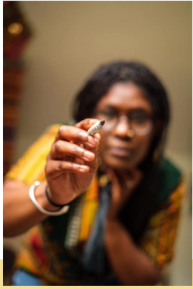


The Rainbow Times



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.

43rd Edition
February 2024

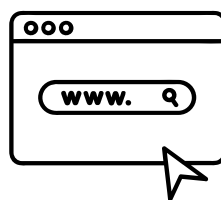
Community could mean lots of things to you; where you live, your family, friends, your local shop keepers, the people you have fun with and more.



This month's theme is -

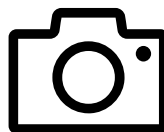
Love

You can read past editions of the Rainbow Times here -
www.shropshire.gov.uk/day-opportunities-centres/newsroom-read-the-rainbow-times/



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

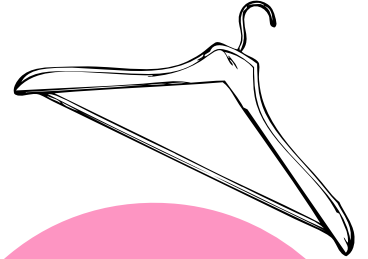
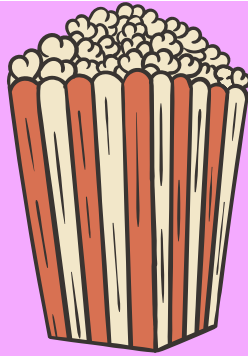


Good
Things
To Do At
Home



Valentines Day for friends

Valentine's Day with Friends Movie Ideas



- Valentine's Day
- The Notebook
- Casablanca
- To All The Boys I've Loved Before
- Runaway Bride
- Pretty Woman
- You've Got Mail
- Say Anything
- Dirty Dancing
- Sleepless in Seattle
- My Best Friend's Wedding

Clothing swap

Don't like what you have in your wardrobe? You and your friends, to do a Valentine's Day outfit exchange. Invite a few close friends to bring outfits they no longer wear to swap.

You never know —
you might find something
you love.



Valentine's is all about love and warm feelings.

What better way to celebrate Valentine's Day with friends than by spreading warm feelings?

This is a great day to get out there and volunteer.

Pick your favourite cause and think of something to do, like visit kids at a children's hospital.

If you don't have much time, just try to put a smile on the faces of the people you encounter all day.



Positive Steps Shropshire is a trusted provider of specialist care for adults with health and social care needs, with a particular focus on learning disabilities.

We change futures by supporting people to live a life with fairness, respect and opportunity for all.

Known for our high-quality care and trusted expertise, Positive Steps Shropshire has built a reputation as a leading provider of innovative and flexible services for adults aged 18 and upwards who need specialist, long-term support.

Our services are provided across Shropshire, both through the Shared Lives scheme and through a range of domiciliary care options. We truly take a person-first approach, ensuring that every individual we work with receives the level of support that's right for their needs.

Positive Steps Shropshire works directly with adults who live alone or within a supported environment, as well as with families or carers, social workers and NHS staff.



Positive Steps
Shropshire



Address | Emstrey House North,
Shrewsbury Business Park, Shrewsbury,
Shropshire SY2 6LG

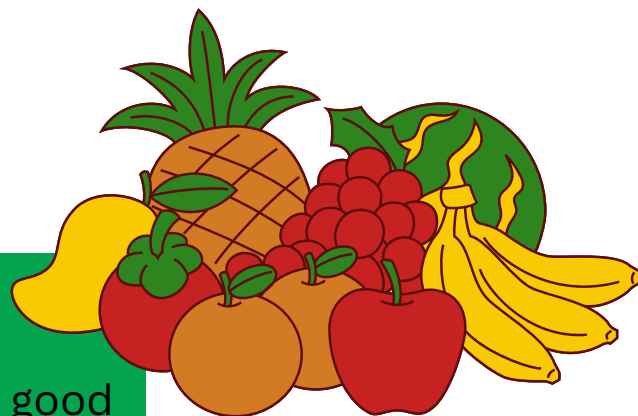


Email office@positive-steps-shropshire.co.uk,
or call us on 01743 213824.



Follow them on Facebook

The Windfall Project



"We are a project that sets out to make good quality, tasty, innovative preserves and chutneys using, wherever possible, local ingredients.

We try to be as sustainable as we can: our chutneys, jams and jellies are made using fruit mainly grown in Shropshire.

Our aim is to offer work-based training to adults with learning disabilities. This will allow them to gain valuable experience and skills in a working kitchen. When you buy a Windfall product you can be reassured that you are buying a product that is not only delicious, not only made locally, but is made with respect and a whole lot of laughter – which goes a long way to making everything sweeter."

