

Below is a guide to what is going on – on the Island.

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

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

[editor@familymanx.co.im](mailto:editor@familymanx.co.im)

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

### Over 50's Coffee Mornings and Social Gatherings Island-Wide

St Pauls's Hall, Ramsey.

Manx Retirement Association

Northern Coffee Morning.

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

Hostess: Annette Solkin. Tel: 817007

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

Castletown Civic Centre

Castletown + District Over 60's Club  
Coffee Mornings

Time: 10 – 11.30am Cost £1 inc

Refreshments

Castletown + District Over 60's Club  
Afternoon Teas

Time: 2 – 3.30pm Cost: £1.50 inc

Scones/Refreshments

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

Cat with No Tail, Hailwood Centre, Douglas

Manx Retirement Association

Douglas/Onchan Coffee Morning

Last Tuesday of the Month at 10.30am

Cherry Orchard Hotel, Port Erin.

Manx Retirement Association

Southern Coffee Morning

2<sup>nd</sup> Tuesday of the Month at 10.30am

Host: Joan Daniels Tel: 817007

Guild Room, Atholl Street, Peel

The Thursday Fellowship

Thursdays 2.15 pm from Oct - Easter

Speakers, quizzes, DVDs and Bingo

Our aim is fellowship and fun!

All welcome

Contact: Heather Horsburgh 842451

Morton Hall, Church Ave, Onchan

Onchan Ladies Club

1<sup>st</sup> Weds in the month at 2.15pm

Call 620352

Onchan Pensioners' Social Club,

Tuesdays and Thursdays 10.30am

All Welcome.

Football Club, Glen Road, Laxey

Laxey Coffee and Chat

Thursdays 10 – 12 (Term-time only)

Contact: Janet 431706

Fresh filter coffee and home made cakes.

All welcome. Donations welcome.

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 Fridays.

St. Michaels Hall, Main Road, Kirk Michael.

The Thursday Club,

1<sup>st</sup> and 3<sup>rd</sup> 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.

### Art and Craft Groups

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

**House of Manannan. Peel**

**'Crafternoon' sessions**

Wednesdays 1 – 3pm

No charge, and refreshments are served.

Come with your current craft project and have a chat and a cup of tea.

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

**Douglas**

**IOM Embroiderers' Guild**

Hand, Machine & Mixed Media embroidery

Regular Friday/Saturday Monthly Meetings

All welcome

Call Helen on 851258

[www.iomeg.blogspot.com](http://www.iomeg.blogspot.com)

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

**St James' School Rooms, Dalby**

**The Dalby Art Group,**

Thursdays 2pm.

Bring your own equipment. Call 843471

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

**Laxey Sketch Club**

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

All Welcome

Contact: Norman McKibbin Tel: 861125

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

**Sulby Art Club,**

Wednesdays 2pm-4pm

Contact ?

**Onchan Methodist Hall, Main**

**Road.**

**Onchan Flower Club**

Contact Mrs M. Clague 626573

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

**The Erin Arts Centre**

**Art Group**

Thursdays 10.30am - 4pm

Contact: EAC 832662

**St John's Methodist Hall**

**St John's Art and Craft Group**

Tuesdays 9.40am.

Bring your own art and craft. Call 851364.

**Ballabeg Methodist Hall, Ballabeg.**

**Mannin Quilters**

Tuesdays 7.30pm-9pm. Call 628921.

**St Columba's Catholic Church, Port Erin,**

**Mannin Quilters**

Wednesdays 1.30-4pm. Call 628921

### Bingo

**Castletown Over 60's Club, Morton Hall,**

**Castletown**

**Bingo Nights**

Thursdays and Sundays 8 – 9.45pm

### Book Clubs for Adults & Children's Activities in Libraries

**Erin Arts Centre Book Club**

First Weds of each month at 1.30pm

Free to Join. Call EAC 832662

**Henry Bloom Noble Library,**

**10-12 Victoria Street**

**Storytime for Preschoolers**

Thursdays 10 -10-30am

**Monthly Adult Readers Group**

3<sup>rd</sup> Tuesday of each month

7.30pm

Contact: Jan Macartney 696461

**Onchan Library**

**"Story Tots" stories, rhymes & colouring**

for pre-schoolers and their parents / carers

Tuesdays 2.30 - 3 p.m.

**Book Group**

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

Contact 621228 or

[onchan.library@onchan.org.im](mailto:onchan.library@onchan.org.im)

**Ramsey Town Library.**

**Story Time**

Tuesdays 9.30 – 10am

&

Saturdays 11 – 11.30am

Age: Preschool/Reception

Free with pictures to take home and colour.

Parents/Carers MUST attend with their child.

**Family Library, Westmoreland Road  
Storybox**

Friday 10.30 - 11.00 Free

**TeddyTime**

Thursdays 2 - 2.45pm Free

**Sticky Finger Craft**

6 years olds and over

Saturdays 10.30 - 12pm

Book to avoid disappointment

Cost: £2

Contact 640650

**Bowling**

**NSC, Douglas.**

**Manx Retirement Association Bowling**

Thursday 2pm

Please call 817007 to book a place.

All Welcome.

**Onchan Crown Green Bowling Club,  
Onchan Park**

**Ladies and Men's Club Bowling** – which run separately but work together for the benefit of the Club.

Membership fees Apply. Call for further details.

Open April – September.

Play socially or competitively. The Ladies and

men both play in two leagues. Beginners are

welcome and tuition will be given

Contacts: Ladies Club Capt. Marilyn Ellison-

253177 email: maz@wimanx.net

Club Captain: Libby Andrade 413318

**St Johns Methodist Hall, St Johns.**

**Indoor Short Mat Bowling**

**Monday / Thursday 2 – 4.30pm Cost £3.00**

Contact: E Kelly on 842548

(Winter Months only. Oct – April)

**Douglas Bowling Club, Villa Marina, Derby Road**

**Crown Green Bowling**

Crown green Bowling is a great way to stay active and meet new friends, and Douglas Bowling Club is always on the lookout for new bowlers to play social or competitive bowling.

Discounted membership is available for new bowlers with tuition and woods available for beginners.

Contact Paula Garrett on 411300,

paula@garfam.co.uk

www.douglasbowlingclub.com

**Isle of Man Flat Green Bowling Club,  
Onchan Park.**

**Isle of Man Flat Green Bowling Club**

We meet from April to September. New members Adults , Seniors , Juniors and visitors to island welcome. For further details contact Win Kewley 499174

**Kensington Road, Douglas**

**Finch Hill Crown Green Bowling Club**

Meets April to October

Monday afternoons from 2pm

Beginners welcome and its free to try

**Card Games (Bridge, Whist and so on )**

**St Pauls Church Hall, Ramsey**

**Whist Drive**

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

**£2. Contact: Alan 340591**

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

**Whist Drive**

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

**£2. Contact Alan 340591**

**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**

**Brew with a Bobby and Social Worker Sessions**

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

**These events are an opportunity for local people to get to know the professionals within their local area. Free Refreshments. 'Let's talk about issues over a brew'**

**Western Session:**

**1<sup>st</sup> Friday of the Month**

**10am – 12 Noon**

**Westlands Lounge, Peel**

### **Southern Session:**

Last Friday of the Month

10am – 12 noon

Community Room, Reayrt y Chrink, Port Erin.

