

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

ISSUE 69 | FREE

NOVEMBER – DECEMBER 2018

www.familymanx.co.im

Supported by

shoprite

SELL YOUR HOME IN 3D!
Tel: 66 28 20



smartphone
scan here



Branches Island Wide
propertywise.co.im
THE WISE MOVE



Beehive Kindergarten

Beehive....Bee Happy!

Nollick Ghennal as Blein Vie Noa

Childcare from 0 to 11 years

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

✓Pre-School Credits

Accepted ✓Hot Meals

✓ Zumba ✓EYFS

Curriculum ✓Outdoor
adventure trips

✓ Afternoon baby
spaces available



Please contact Mrs Nation

674655



Hillberry Road, Onchan

beehivekindergarten.co.uk

Autumn has been stunning...

...as usual although the storms have been blowing the leaves dramatically around the island this year. We enter the end of 2018 with wonderment; wondering how the weather will treat us all with the real extremes we have had this year.

Family Manx is here yet again full to brimming with ideas and thoughts to take to the end of the year. What will you choose to do? Take a look inside and read and as you plan - Do Remember - this magazine is for YOU!!!



Price includes a visit to Santa's grotto and seasonal refreshments on board the Dining Car at Santon Station.

9*, 15, 16* & 22 December

Departing Douglas 11:00, 12:00, 14:00 and 15:00*

Departing Grotto 12:20, 13:20, 15:20 and 16:20*

*Denotes that an extra Santa Express train will operate on the 9th and 16th only.



BOOK ONLINE AT

www.rail.im

or call the Welcome Centre
01624 662525



f /IoMTransport f /The-Tickethall

www.rail.im

Credit and debit cards accepted. All events must be booked in advance. Operational constraints may apply.



As I write, i am looking out of the window with a calm sea in the distance - but I remember the stormy seas that many of us have experienced in recent months. This island is amazing and always dramatic in its vistas. My family and I have been here nearly 12 years and I do remember that we arrived in the middle of a 4 week storm. To be here is to know dramatic times although the news brings us awareness of far more dramatic and dangerous times for many others. I feel so lucky to be here in relative safety and calm. As I have always said - this magazine is for YOU. Do let me know what you think. I am always glad to hear from readers who wish to comment or contribute. Could that be you? You can reach me via email or by snail-mail ... contact details are on the back of the magazine; and I look forward to hearing from you. And as per the coming season - Nollack Ghennal as Blein vie Noa. Amy x

CONTENTS NOV – DEC 2018

| | |
|--|-----------|
| FM News | 2 – 3 |
| FM What's On | 4 – 5 + 7 |
| FM Hunting the Wren with Jane Killey | 6 |
| FM Health Supplement featuring articles from: Align4Life, Boots The Chemist, Mike Kewley and the Le Leche League | 8 – 9 |
| FM What's On Continued | 10 – 15 |
| FM The Improving Mum Blog | 12 |
| FM Christmas for Less | 14 |
| FM Information and Classifieds | 16 |



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

19 Hawarden Avenue, Douglas, IM1 4BP

**Small, friendly & homely
nursery for children
aged 2 – 4yrs**

“FREE CHILDCARE”

Claim up to 3 days or
4 afternoon sessions with your PSC voucher.
With our qualified & experienced team of staff we are able
to give your child the highest quality of care

For full details or to arrange a viewing please contact
07624 460221 or email 1stclass@iom.com

**“Our greatest glory is not
in never falling, but in
rising every time we fall”.
Confucius**

**FREE
WILLOW LANTERN
WORKSHOPS AND
PARADE**

SAT 3RD NOVEMBER
SUN 4TH NOVEMBER

SAT 10TH NOVEMBER
SUN 11TH NOVEMBER

**HENRY BLOOM NOBLE SCHOOL
WESTMORELAND ROAD, DOUGLAS**

Under 12s must be accompanied by an adult

PARADE TO BE HELD ON 22ND NOVEMBER
FOLLOWING THE SWITCHING ON OF THE
CHRISTMAS LIGHTS.

FOR MORE INFORMATION TEL: 01624 694597

Elf Day in Schools

This Christmas, why not get the pupils and staff to dress up, have fun and learn about a disease that affects 1,300 people on the Isle of Man?

Elf Day isn't just about over-the-top Christmas fun (though the more of it the better!). It is also a great opportunity to teach your school or youth group more about dementia.

Follow the lesson plan and activity pack at <https://www.alzheimers.org.uk/get-involved/events-and-fundraising/elf-day-schools> to teach the five key messages about dementia and to ask your young elves to commit to an 'elf-less' act to take on social action in your community.

By watching the animation and completing the pack, your young elves will become Dementia Friends. You can get your Dementia Friends badges and Elf Day action cards by completing the survey on the page.

Please contact 613181 if you have any questions about dementia or need help with your Elf Day.



Cosyfeet
extra roomy

New Autumn/Winter collection

In stock now, all styles and sizes available to order.

**JUST CARE
PRODUCTS**

Unit 15, Spring Valley Industrial Estate. Tel 627177
Right behind B&Q. Turn right by ADT and find us on the left down there.

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

Ready Steady PARTY

offering...
**Personalised Childrens
Party Entertainment
for ages 3 to 16**

Christmas

**Make your childs
Christmas Magical
with a pre Christmas Elf
visit to your door**

AVAILABLE ISLAND WIDE

For more information
contact Jen Callister
833694 or email
jen@readysteady.im



[@readysteady.im](https://www.instagram.com/readysteady.im)

FESTIVE BAKERY TREATS AT SHOPRITE

Why not bring the festive feeling into your kitchen early this year and make your own Christmas treats? Christmas pudding is a favourite in my family and we usually make ours at least a month before to let all the flavours sink in and mature.

Traditionally, Christmas puddings were made on Stir Up Sunday - the last Sunday before Advent begins; this year it falls on November 25th. It was the day when everyone in the family took a turn to stir the pudding, making a wish whilst they stirred. The pudding mixture was always stirred from East to West to represent the three wise men who visited baby Jesus. Another tradition was to place a sixpence coin in the mixture (if you do this, remember to wrap it in greaseproof paper to avoid any choking). It was believed to have brought wealth to the lucky finder!

