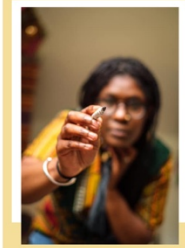


The Rainbow Times



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.

28th Edition
October 2022

- Page 1 - Our Community
- Page 2 - Halloween safety resource
- Page 3 - Aspirations News
- Page 4 - More Aspirations News
- Page 5 - Innage Lane
- Page 6 - Plastic Challenge
- Page 7 - Seeds of Sound
- Page 8 - Halloween Craft
- Page 9 - Maesbury Metals
- Page 10 - Feedback and Photography 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.



This months theme is -
Autumn



Noticing the changes in

Temperature
Sounds
Sights

Plus Autumn themed Community Events
that are available in your area



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

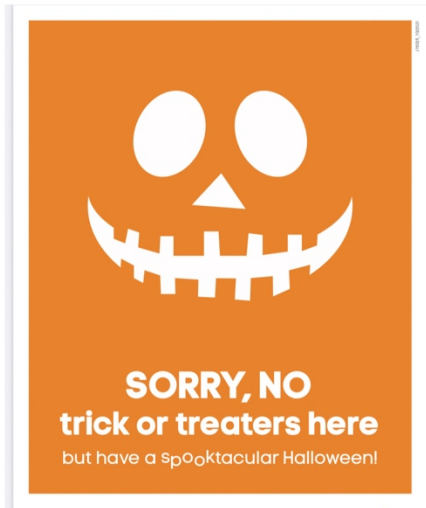
Share your news and
photographs on social
media using our hashtag
#YourRainbowTimes



Have a safe Halloween

Halloween is

31st October however Halloween parties and Trick or Treating can happen between 29th Oct - 3rd November



Put a poster in your window, if you don't want Trick or Treater to knock your door or ring your door bell expecting sweet treats.



Use the spy hole or door chain to check who is at your door.

Only open the door if you feel safe to do so.



Invite someone to stay home with you if you feel anxious in your home on Halloween night.



Dates For Your Diary:



- ❖ Friday 26th August – Sports Day and Picnic
- ❖ Monday 29th August – Closed (Bank Holiday)

My Aspirations Newsletter
2022

Tuesday 23rd August 2022

Volume 17

What We Did This Week:

We have all had a busy week this week. Starting off with a string spoon science experiment, Wake up Shake up, petting and cleaning the rats. Everyone helped to collect the things for washing, hanging it up and folding it once it had dried.

We headed over to the football ground on Wednesday for another great session with the Shrewsbury Foundation team, gave ourselves new targets and watched a film in the afternoon.

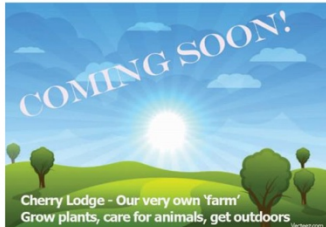
Towards the end of the week, we did some Makaton practice, group reading, walks to the charity shop and games in the garden. We also had a fire drill which everyone was brilliant at.

We had our final PACC afternoon tea session which went brilliantly, and we have all had an amazing couple of weeks having discos, afternoon teas and meeting new people 😊



Cherry Lodge:

All moving along nicely!...



Contact Us: Olivia Ritchie

Aspirations Client Liaison and First Point of Contact

Email: olivia.ritchie@care-excellence.co.uk

Phone: 07432 274966



❖ Monday 19th September – Closed (Bank Holiday)

My Aspirations Newsletter
2022
Monday 12th September 2022
Volume 18

What We Did This Week:

With us entering a new month, everyone has chosen to focus on healthy eating and lifestyles as our new topic. As a result of this we have done healthy cooking by making houmous snack pots along with carrot, cucumber and pepper sticks and a low fat trifle. Everyone has also done lots of fitness activities by visiting the Shawbury outdoor gym a couple of times in the week, walks to the local park and long walks to the local duck pond for football, frisbee and basketball fun.


We made soap powered boats for our science experiment, walked to the charity to get more group reading books, all read a new book and everyone helped to lay the tables throughout the week and clean and groom the rats. Entering a new month meant that everyone made new targets for themselves and made arts and crafts to remember the Queen.


We went on trips to the shop to do the shopping for Aspirations, went to The Shrewsbury Steam Rally and made homemade, healthy smoothies with mixed berries.


Another brilliant and active week had by all with lots of fun and smiles 😊





Cherry Lodge: All moving along nicely!...




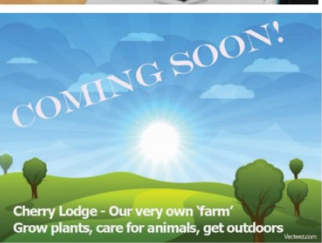












Cherry Lodge - Our very own 'Farm'
Grow plants, care for animals, get outdoors

Contact Us: Olivia Ritchie
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Phone: 07432 274966

Innage Lane Art exhibition



As well as
photography
exhibition, there
was raffle prizes
to be won.



Art doesn't always have to
be displayed in an indoor
gallery.

This bright and
exciting artwork was
displayed within the trees.





Benji joins our Plastics Challenge

Benji the rescue dog has been spending time on his daily walks litter-picking on the towpath along the Llangollen and Shropshire Union canals with his owner John. Could you join Benji and make a pledge to pick up a piece of litter on your next waterside walk?

Join our #PlasticsChallenge

Do you want to help?



Abbots Wood and Albert Rd Musical Collaboration

Here are some photographs from our musical Open Day at Abbots Wood.

Thank you to Johnathon and Emma of Seeds of Sound for a great music session it was enjoyed by all.



Sharing music with others is great for our Wellbeing.

Listening to music
Making Music
Dancing to Music



Avalon and Apples



Another busy morning at OsNosh, a community food hub in Oswestry, we helped the team by spiralling apples.



We also made name cards for the food boxes as well as serving the customers.

We sampled that days delicious menu too.



Maesbury Metals

Wanted Jars !

We are currently
working on new
projects
and in need of
some more jars.

The jars can be
dropped off
Monday - Friday
at our workshop
and day centre in Oswestry
from 9am - 3pm

Thank you

Donate
Reuse
Recycle





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 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.