### Chess Clubs

**Falcon's Nest Hotel, Port Erin**

**Isle of Man Chess Club**

Thursday's 7.30pm. Call Alan 495097.

### Computer Clubs

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

For more information on this free service you can phone: 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

**The Cat with no Tail, Hailwood Centre, Douglas**

**The Manx Retirement Association**

**Monthly Computer Discussion Group**

Group meetings at on the first Wednesday of every month from 10.30am to 11.30am.

All Welcome.

**Leonard Cheshire Disability – Computer Drop in Centre**

**Willow House, 61-69 Main Road, Onchan (above and behind Onchan Library)**

Tuesday – Fridays 11am – 3pm.

Free internet access, printing and scanning facilities.

Volunteers on hand to help those with limited computer knowledge.

Refreshments available

Wheelchair accessible

Donations Welcome!

**Onchan Library, Onchan**

Free one-to-one computer tuition for seniors

Tuesdays 10am – 12pm. Contact 621228 to book

### Dance Classes

**Madhatters Dance and Theatre Academy Mannannan House, Castletown.**

Ballet, Tap, Theatrecraft and Musical Theatre.

Teaching aged 3 and above.

Classes are run on Monday, Thursday and Saturday

Contact: Helen Terry 472732 or email

[madhatters@manx.net](mailto:madhatters@manx.net)

**Tregellis House, Westmoreland Rd, Douglas.**

**Move It Dance Classes**

Classes every night of the week plus weekends.

All Ages and Abilities

Call 615989 or email [dance@moveit.im](mailto:dance@moveit.im)

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

**Kensington Youth Arts Centre, Douglas Represent Dance**

**Kids Street Dance Classes**

Saturdays – ring for details

Contact: Dave 408545.

**Methodist Hall, Station Rd, Port Erin**

**Sequence Dancing**

Tuesdays 8 – 10pm

Contact: Lesley 835071

**Manx Legion Club, Market Hill, Douglas**

**Afternoon Tea Dance**

Mondays 2pm-4pm, All Welcome.

Call 675217

**South Douglas Old Friends Club**

**Linedancing for beginners**

Tuesdays, 7.30-8.30 pm.

Doors open at 7.00 pm. All welcome

**Pensioners Hall, opp. Library, Onchan.**

**Arabic Dance Classes**

Saturdays 10-11 Beginners;

11.15-12.15 Improvers.

£5 for class; £7 for both.

**St Johns Methodist Hall, St Johns.**

**St Johns Good Friends Tea Dances**

Sequence Dancing with live music from Eric Kelly and Jim Maddocks.

Dancing, Afternoon tea and Friendship

**Wednesdays 2 – 4.30pm Cost £3.00**

Contact: E Kelly on 842548

**St Andrews Church, Glencutchery Rd, Douglas**

**Arabic Dance Classes – All Abilities**

**Weds 7.30 – 9pm. £6 per class.**

**All the classes work on different aspects of Arabic (Belly) Dancing and are suitable for all women no matter shape or size.**

**Call 210200 or visit [www.hediva.org.uk](http://www.hediva.org.uk)**

**Methodist Church Hall in Onchan.**

**Manx Folk Dancing Society**

1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Tuesdays of the Month

Cost £20 for the term Beginners welcome!

**Info**

Beginners – 7.00pm – 8.00pm

More Advanced – 8.00pm – 10.00pm

**Learn traditional and newly created dances the fun way!!**

For more information email us on [mfds@manx.net](mailto:mfds@manx.net)

**The Masonic Hall, Woodbourne Road Douglas**

**Ceroc (a fusion of Salsa and Jive)**

Mondays (Doors Open at 7pm)

Beginners Class 7.30pm

Beginners Plus Class 8.30pm

Tel: 07624 456056

Email: [cerocisleofman@gmail.com](mailto:cerocisleofman@gmail.com)

**Onchan Pensioners Hall,**

(across from library)

**Sequence dancing,**

Saturdays 8pm. Call 829669.

**Pulrose Methodist Church hall, Douglas,**

**Social sequence dancing,**

Saturdays 8pm. Also Monday, Wednesday and Sunday. Call 842878.

**Ebenezer Hall, Kirk Michael**

**Red Boots Line Dancing,**

Fridays from 7pm. Beginners welcome,

Adults £3.50, children £1.50. Call 878687.

**St Paul's Hall, Ramsey**

**Argentine Tango for All,**

Fridays from 7pm.

Advisable to check [www.tangoiman.com](http://www.tangoiman.com) for details or call Maggie or Bob 880650.

**Exercise & Fitness Classes**

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

**Mum & Baby Exercise Class with Rachel**

**Tuesdays 10.45 – 11.45am**

**Pregnancy Exercise Class**

**Tuesdays 12 – 12.45pm**

**Both classes £8 if booked online. £10 on day.**

**Phone 852140**

**Nobles Park**

**Mummy Movement**

**Fridays 10 – 11am**

**Various payment schemes available**

**Book at [www.totalwellbeing.co.im](http://www.totalwellbeing.co.im) or call 465335**

**Warehouse Fitness, Westmoreland Rd, Douglas**

**Pregnancy Exercise & Birth Prep Class**

**Saturdays 9.30 – 11.30am**

**£75 for a 6 week block**

**Book at [www.totalwellbeing.co.im](http://www.totalwellbeing.co.im) or call 465335**

**Walk & Talk sessions are held every week:**

Suitable for all ages & abilities, the concept is simple: Walk & Talk allows you to walk around a short circuit at your own pace & the emphasis is on talking with your fellow walkers, not just walking! A record is kept of the distances you cover. There are prizes on offer when you have walked 10 miles, 25 miles & 100 miles, which can be built up over time, at a pace that suits you

**Monday Poulson Park, Castletown**

**10am -12.00pm**

**Register at Railway Station next to Viking Hotel**

**Monday NSC, Douglas 5.30pm - 7.30pm**

**Register at NSC Main Reception**

**Tuesday NSC, Douglas 09.30am-11.30am**

**Register at NSC Main Reception**

**Wednesday Mooragh Park, Ramsey.**

**10.00am- 11.30am**

**Register at Lakeside Centre Café,**

**Thursday The Promenade, Peel**

**10.00am-11.30am**

**Register at Harbour Lights Café**

**Friday NSC, Douglas 09.30am-11.30am**

**Register at NSC Main Reception.**

**There is a nominal fee of £1.50 per session which includes refreshments.**

**The National Sports Centre, Douglas**  
**Manx Retirement Association**  
**Stretch and Flex Classes**  
**Thursdays at 10.00 am.**  
**Contact Margo Naylor 617007**

### **Rehab Swimming**

Manx Sport & Recreation in conjunction with the National Sport Centre, Northern, Southern and Western Swimming Pools now offer weekly [Rehabilitation Swimming Sessions](#) across the Island for all individuals with disabilities, health related needs or recovering from injury.

