

FREE

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

ISSUE 62 | FREE
 SEPTEMBER – OCTOBER 2017
www.familymanx.co.im

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 THE WISE MOVE



It's been a rather wet summer ...

summer being a relative term given how cold it has been. BUT with Family Manx there to give you an inordinate number of things to do – well – cold or hot; wet or dry – this island is brimming to the hilt with things to do.

We have a large array of articles to read in this 20 page magazine and with the What's On overflowing the pages – just remember to go to www.familymanx.co.im to download the entire What's On guide. Enjoy the start of the school term and welcome to the Autumn,

Remember – This magazine is for YOU!!!



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Please contact Mrs Nation

674655



Hillberry Rd, Onchan, IM3 3JP
www.beehivekindergarten.co.uk

**Alzheimer's Society
 Isle of Man**

**We have moved to the third
 floor of Tower House in Douglas**

If you're worried about your (or someone else's) memory pop in for a confidential chat or call the office to speak to a dementia specialist

Call 613181



**ALSO CONTAINING FIT-HEALTH
 SUPPLEMENT PAGES 9-11**



It's lovely to be an editor. I am always excited to read the articles that people contribute and occasionally I get to do one myself. Would you like to write for the magazine? If you would like to do the odd article or write a regular feature ... Family Manx would love to hear from you. It's so nice to have fresh ideas and you might have something that you are itching to tell the island. You can contact me at editor@familymanx.co.im and if you would like to advertise whilst writing, this can be done for very reasonable rates. I look forward to hearing from you. Have a peaceful Autumn in these rather turbulent times.
Kindest as always Amy
(Editor and Owner)

NEWS

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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

NEWS

Alzheimer's Society moves to new offices



Alzheimer's Society on the Isle of Man has recently moved to new offices on the third floor of Tower House, Douglas.

The move has come about because the team outgrew the old office with the employment of two additional Dementia Support Workers to support people in the memory clinic and Noble's Hospital.

These two posts are intended to support people during the immediate post-diagnosis period and in the acute care setting to ensure that they have the opportunity to live as well as possible in their own for as long as they are able.

The new office also means that discrete meetings can be held in the office, or over coffee in the café on the ground floor and frequent informational courses can be run to cover all aspects of living well for everyone affected by the condition.

For information on dementia or how you can help support the 1,300 people with dementia on the Isle of Man, call 613181 or pop into the new office.

Cattle can pose a threat to ramblers - cows are naturally protective of their calves, and young stock can often be curious and playful, and try to push their boundaries.

The NFU and the Ramblers' Association give the following advice:

- Take the best route and avoid a footpath with cows or calves on it if at all possible.
- Never pet calves.
- Ensure that the animals see you and don't surprise them.
- Don't panic and run, just walk on quietly.
- If you have a dog, and the cows and calves have started to show signs of aggression, let the dog off its lead so that it can run away and divert the cows away from you (it is likely that the cattle are objecting to the dog more than you).

And another piece of advice that most experienced ramblers will know about is to carry a whistle, which will startle the herd and buy you time to find an escape route.

Police Dog Snoopy helps young detectives sniff out clues

Police sniffer dog Snoopy visited The Harvey Briggs Onchan Library to help launch a project during the summer school holidays which aimed to encourage children to read more. Children used their detective skills to solve puzzles as part of the 'Animal Agents' project which was part of this year's national Summer Reading Challenge produced by The Reading Agency and delivered by libraries. Onchan Library supported the challenge, aided by sponsorship from Old Mutual International for the 12th successive year.

Thanks to the sponsors, children collected goodies such as Animal Agents keyrings, book bags and a medal for completing the challenge, and had a chance to win prizes in fun competitions.

Dog Unit officers PC Dave Cubbon and PC Saskia Baxter, explained to the children how real-life crime fighters track down criminals. As a thank you, children presented the officers with some chocolate treats - and some canine treats for Snoopy.



Small steps can make a big difference. Register at www.gov.im/incometax

One in three of the tax paying population file their tax return online, both saving administration costs and enabling the user to experience the convenience and simplicity of our Online Tax Service

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SATURDAY 7TH OCTOBER



THE BUCHAN SCHOOL

OPEN MORNING

TOURS AT 10AM



KING WILLIAM'S COLLEGE

OPEN AFTERNOON

TOURS AT 2PM

For further information call 820110 or email admissions@kwc.im

Packed Autumn Ahead for Family Library

Summer is over, or at least the school holidays are. But that's no reason to despair. At the Family Library we will be as busy as ever.

There's barely time to hang up our trapeze ropes, following the Circus theme for our Summer Reading Scheme, before planning events for between now and Christmas.

Our regular workshops and groups are all up and running. There is so much more than books to come and see at the library!

The Mobile Family Library is on its regular timetable, so we hope to see many of our friends out and about all over the Island.

We are also looking forward to meeting many pupils from around the Island via the Schools Service, which has proved very popular with both the teachers and the children.

Make sure you keep up with all the latest news by visiting our website www.familylibrary.im and checking in to our Facebook pages for both the Family Library and the Mobile Family Library.



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real ale. real food

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Product of ISLE OF MAN





Laxey Glen
Nature Nursery
Experience the natural world every day

About us: The Laxey Glen Nursery is a new and exciting concept developed as part of The Children's Centre's Early Years Excellence Programme. At Laxey Glen Nursery, we strongly believe that your child benefits from experiencing the natural world at first hand and from our delightful nursery facilities in the heart of Laxey Glen we aim to offer truly unique childcare for your child.

We use the fabulous environment of Laxey Glen to provide your child with the opportunities to learn from their natural world experiences. Using Forest School principles we carefully plan a range of activities that make the most of the outdoors to allow your child to develop confidence and self-esteem through hands-on learning experiences.

Our aim is to:

- Provide excellent day care provision for your child.
- Offer a safe and stimulating environment in which children can feel happy and secure.
- Provide children with a naturalistic environment indoors and in the glen where they are encouraged and supported to explore the natural world.
- Encourage the emotional, social, physical, creative and intellectual development of children both indoors and outdoors.
- Promote the welfare of children and encourage their independence through the use of appropriate praise and reassurance.
- Encourage positive attitudes to self and others, and develop confidence and self-esteem.
- Provide opportunities to stimulate interest and imagination.
- Extend children's abilities to communicate ideas and feelings in a variety of ways.
- Promote a close relationship with parents and the community.
- Prepare your child for future learning.

