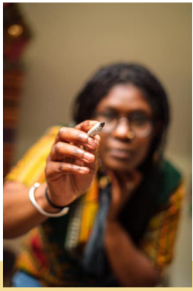


The Rainbow Times



Hello everyone,
This edition of the
Rainbow Times has
been put together by me

Jamila - Guest Editor

Our lives in Shropshire



We are all part of many communities,
including this Rainbow Times community.

33rd Edition

May 2023

- Page 1. Community
- Page 2. Eurovision resource
- Page 3. Loopfest
- Page 4. Trampolining
- Page 5. Get Cooking
- Page 6. More trampolining info
- Page 7. BVAF
- Page 8. SID
- Page 9. Extra Info
- Page 10. Carers Week
- Page 11. Reading RT

Community could mean lots of things to you; where you live, your family, friends, your local shop keepers, the people you have fun with and more.



This month's theme is -
Songs

Eurovision Song Contest- 13th May 2023

The 67th Eurovision Song Contest will be held in Liverpool at the Liverpool Arena. This year's event will celebrate last year's winners Ukraine, as well as Liverpool's enormous musical heritage.

The word 'May' is from Latin Maius, originally, "third month," from Maia "Roman goddess of spring"

**You Choose
Your News
Your Views**

Thank you for all your photographs and the extra information that you send to us, that has contributed to this month's Rainbow Times.

**Share your news and
photographs on social
media using our hashtag
#YourRainbowTimes**

Page 1



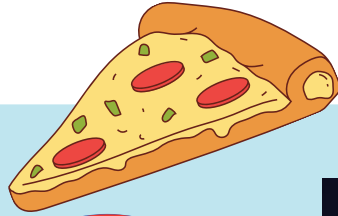
**Good
Things
To Do At
Home**



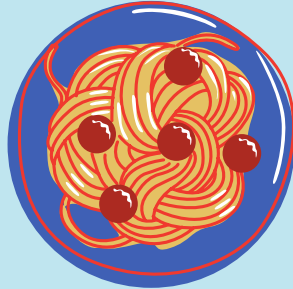
Eurovision Song Contest Ideas



- Snacks ideas for watching the contest



-
-
- Pizza for Italy
- Draniki for Belarus
- Pea soup for Finland
- Paella for Spain
- Bratwurst for Germany
- Open sandwiches, or smørrebrød, for Denmark
- Meatballs for Sweden
- Hummus and pita for Turkey
- Casserole for Ireland



The Eurovision week will have three shows on the BBC.

- Semi-final 1: 9 May 2023
- Semi-final 2: 11 May 2023
- Grand Final: 13 May 2023

Flag costume: One of the easiest costumes is to dress up as the national flag of the country that you're rooting for. You could also choose the flag of your favourite Eurovision contestant's country, the flag of the hosting country, or even the European flag



Representing the UK is London-based singer Mae Muller, with her song I Wrote A Song which is a total summer bop, if you ask us. Hopefully, we'll be on to a winner.



Culture and creativity should be explored and enjoyed by all.

As a family-friendly, free-entry festival, we believe that music and the arts are intergenerational activities that should have no barriers to access, irrespective of gender or ability/disability.

Our vision is to provide a safe, enjoyable space for everyone of all ages, gender and ability, and we are working towards creating an event that will allow LOOPFEST patrons to access the arts for free.

We have introduced all-ages venues and will strive for a sizable outside space to meet the demand and introduce more accessible venues.

We are working towards a Bronze accreditation from Attitude is Everything to highlight our commitment to making LOOPFEST an accessible festival.

<https://loopfest.co.uk/>



Volunteering opportunities available



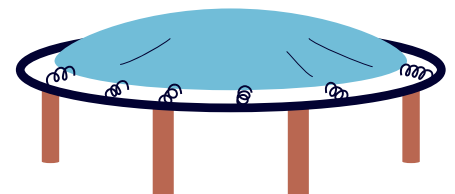
Trampolining



It was only when the official invitation arrived in the post that Tricia, who has dedicated her life to trampolining for people with disabilities, began to realise she was actually going to be part of the historic event.

In 2021 Tricia received the British Empire Medal for services to British Gymnastics.

An elite trampoline coach and affiliated to British Gymnastics for 40 years, the 62-year-old is the founder of the pioneering trampoline club Recoil in Brentwood Essex. She led a 12-year fundraising regime to raise the £360,000 funds needed to develop the centre for all ages and abilities.



Tricia and her husband moved to Shropshire to retire.

Tricia realised that there were no facilities for disability trampolining in the county and came out of retirement to help people in her new home county and set up TSTC Disability Trampolining.

