

# The Rainbow Times

Our lives in Shropshire



15th Edition  
October 2021

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You Choose  
Your News  
Your Views



Well done guys!

### Eek eyeballs?

No lol!

Rachael, Kath, Dave and Liam are peeling, prepping and pickling our freshly pulled onions ready for sale.



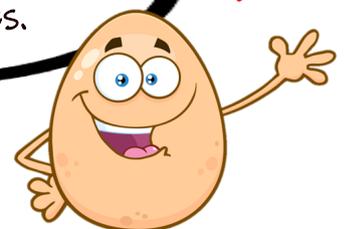
..being a good Eggs-ample!

We want to say thank you to Shrewsbury Food Hub for re-homing some of our eggs.



This is great guys supporting people in our communities.

Well done





## Editor's Message....

***Hello All, Brrrr... It's starting to feel a little chilly!***

***We will be offered a booster jab for the Covid. When you have been told it is time to get your booster jab you can book an appointment with the National Booking System or there will be walk-in sites across Shropshire. Don't forget your flu jab too, lets be protected for winter.***



***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](mailto:info@qube-oca.org.uk)***



***You can contact us at;- [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk)***



***In October we are trying out a scheme to reach people in rural areas.***



We are trying out a new service. Advisors, staff who know about local services will join mobile library vans. We hope this will make it easier for people to find out more about our Shropshire services and how people can get help from them.

<https://www.shropshire.gov.uk/customer-services/shropshire-local-near-you-via-our-mobile-library-service/>

Where do the vans stop?



# Wandering with Wayfarers



Who is this little beastie?



At our weekly library trip with Martin, Nat and Tony, we were all pleased to see **Echo** the gecko!



Our allotment is in progress. There's a lot of work to be done, but very exciting.



We had a lovely trip out for the walking group to Norbury Junction...

...and we met another friend, a furry one this time.



It's beautiful!

# Artful at Abbots Wood with Albert Road

Artists Joseph and Emily

We had a super day at Abbots Wood with 'Good Things to do at Home' and 'Taking Part' 😊



Chris enjoyed collecting things from the garden.



Hannah and Lindsey enjoyed the day.



Artists at work!



It is good to do art



Wonderful Stu!



Thanks for letting us have some apples, we made crumble!



We made a gallery!



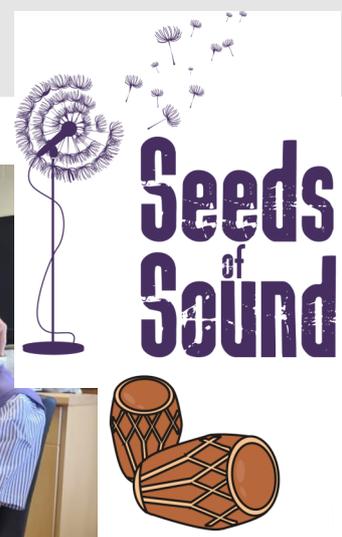
Albert Road says Thank you all for a lovely day at Abbots Wood.



Doing great things at Abbots Wood!

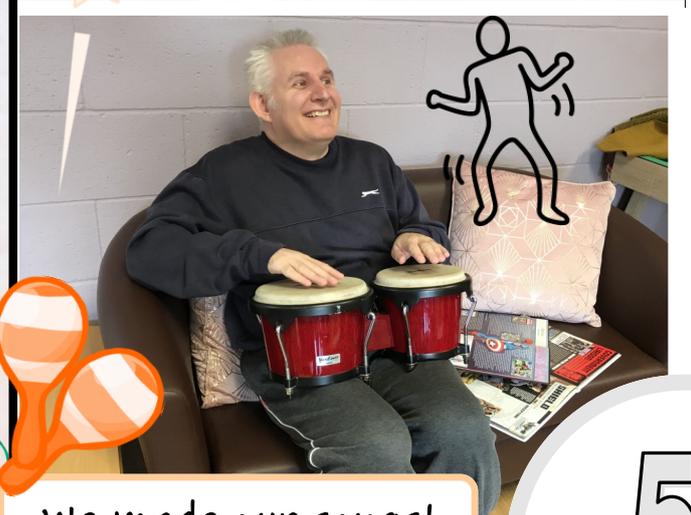
# Making amazing music at Avalon

...with Emma and Jonathan



CAPTAIN AVALON  
 DO IT THE AVALON WAY  
 WE'RE THE BEST IN EVERY WAY  
 HERE TO SAVE THE DAY.  
 LISTEN TO WHAT WE SAY  
 HEY X 3  
 A SMILE THAT LIGHTS UP THE ROOM  
 HAVE A CUP OF COFFEE SOON  
 PISCA OF  
 A CAKE AND PUDDING TOO  
 DANCING WITH MY BOYFRIEND HO THATS  
 WE ARE SUPER HEROES IN DISGUISE  
 LIKE THE ONES UP IN THE SKYS  
 WE SEW -> WELD - WE FINS OUT LOU  
 LOTS OF DIFFERENT PEOPLE WHATA  
 LOVELY CROWD

THE AVALON SONGS  
 (OUR SONGS)  
 Meeting friends + steam trains too  
 Showing my art for all of you  
 Fitt knut  
 A bitchin and a stitchin,  
 Straggy cooking in the kitchen  
 Meeting people and  
 knowing who's who  
 Walking in the forest  
 in the sun  
 Having fun with everyone  
 Avalon is our second home  
 we open  
 Adventure stories where we can roam  
 Avalon is our second home  
 we never  
 we never never never



We made our songs!

