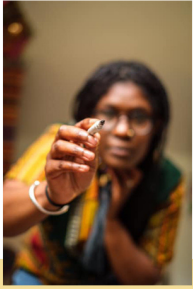


The Rainbow Times



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

Jamila - Guest Editor

35th Edition
June 2023

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Our lives in Shropshire



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

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 -



Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities. Join us this year to celebrate and inspire!

<https://volunteersweek.org/>

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

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Volunteering Ideas opportunities for you



Farm Fridays

10am to 4pm every Friday

Our long standing, regular volunteering day is a hands on, physical day of volunteering, getting involved in maintenance tasks and conservation around the farm. A rewarding opportunity to meet some of the wider Fordhall family and learn new skills working on some exciting projects, getting stuck in, whatever the weather.

*Suggested donation - only for those who are able.

Please note all sessions must be pre-booked - contact Nicola on community@fordhallfarm.com or 01630 638696 for more information.

Fordhall Organic Farm, Tern Hill Road, Market Drayton, Shropshire, TF9 3PS



Learn new skills
Meet new people
Help your community

JOIN US AS A VOLUNTEER COMMUNITY TRANSPORT DRIVER OR PASSENGER HELPER!

If you love driving the open roads and have some spare time where you want to give something back to your local community, then look no further!

We're looking for volunteer Community Transport Drivers and Passenger Helpers to join our fantastic team. It's a wonderful opportunity to make new friends and help support and combat loneliness in the community.

What are you interested in?
Cooking, animals, the environment, the theatre?

To find a volunteering placement that suits **you**.

Visit your local library or community centre, and see what volunteer posters that have on display.

Or search the website below, for ideas
<https://getvolunteering.co.uk/places/shropshire/shrewsbury>

TO VOLUNTEER WITH US CONTACT:

01691 656882
info@qube-oca.org.uk
www.qube-oca.org.uk



Mon-Fri: 9.00am - 5.00pm
Sat: 9.30am - 12.30pm

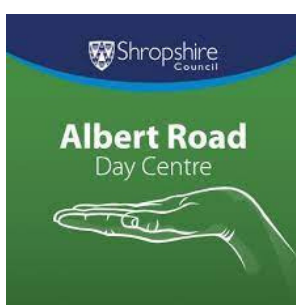


Good Things To Do At Home



Change Time, Change Lives

Albert Rd Adventures



Here are a few Pictures from Albert Road day Centre, showing just a few of our recent activities.

We have worked hard in the garden to keep it neat and tidy.



A group also went Ten Pin bowling while another group called, the Wild team, had a lovely trip to Ellesmere lake, in north Shropshire.

The Wild team fed the ducks and enjoyed the scenery.

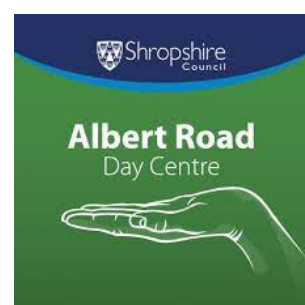


You can hire row boats at Ellesmere.

[Would you like to hire a boat?](#)



Even more Albert Rd Adventures



Us participating in one of the community groups at the Sport Village, Shrewsbury, cycling on the cycle track.



Safety first - helmets are needed when cycling.

“Any mild-to-moderate exercise releases natural feel-good endorphins that help counter stress and make you happy,” says Andrew McCulloch, chief executive of the Mental Health Foundation.

What your favourite way to be active?



Joke!

What happens to a book when it starts to exercise a lot?

It gets ripped.

Carers Week

5th -18th June 2023



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.

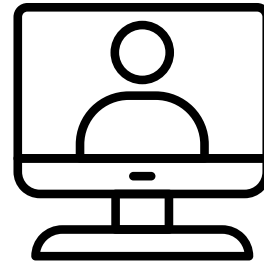
Here are website addresses for programmes of activities

Face to face activities

<https://www.shropshire.gov.uk/media/25828/carers-week-face-to-face-activities-programme-june-2023.pdf>

Online activities

<https://www.shropshire.gov.uk/media/25851/carers-week-virtual-events-programme-june-2023.pdf>

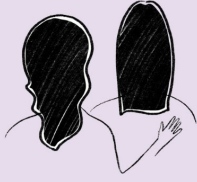


We do recognise and appreciate the valuable support carers give others.

Some of the many events in Shropshire

WALK & TALK

Conversation.



Changing the way the world views the menopause one walk, talk and hot flush at a time.

THE FIRST WEDNESDAY OF EVERY MONTH

FREE EVENT

Event



**OPEN DAY
THE HIVE**

FRIDAY 2ND JUNE
10AM - 2PM

COMMUNITY WELLBEING AFTERNOON

FREE afternoon retreat focusing on health & wellbeing in recognition of Shropshire Carers Week 2023

Monday 5 June, 2023
2pm - 4pm



STEPS at the Cavalier Centre is holding a FREE special retreat to provide a much needed breathing space for carers.

This wonderful retreat will include relaxation, a mindfulness walk, an opportunity to spend personal time with our friendly horses and ponies, and conclude with tea, cake and scones.

Pre-booking is essential as places are limited. Booking closes 31 May, 2023.

To book please contact:
Lynette Fryer at the Cavalier Centre
01952 443 752
projects@cavaliercentre.org.uk

Virtual Shropshire website, events page is great place for finding a variety of activities across the county. Many of these activities are free of charge.

Taking Part
presents Escape
Club Nights



Taking Part Escape club nights dates

The Hive, 5 Belmont,
Shrewsbury, SY1 1TE
Wednesdays



2023

January 18th
February 1st and 15th
March 1st and 15th
April 5th and 12th
May 3rd and 17th
June 7th and 21st



www.takingpart.co.uk
01743 363399



@TakingPart

Taking Part
presents Escape
Club Nights



Did you know,
that Hive also hosts
film nights, art
exhibitions, music
workshops and
more?

The Hive, 5 Belmont,
Shrewsbury, SY1 1TE
Wednesdays



2023
July 5th and 19th
September 6th and 20th
October 4th and 18th
November 1st and 15th
December 6th and 13th



www.takingpart.co.uk
01743 363399





44bs at Mayfair Community Centre

Wolf Yoga came to run a special Yoga session at Mayfair for some younger people and the 44bs were invited to have a go.

Everyone joined in in their own way, whether lying, seated or standing. There was a lovely mix of stretching and relaxing. The cat to cow pose produced the most effective animal noises but the downward dog raised the roof with the barking. The session lasted an hour with impressive concentration and focus and everyone really deserved their fish and chips lunch afterwards.



Our address is

Mayfair
Easthope Rd,
Church Stretton SY6 6BL

Follow us on Facebook



Meanwhile some impressive art work was being created in the form of Papier-mâché giant bees!



More Celebrations!
Celebrate community
Celebrate our Spaces
Celebrate you



Join our Celebration

Powis Hall Market
Bailey Head
Oswestry
SY11 1PZ

Learning Disability Day
Saturday 24 June
10 am to 2 pm

Come and enjoy:

- Dancing
- Flower Art
- Tombola
- Competitions
- Festival Face Painting

@MacIntyreShropshire
 01743 364210
 www.macintyrecharity.org

MacIntyre
Providing support...your way



29 MAY TO 4 JUNE

**TELFORD'S
BIG WALK
WEEK**

<https://www.visittelford.co.uk/blog/read/2023/04/everything-you-need-to-know-about-telford-big-walk-week->

Read

The Rainbow Times



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