These weekly swimming sessions are facilitated by highly qualified swimming teachers who can help support you as well as improve your swimming technique and swimming style.

It's never too late to learn, so whether you're new to swimming or just looking for some tips to improve your swimming; our qualified instructors are on hand to help you meet your swimming goals.

NSC Swimming Pool  
Mondays 2.30 – 3.45pm  
Western Swimming Pool  
Mondays 7.30 – 8.30pm & Thursdays 1 – 2pm  
Southern Swimming Pool  
Tuesdays 2.45 – 3.45pm  
Northern Swimming Pool  
Saturdays 12Noon – 1pm

For more information on any of these activities please contact Zoe Crowe: 688575 or email [zoe.crowe@gov.im](mailto:zoe.crowe@gov.im)

**Chair Based Exercise Sessions for Active Ageing with Justgophysio Limited**  
**Contact 612439**  
**Email: [thepolyclinic@manx.net](mailto:thepolyclinic@manx.net)**

### **Northern Chair-Based Exercise sessions**

**Town Hall, Ramsey**  
**Monday: 10.30am to 12 noon**  
**Friday: 2pm to 3.30pm**

### **Southern Chair-Based Exercise sessions**

**Sandfield Residents Lounge, Castletown**  
**Tuesday: 2pm to 3.30pm**  
**Methodist Church Hall, Port Erin**  
**Friday: 2pm to 3.30pm**

### **Western Chair-Based Exercise sessions**

**Westlands Residents Lounge, Peel**  
**Wednesday: 10.30am to 12 noon**

### **Eastern Chair-based Exercise sessions**

**Youth and Community Centre, Onchan**  
**Thursday: 1.30pm to 3pm**

### **Faith Meetings and Prayer – Youth Groups**

#### **Laxey Christ Church “Sunday Club”**

Every 4th Sunday at 11.10am FREE  
Ages 4 to 11 (pre school welcome if accompanied by parent/carer)  
Contact: Rev Jo on 861989

#### **Laxey Christ Church “All Age Worship”**

Every 2nd Sunday at 11.15am  
A shorter fun church service with children as its focus  
Contact: Rev Jo on 861989

### **Faith Meetings and Prayer – General**

**Kirk Maughold Parish Church**  
**“Family Service” with Treasure Seekers**  
**1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month at 9.30am**  
**Coffee and Juice afterwards**  
**Contact: Lilly 810958**

**Eastcliffe Resource Centre,**  
**Victoria Road, Douglas.**  
**Isle of Man Religious Society of Friends (Quakers)**  
**For a silent hour of worship.**  
**10.30am every Sunday**  
**Contact [Michael quakerfriends@manx.net](mailto:Michael.quakerfriends@manx.net)**  
**463126**

**Onchan Methodist Church Lounge**  
**Onchan Methodist Women's Fellowship**  
Contact: Mrs Sheila Astill, 620236  
Meets: Fortnightly from the end of September to Easter. Wednesdays 2.30pm.  
Social meeting for ladies of all ages with speakers and demonstrations. Funds raised during the session distributed to local charities.

**Onchan Village Hall, Royal Avenue,**  
**St Peter's Ladies Group**  
Contact: Celia Marshall 621925.  
Meets: 1st and 3rd Wednesdays of the month at 8pm.  
An unstructured ladies group within the church providing friendship and companionship through talks, demonstration and social events.  
All ladies welcome to attend

## **Onchan Baptist Church**

### **Friendship Club**

Meet every Wednesday at 2.30 p.m. from Sept to June

Contact Joan Hitchen on 674255

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

### **“The Link”**

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

Contact Mike Best on 623415

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

## **Varying Venues – in East & West of Island**

### **AGLOW International – Ladies Meetings**

#### **Monthly**

All Ladies Welcome

For details call Betty Esson 898928

[www.aglow.org](http://www.aglow.org)

## **St John's Mill, Mill Rd, St Johns**

**Free lending library & reading room**, with faith-related books and DVDs for all

Mon - Fri, check for availability.

Duty Manager: 802900.

[www.stjohnsmill.com](http://www.stjohnsmill.com)

### **Daily Prayer**

Daily 9.30am. All Welcome.

### **Healing Services**

Monthly. All Welcome

For details call David Roberts 629683

### **Island Spirituality Network**

Monthly Saturday meetings. All Welcome

For details call David Roberts 629683

[www.islandspiritualitynetwork.org](http://www.islandspiritualitynetwork.org)

## **Independent Living Schemes – Island-Wide**

### **Douglas**

**Social activities and events include:**

**One to One befriending**

**Douglas lunch groups**

**Coffee Afternoon**

**Contact Jan Farrell**

**Tel: 627778 / 342602**

**Email: [douglas.liveathome@mha.org.uk](mailto:douglas.liveathome@mha.org.uk)**

### **Onchan**

**Social activities and events include:**

**One to One befriending**

**Lunch group**

**Contact Anni Pearsall**

**Tel: 625157 / 459226 or**

**Email: [onchan.liveathome@mha.org.uk](mailto:onchan.liveathome@mha.org.uk)**

### **Laxey & Lonan**

**Social activities and events include:**

**One to One befriending**

**Lunch group**

**Contact Jackie Bridson**

**Tel: 861691 / 497261**

**[Laxeyandlonan.liveathome@mha.org.uk](mailto:Laxeyandlonan.liveathome@mha.org.uk)**

### **Northern**

**Social activities and events include:**

**One to One befriending**

**Coffee Mornings**

**Lunch Groups**

**Contact Kerry Palmer**

**Tel: 818015 / 244256 or**

**[northern.liveathome@mha.org.uk](mailto:northern.liveathome@mha.org.uk)**

### **Western**

**Social activities and events include:**

**One to One befriending**

**Coffee Mornings**

**Lunch Groups**

**Contact Hilary Yates**

**Tel: 843012 / 414796**

**[western.liveathome@mha.org.uk](mailto:western.liveathome@mha.org.uk)**

### **Southern Befrienders**

**One to one befriending**

**Lunch Group**

**Chair Based Exercise Classes**

**Contact:**

**Tel: 833025 / 468053**

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

**Web: [www.southernbefrienders.im](http://www.southernbefrienders.im)**

### **Heritage Groups**

**Village Hall, Royal Avenue, Onchan**

**Friends of Onchan's Heritage**

Approx. Bi-monthly - Call for details

Contact Mrs E. Park 624759.

