

# 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.

25th Edition  
July 2022

- Page 1 - Our Community
- Page 2 - Travel Challenge
- Page 3 - Reading RT
- Page 4 - Headway Shropshire
- Page 5 - Festivals
- Page 6 - Abbots Wood
- Page 7 - Canal Travel
- Page 8 - Wayfarers
- Page 9 - Avalon
- Page 10 - Aquamira
- Page 11 - LDW
- Page 12 - Aspirations
- Page 13 - Albert Rd
- 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.



Community Life



This months theme is -  
Travel within the  
Community.

Exploring

Taking Notice

Having new  
experiences

Meeting new people

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**



# Travel Challenge

Once a month,  
pick one of these  
challenges to  
complete.

Travel by train to the beach.  
Buy, write and send a  
postcard to a friend  
from the beach.

Train Ticket



Get off the bus  
one stop earlier  
than you need to.

As you continue  
your journey, try to  
notice any new  
sounds, sights and  
smells.

Sit in a safe  
comfortable space.

Close your eyes.

Imagine that you are  
travelling around your  
favourite town or city



Take a different route to  
a place that you visit  
regularly.

What did you like or  
dislike about your new  
route?

Bus Ticket



City Centre  
£1.60

# You guys reading 'The Rainbow Times'

Here is Michelle reading her interview. Thank you Michelle for sharing your thoughts and feelings with us.



David, Stacie and David reading our June 2022 edition. Thank you for sending these photographs.

# Headway Shropshire



Headway Shropshire was formed in 1989 as a local support group for people with an acquired brain injury (ABI).

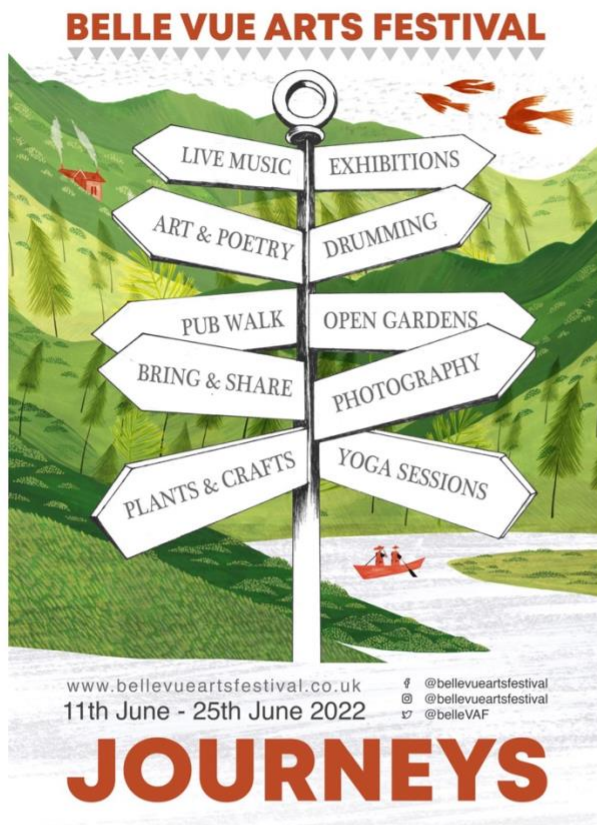
We have purpose built accommodation since December 2002.

Experienced tutors and professional therapists (as well as colleagues and volunteers) provide a wide range of activities to meet the needs of each person who wants our support.

Here is a Victoria sponge cake, made for the June 2022 Jubilee celebrations at Headway.



# Fun Festivals



Bring ear defenders, just in case the music or people become too loud for you.

Belle Vue arts festival are always looking for help, maybe you could help them in 2023.

There are so many festivals to enjoy in Shropshire and beyond.

There are festivals with many themes including, art, cars, flowers or dogs, you can find the perfect festival for you to attend, or volunteer or get some paid work at.



If you hosted a festival, what would be your theme?

Maybe Marvel characters, bikes or cake?



# Abbots Wood

Using different modes of transport on site

We can travel on foot, by train, on a horse or even a lawn mower!



The gardeners who look after the outdoor area at Abbots Wood allowed Richard and Stuart to sit on the mower.

Using pedal power to travel around the front outdoor area of Abbots Wood was not only great exercise but great fun.



# Travelling by water



**Welcome aboard!**  
 This 46-foot-long narrow boat has been given to Llanymynech and area!  
 Boat trips are on Sundays and Bank Holidays until the end of September from 1.30pm - 4.30 pm.  
 The 'George Watson Buck' can also be booked at other times by arrangement.

## George Watson Buck

A little adventure on your doorstep!

Come along and cruise with us volunteers from the local community



Usually Sundays and Bank Hols  
 But you can book George Watson Buck canal boat at Llanymynech Heritage Centre  
 6 people min £ £30 up to 12 people £48

If you want to make a day of it give them ring for a trip with refreshments.

Contact 01691 828165 for details

**YUM!**

Are you fed up of travelling by bus or car or train?

If your answer is 'yes' perhaps you may enjoy a slow and historic canal adventure.

**A little bit of history**  
 The Llanymynech area is rich in limestone, so the village developed as a mining settlement in early times. A rare Hoffman lime kiln, built to speed up the production of lime, can still be seen. Today the kiln, and the canal built to transport the lime elsewhere, form part of an industrial landscape of national importance.