"We want your child to have fun, love nursery and thrive!"

You and Your Child

Our Staff Team: The team consists of a Manager, Deputy Manager and Practitioners, trained and experienced in child care and development.

Our staff to child ratio has been set at a maximum of one member of staff to six children. This is well above the minimum standards and represents one of the best ratios for childcare on the Isle of Man.

Your child will have a dedicated Key Worker who will work to develop a close and warm relationship with both you and your child. You will also have a Support Key Worker, a second knowledgeable Practitioner who will take over when your main Key Worker is absent. At the end of the day, your Key Worker or Support Key Worker will 'hand over' to you, sharing any news or information about your child's day.

Age Range: We accept children from the age of two years to the start of primary school.

Parents as Partners: We work really hard to develop strong relationships with you and your child from the very beginning. We recognise and respect all the wonderful learning that takes place with you and your family at home and would like to bridge the gap between home and nursery by working together with you.

We'd like you to see your Key Worker and the staff team as your partners as we all work together to provide the very best care for your child.

"We want parents to know they have made the right choice, to feel happy and confident"

To find out more, visit thechildrenscentre.org.im



**FLYING ABROAD WITH THE KIDS?
HERE'S A HANDY CHECKLIST**

Before the Trip

1. Double-check the flight schedule 24 hours in advance to make sure your departure or return times haven't changed.

2. Print your boarding passes at home, or take advantage of self-service kiosks if available.

3. Explain the security obstacle course to the kids, tell them in advance what to expect, especially if it's the first time they are flying.

At the Airport

4. Have a bag full of snacks and tricks to keep little ones occupied, include plenty of small toys, games, stickers, magnets, colouring books, goodies and the iPad or tablet loaded with their favourite TV programme and games. If you have two children but one tablet take a headphone splitter and two sets of headphones.

5. Ask about available seats. If you have a child under two they are likely to be sitting on your lap during the flight. If you have not purchased a seat for them, there is no harm in asking whether there are any empty seats available but always assume the flight is full.

6. Take advantage of early boarding as this gives you extra time to board and safely store your bags in the overhead lockers before they fill up.

Packing and Security

7. Check baggage guidelines, especially the maximum size of hand luggage as the rules differ for each airline. Be prepared to check something in last minute and know which bag you can't live without during the flight.

8. Get the pram ready when you get to security by taking your child and their belongings out in advance. Any child old enough to walk may be asked to remove their shoes so its best they wear ones that are easy to slip off.

9. Know the limit on liquids. When travelling with a baby you're allowed to take enough baby food, baby milk and sterilised water for the journey. In some cases this will be over 100ml. All other liquids must be no more than 100ml and stored in a single, transparent, resealable plastic bag, which measures approximately 20cm x 20cm.

Escape the Rock

For more handy travel tips and holiday deals from the Isle of Man check out the Escape the Rock website at www.escapetherock.im



**The Solihull Approach Course
(2017-2018)**

The Solihull Approach was first developed in 1996 in order to help Health Visitors and other professionals who were working with families. It has since been developed further and now focuses on parent - child relationships.

In the past we have been fortunate enough to facilitate two separate courses for parents/carers who have children who attend Peel Clothworkers' School.

The course runs for two hours, once a week, for 10 weeks and is completely free of charge.

The sessions are delivered by 'Solihull' trained practitioners, who have a vast amount of experience in working with babies, children and young adults (0-16 years).

The aim is to support parents and carers in building responsible, positive relationships with their children and also help to understand how they develop, plus they also gain valuable knowledge as to how various issues or changes may impact on their child's behaviour.

During the sessions we explore issues such as:

- Having fun
- Effective communication
- Behavioural difficulties
- Various Parenting Styles
- Sleep and anger issues
- Development needs

Courses are open to everyone regardless of their situation. Anyone who wishes to build or maintain good relationships within the family (fathers are also welcome).

The main objectives are:

- To help build confidence and self esteem in the parent and child
- To promote understanding of a child's behaviour within the context of their development
- To suggest strategies if things go wrong and share ideas when something has worked well.
- To promote reflective nurturing and effective parenting.

We are so proud of all the parents who completed the 10 week course. Through gaining confidence in themselves, they have now gone on to achieve other things.

These parents want the 'best starts' for their children and I personally think it takes a really good parent to ask for support when they need it!

If you are interested or wish to know more information about the 'Solihull Approach' then please contact: Mrs Russell - Child and Family Support Officer and Nurture Manager at Peel Clothworkers' School 842518.

ESCAPE THE ROCK
Making your Isle of Man Escape Easy

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FAMILY HOLIDAYS WORLDWIDE CITY BREAKS

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Laxey Glen Nature Nursery
Experience the natural world every day

Open 8.00am - 6.00pm

Full Time & Sessional Care from 2 Years

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Qualified, Experienced Play Leaders

Maximum 24 Children

TO ARRANGE YOUR VISIT CALL **800000**

The Children's Centre
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WE LOVE TO PLAY, WE LOVE TO LEARN

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exclusively available at

LITTLE shoprite shoprite

Town Centre, Douglas

Little Switzerland, Douglas

Below is a small taste of what is going on – on the Island.

This is by no means the entire list but if you go to www.familymanx.co.im you can download the entire 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 monthly 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.

Willaston Methodist Church, Barrule Rd

Weekly Drop In Centre
Fridays 10am-noon. All Welcome.

Onchan Methodist Church Lounge, (Opp Commissioners' office), Drop-In Coffee and chat,
Fridays 10.30am-noon.
All Welcome.

Grace Baptist Church, Market St, Peel
Sunset Cityzens

'A Friendly Natter, guest speakers, tea/coffee. A 'get-together' for mid-lifers, OAPS, On the Hill – Over the Hill – Top of the Slopers Anyone with a free afternoon. Pop along 1.30 – 3pm on Fris.

St. Michaels Hall, Main Road, Kirk Michael.

The Thursday Club,
1st and 3rd Thursday of the Month 2.30pm.

We enjoy a variety of Speakers, Coach Outings with Lunch, Musical Evenings, Theatre Visits, and much more.