The Friends is open to anyone with an interest in the history of Onchan. Illustrated talks and guided tours are provided for members

### **Language Groups and Social Gatherings**

**Top Hall, Promenade Methodist Church,**

**Douglas**

**Café Lingo (Isle of Man)**

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

**Time: 10.30 – 11.30am**

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

**Contact: Karen Norton 458340**

## Manx Language Groups

Classes in Port St Mary, Peel and elsewhere together with Manx for business classes, all run by Culture Vannin

For more information contact Adrian Cain on 451098 or at [adrian@culturevannin.im](mailto:adrian@culturevannin.im)

## Meditation, Self Awareness and Self-Development

### Monthly Mindfulness Meditation Classes In Douglas and Peel

All welcome - all levels of experience including beginners.

Cost: £5 donation for Room Hire costs

Contact Mike for more information 376856

[mike@myfreemind.org](mailto:mike@myfreemind.org)

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

#### COURSES:

MINDFUL MANN 2018: CONNECT, INSPIRE, EVOLVE

Join us on Saturday 30th June 2018 for a celebration of the Isle of Man's thriving wellbeing Community held at the aptly named Community Farm, a creative green space on the outskirts of Douglas. The day will include a wide range of talks, workshops, live music and family activities to inspire and transform the ways in which we experience ourselves, our Island and the world. With themes ranging from Spirituality to Mental Health and community wellbeing, Mindful Mann promises to be an inspiring day out, promoting positive change, community spirit and an inclusive worldview.

Date: Saturday 30th June 2018

Location: The Children's Centre Community Farm, Douglas

Time: 8am - 7pm

Tickets are £25 and available online at [www.myfreemind.org](http://www.myfreemind.org)  
Under 16's go free

### Brahma Kumaris Isle of Man

#### About Brahma Kumaris Isle of Man

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

All courses and classes above (except Saturday meditation) are held at 20

Appledene Court which is located over the road from the Anagh Coar shops and Snaefell Surgery, accessible via Woodlands View (IM22BU). All sessions are free of charge, donations welcomed. Please park in the public car park by the shops. Find us on Facebook:

[Facebook.com/BrahmaKumarisIsleofMan](https://www.facebook.com/BrahmaKumarisIsleofMan)

Look online at

[www.brahmakumaris/uk/isleofman](http://www.brahmakumaris/uk/isleofman) or call 626940 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 Claughbane 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

1<sup>st</sup> 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.

### **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.

### **Braddan Church, Douglas**

#### **Forget – Me – Notes**

**Come and Join our Memory Choir Sessions held on the 1<sup>st</sup> Tuesday of the Month 2-4pm.**

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

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

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

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

**Northern Decaf @ Ramsey Town Hall**

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

**Douglas Decaf @ Douglas Golf Club, Pulrose**

Last Friday of the month 2:30 – 4:30pm

## Miscellaneous

### **Various Venues**

#### **IOM Sling Meet**

Discuss and try a range of baby carriers

Dates/times – Monthly - Varying

Contact - Sam 498547

[www.iomslingmeet.com](http://www.iomslingmeet.com)

### **Based in Foxdale**

#### **Isle of Man Cloth nappy network & library**

**Library of nappies available to try as well as advice.**

**Various dates/locations monthly**

**Contact Nicky 249504**

**Email [iomclothnappynetwork@gmail.com](mailto:iomclothnappynetwork@gmail.com)**

### **Close Woirrey, Ramsey**

**(diagonally Opp Bus Station)**

#### **Manx ASC Support Group (North)**

For Parents/carers of children and young adults with an Autistic spectrum condition

Second Wednesday of the month 1-3pm

Last Wednesday of the month 7-9pm

For info please contact Estelle on 211400

## Model Boat Clubs

### **Manx Model Boat Club**

Contact: Secretary: Mr J. Quayle on 660323

Email: [mmbc@manx.net](mailto:mmbc@manx.net)

[www.manxmodelboatclub.org](http://www.manxmodelboatclub.org)

On weekends when we don't have an organised event, you can find members having a sail on Sunday mornings at Silverdale Glen lake starting at 10am.

## The Mothers' Union

**The Mothers' Union** is a Christian mission organisation working with people of all faiths and none in 83 countries to promote stable marriage, family life and the protection of children through praying, enabling and campaigning. We have over 4 million members worldwide. Our members are not all mothers, or even all women. They are single, married, parents, or grandparents.

If you wish to know more and find the nearest Branch to you please email the Secretary on [musecretary@manx.net](mailto:musecretary@manx.net) or telephone 851060. We have branches across the Island in Arbory, Braddan, Bride, Dalby, Dhoon, Douglas (5 branches), Foxdale, Kirk Michael, Malew, Marown, Maughold, Onchan, Patrick, Peel, and Rushen.

## Music and Movement Classes for Babies and Toddlers

### **Hiit Fit, 4/5 Glen Falcon Road, Douglas**

#### **Baby Sensory**

A fun-filled programme of learning and development for babies from birth to 13 months.

Fridays 9:30-10:30am 7 months to 13 months (Wrigglers)

Fridays 11-12pm Birth to 6 months (Newbies)

Cost: £75 for a 10-week booking.

To Book Contact Gemma

at [isleofman@babysensory.co.uk](mailto:isleofman@babysensory.co.uk)

