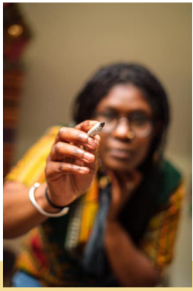


The Rainbow Times



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.

38th Edition
September 2023

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.

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This month's
theme is -
Sensory September



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

Page 1



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



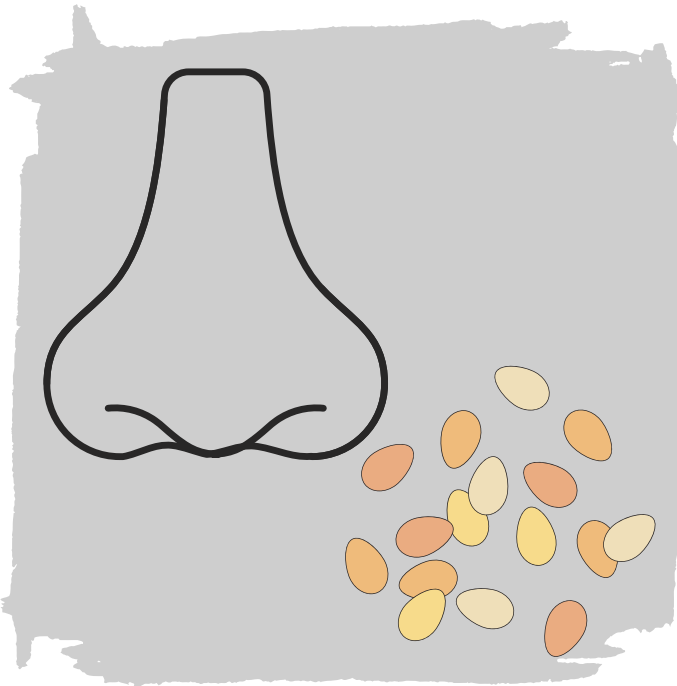
Good
Things
To Do At
Home



Changing Times, Changing Lives

Sensory September

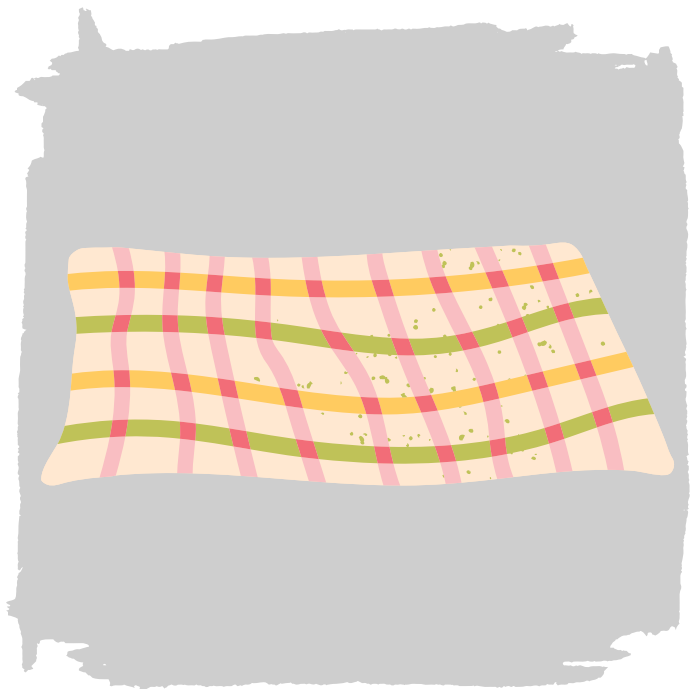
Listen to the crunch of autumn leaves under your feet or wheels as you explore your local area.



Roast a small cup full pumpkin seeds in the oven with a tea spoon olive for 5 minutes on a low heat.

Smell the seeds toasting, when cool, eat the seeds with a salad or on a warm soup

Get cosy and warm under your favourite blanket, close your eyes and feel the texture for a minute



**Autumn officially starts 21st September,
what is your favourite thing about autumn?**

Congratulations guys on
all your hard work.

Would you like to join?
Learn new skills, socialise,
if so, see contact
information link
below.



<https://shrewsburymensshed.org/contact-ust>

SHREWSBURY Men's Shed is open and happy to receive new members.

After a 14 month conversion job from stables to workshops the Men's Shed will be open every weekday from 9am until 4pm.

The emphasis is still on doing jobs around the building and there are plenty of challenges ahead, but the guys are enjoying each other's company whilst cracking on and learning/ sharing skills along the way.

Amongst us are ex. R.M., R.N. and R.A.M.C. hopefully this representation will grow in size and spread.