We are mainly an over 50's club and would be pleased and delighted to welcome new members.

Double Garage and Shed at Thie Rosien (Old Southlands), Castletown Road, Port Erin

Men in Sheds A Project for Men of ANY Age to work on projects of their own or for the community.

Times: Tues, Weds and Fri 10am – 5pm.

Cost: £25 per year + contributions to tea fund.

To find out more call: Les Shires 494885.

Salvation Army Citadel, Lord St, Douglas

Lunch Club
Every Tuesday from 11.30am (lunch served at 12noon). £4 for a set three course meal, call 627742 to book a place

Palace Hotel, Douglas.

Isle of Man Ladies Luncheon Club
Monthly Luncheons with speakers.

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

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

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



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



Watch Your Language

Kathy - Tel 336591
email kathywatchyourlanguage@gmail.com
Valentina Tel 336590
email valentinawatchyourlanguage@gmail.com

Language School for adults and children
Enrolling now for Douglas, Peel and Castletown

LANGUAGE GROUPS & 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

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.

COURSES:

IOM College, Homefield Road, Douglas
Working Mindfully with Pain, Discomfort & Difficult Emotions

Whether we are practitioners of Mindfulness or not, life can often be overwhelming.

Charity no 1211

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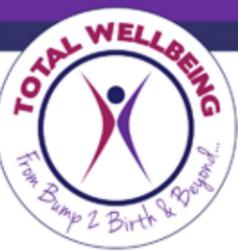
S.O.S. Save Our Services

We need funds to keep the Family Library, Mobile Library and Schools Services open.

Contact us if you would like to help. Thank you!

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





PREGNANCY AND POST-NATAL EXERCISE CLASSES
HOLISTIC CORE RESTORE® CLASSES
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DIASTASIS HEALING/C-SECTION RECOVERY PROGRAMMES
PREGANCY MASSAGE AND POST-NATAL REMEDIAL THERAPIST

totalwellbeing@manx.net 07624 465335
 www.totalwellbeing.co.im

By working mindfully with whatever the moment brings we can learn how to meet obstacles and difficulties with wisdom, courage and compassion, essentially defusing them.

Date: Wednesday 11th

October 2017

Time: 7pm - 9pm

Price: £12.00

How to Book your Place:
 Contact the IOM College on 648204 and quote course reference code ED586-AW
www.myfreemind.org
 m. 07624 376856 / h. 01624 621384

BRAHMA KUMARIS ISLE OF MAN

About Brahma Kumaris Isle

of Man We are an Isle of Man registered charity, fully funded by donations given by local people. Since 1994, we have been offering courses, retreats and seminars facilitating self-development and well-being through self-awareness, meditation and positive thinking. We are one of a network of BK centres around the world in over 135 countries.

All courses and classes above (except Saturday meditation) are held at 20 Appledene Court which is located over the road from the Anagh Coar shops and Snaefell Surgery, accessible via Woodlands View (IM22BU). All sessions are free of charge, donations welcomed. Please park in the public car park by the shops. Find us on Facebook: Facebook.com/BrahmaKumarisIsleofMan

Look online at www.brahmakumaris/uk/isleofman or call 626940 to register.

Weekly Group Drop-in Meditations at Appledene Court

Sunday 6.30pm to 7.30pm
 On every third Sunday of the month at this time, all centres throughout the world celebrate World Meditation Hour. Meditation in Port Erin on Saturdays at 5.30pm to 6.30pm
 There is a weekly meditation at Thie Rosein, the old Southlands building.
 Please see website for details or call 626940.

MEMORY SUPPORT GROUPS

(for those with Memory Problems as well as Carers and Family/Friends)

Groups run by The Alzheimers Society. Mobile Memory Café
 Call 613181 for route details.
 Ramsey – Brookfield Nursing Home
 Cloughbane Drive, Ramsey,

IM8 2RE Singing for the Brain (Ramsey)
 Every other Tuesday 2 – 4pm

Peel – Age-Isle of Man, Ny Kiare Thieyn Resource Centre

Singing for the Brain (Peel)
 Every Wednesday 1.30 – 3pm
 Singing for the Brain® is a stimulating group activity, for people in the early to moderate stages of dementia and their carers, which can help with general well-being and confidence.

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

Call Susan on 346794 for further info.

iMuseum Entrance (back of Manx Museum), Kingswood Grove, Douglas

Golden Memories Group
 1st Wednesday of the Month 2-4pm

Remembering the good old days...we would like to invite you and your carers to tell us about your golden memories of days gone by. Working in partnership with Manx National Heritage, Alzheimer's Society Isle of Man are running monthly sessions open to anyone who has been diagnosed with dementia.

Call Susan on 346794 for further info.

One to One Sessions for people diagnosed with dementia

We offer the opportunity for you to speak to a dementia support worker and will give personal advice on all aspects of living with dementia and finding the right care and support.

> **WHAT'S ON CONTINUES ON PAGE 12**

WHAT IS A BIRTH DOULA?



NEWS FROM



WHAT IS BIRTH DOULA?



A Birth Doula enables a woman and her partner to have the most satisfying birth experience possible, from pregnancy and into motherhood.

The first step in your doula journey with Total Wellbeing From Bump 2 Birth & Beyond is a meet & greet. This usually occurs in a coffee shop or similar location, one that is neutral for all parties involved. You are under no obligation at this meeting to enter into any hire agreements, it is merely a chance to find out more about a doula and to see if we are a good fit for your needs. If you decide to enter into a contract with your doula, the next steps will look similar to this outline:

Initial prenatal visit: This visit will focus on your birthing needs – what you expect from your doula and what you are hoping for with your pregnancy, labour and birth. We will focus on how you feel a doula/client relationship should work and if there is anything particular that you need from me. We will also sign contracts and agree on payment schedules at this time.

Second prenatal visit: This visit usually happens anytime from late second trimester to early third trimester, depending on your needs. We will work to pin down your labour and birthing preferences and we will endeavour to write these up in a clear and concise way, so that you can have them with you available for your health care providers on the big day!