### **St Ninian's Church Parish Centre**

#### **Manx Music Bus,**

Music Club for preschoolers

Thursdays 9.30 – 10.30am

Contact Rosie 437386 for details

**All Saints Church Vestry**  
**Alexandra Drive**

**SuperSaints**

Music, Movement, Stories, Rhymes + Prayers

**Tuesdays 10 -11.15am** (Term-time only)

**Ages 0-4 £1 per child**

**Contact: Kristene 427185**

**Music, Singing , Bands - General**

**Trinity Church Hall, Ramsey**

**Ramsey Choral Society Rehearsals**

**Mondays 7.15 – 9pm**

**Contact:**

**All Welcome. Come and Sing!**

**St John's Methodist Church**

**Glenfaba Chorale Choir**

**Mondays 7.30pm**

**We are looking for singers.**

**No experience necessary. All Welcome**

**Contact: Muriel Corkish 620548**

**St Columba Catholic Social Club**

**Circular Rd, Douglas**

**Lon Dhoo Male Voice Choir**

**Weds 7.45 - 9.30pm**

**Returning and New Singers Welcome**

**Contact Gary Corkhill 627027**

**Salvation Army Citadel, Lord Street,  
Douglas,**

**Friday Lunchtime Choir**

**Open to All – come and Enjoy!**

**Fridays 1.15 – 1.45pm.**

**Call Maggie Richardson 686555**

**Onchan Silver Band Rehearsals**

**Every Monday and Friday evening,**

**Juniors/beginners from 6.15pm,**

**Full band rehearsal 7.30-9.30pm.**

**The band room is located at the rear of Onchan**

**Commissioners' offices on the Main Road,**

**new and returning faces always welcome.**

**Contact: karen\_karran@hotmail.com for**

**details**

**Marown School, Glen Vine**

**Isle of Man Wind Orchestra Rehearsals**

**Every Thursday night in school term**

**7.45 pm to 9.40 pm.**

**For brass, woodwind and percussion players.**

**New and returning faces always welcome.**

**Visit our site at [www.iomwo.com](http://www.iomwo.com) for more**

**info or call 457157.**

**Eastcliffe in Victoria Ave, Douglas**

**Manx Saxophone Ensemble**

**Mondays from 7pm**

**More info: Call Jem Cotton 842874**

**[jem.cotton@wm.im](mailto:jem.cotton@wm.im)**

**Jim Crosbie Memorial Bandroom,**

**Derby Road, Douglas**

**Manx Youth Band**

**Thurs 7pm – 9pm and Sats 10 – 12pm**

**Learners: Saturdays 12pm – 1pm**

**Manx Concert Brass**

**Mon & Weds 7.30pm – 9.30pm**

**Contact: Ian 622030 or e-mail the Secretary at**

**[secretary@manxyouthband.org](mailto:secretary@manxyouthband.org)**

**Parents and Tots Groups**

**Anagh-Coar School**

**Mini Club – Parents and Tots**

**Weds 9.30 – 11.15am**

**Ages: 0 – 4 and their Parents/Carers**

**Cost: £1 per Family inc refreshments**

**Contact: Caroline 851782**

**Andreas School Mobile Classroom**

**Parent and Toddler Group**

**Tuesdays 9.15 – 11.30am**

**Contact: Andreas School 880375**

**Ballaugh Village Hall**

**Parents and Tots**

**Thursdays 10 - 12 pm**

**Cost: £1 per family (inc drinks)**

**Contact: Does anyone know??**

**Braddan Church Hall**

**Mini Club – Parents and Tots.**

**Weds 1.30 – 3.15pm**

**Ages: 0 – 4yrs and their parents/carers**

**£1.50 per family inc. refreshments**

**Contact: Elizabeth 675091**

**The Buchan School**

**Little Sunflowers Baby & Toddler Group**

**Ages 0-4yrs**

**Wednesday 9.00 -10.30am (term-time)**

**Cost FREE**

**Craft activities, songs, story, refreshments.**

**Contact 820110 or [admissions@kwc.im](mailto:admissions@kwc.im)**

**Castletown Methodist Church, Arbory St,**

**Daniel's Den**

**Day: Mondays and Wednesdays**

**Time: 9.30 – 11am**

**Cost: £1 Contact: Cath 420646**

**St Mary's on the Harbour, Castletown  
Messy Church**

Day: 3<sup>rd</sup> Saturday of the Month  
Time: 12.30-2.30pm  
Children must be accompanied by an adult.  
Contact: ?

**Colby Methodist Hall.**

**ROCK Sunday Club** – 10:30am (Term-time)  
Music, stories, crafts, puzzles and challenges.

**PEBBLES** – 10:30am Sunday (Term time)  
Friendly club for preschoolers with parents/carers.  
CONTACT Jane 492010 or Pam 832070

**Douglas**

**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**

2<sup>nd</sup> Weds of each Month 10.30am – 12pm

Cost £3 per Family

Contact: Rachel 474535.

**National Sports Centre**

**“Jumping Jacks”**

Days: Tues + Thurs

Time: 10-11am, 11-12pm, 1-2pm, 2-3pm

+ Tues Only 3-4pm sessions

Age: Under 4's Contact: 688588

Cost: £3.10 per session

**St Thomas' Church Vestry, Finch Rd.  
Douglas**

**Edward Bears Messy Tots,**

Wednesdays 1.30 – 3pm – All Yr Round

Contact: Caroline 435600

Age: 0 – Pre-school

Cost £1 per child to cover materials. (Under

1's go free if accompanied by older child).

**St Ninian's Church, Douglas**

**Kittens @ St Ninian's**

For Parents, Carers and children

from babies up to pre-school

(term time only)

Mondays 10.30 - 11.30 am

£1 per family

Contact: Christine Roberts 629683

**Kewaique School**

**Parent and Toddler Group**

CATCHMENT AREA ONLY

Wednesdays 2.30-3.30

Term time only

For any aged children who will be attending

Kewaique 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](mailto:parentandbabycinema@manx.net)

**Parentcraft Room, Nobles Hospital**

**La Leche League**

Mother-to-mother support for breastfeeding:  
for pregnant women interested in learning  
more about breastfeeding and all breastfeeding  
mothers.

LLL Leaders Katie Davies 619836 / 316950 or

Siobhan Molloy 625158 / 487334 or

[lllbreastfeeding@manx.com](mailto:lllbreastfeeding@manx.com)

**All Saints Church Hall, Alexander Drive,**

**All Saints' Messy Church.**

**1st Sunday of month 11.15 am - 1.15 pm**

**Crafts and celebration followed by lunch.**

**All welcome but children must bring an**

**adult. Contact Cath 626097 for details.**

**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: Carrie 321074

**Jurby Health and Community Centre**  
**Parents and Tots**

Thursday 9.30 – 11am  
(Health Visitor Attending – 10 – 11am)  
FREE Donations Welcome  
Contact: Julie 355360

**Laxey Working Mens Institute**

**Laxey Mums and Tots**

Fridays 10 – 12pm  
Cost: £2.50 per family inc. refreshments  
Contact: Rose 479445  
Or find us on Facebook.

**All Saints Lonan Church**  
**Edward Bear Club**

(for pre-school Children)  
Tuesdays 2-3pm  
Contact: Rev Jo 861989

**Onchan Elim Church, Elim Family Centre,**  
**Second Ave, Onchan. IM3 4LE.**

**"Tiddlers" Parent & Tots group.**

Fridays 10:00am - 11:45am (Term-time only)  
0-4 yrs £1 per family  
Contact Anne: 434933 or Church Office  
665186 Singing, crafts and much more

**Onchan Parish Hall, Royal Ave**

**“Carers and Tots”**

Fridays 1.15 – 3.15pm  
Age: birth upwards  
Price: £1 per child  
Contact: Jill Dugdale 625328

**“Peter Bear Club”**

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

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

**Good News Club**

Mondays 4:30pm-5:30pm  
Age: School Yrs 1 – 6  
Games and craft; free entry and refreshments;  
Contact Pauline 335890

