



The Rainbow Times



Our lives in Shropshire

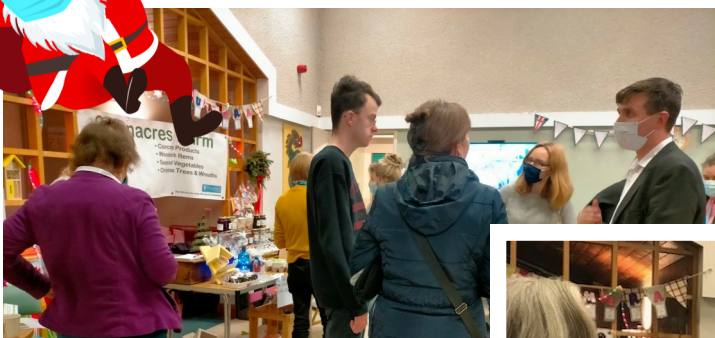


17th Edition
December
2021

Aquamira's brilliant afternoon!

With over 40 guests we had such a lovely time welcoming you!

- The Front Cover
Aquamira's Open day!
- 2. Editor's message
- Our News...
- 3. Aquamira
- 4. Greenacres
- 5. Abbots Wood and Albert Road.
- 6. Avalon and the Cabin.
- 7. Wayfarers and Helena Lane.
- 8. Keep Cooking!
- 9. Keep Creating!
- 10. Keep Smiling!



Our new upgrades were particularly successful (see page 3 for more details)



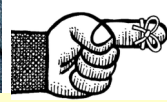
...as well as the delicious cake!



Thanks to Taking Part, Belle Vue Arts Festival, Shropshire

Master Composters, Friends of and Severndale School, Shropshire Council and Greenacres for their great produce and everyone else who came.

We had a great time hope you did too!



Don't forget the raffle

Check out our FB page for the winning ticket numbers skilfully drawn by Martin!



You Choose
Your News
Your Views



Good Things To Do At Home





Editor's Message....



Hello All, We know it can be very confusing at the moment, but there are people who can and want to help. Please don't feel that you can't ask! We are keeping our fingers crossed that you all can have a lovely holiday and celebrate Christmas with family and friends.



Speak to your Day Service and leave contact details for the Good Things to Do at Home project.



**Community
Creativity
Care**

You can contact us at;- info@qube-oca.org.uk



You can contact us at;- takingpart@takingpart.co.uk



What does Plan B mean for Me?

MASKS BACK ON



You must wear a mask if you can when indoors and not in your own home. Indoor places like shops, cinemas and theatres.



People do not have to wear a mask if they are;

- In a café, restaurant or pub eating or drinking.
- Exercising somewhere like an indoor gym.
- Singing somewhere like a church.



You will need a Covid Passport to go into places like cinemas and theatres.



119

To get a Covid passport you can ring 119 for help.



Aquamira..look what we did!



Our new Multi-Sensory room is up and running complete with Blu Tooth sound system, optic wall mirror and various other delights.....we are loving it and hope you will too.

A great place to spend some time when the outdoors is cold and grey!



Our new Multi-Sensory, Hydrotherapy upgrade, Facebook Portal and new technology have lots of great

features.... who doesn't want to be a unicorn Stewart?! And we will soon be upgrading the physio/relaxation room and garden room too.



We have a fun filled festive December!



Greenacres

Everyone is getting in that Christmas Spirit, getting involved selling the trees and making wreaths. Always busy!!!!



We have lots of lovely trees on sale and not to forget all the goodies and gifts!

Norway Spruce from £18
Non-Drop from £25



Thank you ladies for doing the Aquamira open day



My tree is gorgeous
Thank you!



Abbots Wood

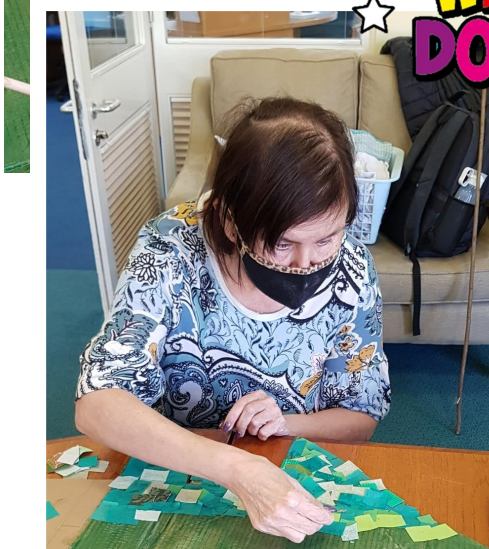


Oh Christmas Tree!



Here we are just starting this years
☆ Christmas Tree Craft Project.

WELL
DONE!



