

# 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  
December 2022

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.

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This months  
theme is Winter  
Wonderland.



We wish you a  
truly happy,  
safe and  
creative winter  
period.

You Choose  
Your News  
Your Views

Page 1

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

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



Good  
Things  
To Do At  
Home



Changing Times, Changing Lives

# Free Ideas to help your Winter be Wonderful



Walk around your local area with a friend to see the Christmas lights and displays.

Take photographs of your favourite displays.



Instead of Christmas cards, you could send Christmas text messages.

Your text message could include a picture of your favourite Christmas decoration.



Sing Christmas and Winter themed songs with your friends.



Give your time as a present to someone you care about.

You could help a friend or family member with something they find difficult, maybe you could help to tidy their home or walk their dog for them.



Recycle your old Christmas card. Shiny card cannot be recycled.



## Dates For Your Diary:



- ❖ Thursday 27<sup>th</sup> October – Halloween Party
- ❖ Sunday 27<sup>th</sup> November – Christmas Craft Fair

My Aspirations Newsletter  
2022  
Tuesday 26<sup>th</sup> October 2022  
Volume 19

### What We Did This Week:

We have had 2 incredibly busy weeks! We have started the preparation of making homemade Christmas crafts for the fair, decorating the building ready for our Halloween party and doing our own painted pumpkin designs. Everyone has loved their football sessions on Mondays and Wednesdays and the match on Saturday was great fun!

Long walks and visits to the charity shops were planned into our week, fingerprint Christmas cards made and wrapped, everyone helping to do a spring clean and a beanbag story about the Aspirations Castle and Three Princesses.

We did Ready Steady Cook and made ham and cheese pumpkin wrap pizzas, celebrated some birthdays and baked some cakes. One group did a colour hunt and the other did a scavenger hunt, then swapped after lunch.

I attended an event at the start of the week with the Parent And Carers Council to celebrate all the hard work everyone did during the summer and celebrate the Summer Programme. This was a lovely thing to be invited to and looking at the amazing work everyone did was lovely.

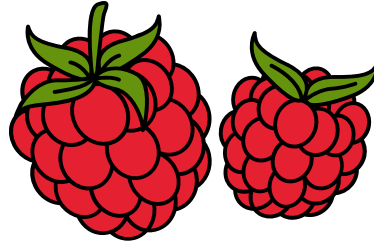


Cherry Lodge: All moving along nicely!...



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# Activities at Aspirations



Here is our pet rat Willow enjoying some raspberries.

Here is Sylvia doing her 12-week fitness on a referral programme with The Shrewsbury Town Foundation.

Fitness helps our physical health as well as our wellbeing.

What is your favourite way to keep fit?



Here are some of the Christmas cards, that we designed and made to sell at our Christmas Fair.

The date for our Christmas Fair is 27th November 2022.

# Amazing Art from Albert Road



Recently local artist Joseph Schneider from the Qube Community hub and art gallery visited us at Albert Road day centre to run an art workshop.

The Qube, is in Oswestry, Shropshire.

The Qube run many creative sessions and projects from their building on Oswald Road as well as help members of the local community.

Would you like to visit the Qube?



We used clay, string, paint and natural materials to create our artwork.



Taking Part presents Escape club nights are twice a month

# Taking Part presents Escape Club Nights



## Christmas Party

Hive, Belmont, Shrewsbury, SY1 1TE  
£3 entry, Free for carers

Wednesday 14th December 2022 | 7pm -9pm

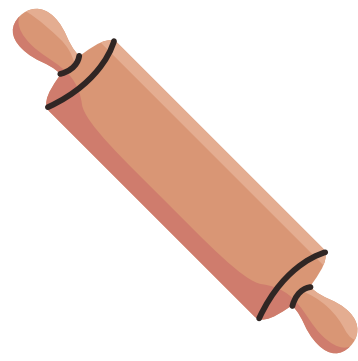
### OPTIONAL DRESS CODE

Wear Red, Green and/or sequins



Get more info at [www.takingpart.co.uk](http://www.takingpart.co.uk)  
01743 363399

# Amazing and Tasty Charity Work at Avalon



A massive 'Well done!' to Josh for making some beautiful and delicious cupcakes with Pudsey bear designs plus and poster to advertise his cake stall.