**Best of all it's FREE!\***

**Five things to do at Llanymynech**

- Check out the Hoffman Hikes. There's a 1 mile walk (or a 3 mile route) taking in stunning landscape, geology, and wildlife habitats. Look out for the Hoffman kiln chimney - it's the only one left!
- Get out on to the water, take a boat trip and explore the Montgomery Canal (Easter to September only).
- Follow the ancient Offa's Dyke, part of which runs alongside the canal here. The dyke is probably a defensive earthwork built in the 8th century by Offa, King of Mercia.
- Walk down to the towpath to Carreghoha Locks or Aqueduct. Walk a little further and see the Grade II Ywrrwg.
- Pack a picnic, sit on the banks and feed the ducks.

**Information**  
 North Road  
 Llanymynech  
 Powys SY22 6ER

- Parking
- Toilets
- Café
- Pub
- Picnic
- Boat trips
- Path
- Hoffman Trail 1 mile
- English/Welsh border
- Offa's Dyke
- Allow 2-3 hours for this visit

**Did you know?...**  
 Our lock gates are handbuilt by skilled carpenters in our workshops in the West Midlands and Yorkshire, from FSC Green Oak. Each one is unique and can take up to a month to make. Once built they last for about 25 years.

**Sign up for our newsletter and get regular updates and offers from the Canal & River Trust. Simply go online and search for "canal newsletter".**

Go to [canalriverexplorers.org.uk](http://canalriverexplorers.org.uk) to discover lots of fun things to do with the family.

A big thank you to all the volunteers who helped produce these.

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This canal information is local to us in Shropshire.

Page 7



### Discover Llanymynech

Located on the Montgomery Canal, the English Welsh border runs down the centre of the main street of Llanymynech. Enjoy family walks with one foot in England and one in Wales!



Carreghoha Locks (0.3 miles/0.5km) Welshpool



Little adventures on your doorstep

STAY SAFE: Stay Away From the Edge

Map not to scale: covers approx 0.5 miles/0.8km

## Wayfarers - Learning about Transport and Wars at Cosford Museum



Cosford has its  
on train station  
as well as a  
car park, so  
you could  
travel by car,  
coach, or train  
to visit.



There is also a  
bus service  
that runs close  
by to the  
museum

The museum is free  
to enter, there are  
parking charges on  
site. The museum  
has a cafe and gift  
shop.





We explored the canal in Welshpool on the Montgomery Canal with the Heulwen Trust.

## Avalon Adventures



We learnt how locks work.



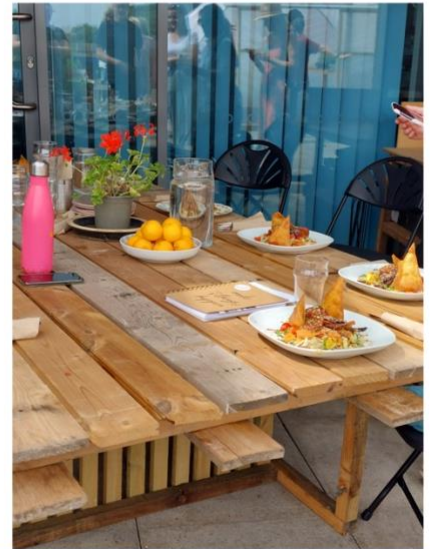
We saw stunning views, including public art wooden sculptures.



During the summer the weather is warmer, we are keen to make sure our vegetable crops get the extra water that they need.

# Aquarmira Adventures

We welcomed visitors to our site, at our Open day to celebrate Learning Disability Week..



We make a scarecrow every year for the Belle Vue Arts Festival.  
  
What do you think of our 2022 entry?



We celebrated the Jubilee in June 2022



We have been planting fruit trees.  
We are excited to make pies, jams and more when the fruit is ready and picked.

How did you support LDW?



What would you like people to know about living with a learning disability?

LDW  
Learning Disability Week

# Aspirations

welcome new pets, enjoy indoor  
and outdoor activities



Here is Danielle, Jason and Louis, holding our new pet rats. The rats are called Cherry and Willow.

Do you have a pet? If the answer is 'yes' please send us a photograph of you and your pet. Please tell us how you take care of your pet.

Email

[jamila.walker@takingpart.co.uk](mailto:jamila.walker@takingpart.co.uk)

Here we are learning how the temperature of water affects a plastic bottle wrapped in a glove.

## Results

It inflated when we used hot water and deflated when we used cold water.



Page 12

Here is Bev, Amy and Katie relaxing outdoors together.

What do you do to relax?

Watch TV?

Cook?

Draw?



# Travel news Albert Road

## Bus Ticket



City Centre  
£1.60

The 'Town Group' uses public transport every week when going into Shrewsbury town centre.

This time we used the bus.



What do you like to do, when you go to town?

Do you visit the castle, museum or Quarry park?  
Do you like to meet a friend for coffee or go to the theatre or cinema?

What do you think of the bus service in Shropshire?

Do you think there should be more buses available?





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](mailto:jamila.walker@takingpart.co.uk)

What should the Rainbow Times feature?

Would you like to make a report for us?

You could write or voice record or film your report. Your report can be about anything that you are interested in.

Page 14