustion flows back over me, often worse than before.

What amazes me is that, as parents, we very quickly learn to function on the fumes of energy we have left. We somehow conjure up the ability to feed, nurture and play with our little excitable people while still running the household and working to bring the money in to keep up with the child's sticker addiction (our current phase - we may have to remortgage to keep up the supply).

Yet, I find myself looking at this increasingly independent little human being, and I don't regret a thing. Yes, I'm tired and constantly wondering how I will get everything done, but the laughter, cuddles and kisses and seeing their little personality grow make it all worthwhile.

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

Andreas School Mobile Classroom
Parent and Toddler Group
Tuesdays 9.15 – 11.30am
Contact: Andreas School 880375

Ballaugh Village Hall Parents and Tots
Thursdays 10 - 12 pm
Cost: £1 per family (inc drinks)
Contact: Does anyone know??

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 Street Daniel's Den
Day: Mondays and Wednesdays
Time: 9.30 – 11am
Cost: £1
Contact: Cath 420646

St Mary's on the Harbour, Castletown Messy Church
Day: 3rd Saturday of the Month. Time: 12.30-2.30pm
Children must be accompanied by an adult
Contact: ?

Colby Methodist Hall. ROCK Sunday Club – 10:30am (Term-time)
Music, stories, crafts, puzzles and challenges.
PEBBLES – 10:30am Sunday (Term time)
Friendly club for preschoolers with parents/carers.
CONTACT Jane 492010 or Pam 832070

Douglas Salvation Army Citadel Lord St, Douglas
Sunbeams Parent & Toddler Group
Weds 9.30-11.30am (term time)
75p adults, 25p children
Contact 627742

Dragons Castle, Villa Marina, Douglas IOM Twins/Multiple Births Club
2nd Weds of each Month 10.30am – 12pm
Cost £3 per Family
Contact: Rachel 474535.

National Sports Centre "Jumping Jacks"
Days: Tues + Thurs
Time: 10-11am, 11-12pm, 1-2pm, 2-3pm
+ Tues Only 3-4pm sessions
Age: Under 4's
Contact: 688588
Cost: £3.10 per session

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

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

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.

Cronk -y-Berry School Side Entrance
(Term Time only)
Parents and Tots Group
Tues 9.30 – 11.15am
Thurs 1.30 – 3.15pm
Cost: £1 per family
Contact: Kelly 393844

Broadway Baptist Church Broadway, Douglas "First Steps"
Tuesdays: 9.45 – 11.45a.m (term time only)
Age: from baby – school age
Cost: £1
Contact: Rosie 437386

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

Parentcraft Room, Nobles Hospital La Leche League
Mother-to-mother support for breastfeeding: for pregnant women interested in learning more about breastfeeding and all breastfeeding mothers.
LLL Leaders Katie Davies 619836 / 316950 or Siobhan Molloy 625158 / 487334 or illbreastfeeding@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. Toddler 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: Carrie 321074

Jurby Health and Community Centre Parents and Tots
Thursday 9.30 – 11am (Health Visitor Attending – 10 – 11am)
FREE Donations Welcome
Contact: Julie 355360

Laxey Working Mens Institute Laxey Mums and Tots
Fridays 10 – 12pm
Cost: £2.50 per family inc. refreshments
Contact: Rose 479445
Or find us on Facebook.

All Saints Lonan Church Edward Bear Club
(for pre-school Children)
Tuesdays 2-3pm
Contact: Rev Jo 861989

Onchan Elim Church, Elim Family Centre, Second Ave, Onchan. IM3 4LE. "Tiddlers" Parent & Tots group.
Fridays 10:00am - 11:45am (Term-time only)
0-4 yrs £1 per family
Contact Anne: 434933 or Church Office 665186
Singing, crafts and much more

Onchan Parish Hall, Royal Ave "Carers and Tots"
Fridays 1.15 – 3.15pm
Age: birth upwards
Price: £1 per child
Contact: Jill Dugdale 625328

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

Grace Baptist Church, Market St, Peel Good News Club
Mondays 4:30pm-5:30pm
Age: School Yrs 1 – 6
Games and craft; free entry and refreshments
Contact Pauline 335890