Josh brought the cakes to Avalon, to sell, he raised some much needed money for the charity Children in Need.



If you would like to donate some money to Children in Need, see the web link below.

# Late Night at Freda plus Fabric creations

Had some lovely fabric given us at Freda day centre, in Oswestry. Carol showed everyone how make a Sari.

Sari, can also be spelled 'saree', it is often worn by women of the Indian subcontinent, it is often made from brightly coloured, embroidered, silk or cotton. The cloth is five to seven yards long.



It's starting to look lot like Christmas .  
We stayed open later than usual for the Oswestry Christmas lights switch on Thursday 17th November 2022.

This table display has some of our Christmas treats that are for sale.



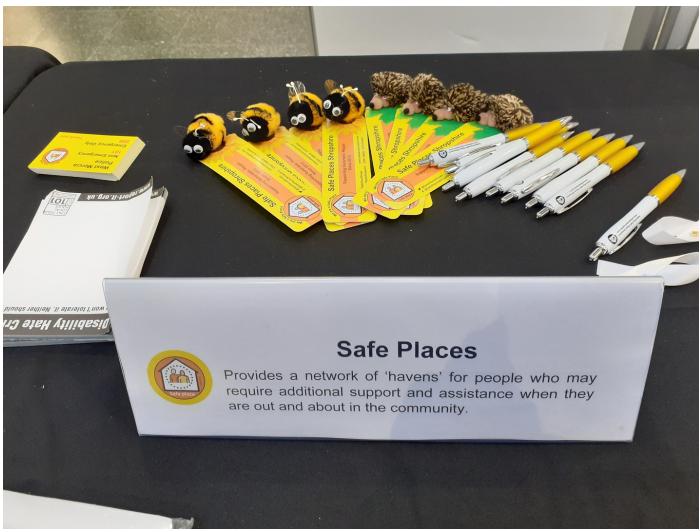


'Safe Places' are a short term safe place for vulnerable people who feel threatened.

Safe Place and other local organisations had a stall in Telford Shopping centre as part of an event for #SafeguardingAdultsWeek in November.

During the morning they told many people about the work they do as well as signpost people to the place to get a blue badge.

They we communicated with people using finger spelling and gave out their "I need help" cards.



For more information visit this website <https://shropshire-disability.net/what-is-safe-shropshire/>



There are a warm welcome and place to rest at, in more than 50 safe spaces across Shropshire this winter.

The venues, include libraries, village and town halls, community centres and faith buildings, where residents can go during each venue's normal opening hours, enjoy the facilities and keep warm.

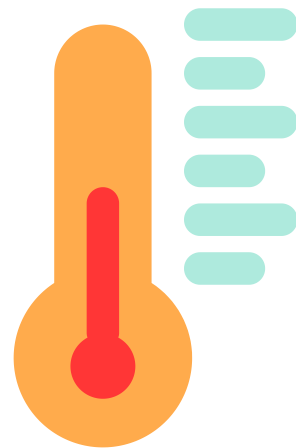
Each venue has different opening times and facilities, so please check these details before you travel.

You can just turn up and find a place where you feel comfortable to relax.

At all Warm Welcome venues, you'll find:

- A warm welcome where you can enjoy the venue's facilities alongside other users
- Easy access for all
- A warm environment where you can sit and enjoy a peaceful activity
- Most venues have toilets either in the building or close by. Please check directly with the venue before your travel
- Information to help with rising energy costs, financial support and the rising cost of living

<https://www.shropshire.gov.uk/cost-of-living-help/a-warm-welcome-in-shropshire/>



# Read

## The Rainbow Times



Our lives in Shropshire



Please send  
photographs of  
you reading the  
Rainbow Times to

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

We will feature  
your photographs in  
future editions  
of your newsletter,  
The Rainbow Times.

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