We will start by operating well equipped Woodwork/Metalwork Shops and Blacksmith's Forge. Later adding Horticulture through raised veg beds and greenhouse space.

Everything that has been achieved here has been with a minimal budget and a lot of graft. We're sure you will enjoy it and get some use out of a superb range of tools.

We charge just £5 a month for membership and £1 each visit which covers all your brew and biscuits. Address is above - go through the Main Gate and follow the signs - the kettle will be on.

Shrewsbury Men's Shed
Charitable Incorporated Organisation

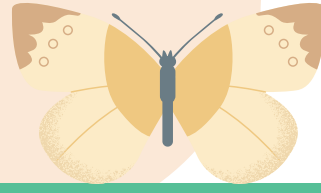
Charity No. 1196609



My Aspirations

Aspirations is a day service for teenagers and adults to come and meet new people, enjoy a wide range of activities and learn new skills.

www.myaspirations.co.uk



My  *ASPIRATIONS*

CHERRY LODGE

A Countryside And Nature Development Centre...



*OFFICIALLY OPENING 11TH
SEPTEMBER 2023*

**SHOWAROUNDS BEING
HELD W/C 4TH
SEPTMEBER, 9AM-15PM,
BOOKING MANDATORY**



**OLIVIA.RITCHIE@CARE-
EXCELLENCE.CO.UK**

Money is an issue for so many people, support is available



NILS

NILS works with a number of partner organisations within Shropshire who can refer you to us for assistance.

Providing a wide range of grants to people on low incomes facing a financial crisis or hardship.

We fund items such as household essentials such as washing machines, cookers, fridge/freezers, beds, cots, and wardrobes.



Contact us:

Email: enquiries@nils.org.uk

Phone: 07904 488492/07904 488182

Website: nils.org.uk



Referral & client application forms are on our website

It is okay to ask for help



More support available- see links below

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

www.shropshire.gov.uk/the-send-local-offer/financial-support/

This exciting programme of events, is for all ages.

They are looking for volunteers, to support their activities.

Can you help?



love
oswestry

Summer of Art

More to be announced!

'Stitch by Stitch' Textile Exhibition, Willow Gallery.

1st July to 19th August.

'New Beginnings' Exhibition, Qube.

12th June to 5th August

'Sense of Place' Drama Workshops, Stage Five Theatre.

7th to the 11th of August

Jean Atkin Creative Writing Workshop, Qube.

16th of August AM

Art Attack Drawing Workshop, Wilfred Owen Green.

16th of August 1pm to 4pm

Culture Fest, Cae Glas Park.

9th of September

Guided Tours, Tourist Information Centre.

Every Saturday at 11am, July & August

ART-efact exhibition, Venue TBC.

8th to 17th September

Heritage Open Day Festival. Multiple events

8th to 16th September

Follow us on Facebook for more info @LoveOswestryCC



HM Government

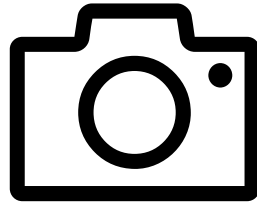
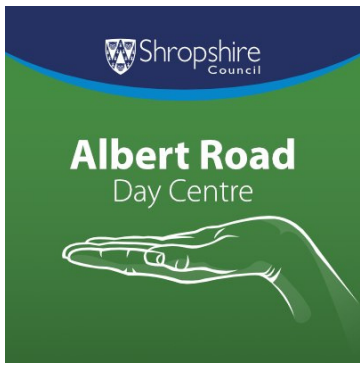


Historic England

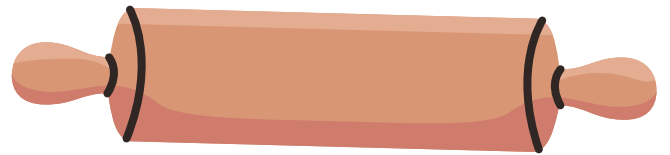


HERITAGE
FUND





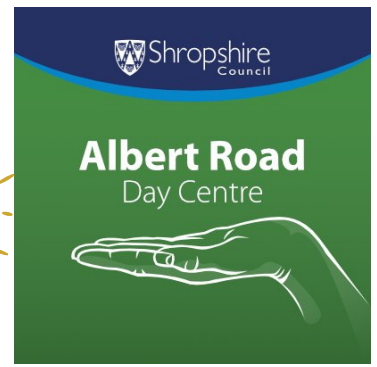
Thank you guys, for sharing your recent baking day photos with us.



What is your favourite cake?
Lemon, chocolate, blueberry...?



A joyful and creative session, Singing with Eve from Kiddley Divey and our Friends from the PACC joined us too.



We can make music with household objects and even your body.