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

Philip Christian Centre, Peel Peel Play Group
Day: Every Weekday (Term Time only)
Age: Preschool from 2 up.
Time: 9am – 12pm & 1pm – 4pm daily
Contact (during open hours) 439136

St German's Cathedral Caterpillar Club - For Pre-school Children
1st & 3rd Weds of every month. Time: 10am.
Craft activities, songs, story, refreshments.
Contact 844830

St. John's Methodist Hall, Peel Road, St. John's Messy Church
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 Road. "Toddler 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@phurtemoirrey.sch.im



*"For last year's words belong to last year's language
And next year's words await another voice.
And to make an end is to make a beginning."
(Little Gidding) - T.S. Eliot*

THE MINDFUL EXPERIENCE

Why do we practice Mindfulness?

I meet many people with decades of practice who still feel disheartened or confused because they have not yet had the specific, rare, exotic, other-worldly experience they are striving for.

"I almost had it."

"I'm getting nearer."

"I had it, but I lost it."

This is a merry-go-round which can be difficult to jump off.

Here's my perspective:

We don't practice to have a certain experience. We practice to know the nature of experience itself.

A state of mind is just an experience, a thought is just an experience. Calm, focus, energy, healing, shifting, astral travel, lucid dreaming, awakening, are all just experiences.

And what do experiences do?

They come and go.

That's it. Simple and obvious.

Every experience you have ever had, came and went, good, bad or ugly. In the same way every experience you are yet to have, will also come and go, good bad or ugly.

With this in mind, why would a spiritual experience be any different?

There is no experience which does not have the nature of experience, and the nature of experience is impermanence, transience, ungraspability.

Nothing lasts, no thing lasts.

This very experience you are having right now, tells you everything you need to know about all experiences whether we deem them to be profane or profound.

Once you know what experience does – and can only do – you stop becoming obsessed by them, you stop chasing them, seeking them, clinging to some and rejecting others.

The whole notion of a future experience of enlightenment falls away as wishful day-dream and all we are left with is this, this ordinary experience, this ordinary moment, this ordinary life.

But that's good news because as Zen Master Tenkai writes:

See with your eyes,
Hear with your ears,
Nothing is hidden.



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



Find us online at www.familymanx.co.im or check us out on facebook at

Family Manx Magazine - Isle of Man

PREGNANCY GROUPS/ ANTE + POSTNATAL

Centre 21, Greenfields Road, Douglas

Breastfeeding Buddies

Tuesdays: 11am – 12.30pm

All antenatal and breastfeeding mums welcome.

Contact Nicole 656030

Follan Natural Health Centre, Premier House, 1 Carrs Lane, Douglas

Mum & Baby Exercise

Class with Rachel

Tuesdays 10.45 – 11.45am

Pregnancy Exercise Class

Tuesdays 12 – 12.45pm

Both classes £8 if booked

online. £10 on day.

Phone 852140

Nobles Park

Mummy Movement

Fridays 10 – 11am

Various payment schemes

available

Book at

www.totalwellbeing.co.im

or call 465335

Warehouse Fitness, Westmoreland Rd, Douglas

Pregnancy Exercise &

Birth Prep Class

Saturdays 9.30 – 11.30am

£75 for a 6 week block

Book at

www.totalwellbeing.co.im

or call 465335

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

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.

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

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 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.

SCOUTS/CUBS BEAVERS

The Scout Association Website: manxscout.com Email: manxscouts@gmail.com

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

GUIDES/BROWNIES RAINBOWS

Email: ggiommembers@gmail.com www.girlguidingiom.co.uk

ISLE OF MAN CONSTABULARY POLICE CADETS

Ages 16 – 18yrs

Contact: Cadet Liaison Office PC 245 Mike Griffiths

on 631291

Email

Michael.griffiths@gov.im

AIR CADETS:

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

Email: 440@aircadets.org

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

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

ARMY CADETS:

Contact: 671210

Email: ceo@isleofmanarmycadets.com

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

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

SEA CADETS:

Contact: 611527

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

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

IOM YOUTH SERVICES

For the Youth Groups go to www.iomyouth.com or call 686057 for further details and to confirm information.

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

INFORMATION & CLASSIFIEDS

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