At 36 weeks, a doula will go on-call for her clients. This means that I will be ready with plans in place so that I can leave my house within a moment's notice to be by your side. I aim to remain with you throughout the labour and birth and will stay by your side for the first hour after birth to help with initial establishment of breastfeeding, skin to skin or bonding as required. This is also an entirely personal choice and I will respect your decisions both from your birth preferences and on the day itself.

You will have a minimum of 1 postnatal visit from your birth doula. You can use this as an opportunity to have a birth "debrief", a reflection on your birth experience from your own perspective and from the perspective of the doula. If more than 1 visit is required, this will be discussed with you.

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



DON'T LET THE BUGS BITE

It's that time of year again, the nights are drawing in, and the weather is getting colder, and unfortunately those nasty bugs are around too. If you don't want to be stuck in bed for a week, not being able to help the kids or go to work, its time to get the winter flu jab. The flu or influenza is worse than the common cold, with more significant symptoms including a higher than normal temperature, headaches, fatigue, and a general feeling of weakness. The flu can knock you off your feet for at least a week, making every day tasks hard, especially when you're looking after the kids. It is highly infectious and can spread easily, especially through the workplace, schools and nurseries. There are very few treatment options, as influenza is caused by a virus, meaning that antibiotics do not work. The best way to avoid catching and spreading the flu bug is to become protected, before the virus starts to spread, by having the winter flu jab. Boots are offering the winter flu jab to over 16's at just £12.99, which will provide immunity against the four strains of flu virus in this year's vaccination. Even if you had the vaccine last year, you will need to be immunised again against this year's strain. Healthy fit people should consider having the flu vaccine to maintain their health over the winter period as this bug can attack anyone.

For those who get the flu vaccine free from the doctors, these include people over 65, pregnant women, diabetics, heart disease patients, asthma patients, as well as those who care for someone whose welfare may be at risk if they fall ill, will now be able to receive their free flu jab from the pharmacy too.

On many occasions we do offer a walk in service. To ensure you get the flu jab when it is most convenient for you, ring us first on 616120, go online to Boots.com or pop into store to book an appointment.

“Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple.” **J.K. Rowling, Harry Potter and the Deathly Hallows**



HAPPY BIRTHDAY CHIROPRACTIC – 122 YEARS OLD!

Chiropractic can be credited back to a natural healer, experimenter and freethinking Canadian by the name of Daniel David Palmer in Davenport, Iowa. On September 18, 1895, D.D. Palmer delivered the first chiropractic adjustment. The recipient was Harvey Lillard, a building janitor who had lost his hearing years earlier after injuring his spine falling down stairs

After some shouting, combined with pantomime, Harvey allowed Palmer to use his hands to push a wayward spinal bone back into a more normal position. The result? Harvey's hearing returned. The conclusion? Nerve interference, caused by misaligned spinal vertebrae, can interfere with the proper functioning of the organs and tissues of our body. Today, 122 years later, our passion is to use the most advanced chiropractic techniques to help you live life to the fullest.

Chiropractic Myth Busters

MYTH: Chiropractors are strictly back pain specialists.

FACT: While chiropractors can help with back pain, relieving back pain is not our foundational purpose. Chiropractors help improve the body's ability to heal itself by addressing the health of the nervous system. A healthy nervous system helps other systems of the body function to their optimal level. This is done by restoring normal position and motion of the spinal bones thus reducing stress to the brain and nervous system.

MYTH: If you don't have pain, you don't need to see a chiropractor.

FACT: Just because pain isn't present in the body doesn't mean there isn't a problem. Pre-symptomatic nerve interference is very common and can be causing problems without a person knowing it.

MYTH: Chiropractic only helps adults, not children

FACT: Chiropractic can make a major impact on ANYONE's health, from newborns to geriatrics. Reducing nerve interference improves the body's natural ability to heal, regardless of age. This can help a variety of conditions ranging from Headaches and Palpitations to Acid Reflux and Irritable Bowel Syndrome (IBS).

"There is a vast difference between treating effects and adjusting the cause." – D.D. Palmer

"The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease." – Thomas Edison

To find out if you or someone you love could benefit from safe and natural chiropractic care, give us a call.

www.align4life.com 629444



LEAP, AND LET LIFE CATCH YOU

In 2006 I spent three weeks in Mumbai attending the daily satsangs of Ramesh Balsekar, a spiritual guru in the tradition of Advaita Vedanta, and the former translator of Sri Nisargadatta Maharaj.

He would ask us to choose an event during the day which we felt fully responsible for, like choosing a dish from a menu, or crossing the busy street. Ramesh would then begin to deconstruct our apparent ownership of this choice by highlighting all of the causes and conditions which had given rise to it; universal and personal, internal and external, cultural and physical.

At the end of every meeting we always discovered that, actually, we hadn't chosen anything: life had.

Rather than feeling robbed of my free will, I always felt like I was suddenly a part of a vast unfolding movement, whether it was life, the cosmos, consciousness or god. For the rest of my stay in India I had the sense that the entire universe was present within every thought, action and event.

This was a major turning point for me.

I saw that if we can begin to relax our fixation that we are "separate walled-off selves" then our craving for personal control – and the stress, frustration and failure which accompanies it – can wane. It's then that we melt into the flow of life as it unfolds in each moment, always fresh and always new.

Rather than feeling small, isolated and afraid, we realise that we are an essential flavour of something vast, majestic and ultimately unknowable. Yet that something isn't "out there" somewhere, hidden from sight. It's here, right now, at this very moment.

Of course, the very idea of surrendering to the fullness of each moment is completely counterintuitive to most of us, but just consider the alternative: trying to control every moment as it arises. The first option is merely terrifying, whereas the second is absolutely impossible.

"Leap", the old Zen parable teaches, "and the net will catch you".

Mike Kewley is a local Mindfulness Teacher based in Douglas. He teaches regular courses, has monthly meetings and does private appointments. His website is www.myfreemind.org



We continue to share all that RehabLab Physiotherapy can offer and previously we covered the signs and impact of stroke as well as a condition called hypermobility. In this article we revisit the benefits of acupuncture.

Acupuncture is Chinese medicine, thousands of years old, where fine needles are inserted into specific points of the body to stimulate healing and balance within. At RehabLab Physiotherapy we practice Western Acupuncture which has developed from evidence based, clinical trials and medical studies where the treatment's positive effects have been scientifically proven to exist.