Shoprite has all the ingredients you need to make your own puddings, pies and cakes.

But if you want to take the pressure off Stir Up Sunday this year then Shoprite can help! Shoprite has a great range of Christmas cakes, puddings and pies from award-winning locally produced Berries Luxury Christmas puddings to Waitrose individual Christmas puddings laced with cognac! No cooking involved except on the great day itself...

For something a bit different why not try Shoprite's exclusive Heston from Waitrose Hot Toddy Bombe that, when cut, reveals a hidden boozy honey sauce or his Black Forest Panettone - both deliciously different and new this Christmas.

Don't forget the mince pies either - Shoprite sells Waitrose All Butter Puff and Shortcrust mince pies as well as scrummy mini mince pies.

If Christmas cake is your thing Shoprite offers something for everyone from a beautiful Royal iced cake to a soft iced fruit cake bar.

Those with food allergies are catered for as well with 'free from' mince pies and fruit slices available from most stores.

There are also Stollen slices and loaves and a delicious Phizzecco Panettone that's baked with pride to a traditional Italian family recipe - rich in butter and sultanas and laced in sparkling wine.

Everyone deserves a little indulgence at Christmas so whether you go for ready made or make your own bakery treats - Shoprite has Christmas covered.

**Merry Christmas and a
Happy New Year - Nollick
Ghennal as Blein Vie Noa!**



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 OTHER SOCIAL GATHERINGS ISLAND-WIDE

Castletown Civic Centre

Castletown + District

Over 60's Club

Coffee Mornings

Time: 10 - 11.30am Cost £1
inc Refreshments

Castletown + District

Over 60's Club

Afternoon Teas

Time: 2 - 3.30pm Cost: £1.50
inc Scones/Refreshments
27th Nov.

**Guild Room, Atholl Street,
Peel**

The Thursday Fellowship

Thursdays 2.15 pm from

Oct - Easter

Speakers, quizzes, DVDs

and Bingo

Our aim is fellowship and fun!

All welcome

Contact: Heather

Horsburgh 842451

**Jurby Community
Centre, Jurby**

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

9.30 - 11.30am.

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

Contact details:

jurbycommunity@gmail.com

com, 331794 or see Jurby

**and Northern Community
Initiatives Facebook Page.**

**Morton Hall, Church Ave,
Onchan**

Onchan Ladies Club

1st Weds in the month at
2.15pm

Call 620352

**Onchan Pensioners'
Social Club,**

Tuesdays and Thursdays

10.30am

All Welcome.

**Football Club, Glen
Road, Laxey**

Laxey Coffee and Chat

Thursdays 10 - 12

(Term-time only)

Contact: Janet 431706

Fresh filter coffee and home
made cakes. All welcome.

Donations welcome.

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

**Grace Baptist Church,
Market St, Peel**

Sunset Cityzens

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

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

Men in Sheds

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

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.

Times: Tues, Weds and Fri
10am - 5pm.

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

**To find out more call: Les
Shires 494885.**

**Salvation Army Citadel,
Lord St, Douglas**

Lunch Club

Every Tuesday from 11.30am
(lunch served at 12noon). £4

for a set three course meal,
call 627742 to book a place.

Palace Hotel, Douglas.

Isle of Man Ladies

Luncheon Club

Monthly Luncheons with
speakers.

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

ART AND CRAFT GROUPS

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

House of Manannan. Peel
'Crafternoon' sessions

Wednesdays 1 - 3pm
No charge, and refreshments
are served. Come with your
current craft project and have
a chat and a cup of tea.

**St. Andrew's Church Hall,
Douglas**

IOM Embroiderers' Guild

Hand, Machine & Mixed

Media embroidery

Regular Friday/Saturday

Monthly Meetings

All welcome

Call Helen on 851258

www.iomeg.blogspot.com
contact

omegchair@yahoo.co.uk

St James' School

Rooms, Dalby

The Dalby Art Group,

Thursdays 2pm.

Bring your own equipment.

Call 843471

**Jurby Community Centre,
Jurby**

Monday Crafternoon

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

Contact details:

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

**Laxey Football Club-house,
Glen Rd, Laxey**

Laxey Sketch Club

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

**Contact: Norman
McKibbin Tel: 861125**

**St Stephen's Church
Hall, Sulby.**

Sulby Art Club,

Wednesdays 2pm-4pm

Contact ?

**Onchan Methodist Hall,
Main Road.**

Onchan Flower Club

Contact Mrs M. Clague

626573

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

**The Erin Arts Centre
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.

**Joan's Wools
& Crafts**

Putting the creativity back into life...

*A creative haven filled with inspirational craft and gift
ideas for all ages.*

- o Knitting
- o Dressmaking fabrics and patterns
- o Artists' and fabric paints
- o Craft Books
- o Patchwork and Quilting
- o Haberdashery
- o Beads and Trimmings
- o Kids Crafts
- o Sewing/Embroidery Machines

**Gift
Vouchers!**



5b/6b Village Walk Onchan Tel: 626009
Email: joans_wools_crafts@manx.net
www.facebook.com/joanswoolsandcrafts

**St Columba's Catholic
Church, Port Erin,
Mannin Quilters**
Wednesdays 1.30-4pm.
Call 628921

BOOK CLUBS FOR ADULTS & CHILDREN'S ACTIVITIES IN LIBRARIES

(See full list at www.familymanx.co.im)

CARD GAMES

(Bridge, Whist and so on)

**St Pauls Church Hall,
Ramsey**

Whist Drive

1st Thursday of the Month at
7.30pm £2.

Contact: Alan 340591

**Elim Family Centre,
2nd Ave, Onchan**

Whist Drive

3rd Monday of the Month at
7.30pm £2.

