

The Rainbow Times

Our Covid life in Shropshire



11th Edition
June 2021



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Cheers everyone!

It is lovely to see people enjoying being out and about.

Robert says he was happy to meet up with old friends.

Very happy to see Richard.

..and it was

Happy Birthday

to Pete



Send in your fun in the sun pics!



You Choose
Your News
Your Views



Abbots Wood's Alison and Rachel show

their love and thanks to carers

with pots of

sunflowers and

chocs for Carers

Week. See

Facebook round up

for more..

We're supporting Carers Week

7-13 June 2021



carersweek.org



See page 3 for more photos of our carers



Thank You



Editor's Message...

Hello, The sun is shining Yeah! Our latest newsletter is about...enjoying the sun and about saying a HUGE thank you to all the carers. This month the services sent gifts and thanks to help to make sure carers felt visible and valued and know that we are grateful for all the care and support they give.



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



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



takingpart@takingpart.co.uk



Supporting
Volunteers
Supporting
The CHEERS!



SUNDAY
4TH JULY
#THANKYOU DAY



...And to say a big thank you to all the volunteers.



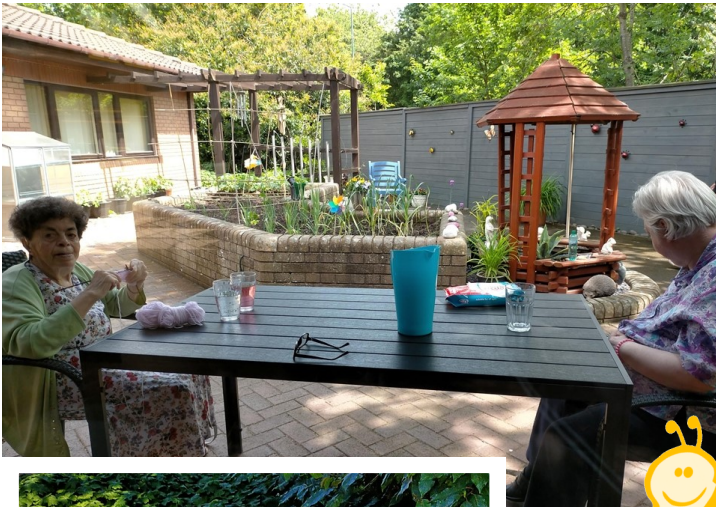

 Abbots Wood say it with sunflowers... Thank you carers!



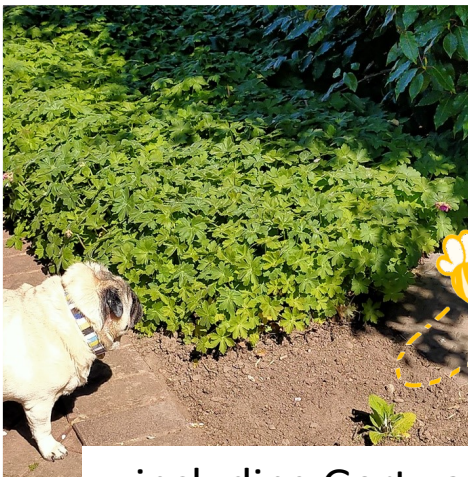
Aquamira



To celebrate that it was Carers week, we went out delivering token gifts to our amazing Parents/Carers... Enjoy!



Everyone is enjoying the sun in our beautiful garden...



..including Gerty and the bees!

Albert Road

We are supporting Carers Week too!

A little thank you for our carers



Emma had a lovely walk in the sunshine along Newport canal.



We had a lovely picnic in the quarry, with some visitors to join us. A great time was had by all.



Wayfarers



Sending love and thanks to our carers



This lovely weather means we can get out and about, but we are staying safe.



Wildlife at Greenacres!?



Look at our new addition
this is part of the 'National
Schools Bottle Top
Recycling Challenge' from
the British Iron Works.



#schoolbottletoprecyclingchallenge
#thebritishironworkcentre
#girafferecyclingproject

Save the caps and you're the tops!



Look who is
doing a little
gym work out.....

Well done.. Keep it
up Gaye and Kevin!