Acupuncture is proven to reduce many types of pain by distracting the brain from feeling the problem pain during treatment and consequently providing the client with relief. Acupuncture is proven to stimulate production of the body's natural pain relief chemicals' called 'endorphins' which provides lasting pain relief after the treatment. Acupuncture is proven to assist with many other issues and conditions including nerve pain, numbness and weakness as it helps 'wake up' the nerves again.

Kate completed her masters' modules in Western Acupuncture in 2011 under the Acupuncture Association of Chartered Physiotherapist training program and is a member of the British Medical Acupuncture Society. Kate says "I use acupuncture as part of my daily practice. It is extremely effective at reducing a clients' pain quickly so that they can begin moving normally again and leave the clinic feeling much better than when they walked in!

The initial appointment lasts 45minutes and includes a medical screening check list prior to starting the treatment. Follow up sessions are usually 30minutes, depending on whether physiotherapy treatments are indicated. Clinical evidence indicates that a course of acupuncture treatment is most effective. We therefore offer 6 appointments for the price of 5."

We use acupuncture singularly to treat:

- Stress
- Anxiety
- Insomnia and poor sleep

We use acupuncture in combination with physiotherapy techniques and exercises to treat:

Neck pain	Bell's Palsy	Osteoarthritis
Shoulder pain	Stroke	Frozen shoulder
Back pain	Neuropathy	Tendinitis
Migraines and Headaches	Whiplash	Sports injuries
Knee pain	Trigger point, muscular pain	Chronic scarring (on skin)
Chronic pain	Tennis/golfer's elbow	
Nerve pain		

To find out how acupuncture could help you please visit our website, facebook page or call us today.



www.rehablabphysio.co.uk

Call: 07624 310311

www.facebook.co.uk/rehablabphysio

VARIETY IS THE SPICE OF FITNESS: DIVERSIFY AND SHINE THIS AUTUMN

Even if you work out regularly, it's easy to fall into the habit of doing the same set of exercises every time. This might make your workouts feel more comfortable, but this comfort comes at a cost.

When you perform the same exercises repeatedly, they become easier over time. In fact, your body's nervous system, muscles, and other physiological systems can adapt to a workout routine in as little as six to eight weeks. Eventually, your workouts won't offer you much of a challenge. If you don't change up your routine, your fitness level will plateau.

To maintain a healthy and challenging exercise regimen, it's important to diversify your workouts with a variety of activities. Make sure you cover the five main elements of fitness: aerobic exercise, strength training, core exercises, balance training, and stretching.

Shine Om is a one stop studio offering the diversity of yoga, fitness, mindfulness, dance and speciality classes just for Teens, Little Omigos for Kids Yoga and even 50+ for ladies called Senioritas!

Even more on offer!

★ **Fire up the Engines** with our first ever Sunrise Shine FIIT Bootcamp with Janet Bradley and Aimie Coole, where you will rev up fat burning, build strength, cardiovascular fitness plus with the opportunity of winning a Fitbit!

★ **Keep your Cool** - all new YIN Yoga 6 Week Workshop and we are both delighted and honoured to welcome Esther Jones, long established and trained Yoga Instructor on the Isle of Man to the studio to lead the Yin Yoga Workshop.

★ **Something Sweet** we have Aoife O'Donohue offering new Ecstatic Yoga Dance which is a powerful liberating approach to free movement and energy release and is new to the Isle of Man!

★ **Just for the Men - BROYOGA** – This workshop provides you with the foundation of flexibility and strength every man needs. Its not fancy, its not bendy, it's just good solid and sound techniques best suited for the male physique.

We have Sugar and Spice and all things bright and diverse at Shine Om Studio keeping you enticed and inspired to practice feeling tip top as winter approaches.

Keep Practicing, Spice up your practice, Keep Shining, Shine Om ☺

Check out Shine Om Yoga Facebook / www.shineom.me and book by registering with the Studio Mind Body App or contact Janet Bradley on 434775 or email janet@shineom.me

► **WHAT'S ON**
CONTINUED FROM PAGE 8

Carers Information and Support Programme (CriSP) This programme is specifically designed to give carers an insight into the causes of the condition, how the disease affects people in many different ways, what financial and legal options are available, caring strategies for dealing with any challenges which may or may not present themselves and where to find support and care in our community. These courses are run regularly throughout the year at Kirk Braddan, Peel and Ramsey, and are also available as an evening course as part of the IOM College prospectus. This may be more convenient if you work during the day. [Please call 613181 for more information.](http://www.gov.im)

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
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.

MUSIC AND MOVEMENT CLASSES FOR BABIES AND TODDLERS

Island-Wide
Action Songs and Rhymes (term-time only)
Birth to 4 years, Parents, Grandparents and Carers (Research says Singing and Dancing are two of the best things you can do to help develop all areas of the Brain e.g speech development and walking)
Drink and Snack – Donations welcome
Contact: Jo 479452
The Children's Centre

MUSIC, SINGING, BANDS - GENERAL

Trinity Church Hall, Ramsey
Ramsey Choral Society Rehearsals
Mondays 7.15 – 9pm
Contact: All Welcome. Come and Sing!
St John's Methodist Church
Glenfaba Chorale Choir
Mondays 7.30pm
We are looking for singers. No experience necessary. All Welcome
Contact: Muriel Corkish 620548

St Columba Catholic Social Club, Circular Rd, Douglas
Lon Dhoo Male Voice Choir
Weds 7.45 - 9.30pm
Returning and New Singers Welcome
Contact Gary Corkhill 627027

Onchan Silver Band Rehearsals
Every Monday and Friday evening, Juniors/beginners from 6.15pm, Full band rehearsal 7.30-9.30pm.
The band room is located at the rear of Onchan Commissioners' offices on the Main Road, new and returning faces always welcome.