**Grace Tinies**

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

**Philip Christian Centre, Peel**

**Peel Play Group**

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

**St German's Cathedral**

**Caterpillar Club - For Pre-school Children**

1<sup>st</sup> & 3<sup>rd</sup> Weds of every month.  
Time: 10am.  
Craft activities, songs, story, refreshments.  
Contact 844830

**St. John's Methodist Hall, Peel Road,**  
**St. John's**

**Messy Church**

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

**Scoil Phurt Le Moirrey**

**Parents and Toddler Group**

**Thursday 9:30 - 11:30am (Term time)**  
**Soft play, crafts, music and refreshments**  
Contact 835531 or email:  
[enquiries@phurtlemoirrey.sch.im](mailto:enquiries@phurtlemoirrey.sch.im)

**Ramsey Elim Community Church**

(Behind Ramsey bus station)

**Noah's Ark Tots Group**

Mondays 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](mailto:poetry@manxcat.org.uk)

**Pregnancy Groups/Ante + PostNatal**

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

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

**Nobles Park  
Mummy Movement  
Fridays 10 – 11am  
Various payment schemes available  
Book at [www.totalwellbeing.co.im](http://www.totalwellbeing.co.im) or call  
465335**

**Warehouse Fitness, Westmoreland Rd,  
Douglas  
Pregnancy Exercise & Birth Prep Class  
Saturdays 9.30 – 11.30am  
£75 for a 6 week block  
Book at [www.totalwellbeing.co.im](http://www.totalwellbeing.co.im) or call  
465335**

**Royal British Legion**

To promote the welfare of the ex-service  
and service community. The Royal British  
Legion is the largest service organisation in  
the world. Potential members do not need to  
have served in the forces to become an  
associate member.

**Royal British Legion Women's Section  
Douglas Branch**

New members welcome.  
Please contact:-  
The Chairman, Mrs. Genevieve Armstrong  
674150/266068.  
The Secretary, Mrs. Lily McLean 274513  
email: [lilymilo@gmail.com](mailto:lilymilo@gmail.com)

**Cat with no Tail, Governors Hill  
Onchan Branch Royal British Legion**  
Branch meets third Thursday of each month  
September to May starting 2-30pm. Light  
refreshments.  
Contact Doug Porter 622924

**Sporting Activities:**

**Archery**  
**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.

**The Old Brewery behind The Hop Garden,  
Mount Murray, Santan.  
Bowderyn Vannin Field Archery Club  
Tuesdays on 7pm  
First Lesson Free then £1 per session after  
that. Membership of NFAS needed to join –  
but have a taster session to find out more.  
Call Roger 835674 for further details.  
\* During the Winter months – the sessions  
only occur on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the  
month at 1pm, depending on the weather.  
Call Roger if in doubt of times and details.**

## Badminton Clubs

To find out about ALL to do with Badminton Clubs on the island – just go to [www.iombadminton.com](http://www.iombadminton.com).

## Cycling

### **Varying Locations/Starting Points**

#### **Trailer Tots**

Have you got a child cycle trailer/ child seat/tag-a-long? Trailer Tots aims to bring together parents/carers who enjoy cycling and want to tow their children in a trailer. Purely for fun, fitness and being outdoors. Rides are weather dependent and will be posted to our Facebook page with a start time and meeting place as well as other useful information.

**Visit Cycle Trailing Isle of Man on Facebook.**

## Fencing

**To find out about all the Fencing Clubs on the island – for adults too – call Mr De Silva on 880863 or visit their Facebook page Isle of Man Schools Fencing**

**Mondays:**

**Andreas Parish Hall 4-5pm Ages 7+**

**Tuesdays**

**Arbory Parish Hall 4-5pm Ages 7+**

**Tuesdays**

**Ebenezer Hall, Kirk Michael**

**6.30 – 7.30pm Ages 7+**

**7.30 – 9.30pm Ages: Adults**

**Wednesdays:**

**The Gym, Ramsey 4-5pm Ages: 7+**

**Thursdays:**

**The Fun Factory, Oncham Park 4-5pm**

**Ages 7+**

## Football – All Ages

### **Pulrose Football Fields**

**St Marys AFC**

**Football for Under 11's – Mixed.**

Sats 10-30 – 11.45am.

Call Jim 405859

### **Marown Playing Fields**

**Marown Association Football Club**

Boys Football 5 – 13yrs

Girls Football U7 upward

Beginners Welcome

Sunday 10am – 1130am (11am for U7's)

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

Contact for boys sessions Dave 323649

Contact for girls sessions Helen 497888 or

[helen.withers@rl360.com](mailto:helen.withers@rl360.com)

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

#### Walking Football

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

Get fit and keep active.

Tuesdays 12:00 – 1pm

£1 per session

Contact Lewis 615576 or email

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

#### FA Girls Only Skills Centre

Learn to play – Get Active – Play Football – Believe in Yourself

For All Abilities aged 5 – 11 years

Wednesday Nights – NSC Sports Hall – 17:00 – 18:00pm

Tuesday Nights – Tommy Clucas Hall, Peel AFC – 17:00 – 18:00pm

Contact Ben Qualtrough – FA Skills Coach

On 497477 or email [Ben.Qualtrough@thefa.com](mailto:Ben.Qualtrough@thefa.com)

for more info

## General Sports

### Hockey

**QE2 Astro Pitch, Peel**

**Valkyrs Hockey**

**Beginners Welcome!**

**Juniors 8 and up**

**Weds 6 – 7.30pm (Term-time )**

**Senior 13yrs and up 7.30 – 9pm**

**Call Cath 801802**

**NSC Astro Pitch, Douglas**

**Bacchanalians Hockey Club**

Beginners welcome!

Thursday evenings

Juniors 8 and up from 6pm (term time)

Seniors from 7.30pm

Contact [bacchashc@hotmail.com](mailto:bacchashc@hotmail.com)

### Karate/Judo/Taekwondo

**Training in venues in Douglas.**

**IOM Karate Kobudo Federation**

Teaching Kihon (basics), Kata (forms),

Kumite (fighting) & Kobudo (weapons).

