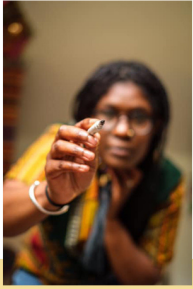


# The Rainbow Times



Hello everyone,  
This edition of the  
**Rainbow Times** has  
been put together by me  
Jamila - Editor and Content  
creator

## Our lives in Shropshire



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

37th Edition  
August 2023

- Page 1. Community
- Page 2. Safe Summer
- Page 3. Elevate
- Page 4. Bethphage Shared Lives
- Page 5. Aquamira Plants
- Page 6. Acting Opportunity
- Page 7. Heritage Weekend
- Page 8. Arts Trail
- Page 9. Summer fete
- Page 10. EE
- Page 11. More EE
- Page 12. Reading RT
- P

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 -  
Safe Summer**



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

You Choose  
Your News  
Your Views



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

Page 1



Good  
Things  
To Do At  
Home



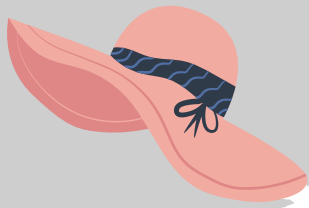
Changing Times, Changing Lives

# Safe summer-

## Tips to feel comfortable and be healthy

Wear sunscreen and a hat, even on cloudy days.

Re apply every few hours and if your skin gets wet.



Keep hydrated.

If you feel thirsty you are already dehydrated.



### Watch for Signs of Heat Stress

On hot days, watch for signs of heat illness in yourself and others. Heat cramps, heat exhaustion and heat stroke are possible on hot days. Signs of heat-related illness include:

- Muscle pains, cramps, or spasms
- Heavy sweating, paleness, weakness, dizziness,
- headache nausea or vomiting
- Confusion, fainting or unconsciousness
- High body temperature (over 103 degrees) with dry
- skin (not sweating)
- Rapid pulse



Wear light weight, loose clothing



Good Things To Do At Home



# Taking more control of your body



What are your goals for your body?



## Are you...?

Feeling unsteady on your feet?

60 or over?

Feeling unable to get up off the floor if you fell?

Losing confidence about leaving the house in case you fall?



Not getting out as much as you used to?

Needing to improve your strength and balance?

Living in Shropshire?

## If this sounds like you...

There are strength and balance classes for people aged 60+ across Shropshire

Speak to your healthcare professional. Ask them to refer you to 'Elevate'

or

You can self-refer: call **07852 871589**, email **elevate@energizestw.org.uk** or visit **energizestw.org.uk/elevate**

or

Scan here for link to referral form:



To keep cool, whilst exercising during the summer, try swimming, water aerobics or walking in shaded areas, outdoors.



A Friday coffee morning in Oswestry at Freda's Day Centre, Beatrice Street, SY11 1HL

Coffee, cake, good company and a raffle with some fabulous prizes including vouchers and gift sets, all kindly donated by local businesses

Whether you are an existing Shared Lives Carer, a person supported within Shared Lives or simply interested in finding out more about Bethphage Shared Lives.

#Sharedlivesweek2023  
#bethphage  
#SharedLives



The schemes match someone who needs care with an approved carer. The carer shares their family and community life, and gives care and support to the person with care needs. Some people move in with their shared lives carer, while others are regular daytime visitors.





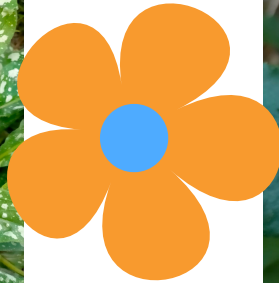
We have been around the garden looking at our lovely flowers & vegetables.

Such bright cheery colours and lots of potatoes, courgettes and green beans.

