

The Rainbow Times



Enjoying the last of the sun?!

Covid life in Shropshire



14th Edition
September
2021

Pages..

2. Editor's
message

Our News...

3. Avalon

4. Helena lane

5. Aquamira

6. Albert Rd.

7. Abbotswood

8. In memory

9. Crafty Qube

10. Jamila



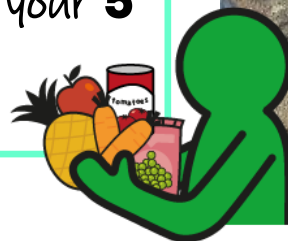
How does your garden grow?!

Our garden at **Avalon** has done well this year and we are enjoying the produce.



Well done
guys!

All helps for your **5**
a day!



....now for something sweet!

**You Choose
Your News
Your Views**



Gaynor says I have been doing a lot of baking!
She is cupcake Queen!



For more
from us see page 3!



Hello Everyone,

Editor's Message....

We have had lots of news and photos sent in thank you very much! Are you waiting to hear information about the booster jab? The government with information from scientists are going to tell doctors and hospitals when they need to start contacting people who will need a booster jab. It should start this month.



**COVID-19
VACCINE**



Speak to your Day Service and leave contact details for the Good Things to Do at Home project.



**Community
Creativity
Care**

You can contact us at;- info@qube-oca.org.uk



You can contact us at;- takingpart@takingpart.co.uk

STEP UP SHROPSHIRE



+



x2

= THE PERFECT MATCH ♥

Get both jabs. Test twice a week.



Find out more



Message from
Shropshire Please
keep testing.

<https://shropshire.gov.uk/coronavirus/covid-19-testing-in-shropshire/>

Avalon are in a spin!



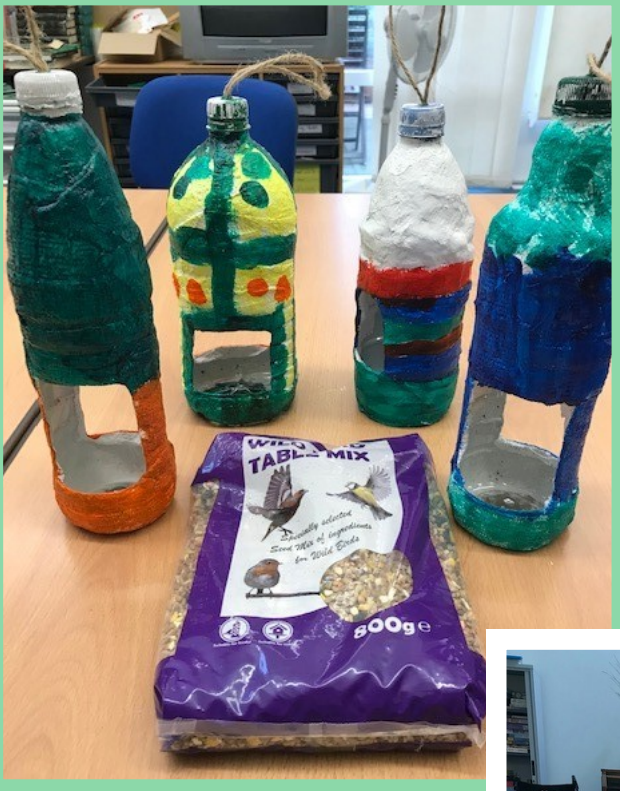
We have been doing some spiral art which is great fun!



We are making some beautiful things at The Cabin @ Avalon. Amanda, Miriam and Helen had a lovely day at Babbinswood Farm open day. They enjoyed meeting some lovely people and selling.



Look what we did at Helena Lane!



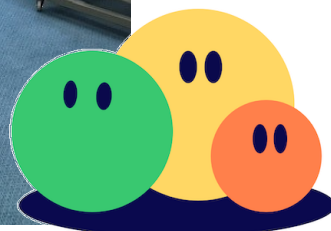
We got crafty for the birds!



We have been busy making bird feeders which we took inspiration from the Rainbow Times Qube art activity by Rebecca Whitby.



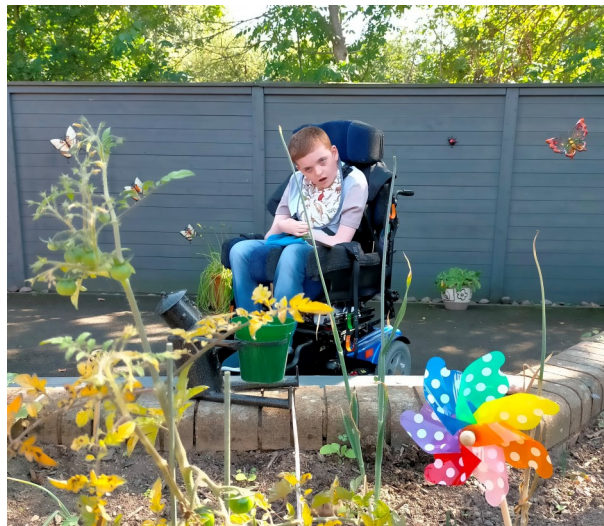
We have been playing carpet bowls which helps to keep us active!



