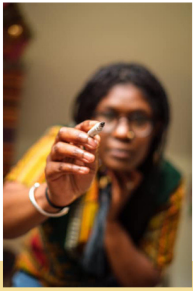


The Rainbow Times



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.

40th Edition
November 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.

- Page 1. Community
- Page 2. Safeguarding Week
- Page 3. Escape Nights 2023 - 24
- Page 4. Support Babbinswood
- Page 5. Greenacres does yoga
- Page 6. Warm Spaces
- Page 7. Xmas Headway
- Page 8. Celebrate Crowsmill
- Page 9. Advice and Info
- Page 10. Volunteers needed
- Page 11. Local events
- Page 12. Firework Safety
- Page 13. Cabaret Night
- Page 14. Creative Costumes
- Page 14. Reading RT



This month's theme is -

'Looking After Yourself and others'



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

Safeguarding Adults Week 2023

Monday 20 – Friday 24 November
#SafeguardingAdultsWeek

ann craft trust
acting against abuse



Safeguarding is everyone's responsibility

The theme for Safeguarding Adults Week 2023 is 'Looking After Yourself and others'.

We are focusing on how you can prioritise the welfare and wellbeing of yourself and others.



<https://www.anncrafttrust.org/events/safeguarding-adults-week/>



Safeguarding means protecting a citizen's health, wellbeing and human rights; enabling them to live free from harm, abuse and neglect. It is an integral part of providing high-quality health care. Safeguarding children, young people and adults is a collective responsibility.

Taking Part presents Escape Club Nights



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



We have themed nights;

‘Dance routines’
‘Halloween’
‘Christmas and more!’



Give your song requests to our team;
Stuart, Ellen and Sheila

2023

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



Taking Part Presents Escape Club Nights



www.takingpart.co.uk
01743 363399



@TakingPart

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

2024

January 17th
February 7th & 21st
March 6th & 20th
April 3rd & 17th
May 1st & 15th
June 5th & 19th
July 3rd & 17th
September 4th & 18th



www.takingpart.co.uk
01743 363399



@TakingPart





A Call for Help:

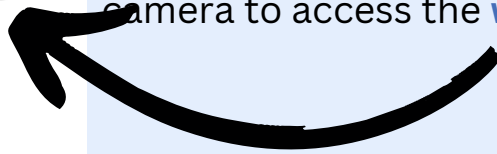


You can make a difference by:

- Buying our Good Food: Buy choosing our good food is the best way we can continue.
- Donating: Your contribution, no matter the size, brings us closer to our goal. Every bit counts.
- Spreading the Word: Share our campaign link on social media and with your networks. Your voice amplifies our message.
- Believing in Our Vision: Your belief in our mission is a powerful force. Together, we can overcome this challenge.



To learn more and contribute, please visit our JustGiving page: [JustGiving](#). Using your smart phone camera to access the [webpage](#) using this QR



Your support is invaluable. Together, we'll forge a brighter future for Babbinswood Organic Farm, nurturing nature, our animals, and our community while providing wholesome, affordable organic food.

Thank you for standing with us and being an integral part of this remarkable journey.



GOOD LUCK!



THANK YOU!

Ann ran a brilliant yoga session, for us. We really enjoyed it.

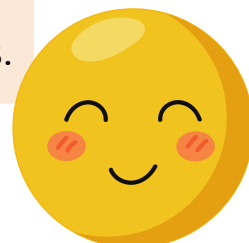
We plan to do this again soon.



Yoga should **not** hurt.
 Yoga is for everyone.
 You do not need expensive equipment.
 Wear loose clothing.
 Drink water
 If you find it difficult to use the floor,
 why not try chair yoga?
 Have fun!



- Yoga increases your flexibility. ...
- Yoga helps you to build strength. ...
- Yoga improves your posture. ...
- Yoga helps to keep your joints healthy. ...
- Yoga is a powerful mindfulness practice. ...
- Yoga reduces stress. ...
- Yoga lowers blood pressure. ...
- Yoga helps you to make healthier life choices.





Warm Welcome is Back and Looking for New Spaces

The 'Warm Welcome' campaign is back for another year, with hubs across the county including libraries and other community spaces.

These are inclusive accessible places that offer a heated space, a friendly chat and signposting to other services if necessary - all for free!

You can find a full list of spaces here and they are still looking for more places to take part.

If you have a space that could work, you can register and find out more here.

There is grant funding available of up to £250 for participating venues, as well as training on the 25th of October 2024, sign up here.

These venues provide vital cost of living support to ensure everyone has access to a warm, safe space.





the brain injury association

Our Christmas Fair is not just about the season's cheer; it's about coming together to support survivors of Acquired Brain Injuries, our clients, and their families.

We are dedicated to improving their lives, and your participation can make a real difference.