Use your radiator like a xylophone, play percussion on pots and pans, you can tap rhythm on your knee, clap your hands.

How else can you make music?

Who is your favourite musician?



*"We offer free, confidential, one to one coaching to adults who want to learn to read and improve their reading skills.
No cost, no classroom, no exams! "*

The Read Easy Telford and Wrekin group (now also working in Market Drayton and Whitchurch) was set up in 2019 and is affiliated with Read Easy UK. Our aim is to help adults who are over 18. We are all volunteers, and the group is made up of a Management Team, Coordinators, Reading Coaches and Readers (the adults who are paired with a coach to learn to read). All training, resources and reading materials are provided free of charge. Most of us take reading for granted, but can you imagine not been able to read a prescription, recipe, bus timetable, bank statement and so on.

If you know of someone who would like to join the group as a volunteer or know of an adult who would like to learn to read, please get in touch.



63% of those who cannot read have not told their partner

53% have not told their children

19% have not told anyone

Giving adults the reading skills and confidence they need to fulfil their potential and live life to the full.

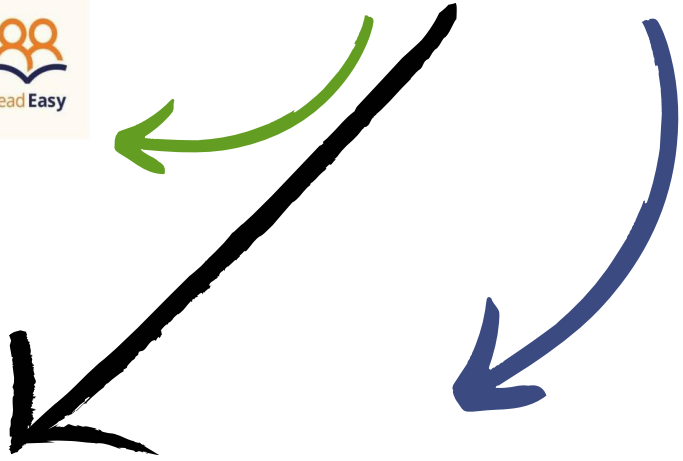


For more information on
Volunteering & Learning to read
please contact Claire on **07941 515220 &**
Tewrleader@readeasy.org.uk

www.readeasy.org.uk

More Support Ideas.

These organisations could be helpful to you or a friend.




Food, fun and friendship
in Bargates Hall
(behind St Alkmund's Church)

2023
3rd & 17th May • 7th & 21st June
5th & 19th July • 2nd & 16th August
6th & 20th September • 4th & 18th October
1st & 15th November • 6th & 20th December

(The 1st and 3rd Wednesday afternoon of each month)
2.00 to 4.00pm

Who is it for?
Those with Memory Loss or Dementia and their family members or carers

Why come?
Support and a Listening Ear for Family & Carers
Support and Stimulation for those with Memory Loss or Dementia – social, mental, emotional and spiritual care in a warm and loving atmosphere

What will it include?
A variety of things – but always having food and drink!
There might be craft activities, for those who are able the opportunity to take part in some gentle physical activity, singing, a prayer

Enquiries: Pauline Green on 01948 664769 or paulinegreen056@gmail.com



Cleobury Community

Free information, advice and support



The Cleobury Country Centre
Love Lane, DY14 8PE

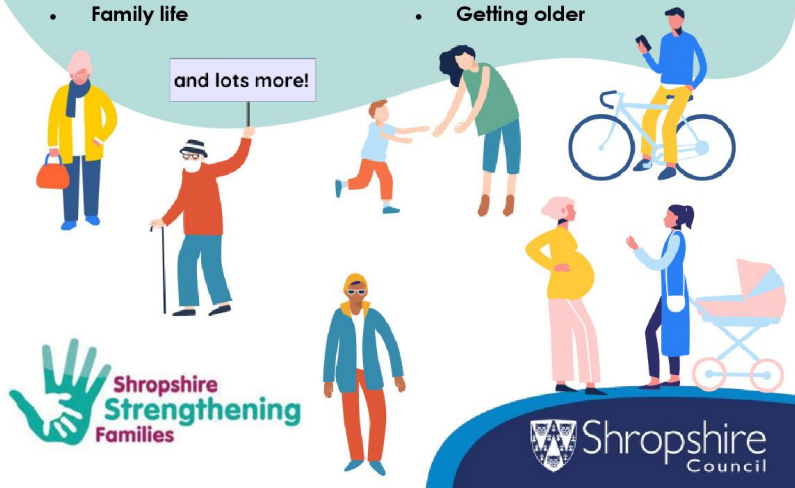
Friday, 9am–11 am on:
15 Sept 2023 20 Oct 2023
17 Nov 2023 15 Dec 2023
19 Jan 2024 16 Feb 2024



You can chat, have a coffee and see how we can help you with:

- Housing support
- Children's health and wellbeing
- Healthy living advice
- Dementia support
- Family life
- Home fire safety
- Domestic abuse support
- Drug & alcohol support
- Financial advice
- Getting older

and lots more!