Contact: karen_karran@hotmail.com for details
Marown School, Glen Vine
Isle of Man Wind Orchestra Rehearsals Every Thursday night in school term 7.45 pm to 9.40 pm.
For brass, woodwind and percussion players. New and returning faces always welcome.
Visit our site at www.iomwo.com for more info or call 457157
Eastcliffe in Victoria Ave, Douglas
Manx Saxophone Ensemble
Mondays from 7pm
More info: Call Jem Cotton 842874
jem.cotton@wm.im
Jim Crosbie Memorial Bandroom, Derby Road, Douglas
Manx Youth Band
Thurs 7pm – 9pm and Sats 10 – 12pm
Learners: Saturdays 12pm – 1pm
Manx Concert Brass
Mon & Weds 7.30pm – 9.30pm
Contact: Ian 622030 or e-mail the Secretary at secretary@manxyouthband.org

PARENTS SUPPORT GROUPS

Parent2Parent
Supporting parents of teenagers with anxiety-related issues.
Run by Parents for Parents
Bi-Weekly Meetings
Call 240999 or email parent2parentfamilies@gmail.com
Or message on Facebook.

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

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.

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 & Tots
Weds 1.30 – 3.30pm
Ages: 0 – 4yrs and their parents/carers
£1.50 per family inc. refreshments
Contact: Elizabeth 675091

The Buchan School
Little Sunflowers Baby & Toddler Group
Ages 0-4yrs
Wednesday 9.00 -10.30am (term-time) Cost FREE
Craft activities, songs, story, refreshments.
Contact 820110 or admissions@kwc.im

Castletown Methodist Church, Arbory St, Daniel's Den
Day: Mondays and Wednesdays
Time: 9.30 – 11am
Cost: £1
Contact: Cath 420646

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

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

Douglas
Salvation Army Citadel
Lord St, Douglas
Sunbeams Parent & Toddler Group
Weds 9.30-11.30am (term time)
75p adults, 25p children
Contact 627742
Dragons Castle, Villa Marina, Douglas
IOM Twins/Multiple Births Club
2nd Weds of each Month 10.30am – 12pm
Cost £3 per Family
Contact: Rachel 474535.

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

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

St Ninian's Church, Douglas
Kittens @ St Ninian's
For Parents, Carers and children from babies up to pre-school (term time only)
Mondays 10.30 - 11.30 am
£1 per family
Contact: Christine Roberts 629683

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

Cronk –y-Berry School
Side Entrance
(Term Time only)
Parents and Tots Group
Tues 9.30 – 11.15am
Thurs 1.30 – 3.15pm
Cost: £1 per family
Contact: Kelly 393844
Broadway Baptist Church
Broadway, Douglas
"First Steps"
Tuesdays: 9.45 – 11.45a.m (term time only)
Age: from baby – school age
Cost: £1
Contact: Rosie 437386
Broadway Cinema, Villa Marina, Douglas
Parent and Baby Cinema.
Enjoy the latest releases in a

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

► **WHAT'S ON**
CONTINUES ON PAGE 16

"Autumn...the year's last, loveliest smile." **William Cullen Bryant**



Isle of Man Food & Drink Festival
real ale. real food
SAT 16TH • SUN 17TH • SEPTEMBER 2017
Product of ISLE OF MAN

The Best in Manx Produce
The festival, run by the Department of Environment, Food and Agriculture and sponsored by PokerStars, takes place at the Villa Marina Gardens on Saturday 16th September 10am to 9pm and Sunday 17th September 10am to 5pm.
The children's activity marquee will host a variety of activities to keep the whole family busy over the weekend. Celebrating food and producers from across the Island, mini foodies will be able to get hands on with fun food/craft and experiences brought to you by The Children's Centre and Robinsons.
It is important to create positive experiences with food, and playing is a great way for children to grow a good relationship with food, we want to take children on a journey from where food comes from to what you can do with it.
There will be milking cows to watch, goats to stroke, butter making, milling wheat, bread painting to pick your own herbs, plus much more.
Festival admission is just £4 for adults and free for under-16s. A weekend ticket just £5. Tickets can be booked in advance at www.villagaiety.com website.
For more information about the festival, visit www.gov.im/food.

Find us online at www.mytimeisleofman.co.im or check us out on facebook at **My Time Magazine - Isle of Man**



Isle of Man Food & Drink Festival
real ale. real food
9th Year!
Celebrating with over 60 exhibitors the best in food & drink!
Product of ISLE OF MAN

SAT 16TH • SUN 17TH • SEPTEMBER 2017
Taste & Buy local produce | Cooking demos | Fun for all the family
VILLA MARINA GARDENS, DOUGLAS
Saturday 10AM - 9PM | Sunday 10AM - 5PM
Saturday evening: street food, live music, beer and cider!
www.gov.im/food

What our staff say about us...

When I first decided to write an article about the merits of a good Pre-school, I began by focusing on the important role it plays in a child's development, and what characteristics a good Pre-school should have. I began writing, obviously with Victoria House in mind, but also asked each of our practitioners for a few sentences outlining their own thoughts on the subject. I can only say I became immensely proud by the response I received. The article I had originally planned to write was soon dramatically overshadowed by the outpouring from the staff team at V.H. This is why, instead of publishing what I had originally written, I have simply collated an unedited example of a few of the team's responses to my request. **Carolyn Nicholson, Principal Victoria House Nursery**

"One can say the proof is in the pudding"

"The child is at the centre of everything we do. Children have a natural desire to explore and learn and we support this by providing a rich, stimulating, open ended environment and through using quality interactions. The Pre-School at Victoria House is a free and open planned environment, indoors and out. Practitioners observe, plan and assess the children and the way in which the environment is accessed daily.

We see parents as partners, through daily interactions and sharing of two-way information.

We offer Woodland Learning and Seashore School off site activities throughout the year, as well as trips to the museum, library and parks. We have invited in the recycling team, Dolittle's and the road safety team amongst others, to support ongoing child-led interests. We support our children to become happy, confident, independent children who can have a smooth transition into Reception.

We know that all our children will strive to be as keen at learning and developing new skills and progress through the early years positively." **Sally Bell Level 3 Head of Pre-school and Deputy**

"My Nursery is the best because of the great outdoor space we have to offer, which offers a wide range of activities. My setting offers regular high quality extra training for staff. A team who are committed to expanding their knowledge (for example, sharing books or facebook ideas), and staff who realise that each child is unique. We adapt our setting, resources and teaching to fit the needs of the child so that



each child can achieve to the best of their ability." **Emma Joughin B.A., Fine Art**

"When children are in these formative years, going to pre-school

helps them form relationships in preparation for school, whilst developing life skills such as confidence, creativity and imagination. At Victoria House this is made possible through both indoor and outdoor environments and staff members providing the highest levels of care to children." **Gemma Kermod B.A. Education and Psychology**

"The Pre-school in Victoria House is an inviting, open ended play space for children aged 3-5 years. 'The family-feel' preschool is a place where children lead their own learning. Practitioners are attuned to the children's current interests and needs and plan accordingly. Learning is done through play!