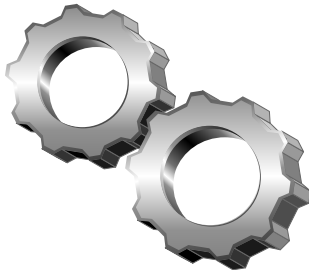


Rachel Woods
Shrewsbury
Shropshire
SY5 8EX



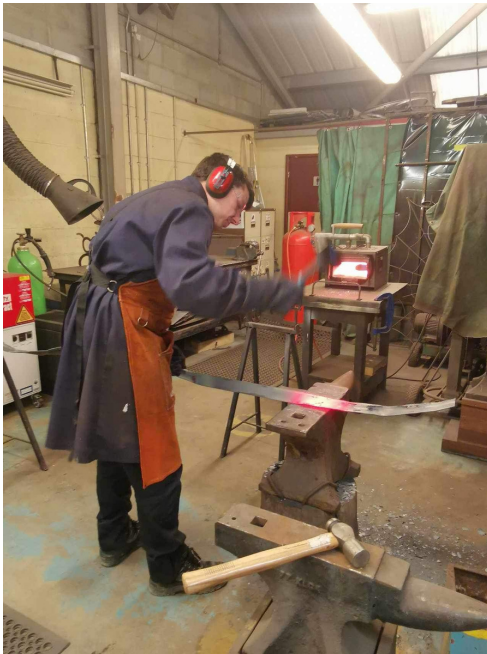
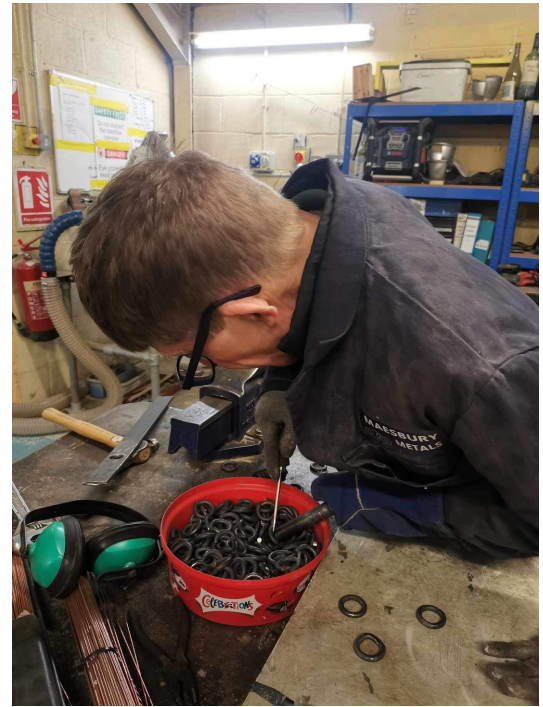


MAESBURY METALS

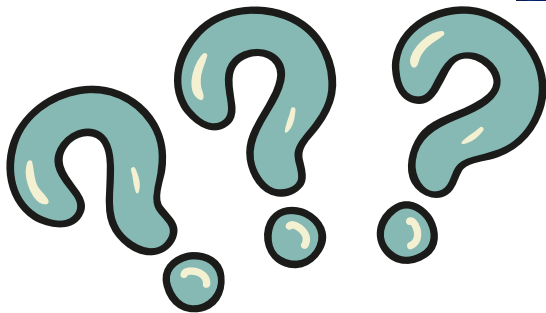


We are busy in the workshop!

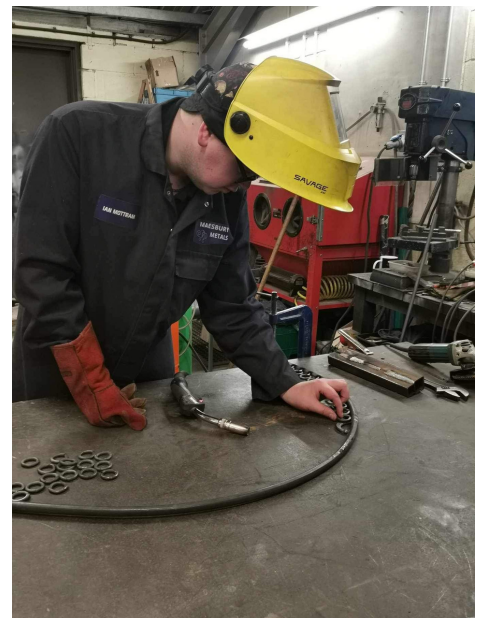
We are working on the Severn Hospice sculpture.