Join Jenna for wellbeing movement sessions



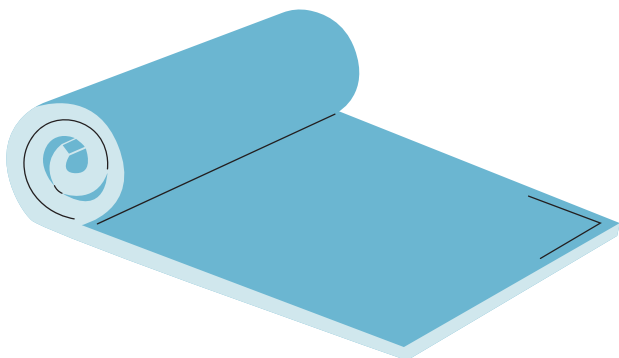
I've just had an exciting discussion with Jenna Blair, who has been awarded funding to deliver a range of community yoga and wellbeing sessions.

Jenna says, she is "presently making plans for these community classes funded by The National Lottery Community Fund. These will start in September and it's really exciting putting the details together

Know a group of people that may benefit from access to yoga and wellbeing sessions?

Please share or get in touch

- jennablair@hotmail.com / [07812 596609](tel:07812596609)
Jenna ”



We can't believe it's nearly our 10th Birthday!

We have been supported by so, so many wonderful people over the years and are so proud of what we have all achieved and the many, many lives we have transformed.

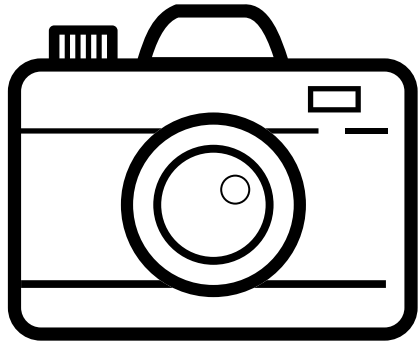
As an enormous thank you to everyone we would really love you to join us in our celebrations and have attached our 'Save The Date' for Wednesday 11 October'.

In addition, please feel free to share this with anyone you feel would like to find out more about what we do and would like to join us on our very special day.

Dickon Pitt
Director
Crowsmill Craft Centre
Tel: 01746 781942



Feeling at home art exhibition



At the Hive, Shrewsbury,
Belmont



You can apply to
the Hive to have your
artwork exhibited
in their gallery



<https://www.hiveonline.org.uk/artist-call-out/>

The Feeling at Home exhibition shows work from 19 photographers with learning disabilities from across Brighton and London. They met together in small groups to reflect on what helps them feel at home, and what gets in the way of this.

With Quiet Down There, they have curated this exhibition of their photographs and invite you to engage with these issues. This exhibition is part of the Feeling at Home research study, funded by the National Institute of Health Research's School for Social Care Research, using photovoice, a research method where people tell their stories, share their experiences and work towards improving their lives through photography.

All welcome to the exhibition engagement day on

**Wednesday 20th September 2023,
1.30 - 4.30pm**

in particular those individuals affected by issues highlighted in this project.

Read

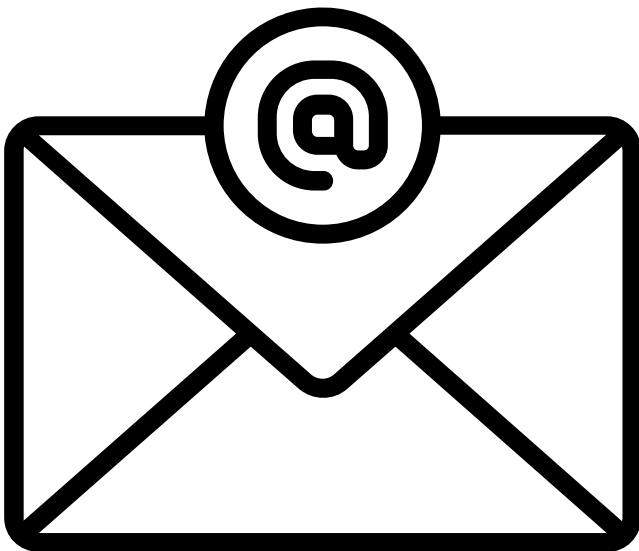
The Rainbow Times



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