She now holds sessions at **Shrewsbury Sports Village** and Severndale School.





Do you love to cook or bake?

We have a copy of 'The Canny Cook Freezer and Store Cupboard Meals on a Budget' signed by TV chef Phil Vickery to give away to a lucky winner.

We are holding a competition for Shropshire carers to find the best budget 'go to' recipe. Send in your original recipe. This may be your own, it may be something you have been cooking or baking for a while, it could be something you were taught as a child or at school, for example. If it's a recipe from a book or website, for copyright reasons, you will need to give us the details of where the recipe is from.

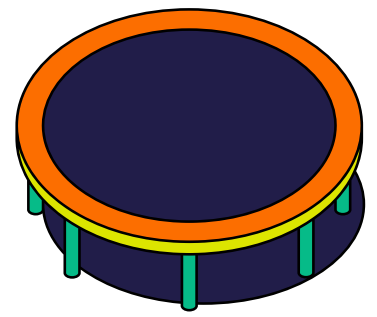
Tell us why it's your favourite. It may be because it's easy and quick. Or it may be super delicious! It may be because it holds nice memories. Or it may be for another reason.....tell us why you love it. Please do include a photo of your finished dish, if you would like to. The closing date is **28th May 2023**.

The competition will be judged by Phil Vickery himself and the winner will be announced during Carers Week 2023 (5 – 19 June).

We will share the recipes via email to all carers on the carer register, so we all benefit from the great food being cooked across Shropshire.

Get cooking 😊





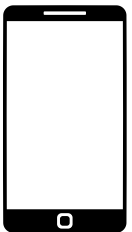
TSTC Disability Trampolining:

TSTC Disability Trampolining provide sessions for adults with learning disabilities at the Shrewsbury Sports Village.

A hoist is available for those that need additional help to get onto the trampoline. Once on the trampoline I work with each client to encourage independent movement and choices. If the client is more able, trampoline skills are taught, and British Gymnastics Proficiency Awards can be achieved.

The service is completely person centred and is adapted to the abilities of each client, whether they are attending as a group or individually. Using a therapeutic approach, I encourage clients to develop active physical and sensory participation, whilst encouraging communication and language skills. Using this approach on a regular weekly basis, helps clients to maintain or even improve their core strength, fitness and flexibility, whilst always having FUN!

For more information please visit my web site www.disabilitytrampolining.co.uk or contact me on tricia@disabilitytrampolining.co.uk or on 07931 576974



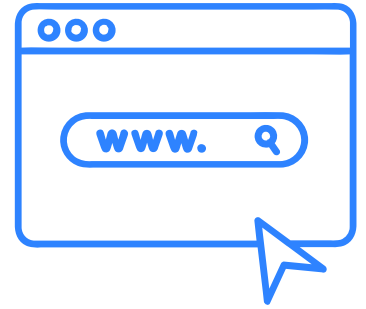
Some words from Felicity (a participant) and her sister (carer):
'I have a brilliant time, I look forward to it every week and it's lots of fun' Felicity Davereaux

'The sessions are absolutely brilliant thank you. Felicity loves it, and I was surprised at how quick she took to it. Fantastic, I can't praise you enough' Juliet Devereaux (carer)



BELLE VUE ARTS FESTIVAL

<https://www.bellevueartsfestival.co.uk/>



Many events to be involved in-

Belle Vue, Shrewsbury
3rd June - 17th June 2023

Plant and Craft fair

Art Exhibition

Music

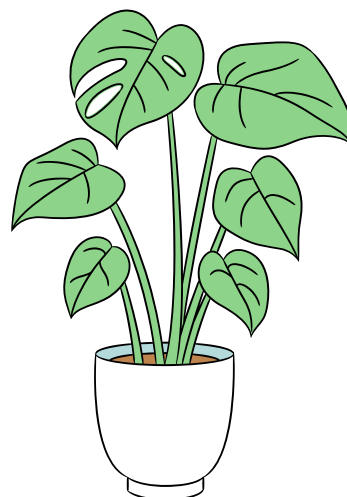
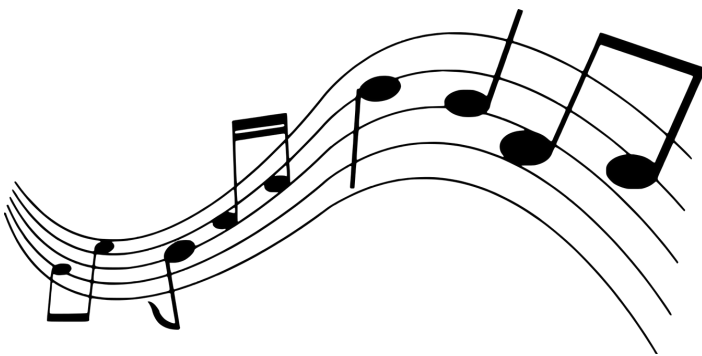
Art workshops

Yoga

Volunteering opportunities



Community power!