Working with one's hands promotes mindfulness and provides a sense of personal accomplishment



What do you think the new sculpture will look like?





Check out all the amazing shows coming up at Mayfair.

Tickets are available here: www.ticketsource.co.uk/mayfair-community-centre
But please note that online booking fees apply.

To avoid booking fees, pop into Mayfair or give us a call and book directly with us on 01694 722077.



MAYFAIR COMMUNITY CENTRE CINEMA

WWW.MAYFAIRCENRE.ORG.UK/WHATS-ON



What is your favourite film to watch when you feel sad?



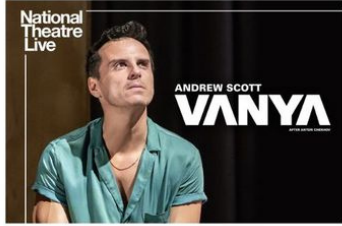
FRIDAY 2 FEBRUARY, 7PM
NATIONAL THEATRE SCREENING: DEAR ENGLAND
Gareth Southgate has brought hope back to the England squad but with the nation's expectations upon his shoulders, what happens when football doesn't come home?
ADULTS: £15, UNDER 18S: £10



SUNDAY 11 FEBRUARY, 2PM (MATINEE)
ROYAL BALLET SCREENING: MANON
Torn between her desire of a life of splendour and riches and her devotion to her true love Des Grieux, the feckless and capricious Manon pays the ultimate price.
ADULTS: £15, UNDER 18S: £10



THURSDAY 15 FEBRUARY, 1.30PM
FAMILY FILM: WONKA
A half term holiday treat for all the family! Before the factory and before Willy became Wonka, there was a big dream and an even bigger imagination. See how our ingenious chocolatier came to be!
ADULTS: £3, UNDER 18S: £2



FRIDAY 23 FEBRUARY, 7PM
NATIONAL THEATRE SCREENING: VANYA
Andrew Scott stuns in this one-man retelling of Chekhov's classic black-comedy Uncle Vanya. Filmed live during its sold-out run in London's West End.
ADULTS: £15, UNDER 18S: £10



Scan the QR Code to book, or call Mayfair to avoid booking fees:
01694 722077
EASTHOPE ROAD, CHURCH STRETTON, SY6 6BL



Charity number: 1061049
Company number: 3307951





- Eskdale Road, Shrewsbury,
- 044 1743 250900
- abbottswood@shropshire.gov.uk

HELP NEEDED



We need your help.

Please save your crisp packets so we can make blankets for the homeless.



Expected items that we could make blankets out of-

Plastic bags
Old clothes; T shirts, ties etc

Keeping **Warm** and Saving **Energy**

It's important to stay protected against a drop in temperature as cold weather can affect your body's ability to fight off viruses and infections.

Free Energy Advice Drop-in

20/01/2024
10:00am-12:00pm

Repair Café
United Reformed Church
Shrewsbury, SY3 7BJ

Keep Shropshire Warm

marches energy agency

WINTER WARM PACKS

We have Winter Warm packs available for those who may be struggling with heating their homes at the moment. If you need help or support - please come and speak to a member of staff at Park Lane Centre Reception between Monday - Friday 10am - 2pm

Packs may include (dependant on needs):
Insulation for windows and doors
Hot water bottles
Fleece throws



Open Monday - Friday
10am - 2pm



Park Lane Centre | Woodside |
Telford | TF7 5QZ | 01952 683 700



0800 112 3743



ksw@mea.org.uk

Free Energy Advice Drop-in

19/02/2024
9:30 - 11am

Helena Lane House
20 Hamlet Lane,
Ludlow, SY8 2NP

Shropshire Strengthening Families

Keep Shropshire Warm

marches energy agency



Funded by:

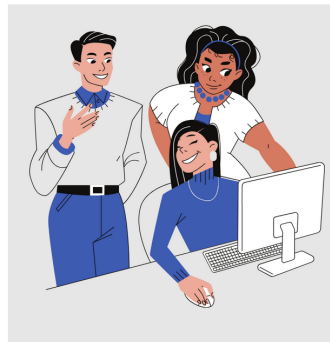


Taking Part Group Digital Skills Sessions

Are you an adult with a learning disability?



Would you like to feel more comfortable using your phone, tablet, Kindle or laptop?



Would you like to develop your skills in a friendly setting?



Join our block of group sessions!

Location



Mondays 15th, 29th January
5th and 12th February 2024,
11am - 12pm*.

Shrewsbury Library,
Castle Gates,
Shrewsbury, SY1 2AS

Scam awareness,
social media, emails,
photos and more.