Contact Alan 340591

**Kirk Michael Methodist
Hall.**

Whist Drive

1st Tuesday of the Month
7.30pm Refreshments and
Raffle

£2 - Proceeds go to

Hospice IOM

Call Barbara Dawson on

878349

**The Cat with no Tail,
Hailwood Ave.
The Manx Retirement
Association
Whist Afternoon**
Tuesdays 2pm £2
Contact: 817007

16 Banks Howe, Onchan
**Manx Retirement
Association
Rummikub Club**
Times Vary so ring 817007
for times.

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

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

COMPUTER CLUBS

Why not come along and
enjoy the experience of
learning new computer skills.
From complete beginners to
the more experienced, our aim
is to build your confidence,
improve your skills, but more
importantly for you to enjoy
the experience.
**For more information on
this free service you can
phone: Age Concern Isle of
Man on 631740**

“Hunt the Wren” or “Shelg yn Drean” a description by Jane Killey

Just what is the connection between the ‘King of the Birds,’ Boxing Day, protective charms, an enchantress, decorated poles and traditional song and dance?

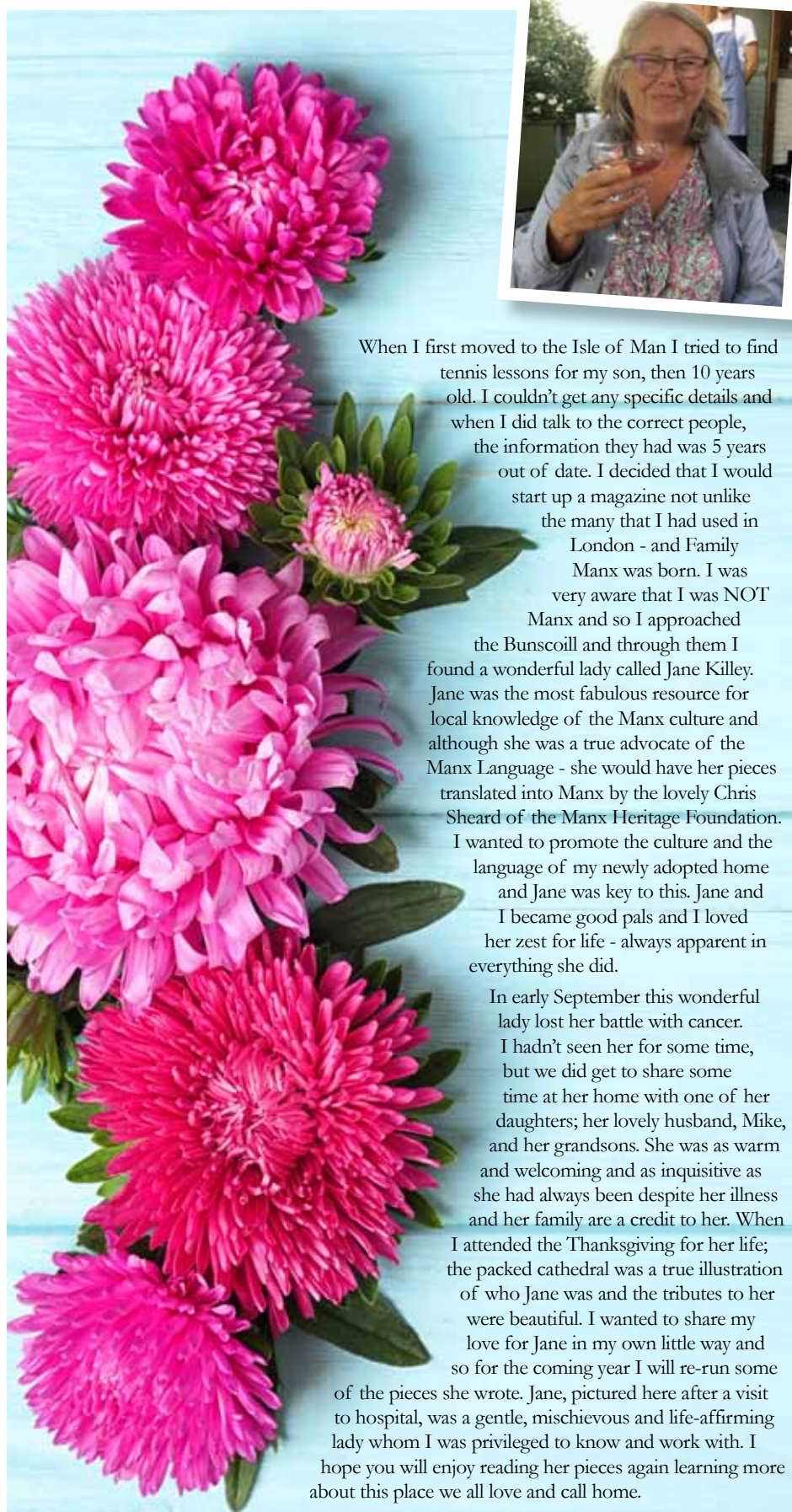
An explanation may be found in the ancient Manx custom of Hunting the Wren, versions of which also exist elsewhere in the British Isles and, strangely enough, as far away as the South of France.

The wren, considered a sacred bird by ancient Celts, was ceremoniously hunted on just one day of the year by groups of men and boys who would seek out a wren and then kill it, perhaps by stoning it to death, thus forming a link with the first Christian martyr, St. Stephen. It is believed that “Hunt the Wren” ceremonies were performed on Christmas Day originally; but with the link to St Stephen, this became more common on St Stephens (or Boxing) Day.

During the early part of the last century the ‘wren boys’ would go from door to door, carrying the ‘wren bush’ containing a dead wren which was hung upside down between two wooden hoops decorated with streamers and greenery. It was thought that the feathers of the bird would bring luck, especially to fishermen, who thought they would be protected from shipwrecks for the following twelve months, if they possessed feathers from the dead wren. At the end of the procession, and at the end of the day, the featherless bird would be buried with great ceremony to the singing of dirges in Manx. Now, a real bird is not used, but substituted with a facsimile of a bird, perhaps painted brown to represent the wren!

“Hunt the Wren” also comes from the tale of a beautiful fairy or enchantress who would lure men into the sea where they would drown. She is said to have escaped her own destruction by turning herself into a wren and fleeing. Once a year, on St Stephens Day, though, she is condemned to reappear in the form of a wren when she may be hunted and killed.