Pre-school is an exciting space where children have the choice between indoor and outdoor provision. Come rain or shine the Pre-schoolers enjoy learning in the well-equipped outdoor spaces, especially the digging patch, where the children don their overalls and get to work creating mud pies or rivers!

The practitioners in Pre-school make it stand out. As a team their passion for early learning shines through. In Pre-school the practitioners understand that children learn best when they are following their own interests; their approach to the curriculum enables the children to pursue their thoughts,

inquisitiveness and their aspirations. Victoria House Preschool provides an exciting but relaxed atmosphere where the children feel secure and loved. This atmosphere encourages children to learn and develop holistically within a social and fun environment." **Ashleigh Anderson Floor Supervisor**

"Victoria House Nursery has a facility that accommodates one of the bestselling island preschool services. The staff are not only trained but passionate in their roles as early years practitioners. They bring in a wide range of knowledge and understanding to the setting, continually building on understanding and sharing knowledge with colleagues, children and parents. The interests and development of every individual child that attends our setting is at the heart of everything they do. Each child's unique needs and development are met and built on to ensure that they have the opportunity to access all their learning and reach their potential. Time and effort is made to build relationships, not only with the children, but parents as well. Our practitioners recognise parents as children's primary educators and understanding a child's family is key to ensuring we make the best possible provisions for each child. Our approach to provision and support is 360 degrees, encompassing their interests and care with the children's family.

The Nursery prides itself on being a home from home and the children are cared for with love, empathy and compassion.

Our setting is open and the children have freedom to move between rooms as they wish, addressing their own interests. There is high quality "in the moment" planning built from our daily observations of the children's play and interests. This ensures we tailor our plans to the children's interests and practitioners provide adult led activities that have meaning and purpose for the children.

There is an open door policy inviting parents to come and watch their play at any time and all staff are friendly and welcoming. Each member of staff knows the children in our setting, which is not only beneficial for all our parents who are confident that they can talk to any member of staff about their child, but also the children, for when they move between different floors, all practitioners are known to them and no one is a stranger. Whilst a key worker system is in place, everyone makes observations on the children and these are reviewed on a daily basis as general activities and provisions are discussed in regular staff meetings.

We have off-site visits that are built around the children's interest and are included in the fees with no hidden extras. There are large open outdoor spaces which can be accessed by the children at any time of day or year. We have a philosophy that there is no such thing as bad weather, just bad clothing, at Victoria House. The benefits of outdoor playing are incalculable and we ensure that children have this opportunity at all times.

Victoria House does not sit still with its learning. We are

continually changing, developing and moving forward with our practice and setting, to ensure we are meeting the needs of the children in our care.

"Continuous improvement is better than delayed perfection" - Mark Twain

Beth Ledingham, Manager, Bsc. Archaeology, Level 3, Q.C.F. level 5 Education Childcare and management.

Victoria House Nursery Pre-School



Operating with superior highly trained staff. Offering excellent indoor and outdoor facilities including:

- Large Garden
- Woodland Learning
- Seashore School

We are now taking registrations for children aged 3 and upwards for the academic year 2017-18. Please contact us for more details.

Victoria House Nursery, Victoria Road, Douglas IM2 4AJ.
Tel 01624 615625 E-mail victoriahousenursery@manx.net
www.victoriahousenursery.com

*We are not resting on a reputation, we are building one in partnership with you!

centre for early learning

Carolyn Nicholson Principal/Owner Victoria House Nursery.

For information regarding registration / job vacancies please contact Victoria House Nursery

Victoria Road, Douglas Telephone 615625

www.victoriahousenursery@manx.net
www.victoriahousenursery.com



► **WHAT'S ON**
CONTINUED FROM PAGE 13

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: Emma 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

Dhooon 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)
Age: Preschool from 2 up.
Time: 9am - 12pm & 1pm - 4pm daily
Contact 842043 or 436981 or during open hours 439136

Champions Parent and Toddler Group
Thursdays 9.30 - 11am
Fee £1 Contact: Bernie 259890
Parents and Tots Group inc Krafty Kids
Age: Birth - 4.
Fridays 10 - 11.30am (Term-Time only)
Contact: 355360

Roll'n'play (Soft play sessions)
Age: Birth to 4.
Mondays 10 - 11.30am (Term-Time only)
Contact: 355360
Unless otherwise stated - All the above are Free (courtesy of The Children's Centre) Donations Welcome.

Peel Clothworkers School, Main Hall
Parent and Toddler Group
Thursdays 2 - 3.15pm
Cost £1
Contact Bernie 259890

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

Living Hope Community Church Building, Bayview Rd,
"Toddle Inn Parent and Toddler Group"
Tuesdays: 9.30 - 11.30am (term time only)
Age: babies - preschool
Cost: £1
Contact: Emma 231203

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 842043 or 436981 or during open hours 439136

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Living Hope Community Church Building, Bayview Rd,
"Toddle Inn Parent and Toddler Group"
Tuesdays: 9.30 - 11.30am (term time only)
Age: babies - preschool
Cost: £1
Contact: Emma 231203

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.