Contact - Frank Newton, 6th Dan Kyoshi

(Japan) Tel:612305

**Murrays Road School, Douglas**

**IOM Karate Federation**

Tuesdays: Juniors 7 – 8pm

Tuesdays: Seniors 7 – 9pm

Fees: Minimal to cover rent/insurance

Contact: Frank 612305

**Glencrutchery Special School Gym  
Douglas**

**I O M Shotokan Karate Club**

Training nights are  
Monday , Thursday and Friday  
Children and Adults Welcome  
Black Belt Instruction  
Contact John Kennish 629195  
[Jsk.engineering@manx.net](mailto:Jsk.engineering@manx.net)

**Isle of Man Judo Club**

Fridays from 7pm  
Age: 6yrs +  
More info – call Andrew 378655 / Richard  
310553

**Onchan Primary School - Onchan  
Manx Taekwondo**

Tues and Thurs 6pm-8pm Age 6 yrs +  
Sats 10am-10:45am 3 – 5yrs  
Sats 11am-1pm Adults  
Facebook: Manx Taekwondo or call Rod  
Nielsen 07624 436181

**Pinewood Complex, Pulrose, Douglas  
IOM Taekwondo**

Classes for 5, 6 and 7yrs:  
Mondays 6 – 7pm  
Wednesdays 5.30 – 6.30pm  
5 days a week: Classes for 8yrs+ and adults  
Visit [www.iomtkd.org](http://www.iomtkd.org) or text 432152 for info

**Venues in Douglas.**

**IOM Karate Kobudo Federation**  
**Teaching Kihon (basics), Kata (forms),  
Kumite (fighting) & Kobudo (weapons).**  
**Contact - Frank Newton, 6th Dan Kyoshi**  
**(Japan) Tel:612305**

**Mini Golf**  
**Onchan Pleasure Park (Summer Months  
only)**

**Manx Retirement Association Mini Golf**  
Wednesdays at 2pm.  
Phone 817007 for details.

**Netball**  
**Ramsey Grammar School**

**Netball Sessions** (Term-Time only)  
Tuesdays 8-9pm Seniors (Yr10 – Adult)  
Contact: Colette 452718

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

**NSC Main Hall**  
**Walking Netball**  
Thursdays 10- 11am  
£3 per session Term time only  
Contact Rachel 308893

**Tommy Clucas Community Sports Hall**  
**Walking Netball**  
Tuesdays 10.30 – 11.30am Term time only  
£3 per session Contact Rachel 308893

**Riding / Riding for the Disabled.**

**Ballavartyn Equestrian Centre**  
**Manx Carriage Driving 4 Disabled**  
Providing Carriage Driving experiences and  
Challenges,  
Friday afternoons 1-3p.m.  
Registered IOM Charity, 1172, and a member  
group of Riding For the Disabled Association,  
incorporating Carriage Driving.

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

**Rugby**  
**Mooragh Park Pavilion, Ramsey**  
**Ramsey Rugby Club**  
Sundays 2 – 3.15 (weather permitting)  
Year 2 – Year 11 school age.  
Contact: 473087 [www.ramseyrugby.com](http://www.ramseyrugby.com)

**Vagabonds Rugby Club, Ballafletcher Rd**  
**Youth Rugby**  
Sundays 1.45 – 3.30pm (Sept – May)  
Ages: 4yrs and up. Girls & Boys  
Qualified Instructors, great new pitches and  
clubhouse. Monthly Tournaments.  
Contact: [vagabondsyouth@manx.net](mailto:vagabondsyouth@manx.net)

**Swimming Pools**  
NSC Swimming Pool 688588  
Western Swimming Pool Tel: 842525  
Southern Swimming Pool Tel: 823930  
Ramsey Swimming Pool Tel: 812852

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

## Tennis Clubs

### **Douglas Lawn Tennis Club, Kensington Road, Douglas.**

Tuesdays, Thursdays 7-9pm, Sundays 11-1pm club sessions.

Beginners'/improvers' coaching Tuesdays 6-7pm. £5.

Juniors

Coaching Thursdays 4.30pm (4-8y.o.) and 5.30pm (8-10 y.o.) £3.

Tel. 302642 or email

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

### **Albany Tennis Club Ballaughton Meadows, Douglas**

[www.albanyltc.co.uk](http://www.albanyltc.co.uk)

### **Castletown L.T.A Club**

Malew Street, Castletown

[www.castletownlawntennisclub.webs.com](http://www.castletownlawntennisclub.webs.com)

## The Townswomens' Guild

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

## TravelWatch – Isle of Man

**TravelWatch Isle of Man is the Island's Passenger Watchdog.**

[www.travelwatch-isleofman.org](http://www.travelwatch-isleofman.org).

**On our website, readers will find a useful collection of information to aid the challenges of being a passenger!**

## University of the Third Age

U3A is a self managed learning co-operative for people with time available in the daylight hours.

Network meetings are held monthly on Thursdays at 2pm in [St Johns Mill](#) . This is an opportunity to listen to a variety of speakers, meet fellow members and find out about new Groups and events.

Activities are organised mainly in small groups that meet regularly, sharing their knowledge, skills and experience and learning from each other.

[www.isleofman.com/U3A](http://www.isleofman.com/U3A) or call 801032.

[Groups](#). [Various meeting dates and venues](#).

For detailed information see the website.

- [All about Herbs](#)
- [Art DIY](#)
- [Art History](#)
- [Book Club](#)
- [Bridge for Beginners](#)
- [Bridge Refreshers](#)
- [Craft](#)
- [Discussion Group](#)
- [Geology](#)
- [History and Literature](#)
- [Jazz Appreciation](#)
- [Latin](#)
- [Manx Churches Archeology](#)
- [Manx Language for Beginners](#)

- [Natural History](#)
- [Philosophy](#)
- [Rummikub](#)
- [Social Group](#)
- [Tai Chi](#)
- [TOTO \(Those On Their Own\)](#)
- [Walking](#)
- [Wellbeing](#)
- [World of Tomorrow](#)
- [Wearable Art](#)
- [Writing for Pleasure](#)

## Voluntary Organisations

### St John's Ambulance

Building skills that will be VERY useful in life. For Specific details - Call 674387.

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

### The Rotary Club.

A Social and Fundraising Organisation – helping to raise funds for ALL.

Open to All . Contacts for areas as follows:

Douglas - Secretary Howard Callow 851854

Ramsey - Secretary Terry Groves [terry.groves@manxcloud.com](mailto:terry.groves@manxcloud.com)

Rushen - Secretary Terry Clare 472381  
Douglas Bay - Secretary Stephen Castle [howstrake7@mymail.co.im](mailto:howstrake7@mymail.co.im)

Onchan - Secretary Mike Percival [mikepercival@manx.net](mailto:mikepercival@manx.net)



## **The Manx Wildlife Trust Talks**

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

## **Walking / Race Walking**

### **Race Walk Training Sessions**

The NSC half mile roadway is always popular as a training venue, and there will be walkers using the facility every evening. Feel free to join in.

If you would like further assistance, three organized sessions are held at the NSC each week.