Contemporary Manx celebrations take place between 10 and 12 noon on Boxing Day. They include the traditional ‘Hunt the wren’ song and dance & the collection of donations towards worthy causes. Look out for local events in your part of the island to celebrate this ancient festival.



When I first moved to the Isle of Man I tried to find tennis lessons for my son, then 10 years old. I couldn't get any specific details and when I did talk to the correct people, the information they had was 5 years out of date. I decided that I would start up a magazine not unlike the many that I had used in London - and Family Manx was born. I was very aware that I was NOT Manx and so I approached the Bunscoill and through them I found a wonderful lady called Jane Killey. Jane was the most fabulous resource for local knowledge of the Manx culture and although she was a true advocate of the Manx Language - she would have her pieces translated into Manx by the lovely Chris Sheard of the Manx Heritage Foundation. I wanted to promote the culture and the language of my newly adopted home and Jane was key to this. Jane and I became good pals and I loved her zest for life - always apparent in everything she did.

In early September this wonderful lady lost her battle with cancer. I hadn't seen her for some time, but we did get to share some time at her home with one of her daughters; her lovely husband, Mike, and her grandsons. She was as warm and welcoming and as inquisitive as she had always been despite her illness and her family are a credit to her. When I attended the Thanksgiving for her life; the packed cathedral was a true illustration of who Jane was and the tributes to her were beautiful. I wanted to share my love for Jane in my own little way and so for the coming year I will re-run some

of the pieces she wrote. Jane, pictured here after a visit to hospital, was a gentle, mischievous and life-affirming lady whom I was privileged to know and work with. I hope you will enjoy reading her pieces again learning more about this place we all love and call home.

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.

**iMuseum, Kingswood
Grove, Douglas**

Wednesdays and Thursdays
10 – 12.30pm
Wednesday 1.30 – 4.30pm

Ramsey Sessions:
Ramsey Town Hall Library,
Tuesdays and Fridays
10 – 12.30
And Fridays 1.30 – 3.30pm

Port Erin Sessions:
**New Southlands, Ground
Floor, Library**
Mondays 10 – 12.30pm
Thursdays 2 – 4.30pm

Peel Sessions:
House of Mannanin, Peel
Mondays 2 – 4.30pm
**Leonard Cheshire Disability
– Computer Drop in Centre**
**Willow House, 61-69 Main
Road, Onchan (above and
behind Onchan Library)**
Tuesday – Fridays
11am – 3pm.
Free internet access, printing
and scanning facilities.

Volunteers on hand to help
those with limited computer
knowledge.
Refreshments available
Wheelchair accessible
Donations Welcome!

Onchan Library, Onchan
**Free one-to-one computer
tuition for seniors**
Tuesdays 10am – 12pm.
Contact 621228 to book

DANCE CLASSES

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

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**

**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



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



**Have a fun Elf Day
in your school this year**

Teach them about dementia and give a
memory that will last a lifetime

For all the resources go to Alzheimers.org.uk and
search for Elf Day in Schools



**Methodist Church Hall,
Port Erin**
Friday: 2pm to 3.30pm

**Western Chair-Based
Exercise sessions**
**Westlands Residents
Lounge, Peel**
Weds: 10.30am to 12 noon

**Eastern Chair-based
Exercise sessions**
**Youth and Community
Centre, Onchan**
Thursday: 1.30pm to 3pm

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

➤ **WHAT'S ON
CONTINUES ON PAGE 10**



Are your spirits lifted by the delightful aroma of lamb roasting with rosemary or chicken cooked with sage? Perhaps you crave the taste of mouth-watering potatoes roasted with oregano?

While these herbs infuse dishes with terrific flavour, they also fill them with fantastic, anti-inflammatory antioxidants. When we consume foods high in sugar, dairy, refined flour, artificial additives and saturated fats, we're setting our body up to fail. Our body doesn't need these ingredients to thrive, it views them as an invader, going into defence mode and thus causing inflammation.

However, anti-inflammatory properties in both fresh and dried herbs like oregano, sage and rosemary may help reduce the risk of certain diseases and conditions. Herbs and essential oils should be a part of your health routine but what about food supplements? We often hear people saying, "I eat a varied diet so I don't need to take any supplements". Sadly, that is not the case.

Modern farming techniques produce large healthy-looking fruits and vegetables, but they contain significantly reduced amounts of essential nutrients compared to wild fruit and vegetables. The soil is fertilized to encourage growth, but it is depleted in essential minerals thus producing fruits and veg that contain significantly reduced amounts of essential nutrients compared to those grown by our forefathers.

A wholefood multi-vitamin is a convenient way to ensure that you get the vitamins and minerals that you require. Alternatively, adding a daily juicing routine of organic fruit and veg to your normal "7-a-day" can achieve the same effect. Wholefood vitamins are in their natural state as living complexes, while synthetic vitamins are not from foods or anything else a human would normally eat – they are chemically produced.

Organic herbs and a wholefood multivitamin supplement will undoubtedly contribute to keeping you healthy. However, the body has to be able to digest and absorb them efficiently if we want to receive their benefits. This means that we need a well-functioning digestive system which is ultimately controlled by a healthy nervous system. If you are concerned that your digestion is not working at its best, you may want to consider having your nervous system checked by a chiropractor. They can help re-balance your body ensuring you get the most out of your healthy diet.

www.align4life.com 629444



THE PNEUMONIA VACCINE IS AVAILABLE FROM BOOTS

Pneumonia is an infection that causes serious illness and even death.

Pneumonia is caused by an infection that irritates the lungs, causing them to become inflamed and swell up with fluid. The most common cause of pneumonia is an infection due to bacteria called *Streptococcus pneumoniae*. It can be spread from person to person through coughing and sneezing.

Boots offers a private Pneumonia Vaccination Service that protects against 13 of the most common strains of *Streptococcus pneumoniae* bacteria. The key benefits of our vaccination service are:

- A single vaccination enhances the immune response and provides long-lasting protection against pneumonia.
- The vaccination can be administered at any time of the year and can help reduce risk for travellers going to countries which have higher levels of pneumococcal infections
- The vaccination can be given at the same time as other vaccinations, such as the flu vaccination, or travel vaccines.