Scoil Phurt Le Moirrey Parents and Toddler Group
Thursday 9:30 - 11:30am (Term time)
Soft play, crafts, music and refreshments
Contact 835531 or email: enquiries@phurtlemoirrey.sch.im

Church on the Rock (Behind Ramsey bus station)
Noah's Ark Tots Group
Mons & Thurs 9 - 11am (term-time only)
£1 per child. 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

Ballagarey Methodist Church Hall
Ballagarey Babies
Parent and Toddler Group
Age: 0 - 5yrs
Wednesdays 1.30 - 3pm (All year Round)
Tea, toast and chat - toys and crafts, stories and songs.
All Welcome.
Contact: Catreney Denham 498037

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

PREGNANCY GROUPS ANTE + POSTNATAL

Centre 21, Greenfields Rd, Douglas.
Breastfeeding Buddies
Tuesdays: 11am - 12.30pm
All antenatal and breastfeeding mums welcome. **Contact Nicole 656030**

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

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

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

SPORTING ACTIVITIES

BADMINTON CLUBS

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

HOCKEY

QE2 Astro Pitch, Peel
Valkyrs Hockey
Beginners Welcome!
Juniors 8 and up
Weds 6 - 7.30pm (Term-time)
Senior 13yrs and up 7.30 - 9pm
Call Cath 801802

NSC Astro Pitch, Douglas
Bacchanalians Hockey Club
Beginners welcome!
Thursday evenings
Juniors 8 and up from 6pm (term time)
Seniors from 7.30pm
Contact bacchashe@hotmail.com

NETBALL

Ramsey Grammar School
Netball Sessions
(Term-Time only)
Tuesdays 8-9pm Seniors (Yr10 - Adult)
Contact: Colette 452718

Castle Rushen High School
Simcocks Eagles Netball Club
Mondays 6.00-7.30pm Year 7, 8, 9, 10 & 11 7.30-9.00pm All abilities
Contact Claire Belcher-Smith 481757 or clairebelcher@manx.net

RIDING / RIDING FOR THE DISABLED

Ballavartyn Equestrian Centre
Manx Carriage Driving 4 Disabled
Providing Carriage Driving experiences and Challenges, Friday afternoons 1-3p.m. Registered IOM Charity, 1172, and a member group of Riding For the Disabled Association, incorporating Carriage Driving.
Contact Janet, Secretary, Manx Carriage Driving 4 Disabled on 07624 322431 for further information or to book a session.

UNDER NEW MANAGEMENT

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THREE MOTHERS
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7TH OCTOBER

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6TH OCTOBER

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6TH OCTOBER

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Booking: **www.villagaiety.com** or call 600555

Do you have the gift of time? Find out at Foster Care Fortnight

Eileen and Tommy are over the moon they are going to be grandparents again – expectant mum, Janice, was fostered by the couple and lived with them for more than 10 years.

“She is 33-years-old and now lives abroad and she called me to say we are going to be grandparents again,” said Eileen. “When she came to us as a teenager she was excluded from school, but she went on to university. She went travelling and met her husband and they are both happy and have good jobs. It is hugely satisfying to see kids turn their lives around.”

Eileen and Tommy have fostered a wide age range of boys and girls for more than 20 years. They had three teenage boys and the house was always full to bursting with their friends. Eileen said: “We liked having a house full, we are very family orientated and we thought it would be nice to help other kids. We had no idea there was such a need on the Island for foster carers. Six of the children we have fostered are still very much part of our family and our own children regard them as brothers and sisters. We achieved something with them.”

Fostering First, the organisation responsible for foster care in the Isle of Man will be hosting its annual Fostering Fortnight from September 12-24 to highlight the need for more carers on the Island.

Leading the campaign, Linda King, Practice Lead at Family Placement Services said: “Fostering is about giving the gift of time which can make a huge difference to the life of a child. Whether it be for two days, two weeks, two months or even two years, a carer’s time and a loving home can have a big impact on the lives of youngsters in care. Anyone seriously interested in fostering will have lots of questions and this fortnight is the perfect opportunity for anyone interested in fostering to come and have a chat with us and find out more.”

For more information on fostering and Fostering Fortnight, you can call 610000, visit www.fps.co.im or [facebook.com/fpsiom](https://www.facebook.com/fpsiom)



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.

RUGBY

Mooragh Park Pavilion, Ramsey
Ramsey Rugby Club
 Sundays 2 – 3.15 (weather permitting)
 Year 2 – Year 11 school age.
Contact: 473087
www.ramseyrugby.com
Vagabonds Rugby Club, Ballafletcher Rd
Youth Rugby
 Sundays 1.45 – 3.30pm (Sept – May). Ages: 4yrs and up. Girls & Boys
 Qualified Instructors, great new pitches and clubhouse. Monthly Tournaments.
vagabondsyouth@manx.net

TAI CHI CHUAN

Tai Chi Chuan Classes
Murrays Road School
 Fridays 7.30 – 9pm & **Lezayre Parish Commissioners Hall**
 Thursdays 2 – 4pm
 Fee - Minimal to cover rent/insurance
Contact: Frank 612305

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.

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 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

The list of Wi's are
 Arbory, Avondale (Onchan), Ayre (Andreas), Baldrine, Ballabeg, Ballaugh, Bradda Head, Braddan, Castletown, Cornaa, Foxdale & District, Glen Maye, Kirk Andreas, Kirk Bride, Laxey Minorca, Marown, Michael, Onchan & District, Onchan Jubilee, Parkfield (Douglas), Peel Belles, Peel City, Port St Mary, Port Soderick, Ramsey Harbourside,

Santan, Spring Chicks (Douglas), St John's & District, St Mark's, Sulby
 Individual WI's have added their listings but these will only be available on-line on this list (due to space) so feel free to download the list from our website.

YOGA CLASSES

SHINE OM STUDIO – 2ND FLOOR, 8 VICTORIA STREET, DOUGLAS – ENTRANCE TO REAR OF BATH AND BOTTLE

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Yoga

*** New YIN YOGA

*** NEW BRO YOGA

*** NEW ECSTATIC

DANCE

OPEN CLASSES INCLUDE

• BEGINNER OPEN

CLASSES – PIYOGA

Power Interval FLOW – FIIT

(HIIT) + YOGA FLOW -

HATHA - MEDITATION

- ASHTANGA ADULT BALLET - Little Omigo's Children's Yoga – Senioritas – Yoga for 50+ ladies.

• **BEGINNER YOGA WORKSHOPS** - Corporate Beginner Workshops

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do you have the gift of time?



Find out at Fostering Fortnight
12th – 24th September

Fostering First will be at a number of locations around the Island offering an ideal opportunity for anyone interested in fostering to get more information and ask questions.

For a full list of locations, times and dates, please visit:

[facebook.com/fpsiom](https://www.facebook.com/fpsiom)

Isle of Man Fostering Ltd. Registered Charity Number 1056

Fostering First
Part of Family Placement Services

610000

www.fps.co.im

fosteringfirst@thechildrenscentre.org.im



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

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