Aquamira-The futures bright!

Severndale Specialist Academy  Aquamira,
Sevendale

School and parents and carers have been doing some great work to enable young people to access Aquamira in the future. We have visited Severndale and some pupils have been coming here for visits and attending regular sessions.



We are also grateful to the very talented Belle Vue Arts team who met up with us last month. They have some fantastic ideas for future projects. We will bring our talents together to involve ourselves with the Festival and Open Garden events.



In September Garden Organic/ Master Composters are coming to transform our unruly compost area and talk to us about how to create usable compost for growing our very successful fruit and vegetables.



 garden organic
master
composter



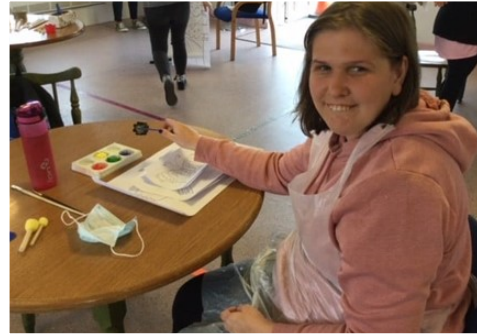
Lastly, we have big changes coming soon in our Multi-Sensory Room—
New colours, New style.
Watch this Space

All will be revealed!

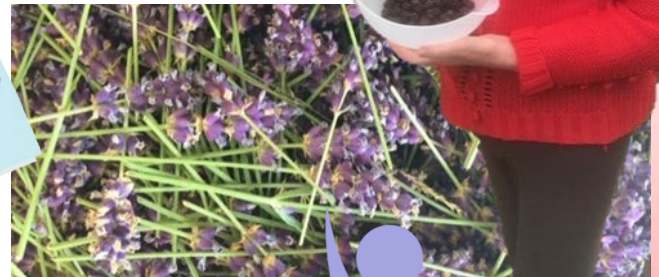
Albert Road



In August we have been working on the template for the fence painting and enjoying the produce from the garden. Clare, Sophie and Olivia from Lovely land and Joe from Severndale came to do templates for the fence paintings.



We have been able to enjoy some of the gardening produce and some from nature's garden. We were also able to sell some of the left over plants to the local community.

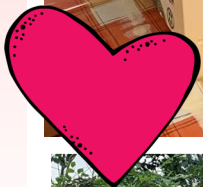


Out and about celebrating the lifting of restrictions.





Our Friday Project, revamping an old blanket box.



The box looks amazing!
Well done Gemma,
Linda, Shelia and Jess.



So what have the garden group been doing?

They have been down on GORE'S farm (Mel's family) chasing the combine around the field!

Nice day for it!




Hello






Remembering our dear friend John Lewis



These are some lovely photos on our Facebook page from a beautiful donation from a dear friend John that passed away. John's donation has enabled us to purchase this new bench for the gardening group, and we had help from his brother David to put it together. 



Many thanks to David and the Lewis family!

John will be deeply missed, but thought of at the allotment when sat here having a cuppa. 



Emily has created these great videos to help you look after your wellbeing through simple movements.

<https://qube-oca.org.uk/movement-for-your-mind/>



Introduction: <https://youtu.be/psLR59TYw1g>

Energy: <https://youtu.be/h9bQgxlTssg>



Flow: <https://youtu.be/o5BLDVKoU-M>



Space: <https://youtu.be/Qtgh8ajBG4A>



There's much more good things to do at



<https://qube-oca.org.uk/arts/good-things/>

Good things to do at home

www.qube-oca.org.uk/goodthings | Facebook: Good things to do at home



Join in with Jamila!

Autumn Wellbeing Ideas

Wear your favourite cosy jumper



Make a delicious, warming root vegetable soup, season with cinnamon and nutmeg

Walk or roll (wheelchair users) through some fallen, dry autumn leaves. Focus on the sounds and textures.

Collect fallen seeds, leaves and conkers to create a mandal style pattern on the floor or picnic table



Shrewsbury

FOOD
HUB

Food For Good

Covid has made things more difficult for lots of people.

If you know someone who is finding it hard to buy food, the food hub can help.

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

07399 039292

More Info 



A big thank you for all you have sent in!



THANK
YOU!

10