People aged 65 and over are also eligible for a free NHS pneumonia vaccination. If you're over 65 and haven't already had the NHS vaccination, speak to your doctor about having this. It's a different type of vaccination to the one used in the Boots service so you may want to consider having both to further increase your protection. You may also be eligible for the NHS vaccination if you are under 65 and have a long-term health condition such as diabetes.

Pneumonia is one of the most common causes of death due to infection in men and women. It can increase the risk of having a heart attack, as well as worsening existing heart failure. Pneumonia can affect anyone, but some people are more at risk of catching it. Risk factors include:

- Increasing age – the risk is greater in older adults
- Smoking – not only is the risk of catching pneumonia greater, but it can be more serious in people who smoke
- Other health conditions, including diabetes, heart disease or respiratory diseases, such as asthma or COPD.

If you would like more information or would like to book an appointment, please call into our store on Strand Street in Douglas.

MINDFULNESS FOR MENTAL HEALTH

What is mental health and how can we actively develop it? If we want to improve our physical health and strengthen our muscles then we can run, play sports or train in the gym. But where do we go to strengthen our mental health?

Where is the gym for the mind?

I spend much of my time speaking, writing and training mental health skills, not because I'm a Doctor or Health Professional, but because I have spent nearly half my life developing my mind through mindfulness and meditation.

For me, mental health is simply the relationship we have to our thoughts. Are we constantly dragged into them or can we choose to detach from them? Can we focus-in on the useful and let go of the useless? Can we use thinking as a razor-sharp tool as well as put it down and rest in silent awareness?

If the answer is 'no', then we don't have to blame ourselves. Our culture lacks the mental training which cultivates and develops these capacities. When we fail to develop an awareness of this mind with its ever-changing thoughts, states, moods, dramas and reactions, we cannot see it, and if we cannot see it then we are condemned to be swept away by it.

Our lack of mindfulness renders us mentally and emotionally illiterate, victim to the minds every craving, impulse and desire.

But of course, this can change because we have the power to change it. The more we purposefully develop positive mental states and traits, the more skilfully we can navigate the shifting rise and fall of thoughts, emotions, sensations and circumstances without being swept off course, or wrecked on the rocks of helplessness.

To practice Mindfulness is to train and sustain positive mental health. It enables us to step-out of the turbulent storm of thoughts, images and chatter and find safety and stillness in the lighthouse of awareness.

The lighthouse illuminates the ocean, but doesn't get wet. Our relationship then shifts from being controlled by the mind, to not minding the mind.

And when we no longer mind what the mind does, or doesn't do, we can call that freedom.



MY FREEMIND
Mindfulness • Compassion • Freedom

Morris Dancing Shepherds

Ah the Christmas play - surely a milestone in every parents life. It starts innocently enough; a jolt of sadness that your precious child wasn't chosen as Mary or Joseph, followed by a tear or two as you listen to the sweet-yet-tuneless strains of Away in a Manger. They're an angel or a star or an innkeeper and every second shop sell those costumes. But oh too soon it changes.

In the past few years we had narrators (brilliant - black trousers and a Christmas jumper!), roman soldiers, a Christmas card (!) and my all-time personal favourite, which came in the form of a note from school; "Your son is a Morris Dancing Shepherd. Please send in a costume next week, home-made is fine". Well home-made had to be fine because there is no such thing as a Morris dancing shepherd costume. Anywhere. As we approach play season in school again and I wonder what delights this growing family of mine will bring, I was utterly delighted to zoom to Ireland last week to visit my sister, her husband and their wonderful new addition, baby Hannah. What a very precious gift new life is, yet much like our first school nativity we really have no idea what we are letting ourselves in for!

If I could go back to myself as a first-time Mum, here's what I wish I knew:

Babies are utterly dependant on you - and that is a privilege. They are biologically driven to need to be in close contact at all times. It's easier to do that than to spend ages trying to get them to be apart from you. Actually I've lived apart from my mother for longer than I have lived with her now. Nothing lasts for ever - you can not hold them too much, respond to them too much, breastfeed them too much, or love them too much. In the beginning, in those long nights and the days where you can't even use the loo without them crying, it can seem endless. Your body is sore, your brain is filled with worries, and sadly the internet is filled with experts, often peddling incorrect and even harmful advice. But one day you will put them down and they will crawl away from you.

So for now new Mama, keep your baby close. Love them, nourish them and remember that YOU are the expert on your baby. Listen to all the suggestions and information you can, then take what works for you and your family and leave the rest. Trust yourself. These days pass quickly and soon you may be sowing tassels on socks and raiding your tea towel drawer....





THE BALANCED HEALTH CLINIC
Est. 1986
A Whole Health Approach

- Kinesiology
- Ishta Spinal Touch
- Craniosacral Therapy
- Counselling

BACK ISSUES • STRESS MANAGEMENT • DIGESTIVE ISSUES • PHOBIAS
JOINT PAIN • CHRONIC FATIGUE • TRAUMA • HEADACHES •
ANXIETY • PAIN RELIEF • COUNSELLING • LEARNING DIFFICULTIES

The Balanced Health Clinic
20/22 Michael Street, Peel, IM5 1HB
842553 • balancedhealthclinic.co.uk • bhciem@gmail.com

► WHAT'S ON CONTINUED FROM PAGE 7

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

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

LANGUAGE GROUPS AND SOCIAL GATHERINGS

Top Hall, Promenade Methodist Church, Douglas Café Lingo (Isle of Man)

If English is your second
language – come converse
and learn English in a relaxed,
friendly atmosphere.

Time: 10.30 – 11.30am

Cost: Lesson, tea, coffee, cake
and biscuits - all FREE.

Contact: Karen Norton
458340

MANX LANGUAGE GROUPS

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

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.

Peel 6-Week Mindfulness Training Course

Mindfulness is the ancient
art of living in the present
moment, backed by a wealth
of modern neuroscience.
This 6-week Mindfulness
training course is suitable
for anyone interested
in discovering a new
relationship to life, and
developing transformational
self-awareness skills such
as focus, mental clarity,
physical relaxation, emotional
resilience, perspective and
compassion.