Doing great things at Avalon!

# Albert Road



We have enjoyed working with 'Lovely Lands' painting the fence mural.

Saffron is the artist who designed it for us.

We've been busy painting.

After talking to those who chose butterflies and rainbows.

It's looking good!



It's wonderful

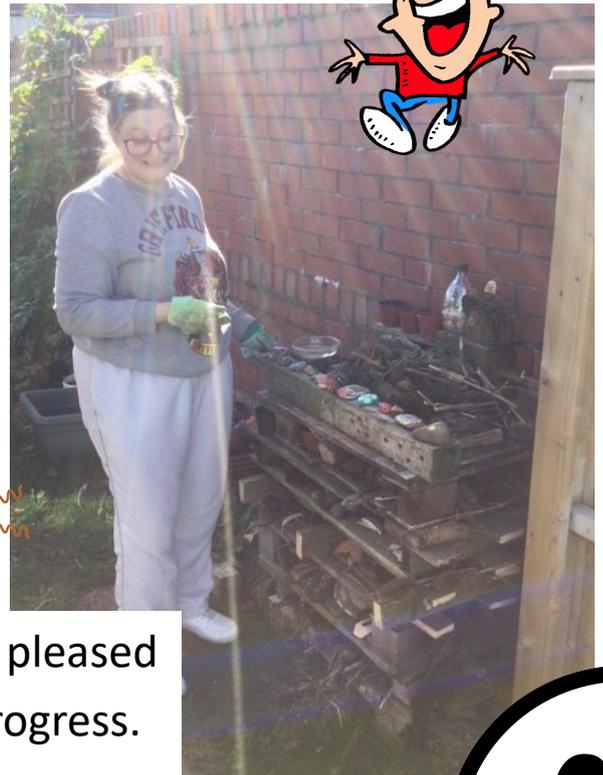
Our bug house. We are very lucky to have Simone from the Wild Team giving help to us.



Michelle is pleased with her progress.



I'm pleased too!





# Facebook round up



At **Aquamira** we are now using our compost caddies.

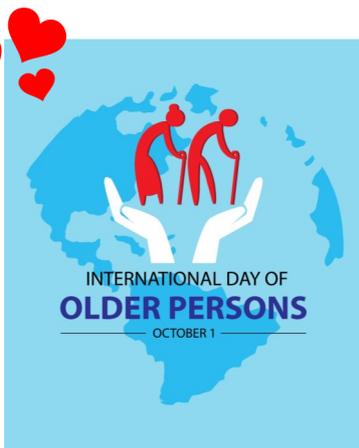


Thanks to the help of **Shropshire Master Composters** we have learnt what to put in and what to leave out when adding waste to our compost.



Good Job

At **Helena Lane** we celebrated International older persons Day (W.H.O) with a ladies pamper afternoon, manicure and nail painting. Beautiful!



# Spooky food!

## Frighteningly easy Halloween snacks!



### Finger food hahahaha!

Pizza sliced into finger shapes with pepper red nails and tomato sauce dip!

'Witch' finger will you choose?



**Chocolate chip chops!**  
Dracula's dentures  
Fangs for that!



## Boo!

Brilliant easy brownies.. more treat than trick!



For full recipes see your activity packs.



# Keep on creating!....

...with Jamila



## Halloween Art Activity

Paint a design of your choice onto a pumpkin.

When your pumpkin is dry, display it in your window, so people going past can see it.

You will need

- A pumpkin
- Acrylic paints
- Paint brushes
- a cup to wash your brushes in
- Table covering

## Halloween at Home Check list

1. Put a picture of a pumpkin in your window if you feel happy to have trick or treaters come to your door collect sweets.

However if you don't want to answer the door to strangers on Halloween, you don't have to, it's your home, your safe place.



2. Put on a Halloween/spooky film - my favourites are

- 'Corpse bride'
- 'Hocus Pocus'
- 'Beetlejuice/



3. Make Halloween music playlist, here are some of my favourites Halloween/Spooky songs -

- "Ghostbusters" Theme — Ray Parker Jr.
- "Superstition" — Stevie Wonder
- "Monster Mash" — Bobby (Boris) Pickett



Don't forget there are some fantastic activities on Qube's great website

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



Alana Bullock shows how to make your very own Picasso inspired portrait.

## Good things to do at home

[www.qube-oca.org.uk/goodthings](http://www.qube-oca.org.uk/goodthings) | Facebook: Good things to do at home



# News!



In September Shropshire Council launched **Togetherall**.

It is a new online mental health support service for young people and adults.

24/7 support from Shropshire Council's Public Health Team and Togetherall offers free access and support for people with worries, depression and other mental health issues.

Register today  
for **FREE**

Visit [togetherall.com](https://togetherall.com) for mental health support.  
Online Community. Confidential. 24/7.  
For more details, please refer to our T&Cs during registration.

Get support.  
Take control.  
Feel better.



A confidential, online mental health support community, available 24/7.

16+

Community, courses and resources.  
Free to all in Shropshire.  
[togetherall.com](https://togetherall.com)

togetherall

<https://togetherall.com/en-gb/>

## Breaking news for Helena Lane!

Autumn has arrived, and so has our resident witch Winnie!

Seems like she is making herself very comfortable haha!



Thank you for Photos and stories!



Happy Halloween!