We feel much cheerier after a garden visit



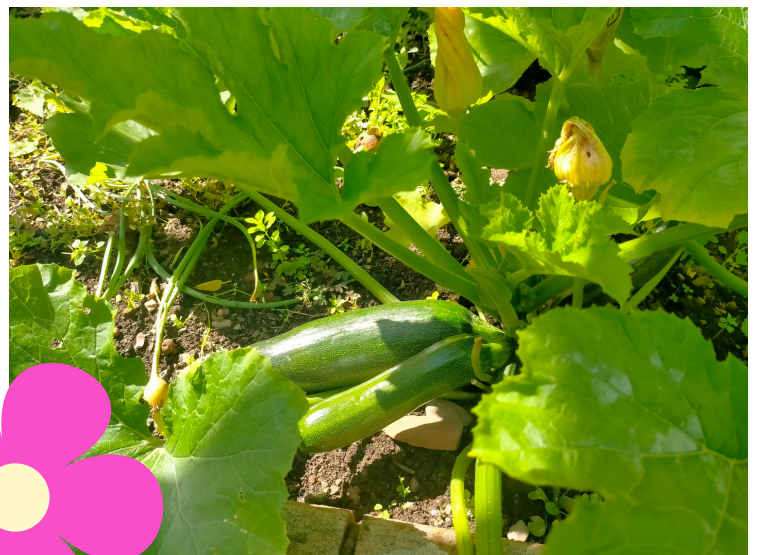
Stress-relief and self-esteem are gained from regular gardening sessions, while immunity, heart health and brain health are improved.



### Plants which are toxic to humans

Several species commonly known as jimson weed, thorn apple, stinkweed, Jamestown weed, angel's trumpets, moonflower, and sacred datura.

Plants that contain the tropane alkaloids scopolamine, hyoscyamine, and atropine, all parts of these plants are poisonous, especially the seeds and flowers.



# Acting Opportunity!



Hello,  
actors, you are needed for a new musical in  
Shrewsbury.

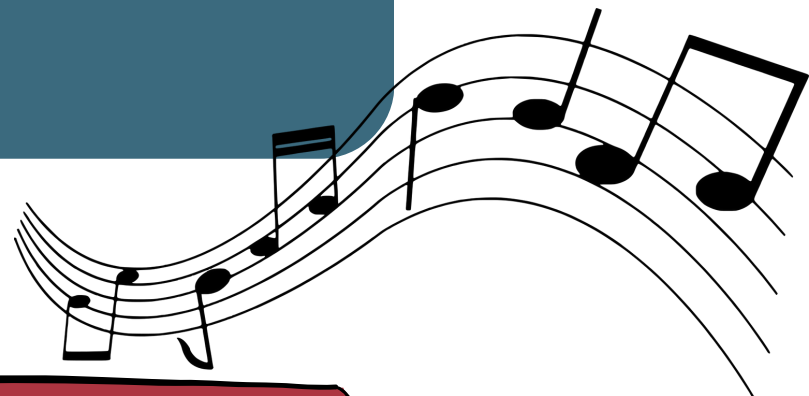
We would like to recruit actors to play acting/singing  
parts in our new musical in Shrewsbury.

This musical raises awareness of Autism and disability  
and we are also a community project and would like to  
include and support as many people as possible.

Please message or  
[contact@thegrouphthemusical.org.uk](mailto:contact@thegrouphthemusical.org.uk)  
for details and opportunities in **September 2023**.

[www.thegrouphthemusical.org.uk](http://www.thegrouphthemusical.org.uk)

THE  
GROUP  
a  
b  
c  
d



What is your  
favourite musical?



heritage **open days**

Welcome to England's largest festival of history and culture!

Every September thousands of volunteers across England organise events to share history and culture.

It's your chance to see hidden places and try out new experiences – for **FREE**.

Heritage Open Days 2023 - 8th - 17th September 2023

<https://www.heritageopendays.org.uk/>

Here are some of the organisations in Shropshire involved in the Open days

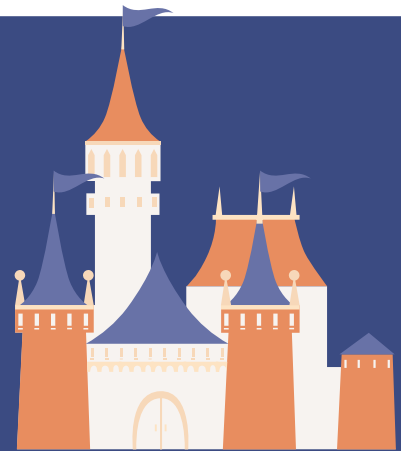


### Shrewsbury Castle & The Soldiers of Shropshire Museum

Soldiers of Shropshire Museum, Shrewsbury Castle, Castle Gates, Shrewsbury, Shropshire, SY1 2AT

To celebrate this year's HOD, on Sunday 10th September, we will be unlocking and opening the doors to Laura's Tower with a rare chance to get...