Shropshire Inclusive Dance have been facilitating inclusive dance workshops and creating high quality performances with casts of disabled and non-disabled dancers for over 10 years.

We offer a range of weekly workshops which are social, creative, and fun. We support the development of dance skills, growing participants self-confidence and enabling people to express themselves through dance.

Our weekly classes at The Hive in Shrewsbury on a Wednesday are listed below



Create 11.15am – 12.30pm

is a creative movement class with an emphasis on exploring dance together, as a group, in small groups and with partners. Create is for people who need extra support in participating fully in creative dance and being part of a group. Cost £90/term.

Thrive 1.30pm – 3pm

is an inclusive creative dance class for people who enjoy dancing, moving and making new friends. You will learn dance sequences and have a chance to create your own dances. This is aimed at dancers with some dance experience, but people new to dance are welcome to try out the class. Cost £90/term

Contact Company Class 3.30pm – 5pm

is an inclusive class for experienced dancers with a focus on improving and developing dance and performance skills. There will be opportunities once a month for people new to Contact but with dance experience to try out the class with a view to attending the classes and joining Contact Dance Company. Cost £90/term.

Please contact us if you are interested in any of these opportunities.

Officesidance@gmail.com or Ray Jacobs 07817194644



Get support with your type 2 diabetes.



Healthy Living for people with type 2 diabetes is a free, online NHS service that supports people to live well with type 2 diabetes and reduce the risk of complications.

The service provides information about diabetes, offers support with mental wellbeing, and helps with adopting and maintaining healthy behaviours such as improving your diet and increasing physical activity.

Sign up at healthyliving.nhs.uk or scan the QR code below with your mobile phone.



Healthy Living
for people with type 2 diabetes

Derwen Care

LET'S PLAY *Bingo*



Join us for fun filled afternoons at **Oswestry Cricket Club!**

£5 Entry
FREE for non-playing carers

Great Prizes to be won!

Please be aware there are no cash prizes.
Prize donations are appreciated.

Summer Bingo
-Thursday 1 June
-2pm-4pm

For more information please contact Frances Muscutt on 01691 661234 Ext.375

Carers Week is an annual event to raise awareness of caring. The theme this year is **'Recognising and supporting carers in the community.'**

Carers week is our opportunity to say thank you to all unpaid and family carers in Shropshire. We do recognise and appreciate the valuable support carers give others.

Shropshire Carers Support Team are excited to share this year's programmes for both face to face and virtual activities with you. Please click [HERE](#) for face to face activities and [HERE](#) for virtual activities. Like last year, we have extended the **programme over a two-week period** (5 – 18 June 2023) to try and reach as many carers as possible. There is a blended mix of face to face and virtual options – whether you want to come along to the activities or join them from home we hope you will find something for **you** and look forward to meeting you.

The High Sherriff will be joining Carers at Shrewsbury Art Gallery and Museum on Friday 9 June for 'Sounds Great! An introduction to 'music-care''– see the programme for further details on this and all of the other activities. To book please:

Email shropshire.carers@shropshire.gov.uk or Telephone **01743 341995.**



Competition Time!

One lucky winner will receive x2 tickets to see for **'Anything for Love' Thursday 8 June at 7.30 pm** at Theatre Severn, Shrewsbury. To enter the competition please describe **'What it means to be recognised as a carer by the community'**.

Email your entries to shropshire.carers@shropshire.gov.uk

Closing date **Wednesday 24 May 2023**
Winners will be advised by Friday 26 May 2023

We have a copy of **'The Canny Cook Freezer and Store Cupboard Meals on a Budget'** signed by TV chef Phil Vickery to give away to a lucky winner.
The competition will be judged by Phil Vickery himself.

To enter send us your original 'go to' budget recipe with a photo. Tell us why it's your favourite – is it quick and easy, holds nice memories or simply delicious!

Email your entries to shropshire.carers@shropshire.gov.uk

Closing date **Sunday 28 May 2023**

Winners will be announced during Carers Week (5-18 June) 2023.

Read

The Rainbow Times



Good
Things
To Do At
Home



Our lives in Shropshire



We will feature your photographs and stories in future editions of your newsletter, The Rainbow Times.

Also please send photographs of you reading the Rainbow Times to

jamila.walker@takingpart.co.uk