Here's what you can look forward to at our Christmas Fair.

Is it too early to plan for Christmas?



Headway Shropshire

CHRISTMAS FAIR 2023

ACTIVITIES, RAFFLE, FOOD, CHOIR, AND
CHRISTMAS SPIRIT

FREE ENTRY

25 NOVEMBER || 11AM - 3PM

Headway Shropshire, Holsworth Park, Shrewsbury, Shropshire
SY3 5HJ

<https://headwayshropshire.org.uk>



By attending our Christmas Fair, you're not only embracing the holiday spirit but also contributing to our mission of helping survivors of Acquired Brain Injuries rebuild their lives.

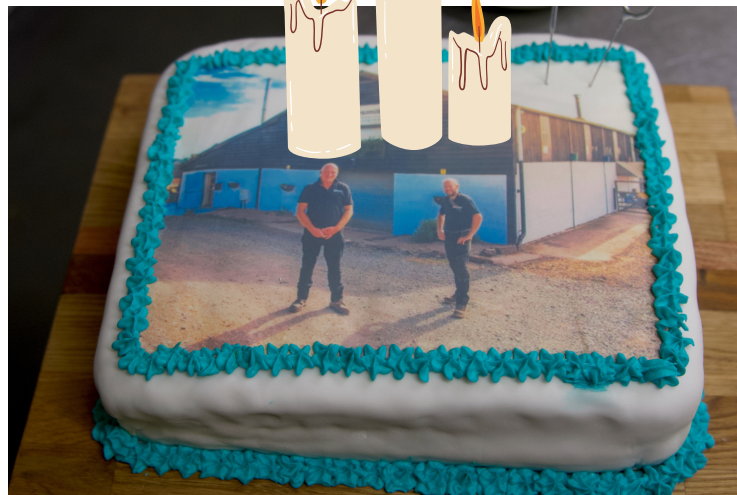
If you have any questions or would like more information, please feel free to contact us at admin@headwayshropshire.org.uk, or via telephone on 01743 365271.

Crowsmill 10 year anniversary Celebration



Here is the link to the article that the Shropshire Star did on Crowsmill

<https://www.shropshirestar.com/news/local-hubs/bridgnorth/2023/10/19/dignitaries-gather-to-celebrate-craft-centres-10-year-anniversary/>



Quotes from our service users

"I genuinely enjoyed every minute. It was lovely to have everyone here and find out about us because at Crowsmill we are near enough fabulous' -
Quote from Josh Palmer who has been part of our Crowsmill family for many years.

'It was a good, good day, meeting all the people, I enjoyed it very much' -
Quote from Simon Franks who has been part of our family for about 3 years. .



FREE



Free Advice and Information Day

Friday 10th November 10:00am – 3:00pm

Confused about what support is out there to keep you independent at home?

Need Information regarding financial support for care?

Caring for another adult and need support?

Want to see what assistive technology there may be to support you at home?

Come along to Age UK Shropshire Telford & Wrekin's office, where there will be representatives from Shropshire Council's Adult Social Care team to assist you and show you examples of assistive technology in action, and Age UK Shropshire Telford & Wrekin staff will be available to talk to you about their services.

Age UK Shropshire Telford & Wrekin, Bellstone, Shrewsbury SY1 1HX



www.shropshire.gov.uk
General Enquiries: 0345 678 9000



VOLUNTEERS NEEDED

HANDS TOGETHER LUDLOW

connecting our community



A local charity assisting
vulnerable people
in our community

What we do

Recruit, train and match volunteers
with those in need:

- Befriending
- Dog walking
- Walking Buddies
- Cooking and Food activities
- Digital inclusion
- Youth mentoring
- Assisting Job seekers

Network with and support
other charities and organisations:

- Ludlow Food Bank
- GP surgeries
- Social Prescribing
- South Shropshire Youth Forum
- Food Network
- Community Connectors



Volunteer with us

Time commitment can be from
as little as 1 hour a week.

Develop your skills, meet
interesting people, and have
an impact on your local
community.

We are always interested in
developing our volunteer roles,
so let us know what you think.

Deliver projects:

- Men's Shed
- Healthy Eating courses and support
- Good Start Together parental support
- Lunch Club and afternoon Tea
- Christmas Day lunch
- Community Fridge and Food Hub
- Good Grief Café
- Parkinson's Support Group
- Community transport
- Community Helpline
- ... and much more!



For more information please call the
Community Helpline 01584 817250

email: volunteer@handstogetherludlow.org.uk

website: www.handstogetherludlow.org.uk



@handstogetherludlow



@Hands2GLudlow



Hands Together Ludlow registered charity no. 1171979

Some local events for you, to get involved with, make friends, learn skills and more

Highley Community

Free information, advice and support

Halo Severn Centre

Bridgnorth Road, Highley WV16 6JG

9.30am–11.30am:

Fri 27 Oct 2023 Fri 24 Nov 2023

Fri 26 Jan 2024 Fri 23 Feb 2024

Fri 22 March 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!