Avalon

Jane has enjoyed her morning at Babbinswood Farm shop. She helped serve customers, weighing the produce and did a great job putting together the fruit and veg display.

Our water feature is progressing nicely, just need to get the plants and it will be finished. Bev enjoyed overseeing John's work!



Helena Lane

Dot is trying out one of our brand new reclining chairs.



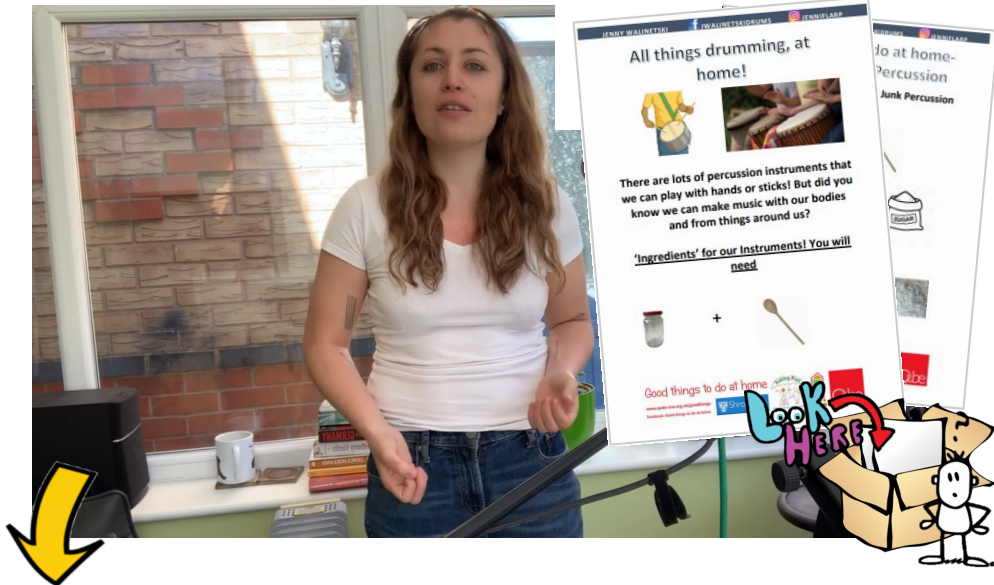
Ahhh Comfy!



An afternoon of flower arranging.



Get creative body and junk percussion



Music-maker Jennifer Walinetski shows you how to create music and sounds using your body and by creating instruments from household items.

Lots of good things to do at home....

<https://qube-oca.org.uk/2021/05/06/get-creative-body-and-junk-percussion/>

Good things to do at home

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



What did you do in Lockdown?

Message from Gavin


In Lockdown my support and I built this shed for my woodwork and crafts.

I have made this picture frame for someone very special.

What have you been making?



Useful Information



NHS

How to contact NHS 111 first

If you need medical help or advice contact 111 first.

You can contact NHS 111:

- online at 111.nhs.uk
- by phone on 111

The people at NHS 111 are trained to help you, like a nurse, doctor or even a dentist.

111 help us help you

EasyRead version

1

Please see in your packs a leaflet about using 111.

If you need help fast NHS 111 can book you into A&E quickly and safely.

Message from Michael

In our group we wanted to let people know it's important to get tested. It's not too bad to do.

If I can do it you can too!



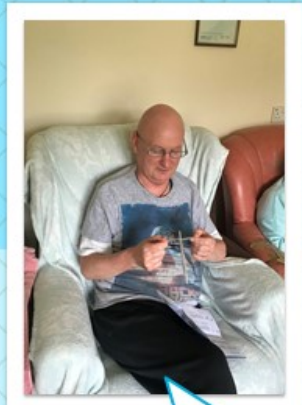
My name is Michael. I am doing a Lateral Flow Test. It is a quick test you do at home.



The instructions are not bad to read. But you might need some help.



It's very important to keep your hands and everything clean. I put a towel under the kit.



Getting support to do this is really helping. I am being careful with the bud stick.

Good Job



Look in your packs for Mike's feedback.



Please let us know if you have any ideas for our newsletter.

THANK YOU!