Dates: From Monday 12th
November to Monday 17th
December 2018

Time: 7pm - 8.30pm

Venue: The Pilates Studio,
The Viking Longhouse, Peel
Price: £150.00

How to register: Call Mike
on 376856 or email mike@myfreemind.org to receive
registration details.

Falling into the Mystery - A Meeting with Zahir Khan

Fresh from his talk at the
recent Mindful Mann Festival,
Sufi Mystic, Teacher and
Author Zahir Khan will be
giving a talk at Noa Bakehouse
on the Sufi science of
Self-Realisation and offering
a real-life spirituality which is
available here and now.



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

Date: Thursday 29th
November 2018

Time: 7pm-9pm

Venue: Noa Bakehouse,
Fort Street, Douglas, Isle of
Man

Tickets: Tickets are £10.00
and available to buy at Noa
Bakehouse.

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 Alzheimer's Society.

Ramsey – Reayrt Skyall

Singing for the Brain (Ramsey)
Every other Monday
11.15am – 12.30pm

Douglas – Thei Meanagh Singing for the Brain (Douglas)

Every other Monday 11.15am
– 12.30pm

Port Erin – Southlands Singing for the Brain (Port Erin)

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

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

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

Call 613181 for further info.

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

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

Carers Information and
Support Programme (CrISP)
This programme is specifically
designed to give carers an
insight into the causes of the
condition, how the disease
affects people in many
different ways, what financial
and legal options are available,
caring strategies for dealing
with any challenges which may
or may not present themselves
and where to find support and
care in our community.

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

Please call 613181 for more
information.

Braddan Church, Douglas Forget – Me – Notes

Come and Join our Memory
Choir

Sessions held on the 1st
Tuesday of the Month 2-4pm.
For more information call
Andrea or Lorraine on
642879

Or Email andrea.marsden@gov.im

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

Southern Decaf @ 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

THE MOTHERS' UNION

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

MUSIC AND MOVEMENT CLASSES FOR BABIES AND TODDLERS

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

Parents and Tots Groups

Anagh-Coar School

Mini Club – Parents and Tots
Weds 9.30 – 11.15am

Ages: 0 – 4 and their Parents/
Carers

Cost: £1 per Family inc
refreshments

Contact: Caroline 851782

Andreas School Mobile Classroom

Parent and Toddler Group

Tuesdays 9.15 – 11.30am

Contact: Andreas School
880375

Ballaugh Village Hall (NEW TIME)

Parents and Tots

Fridays 1.15 – 3.15pm

Cost: £1 per family (inc drinks)
Contact: Emily Lord 361606



Isle of Man
fb.com/isleofmanccff
615712/491043

Because family life matters

- Supporting couples
- Equipping parents
- Comforting bereaved people

Drop in anytime Monday to Friday between 10am and 3pm.
Nadine House, 1st Floor, 13 North Quay, Douglas.

Care for the Family – a Christian response to a world of need.
A registered charity (England and Wales: 1066905; Scotland: SC038497, Isle of Man: 1231).

Braddan Church Hall

Mini Club – Parents & Tots.

Weds 1.30 – 3.15pm

Ages: 0 – 4yrs and their
parents/carers

£1.50 per family inc.
refreshments

Contact: Elizabeth 675091

The Buchan School

Little Sunflowers Baby & Toddler Group

Ages 0-4yrs

Wednesday 9.00 -10.30am

(term-time) Cost FREE

Craft activities, songs, story,
refreshments.

Contact 820110 or
admissions@kwc.im

Castletown Methodist Church, Arbory St,

Daniel's Den

Day: Mondays and
Wednesdays

Time: 9.30 – 11am

Cost: £1

Contact: Cath 420646

St Mary's on the Harbour, Castletown

Messy Church

Day: 3rd Saturday of the

Month Time: 12.30-2.30pm
Children must be accompanied
by an adult.

Contact: ?

Colby Methodist Hall.

ROCK Sunday Club –

10:30am (Term-time)

Music, stories, crafts, puzzles
and challenges.

PEBBLES – 10:30am Sunday

(Term time)

Friendly club for preschoolers
with parents/carers.

CONTACT Jane 492010 or
Pam 832070

Douglas

'The Salvation Army,
Fairfield School, Tynwald
Street, IM1 1BE

(NEW ADDRESS)

Sunbeams Parent & Toddler Group

Weds 9.30-11.30am

(term time)

75p adults, 25p children

Contact 627742

Dragons Castle, Villa Marina, Douglas

IOM Twins/Multiple

Births Club

2nd Weds of each Month

10.30am – 12pm

Cost £3 per Family

Contact: Rachel 474535.

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).

The Improving Mum

Another summer has come to the end

It seems like only two minutes since we were impatiently awaiting it's arrival, but now the temperature is definitely dropping and autumn's beautiful colours are starting to show.

It's our first autumn with the boy being a confident walker, so I'm looking forward to discovering all of the exciting new activities we can do together.

We have already discovered the fun of splashing in puddles, and I'm sure there will be plenty more opportunities to do that. When they fall from the trees we will also be kicking our way through piles of brown and orange leaves and going foraging for the boy's first conkers.

Autumn also brings its own challenges, with our annual struggle to remember all of our indoor activities for the cold, rainy days that will no doubt be showing up before long.

I am normally guilty of leaving the messy activities for nursery to take care of, but I have decided that before Christmas this year I am going to be brave and start trying a few out at home.

Making Christmas cards will be our first attempt at a crafty afternoon. I have seen some lovely designs using painted hand prints which are then decorated to be either a Christmas tree or a reindeer. I am looking forward to trying them out, but also taking bets on how long before it all ends in tears (probably mostly mine!) and what kind of state the house will end up in.

Depending how that goes - and I suspect the answer is not very successfully - I might then graduate to trying out the current trend of tuff tray activities. For those of you who haven't come across it yet, it involves a big plastic tray on which the child does such messy activities that it would drive even the most relaxed parent into a state of panic. I have seen one in particular involving shaving foam, food colouring and toy cars to drive through it which the boy would love, but I haven't decided whether I'm quite ready for that yet! I might just carry on researching that no mess paint I've seen instead.

