

The Rainbow Times



Hello everyone,
This edition of the
Rainbow Times has
been put together by me

Jamila - Guest Editor

Our lives in Shropshire



We are all part of many communities,
including this Rainbow Times community.

23rd Edition
May 2022

- Page 1 - Our Community
- Page 2 - Community Ideas
- Page 3 - Abbots Wood
- Page 4 - Albert Rd
- Page 5 - Chris Volunteering
- Page 6 - Art Exhibition
- Page 7 - Helena Lane
- Page 8 - Wayfarers
- Page 9 - Avalon
- Page 10 - Aspirations
- Page 11 - Aspirations,
Aspirations,
Aspirations
- Page 12 - Health News
- Page 13 - Keep Moving
Shropshire
Festival
- Page 14 - Feedback and Photo
request

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.



Thank you for all of your
photographs and the extra
information that you sent to us that
has contributed to this months
Rainbow Times

You Choose
Your News
Your Views

Page 1

Share your news and
photographs on social
media using our hashtag
#YourRainbowTimes



Tips for a better life within your Community



Grow something in your outdoor space (if you have one)
You could grow herbs to cook with, a tree or even the tallest sunflower.

Use the Shropshire Council website for recycling ideas

<https://shropshire.gov.uk/recycling-and-rubbish/working-towards-a-zero-waste-lifestyle/>



Using gloves, bin bags and litter pickers, do a local litter pick with your friends.



Abbots Wood Growing tall and strong



The Gardening Group planted more sunflowers.

We look forward to seeing how tall they grow.

Gardening Group also planted some runner beans and french beans.



Follow our 'Good things to do at Home' Facebook page for updated FUN activity ideas, plus news from your local communities including your day centres.

Albert Rd in the community



**We got some fun exercise
at the bowling alley.
We needed a drink after all
those Strikes!**



**Here is our first
Harvest of the
Year 2022.
Your vegetables
look delicious!**



**A day spent using our building skills to
make an A frame shelter in Nesscliffe
hills for the Tigers . After lunch we
went for a walk and found the
hunterman caves**

Art Exhibition



Are you inspired to be creative, perhaps, photography or maybe sculpture?

Some Arty Party members who are part of the Monday, Shrewsbury Art group, also attend various day centres, including Abbots Wood and Greenacres Farm.

The Art group has an Art exhibition from 16th May - 19th June at Community, In Good Hands, Frankwell, Shrewsbury. (closed on Thursdays and Sundays)



Page 6

Perhaps you would like to visit to see the artwork and have a coffee.

How could you help your community?



At a one of Helena Lanes recent weekly luncheons with 'Hands together Ludlow', one of their support workers Suzanne incorporated "bake for Dementia" with the sale of Fairy cakes and Victoria sponge cake raising £25 for Dementia UK .

Well done
Zanny!!

Page 7



Wayfarers out and about in the community



We enjoyed some time outdoors, playing a friendly game of football in the park.

Nat and Joe enjoyed dancing to Longlands choir at the MDCE memorial unveiling



This spectacular sculpture has been unveiled in Market Drayton as a Covid tribute memorial dedicated to National Health Service, Care and Key workers.



Avalon
working in and
exploring their
communities



We visited
Babbinswood farm.
We worked hard
at the farm, weeding
the gravel yard.
After the weeding
we went on a walk
to feed a hungry
Percy the lamb.



We had a lovely walk along the canal in Ellesmere.

Aspirations, Aspirations, Aspirations,



Easter
Ready Steady Cook
Competition.

The Peppers Team made
Popcorn rocky road nests
and the Tomatoes Team
made Shredded Wheat eggs.
The winners were.....
the Tomatoes Team!!

This photo is from a fitness session with
Shrewsbury Town in the Community,
that we do every other Saturday.

After this session we watch the home
game at the football ground.



Shrewsbury Town FC
@shrewsweb

We are proud to team up with
[@lpftweets](#) for this year's
Weeks of Action campaign to
celebrate the importance of
live sport
[#ForDisabledSportsFans](#)



Featured in the
photos are.

Amy
Natalie
Danielle
Jamie
Lenny the Lion
Katie
Jamie
Felicity
Megan
Jake
Louis

A sunny afternoon playing
ball games and
completing our weekly
science experiment.

We used a zip lock bag
filled with water and tried
to put pencils and other
items through them,
without the water leaking.



More news from Aspirations



Kim, Katie, Beverley, Sarah, Danielle and Amy using a cup to create to experiment with sound.



Matthew and Kim trying out cup phone science experiment.



Jamie and Matthew at the Zebra bench, at the Exotic Zoo,

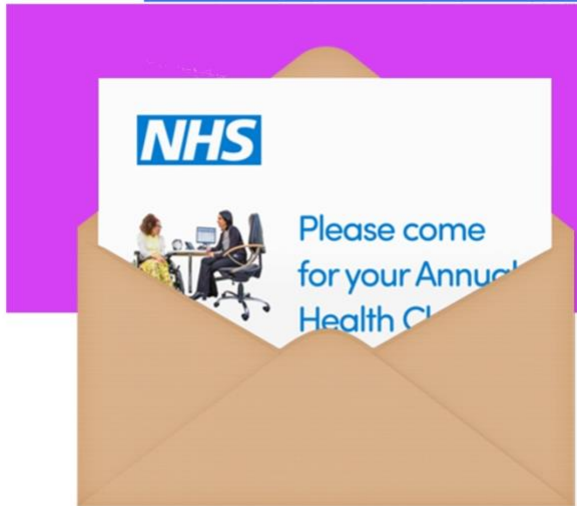


Billy and Bev at the Exotic Zoo



Corey touching a large toad at the Exotic Zoo.

Health News



Reminder: Adults with learning disabilities are entitled to an annual health check Shropshire Council's Community Partnerships Team wants to remind everyone that adults and young people aged 14 or over with a learning disability are entitled to an annual health check.



Taking Part staff will be visiting Shropshire Council, day centres soon, to talk to you about your Health and Wellbeing.

They would like to find out, from you, what help you may need when accessing Health and Wellbeing support.

Would you like to be interviewed about the annual health check experience?
Your opinions matter



Are you a club or organisation that offers leisure, sport, cultural or creative activities?

Could your club or organisation offer people over 55 taster sessions to engage, motivate and delight?

Keep on Moving Shropshire Festival 8-29 MAY 2022

The festival, created by a partnership of Energize, Taking Part, Age UK, Shropshire Council and the NHS, aims to inspire and make it easy for people over 55 to have a go at something new.

Our launch event on May 8th and will offer activity taster sessions, inspirational talks from fascinating people and informative stalls. Throughout the rest of May there will be a wide range of activities across Shropshire.

We'll promote your activity and provide your contact details for people to book activity sessions. You will be part of a festival that inspires, builds confidence, and supports people to come and take part again.

Publicise your work, find new members, make new contacts - be part of something bigger! See www.shropshire.gov.uk/KeepOnMovingShropshire to register your interest please call 0345 678 9077 or email us at communityoutreach@shropshire.gov.uk

#togetherwemove



Be part of the Together we move community. There are lots of activities to get involved in.

See above

Take a photograph of you reading the Rainbow Times and send it in to us.



We would like to find the furthest location of someone reading the Rainbow Times!

#YourRainbowTimes



This is your Rainbow Times

Send your feedback by email to jamila.walker@takingpart.co.uk



What should the Rainbow Times feature?

Would you like to do a report for us?

Page 14