[Opening times & full details ▶](#)

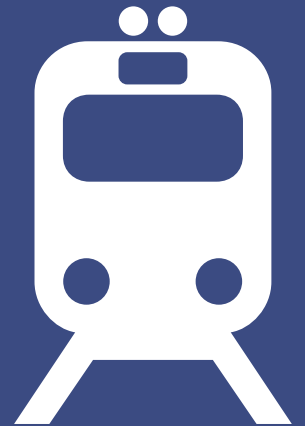


### Cambrian Heritage Railways - Oswestry South Signal Box

Cambrian Heritage Railways, 30 Oswald Road, Oswestry, Shropshire, SY11 1RE

The Refurbished, Grade II listed, Oswestry South Signal Box will be open for viewing.

[Opening times & full details ▶](#)



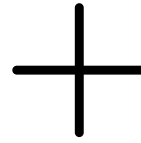
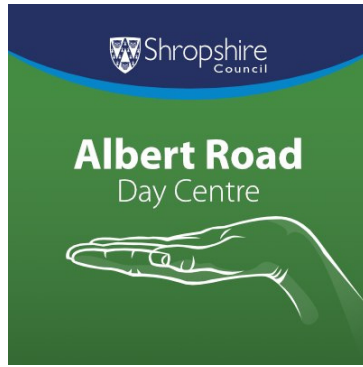
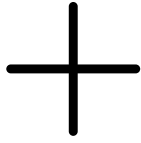
### Dudmaston Hall

Dudmaston Hall, Quatt, Bridgnorth, Shropshire, WV15 6QN

A much-loved and lived-in family home at the heart of this working, Shropshire estate. The galleries offer an unexpected chance to see works by...

[Opening times & full details ▶](#)





Our Albert Rd artists, went to Shrewsbury museum and art gallery to see their collaborative fabric artwork.

The guys were so proud to find their squares, that they had created for the Shrewsbury Arts Trail which they created with Clare from Lovelyland.



Shrewsbury museum and art gallery in the Square, in the centre of Shrewsbury. It is free to visit.







## INNAGE LANE

2 Innage Lane, Bridgnorth, WV16 4HL



## 2 Taking Part, Expert by Experience members (EE) group doing a community connector activity



My name is Monique.  
I work at the Oswestry Museum.

I am giving Mandy a tour. We want to show people how good the museum is and it's free!  
We are looking at the World War 1 exhibit.



Mr Myk Briggs wonderful collection of ear trumpets— 563 is a World Record.



There are lots of good things like these early leg supports for people with disabilities.



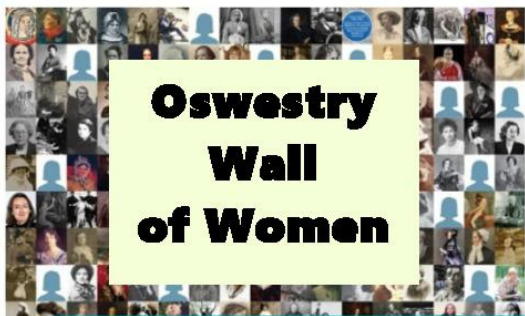
Lots of photos from history.  
Royals visits—King George V

Yes we have a big collection of interesting items. From modern to the old. Don't miss...



**THANK YOU!**

...This old jail door, it was made in 1637.  
Thank you Monique for my tour, it was very good. Mandy



Come along to the museum to find out about the 'Wall of Women' and much more!

The Wall of Women shows they are an important part of Oswestry history and what they are still doing.



**Visit Oswestry Museum for free at 1 Bailey Head, Oswestry SY11 1PZ**

# Read

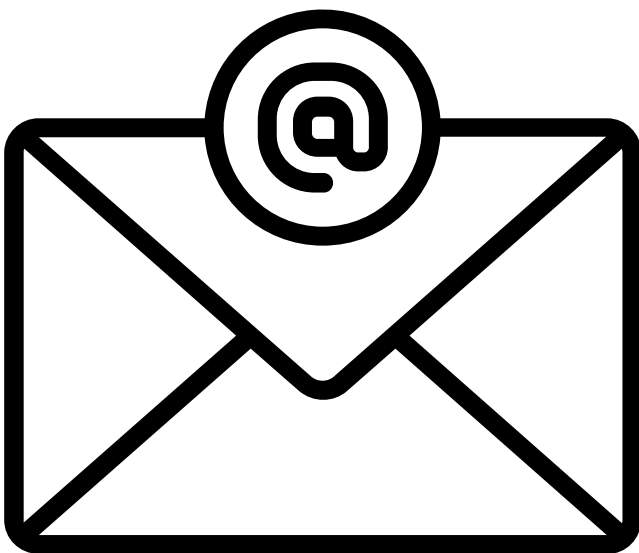
## The Rainbow Times



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](mailto:jamila.walker@takingpart.co.uk)