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

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

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

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

All Saints Church Hall, Alexander Drive, All Saints' Messy Church.
 1st Sunday of month
 11.15 am - 1.15 pm
 Crafts and celebration followed by lunch.
 All welcome but children must bring an adult.
Contact Cath 626097 for details.

Living Hope Community Church
The Studio, Opp the Palace Cinema
 Park in Cinema Car Park.
Toddle Inn, Douglas
 Parking in the Cinema car park. Weds 9.30am - 11.30am.
 Refreshments, play and chat!
Contact: Cara 364348

Foxdale Primary School Community Hall
Parents and Tot's
 Wednesdays 2 - 3.15pm
 (term-time only)
 Contact: Ann 801946
 Cost: £1.50 per Family
Glen Maye Chapel & Community Centre
Baby and Toddler Group
 Fridays 9.30 - 11.30am
 Cost: £1.50 per family to cover craft/refreshments
 All Welcome
Contact: Debbie 845681

Dhoon Church Hall, Parents and Tots Group
 Mons 9.30 - 11am
 Cost: £1.50 per family.
Contact: Dawn 863064

Ebenezer Hall, Kirk Michael
Parents and Tots
 Wednesdays 1.45 - 3.15pm
 Cost: £1.50 per family
Contact: New Contact details?

Jurby Community Centre, Jurby
Tuesday Tots
 from 9 - 11am. Weekly drop in, play and crafts for under 5's. Suggested donation of £1.50 per family to include refreshments for all.
 Thursday: Banter, Brews and Babies
 9 - 11am. Drop in chat and social with Health Visitor in attendance 10 - 11am.
 Donations welcome for refreshments.
Contact details: jurbycommunity@gmail.com, 331794

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.

Laxey Working Mens Institute
Laxey Mums and Tots
 Day: Every Weekday (Term Time only)
 Age: Preschool from 2 up.
 Time: 9am - 12pm & 1pm - 4pm daily
Contact (during open hours) 439136

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

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

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

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

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

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

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

St. John's Methodist Hall, Peel Road, St. John's Messy Church
 Sundays, 26th Nov '17, 28th Jan'18, 18th March '18 and 20th May '18.
 Time: 4pm - 5.30pm
 Children's crafts and celebration followed by a meal. All welcome and free of charge, but children must bring an adult.
Contact Ann 801 946 for details.

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

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

Ramsey Elim Community Church
 (Behind Ramsey bus station)
Noah's Ark Tots Group
 Mondays 9 - 11am
 (term-time only)
 £1.50 per family. Refreshments are provided.
Contact: Heli 256797.
St Olave's Church, Bowring Road Tiddlers
 Tuesdays 9.30 - 11.30am
 (term time only)
 £1.50 per child (inc refreshments)
Contact: Anne 451896 or 813033

Ramsey Rugby Club Toddle Inn by Living Hope Community Church
 Thurs 9.30-11.30am
 £1 per family.
 Refreshments and Craft included
Contact: Charlie 372559
Sulby Methodist Church Sunday School
 (during term time)
 10.30am onwards.

Willaston School Main Hall Willaston School Happy Tots
 Thurs 10 til 11.15am
 (term time only)
 £1 per family - including refreshments
Contact School Secretary on 621577

POETRY GROUPS
Archibald Knox Pub function room, Onchan IOM Poetry Society
 3rd Sunday in each Month to read ours and others Poems.
 7.30pm to 9.30pm
 £10 per year inc Publications containing our members work.
 All welcome. No pressure to read.
Contact: Chairman Bethany on 481792 or email poetry@manxcat.org.uk

PREGNANCY GROUPS ANTE + POSTNATAL

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

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

ARCHERY

Onchan Youth and Community Centre, School Road, Onchan IOM Archery Club
Contact: Sarah Rigby on 470370
 Meets: October to May, Monday and Thursday evenings and Sundays.
 Archery instruction, practice and competition. New members welcome.

'Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns.'
George Eliot

Christmas is just around the corner and it is now that we try to tighten our belts ready for the massive spend that we are about to undertake. So much has been said in the media over the last few years about the amount of debt that parents and families find themselves in that, as a parent (let alone editor of this magazine), I wanted to try to find OTHER ways to give to my loved ones, without spending a fortune!

What is Christmas? Well, to many, it is totally about the celebration of Christ's birth; to others it is a time to celebrate "family" and to embrace the "us" time that family and friends have together. Christmas is symbolic of thinking of others and, with that in mind, I thought I would see what else we could do to celebrate Christmas and not break the bank at the same time.

HOME-MADE GIFTS:

When I used to open a card or a gift from my son that he had made at school; at his art class or at the kitchen table with his dad, my heart just sang. There was nothing more wonderful than the expression of joy when he saw my reaction. Friends and family often feel the same when someone has gone to the trouble of making something for them whether it be a card; cookies in a little tin or something more complicated, a framed picture or a piece of sewing. I have kept every card a friend of mine has made each year for Christmas. They are so special.

HERE ARE SOME OTHER IDEAS:

* Cookies

Most recipe books have cookies that can be decorated with icing sugar and nowadays there are a huge array of ideas on the internet. YouTube is wonderful to explore.

* Painted Glass Jars and Candles

Buy some glass paint and when you finish off a jar of jam (some of the jars are really ornate) save the jar and either paint it or make a complete candle out of it. Go to thesprucecrafts.com for candles, or again, go to YouTube to find inspiration.

* Painted Clay Garden Pots

Keep the red clay pots from the garden (or buy some new ones – they're not too expensive); wash and paint them. Then fill with soil and plant some bulbs for the Spring; daffodils, hyacinths. All will be lovely to watch grow.

* Make a personal photo album or scrap-book for someone.

This can be a really special gift; not too expensive and very personal to you. Gather photos and pieces of memorabilia (a theatre ticket; a brochure from a family day out; an invitation to a party...that sort of thing); place them in an album and decorate with home-made or store-bought stickers and pictures. Its lovely for children to do as a project and means SO much to the receiver.

In this day of 'social media' – let's try to bring the 'social' more into the fore. Don't go mad with money and expensive gifts. There is no need. Try something alternative!