**Monday 5pm – 6pm**

**NSC athletics track**

**Session for juniors and seniors – technique and speed**

**Tuesday 6pm – 7.30pm**

**Meet at Manx Harriers Clubhouse**

**Session for seniors – technique and drills**

**Thursday 5pm – 7.30pm**

**Meet at Manx Harriers Clubhouse**

**Session for seniors and experienced juniors**

**Ramsey training session**

**Monday 5pm – 6pm**

**Mooragh Promenade (opp. Swimming pool)**

**Session for juniors and seniors – technique and fitness**

**Coach: Steve Partington 489582**

**Peel training session**

**Saturday morning**

**Meet at the House of Mannanan**

**Session for juniors and seniors – technique and fitness**

**Coach: Bridget Kaneen 497594**

All above sessions are free, (subject to track charge at NSC)

**For more details, contact Elizabeth Corran on 473340,**

[manxharriers@manx.net](mailto:manxharriers@manx.net)

## **Women's Institute**

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

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

The list of Wi's are

Arbory, Ayre ( Andreas), Baldrine, Ballabeg, Ballaugh, Bradda Head, Braddan, Castletown, Cornaa, Foxdale & District, Glen Maye, Kirk Andreas, Kirk Bride, Laxey Minorca, Marown, Onchan Jubilee, Parkfield ( Douglas ), Peel Belles, Port St Mary, Port Soderick, Ramsey Harbourside, Santan, Spring Chicks ( Douglas),

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

Braddan WI

Union Mills Methodist Church Hall

The third Tuesday of each month at 2pm.

Contact: Mrs Joyce Quine 851543

Castletown WI

Arbory Street Methodist Church Hall  
2nd Wednesday of the month at 7.30 in  
Contact 823733

Cornaa WI

Ramsey Rugby Club, Ramsey  
2nd Monday of the month at 7.30  
Call Tina 303332

Foxdale WI,

Foxdale Community School,  
Mondays 7.30pm. Call 818194.

Kirk Bride WI

Bride Church Hall  
2<sup>nd</sup> Thurs of the Month at 7.30pm  
Contact Moira Chrystel 814768

Laxey Minorca WI,

Laxey Football Club,  
Mondays 7.45pm. Call 818194.

Marown WI,

Millennium Hall, Crosby,  
Mondays 7.30pm. Call 818194.

Port Erin WI,

Port Erin Methodist Church hall  
Thursdays 9.30am. Call 818194.

Ports St Mary WI

Mount Tabor Methodist Church Hall  
Port St Mary  
Meets 3rd Wednesday of every month  
Contact; 830629

Ramsey WI,  
St Paul's Church Lounge, Market Place,  
Ramsey,  
Thursdays 7.30pm. Call 818194

Spring Chicks WI, Douglas  
South Douglas Old Friends Association, Finch  
Rd, Douglas  
2<sup>nd</sup> Weds of the month at 7.30pm  
Contact: Sandra 677362  
**Please let me know if you know of other WI  
groups on the island.**

### Youth Clubs

[Grade Baptist Church, Market Street](#)

#### Monday Club

Mondays 7pm-8:30pm  
Age: School Yr 7 – 11 FREE  
Pool, Table football; Table Tennis and games;  
Contact Glenn 335897

#### St John Ambulance Cadets

Building skills that will be VERY useful in  
life.  
Specifics/Venues can be gotten by calling  
674387.

#### BADGERS

Here is a list of the places for Cadets and  
Badgers meeting more details can be obtained  
by calling 674387.

Badgers (Aged 5 – 10) all **groups mixed**

Monday 6pm to 7pm Douglas HQ

Monday 5.30pm – 6.30pm Kirk Michael  
Primary School

Tuesday 6.30 – 7.30pm Laxey Methodist  
Church

Thursday 5.30 – 6.30pm Peel Age Concern

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

Saturday 10:30am - 11:30am Douglas HQ

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

#### **Cadets (Age 10-18 years)**

Weds 7pm – 9pm `Douglas HQ Girls only

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

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

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

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

#### SCOUTS/CUBS/BEAVERS

##### **The Scout Association**

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

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

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

#### GUIDES/BROWNIES/RAINBOWS

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

[www.girlguidingiom.co.uk](http://www.girlguidingiom.co.uk)

#### **Isle of Man Constabulary Police Cadets,**

Ages 16 – 18yrs

Contact: Cadet Liaison Office  
PC 245 Mike Griffiths on 631291

Email [Michael.griffiths@gov.im](mailto:Michael.griffiths@gov.im)

#### Air Cadets:

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

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

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](mailto: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](http://www.iomyouth.com) or call 686057 for  
further details and to confirm information.  
We have put the days for each area and  
Year group for ease of information. See  
Teens Whats On for the Youth Groups for  
Teenagers.**

**ANDREAS**

**Andreas School**

**Youth Service Junior Club**

Thursdays 6.30 – 8pm

Age: School Yr 4,5 + 6

Contact: Youth Service 686057

**BALLAUGH**

**Ballaugh Village Hall**

**Youth Service Junior Club**

Tuesdays 6 – 8.00pm

Age: School Yrs 4, 5, 6, 7, 8

**CASTLETOWN**

**Castletown Youth Centre, Arbory St**

**Youth Service Junior Club**

Fridays 6 – 7.15pm

Age: School Yrs 4,5 + 6

**DOUGLAS**

**Ballacottier School, Farmhill**

**Youth Service Junior Club**

Fridays 6.30-8.00pm

Age: School Yr 4,5 + 6

**Cronk –y-Berry School**

**Youth Service Junior Club**

Wednesday 7.00-8.30pm

Age: School Yr 4,5 + 6

**KIRK MICHAEL**

**Community Room - Michael School**

**Youth Service Junior Club**

Thursdays 6 – 7.30pm

Age: School Yrs 4,5 + 6

Contact: Youth Service 686057

**LAXEY AND LONAN**

**Laxey School**

**Youth Service Junior Club**

Fridays 7.30 – 9pm

Age: School Yrs 4,5 + 6

**ONCHAN**

**Onchan Community Centre, Station Rd**

**Youth Service Junior Club**

Fridays 6.30 – 8pm

Age: School Yrs 4,5 + 6

**PEEL**

**Peel Clothworkers School, Main Hall**

**Youth Service Junior Club**

Mons and Weds 6.30 – 8pm

Ages: School Yrs 4, 5 + 6

**PORT ERIN**

**Rushen Youth Centre, Bay View Rd, Port Erin**

**Youth Service**

Tuesdays 4.00-5.30pm

Age: School Yrs 4,5 + 6

**PULROSE**

**Pulrose Youth Centre, Heather Crescent**

**Youth Service T-Time Club**

Mon and Thurs 3.45 – 5.15pm

Ages: School Yrs 2 + 3

**Youth Service Junior Club**

Mon and Weds 6 – 7.30pm

Age: School Yrs 4,5 + 6

**RAMSEY**

**Close Woirrey, Ramsey**

**(diagonally Opp Bus Station)**

**Youth Service Junior Club**

Fridays 6.30-8pm

Age: School Years 4,5 + 6

**ST JOHNS**

**St John's School – Youth Wing**

**Youth Service Junior Club**

Tuesday 6.30 – 8pm

Age: School Yrs 4,5 + 6

**WILLASTON**

**Willaston School Main Hall**

**Youth Service Junior Club**

Fridays 6 – 7.30pm

Age: School Years 4,5 + 6