* Please note we will promptly start at 11am. If possible we will try to meet you before the first session.


 Volunteers working alongside Taking Part staff to support you.


Please bring your device with you.





If you have not got a device we might be able to help you to get one.

We are also delivering one-to-one support please let us know if this would interest you.

 Please contact us on 01743 363399 or

 email takingpart@takingpart.co.uk to book your place or to find out more.

 Future dates will be added to our Facebook page and website.
 www.takingpart.co.uk

Meet new
friends
try new
things



ΩMEGA

A LETTER FROM LOUISE

STAY CONNECTED AND MAKE FRIENDS

A FREE PEN PAL BEFRIENDING SERVICE BY OMEGA

A letter from Louise is a free, fully supervised and safeguarded pen pal service. We match volunteer pen pal writers and clients to share friendly conversations and stories.

Get in touch; We have lots of caring and enthusiastic pen pals waiting to write to you.



01743 245088



aletterfromlouise@omega.uk.net

WWW.OMEGA.UK.NET

Omega, the National Association for End of Life Care
Charity No. 1120322 | Company No. 6196052



"Friendship is a sheltering tree;"
Samuel – Taylor Coleridge.

Dementia Support Groups

Community Coffee Club

Held at Criftings Parish Hall from
10am – 12 noon
Dates for 2024

Thursday January 25 th	Air Ambulance
Thursday February 29 th	St Matthews Church, Criftings
Thursday March 28 th	Severn Hospice
Thursday April 25 th	Kettlemere Centre, Lakelands Academy
Thursday May 30 th	Chapel Lane Chapel, Criftings
Thursday June 27 th	Our Space
Thursday July 25 th	Lingen Davies
Thursday August 29 th	St Mary's Church, Dudleston
Thursday September 26 th	Macmillan Cancer Care
Thursday October 31 st	British Legion, Ellesmere Branch
Thursday November 28 th	Criftings School PTA
Thursday January 2 nd 2025	Blood Bikes

COMMUNITY RESOURCE

Care & Share groups

A warm and welcoming place to socialise and make new friends, for people with mild to moderate dementia and their family carers.

- Albrighton
- Market Drayton
- Shrewsbury

For more information
call 01743 360641 or email
enquiries@community-resource.org.uk

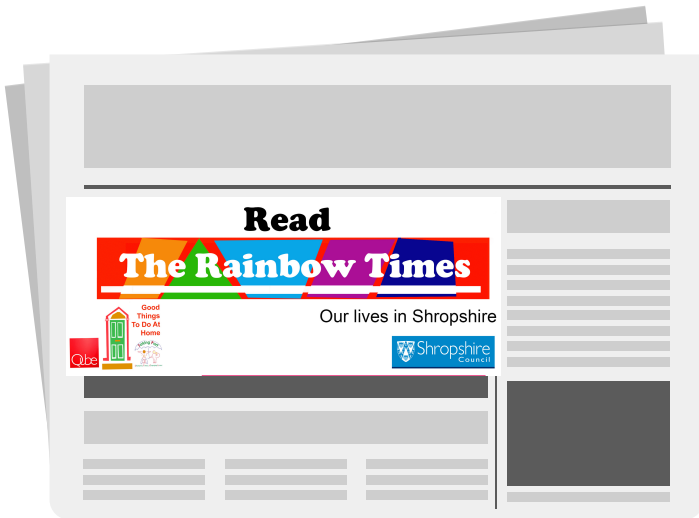


Read

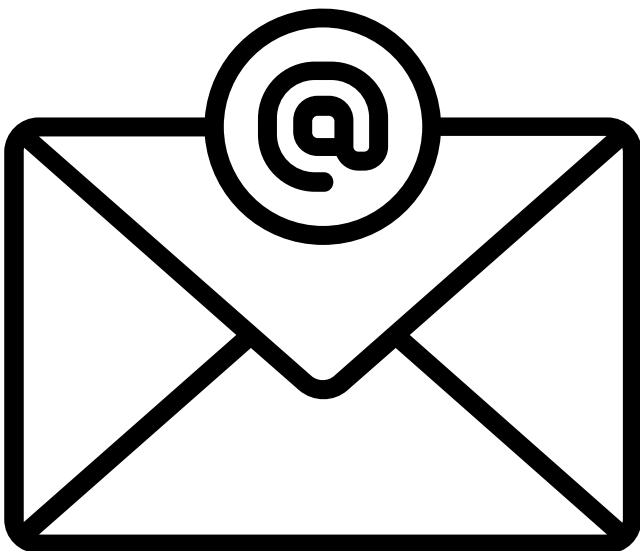
The Rainbow Times



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