The Old Brewery behind The Hop Garden, Mount Murray, Santan.

Bowderyn Vannin Field Archery Club

Tuesdays on 7pm

First Lesson Free then £1 per session after that. Membership of NFAS needed to join – but have a taster session to find out more.

Call Roger 835674 for further details.

** During the Winter months – the sessions only occur on the 1st and 3rd Sunday of the month at 1pm, depending on the weather.*

Call Roger if in doubt of times and details.

BADMINTON CLUBS

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

FENCING

To find out about all the Fencing Clubs on the island – for adults too – call Mr De Silva on 880863 or visit their Facebook page [Isle of Man Schools Fencing](https://www.facebook.com/IsleofManSchoolsFencing)

FOOTBALL – ALL AGES

Pulrose Football Fields

St Marys AFC

Football for Under 11's – Mixed.

Sats 10-30 – 11.45am.

Call Jim 405859

Marown Playing Fields

Marown Association

Football Club

Boys Football 5 – 13yrs

Girls Football U7 upward

Beginners Welcome

Sunday 10am – 1130am (11am for U7's)

Cost: £50 for the Season (less if you start late)

Contact for boys sessions Dave 323649

Contact for girls sessions Helen 497888 or helen.withers@rl360.com

Call Liz (Group Organiser), Manx Carriage Driving 4 Disabled on 07624 322431 for further information or to book a session.

GENERAL SPORTS

HOCKEY

QE2 Astro Pitch, Peel

Valkyrs Hockey

Beginners Welcome!

Juniors 8 and up

Weds 6 – 7.30pm (Term-time)

Senior 13yrs and up

7.30 – 9pm

Call Cath 801802

NSC Astro Pitch, Douglas

Bacchanalians Hockey Club

Beginners welcome!

Thursday evenings

Juniors 8 and up from 6pm

(term time)

Seniors from 7.30pm

Contact

bacchashc@hotmail.com

NETBALL

Ramsey Grammar School

Netball Sessions

(Term-Time only)

Tuesdays 8-9pm Seniors

(Yr10 – Adult)

Contact: Colette 452718

Castle Rushen High School

Simcocks Eagles

Netball Club

Mondays 6.00-7.30pm Year 7,

8, 9, 10 & 11

7.30-9.00pm All abilities

Contact Claire

Belcher-Smith 481757 or email

clairebelcher@manx.net

RIDING / RIDING FOR THE DISABLED

Ballavartyn Equestrian Centre

Manx Carriage Driving

4 Disabled

Providing Carriage Driving

experiences and Challenges,

Friday afternoons 1-3p.m.

Registered IOM Charity,

1172, and a member group

of Riding For the Disabled

Association, incorporating

Carriage Driving.

Contact Liz (Group

Organiser), Manx Carriage

Driving 4 Disabled on

07624 322431 for further

information or to book a

session.

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.

Contact:

vagabondsyouth@manx.net

THE TOWNSWOMENS' GUILD

The Townswomen's Guilds have three Guilds on the Island, Douglas (Evening), Mannin (Afternoon) and Peel which are for women of any age. They meet at least once a month and have interesting speakers, craft demonstrations or outings. **If you wish to know more about the Townswomen's Guilds please contact the secretaries - Douglas, Mrs Pauline Richardson, 624434. Mannin, Mrs Jean Purvis, 674118. Peel, Mrs Brenda Forster, 843153.**

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.

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

'Faith is taking the first step even when you don't see the whole staircase.'
Martin Luther King, Jr.

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

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.

INFORMATION & CLASSIFIEDS

MAGUIRE ELECTRICAL SERVICES LTD

**'Faulty Wire?
Ring Maguire!'**
877909 or 409982

Piano Teacher

Children & Adults
Welcome!

1/2 hr, 3/4 hr and 1 hr lessons
Weekend and Weekday
Practical and Theory Exams

Call Amy 225577

DipEd CT ABRSM

Piano - Keyboard Teacher

Free 1st Lesson. All ages welcome
Friendly, patient teacher
Competitive Rates
Also ABRSM music theory
Call Clive today to book
your free lesson

Tel: 252 223

Clive Davenport,
LLCM, ARSM



Look out for the Island's favourite shopping magazine
arriving through your letterbox every month!
You'll find inspirational ideas for you and your home and a
fabulous selection of cars for sale, right here on the Isle of Man.

Please like, share and spread the joy
of shopping local and boosting the economy of
our beautiful Island on our Facebook page!



FAMILY MANX/MY TIME/FIT HEALTH & SPORT MAGAZINES

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

■ Tel: 01624 877909 Mob: 07624 225577

■ Email: editor@familymanx.co.im ■ Editor: Amy Maguire

■ Designed by: GagenGraphics: editorfamilymanx.co.im

■ Printed by Words and Spaces,

Taggart House, White Hoe Industrial Estate, Douglas, Isle of Man
IM2 1QD ■ Tel: 01624 662573 ■ Web: www.wordsandspaces.co.im

Disclaimer: "Whilst every effort and care has been made to ensure the accuracy of the information contained in our publication, the publisher cannot accept responsibility for any errors, inaccuracies or omissions it may contain. The editorial and advertising content of this publication does not imply endorsement of them by My Time Isle of Man nor can My Time Isle of Man be held responsible for any actions or consequences arising from contact between reader and advertiser. Readers are therefore advised to check, carefully, any references, professional qualifications and stated membership of professional bodies before entering into contracts or making arrangements to use a service featured herein". No part of this publication may be reproduced or transmitted in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, or stored in any retrieval system, without prior written permission of the publisher. All photos are obtained from dreamstime.com unless stated."

Let us show you how easy it is to enjoy a much higher level of independence.

*Come and try out a
selection from our wide
range of mobility
scooters and
accessories.*



*Ask for information
about the Richmond
mobility bed (on display
in our shop)*



*Come and see us for a chat,
we'd love to meet you!*



**JUST CARE
PRODUCTS**

Unit 15, Spring Valley Industrial Estate. Tel 627177 • Right behind B&Q. Turn right by ADT and find us on the left down there.