..and here we are with our Christmas tree finished. We all helped to make this amazing masterpiece! What a great job done!

Albert Road



Lindsey, Stacie and Craig are making Christmas tree decorations.



Look who met up with Stacie on holiday.





The Cabin at Avalon



Announcing our Arts & Crafts shop new facebook pages



<https://www.facebook.com/The-Craft-Cabin-at-Avalon-103224425378186/>



Jane and Phil having a great morning helping out at **OsNosh** Oswestry Community Kitchen. They enjoyed tasting some of the amazing food and are looking forward to helping out again soon.

We all enjoyed celebrating Ann's last day after 23 years at Avalon! Happy Retirement Ann with love from everyone at Avalon xx

Happy Retirement!



Wayfarers Wonderful Wednesday!



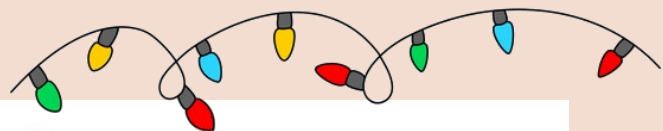
Wayfarers had a lovely Christmas meal on the 10th of December. A massive thank you to Sharon Blase who cooked the tasty dinner.

Helena Lane



With Hands Together Ludlow we did a Christmas coffee and mince pie afternoon. Staff have helped with bakes and making hampers for the raffle and bingo. We also looked forward to the Tombola.





Decorating Snow People biscuits

DECORATING

Cover some plain biscuits with white icing.

Using the icing pen, draw little faces on the marshmallows.

Place the marshmallow face into the icing.

Add 3 buttons to each snowman. You can use mini m&m's or whatever sweets that you have at home. Allow to dry.

Once the icing is hard, use the black icing pen to draw on the arms.

Ingredients

Biscuits

1 cup Icing sugar
Marshmallows,
Mini m&m's
Icing pens



Bubble and Squeak recipe Using

Christmas dinner leftover food



Instructions

Turn oven to 220°C degrees, or if you have a fan oven 200°C degrees or gas mark 7.

Chop up your leftover vegetables and add to the bowl with the stuffing and bread sauce.

Mix well with a spoon, add a half a teaspoon of salt and a teaspoon of pepper.

Rub 2 medium roasting tins with a thin layer of butter.

Press the vegetable mixture into the tins.

Add a few small blobs of the butter over the top of the vegetables.

Cook in the oven for 40 minutes or until the surface is golden brown and crisp at the edges,

Ingredients

1kg cooked potatoes, peeled
and cut into chunks
200g - 400g vegetables
6 tbsp bread sauce
75g butter, plus extra to grease



Happy baking too!

In your packs...

HOW TO MAKE PAPER STARS FROM LUNCH BAGS



REALLY!

- THINGS YOU NEED
- LUNCH BAGS
- LARGE GLUE STICK
- SCISSORS
- HOLE PUNCH
- STRING

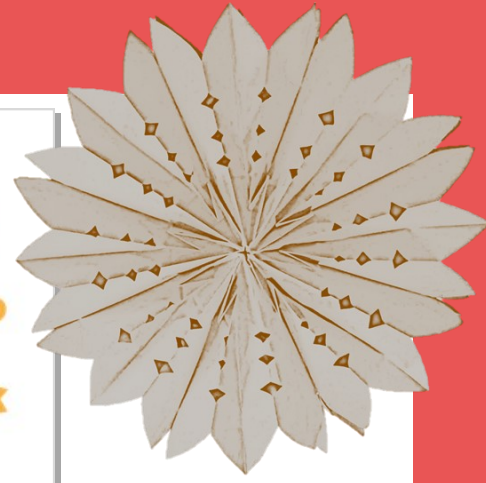
WORKSHEETS



LOOK



You can make paper stars easily and cheaply!



From <https://babbledabledo.com>

Try YouTube videos to show you like this one!



<https://www.youtube.com/watch?v=P2wIkUEuo3w> ★



There are still some great Christmas activities on Qube's website. <https://qube-oqa.org.uk/arts/good-things/>

Qube

For example check out my wreath making video if you missed it last time!



And if you need a little time off from decorating?

Find all the info for making Jamila's wreath at <https://qube-oqa.org.uk/christmas-wreath-making/>

Good things to do at home

www.qube-oqa.org.uk/goodthings | Facebook: Good things to do at home



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ARTS COUNCIL ENGLAND



Best Rudolph'ed food?!



Why not have fun making your breakfast, lunch or dinner more festive by decorating your food like a Rudolph!

It would be great to see your ideas....Send us your photos

in January and we will make a feature for

February's Rainbow Times....we would love that lol!



Do more things to make you smile!



Next issue in... January 2022!

Let's hope it's a better New Year.