COME ALONG TO OUR

COMMUNITY

WOOL CRAFT GROUP



At Hales and District Club,
Almington road, Hales, TF9 2PP

Every 2nd and 4th Thursday of the month.

7-9pm. Free to all!

Learn to knit, crochet, weave or felt!
or just come for a chat!

Materials provided to get you started or
bring your own project.

Bar open! Tea & Coffee available.

Contact Lucy for more
information - 07540342001



Funded by
WoolwellnessUK
as part of their
community
programme.



Breathing Space

singing for
health & wellbeing
project

Participating in singing gets more oxygen to the brain and releases an abundance of feel good hormones.

Facilitated by highly experienced voice worker and community musician Kate Buttolph, Breathing Space uses these well documented benefits of singing to offer some support with a range of health and wellbeing issues.

Sessions take place every Wednesday at Mayfair Centre, Church Stretton.

There are two separate groups, each tailored to different needs.

Fees: trial session @£5.00, subsequent sessions £10.00 or £7.50 (block booking rate)

1.30 - 2.30pm

Dementia Friendly Group

Jubilee Room downstairs.

If you are person with care needs (not limited to dementia) you are very welcome to join us to sing both new and familiar songs.

Please note, you need to bring a carer with you each week but they are eligible for a free place because they are coming along to support you.



3 - 4.15pm

Wellbeing Group

Activity Room upstairs - lift available.

This second group works at a more highly focussed level and is designed for people with no additional care needs but who would like some support with a range of health and wellbeing issues.

These include stress relief, loneliness, the effects of Long Covid, breathing difficulties and chronic pain.



For more information please contact Kate: 07974 382 989, kate@playonperformingarts.co.uk or visit <https://www.playonperformingarts.co.uk>



FIREWORKS SAFETY



CELEBRATE Safely!

1. Find out if fireworks are legal where you live.
2. Read and follow all warnings and instructions.
3. Never allow children to play with or ignite fireworks.
4. Make sure other people are **out of range** before lighting fireworks.
5. Only light fireworks on a smooth, flat surface **away** from the house and flammable materials.
6. Keep a **bucket of water** handy in case of a malfunction or fire.
If your fireworks fizzle and don't go off, consider them duds and douse them with water. **Don't relight a dud!**



**Arty
Party
presents...**

THE BLUE CAT CABARET



We welcome you to an evening of incredible live theatre, dance, physical comedy and music performed by members of Arty Party and special guests.

WHEN?

Thursday 16th November
Doors open 6.30pm, show starts 7.00pm

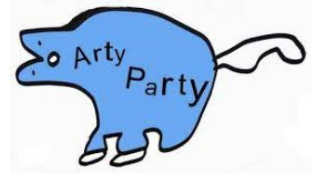
WHERE?

Casey's Venues at Cordingley Hall,
Donnington, Telford, TF2 8JS



Tickets £10
via Eventbrite

Creative Costumes

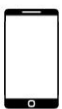


This will be an inventive, fun activity which will incorporate using -

newspaper, wallpaper, fabric and bits and pieces to create fabulous funky hats, masks, shoes and costumes



At Ketley Community Centre,
Holyhead Road, Ketley,
Telford, TF1 5AN



For more info, please text
Naomi Middleton for more
information on
07803770574



info@artypartytelford.org

Wednesdays

1pm - 3 pm

Read

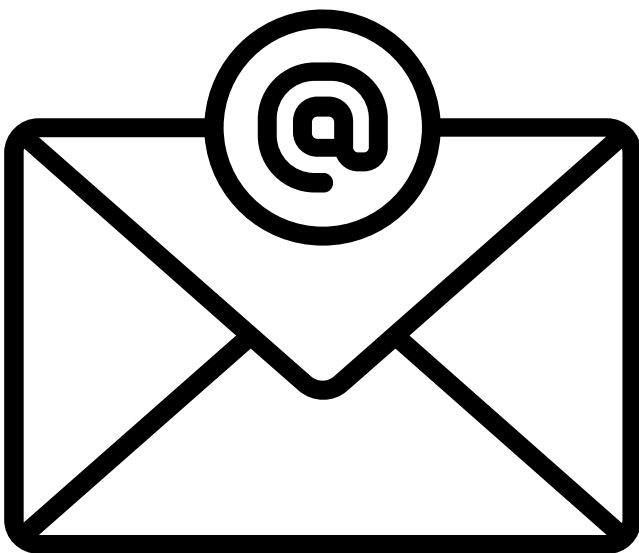
The Rainbow Times



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