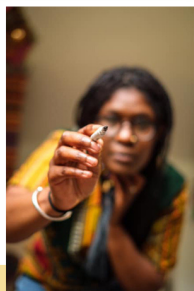


# The Rainbow Times



Hello everyone,  
This edition of the  
**Rainbow Times** has  
been put together by me  
Jamila - Editor and Content  
creator

Our lives in Shropshire



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

39th Edition  
September 2023

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.

- Page 1. Community
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This month's  
theme is -  
**Safe and Spooky  
Halloween**



Thank you for all your photographs and the  
extra information that you send to us, that has  
contributed to this month's Rainbow Times.

You Choose  
Your News  
Your Views

Page 1



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



Good  
Things  
To Do At  
Home



Changing Lives

# 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.

Wear costumes that say "flame resistant" on the label



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.

Be careful using sharp knives to carve pumpkins. Keep a firm grip on the blade with your forefinger and thumb and consider using pumpkin-carving tools.

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

If applying face paint, be careful around the eyes and test for any skin allergies before using it



# Taking Part presents Escape club nights



**WEDNESDAY 1ST NOVEMBER 2023**

Optional -  
Fancy dress,  
**PRIZE**  
For the 'best dressed'

**The Hive**  
**5 Belmont,**  
**Shrewsbury,**  
**SY1 1TE**  
**7 - 9 pm**  
**£3 entry**



[www.takingpart.co.uk](http://www.takingpart.co.uk)  
01743 363399







# Taking Part Group Digital Skill Sessions

Funded by:



Would you like to feel more comfortable using your phone, tablet, Kindle or laptop?



Would you like to develop your skills in a friendly setting?

**Join our first group session!**



**Location**



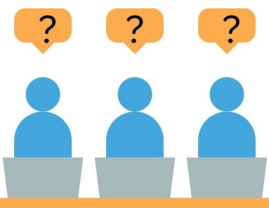
**Theme**



Thursday 26th October 2023,  
1pm - 3pm

Louise House, Roman Road,  
Shrewsbury, SY3 9JN.

Scam awareness



Volunteers working alongside staff to support you.

Please bring your device with you.



If you have not got a device we might be able to help you to get one.

We are also delivering one-to-one support please let us know if this would interest you.



Please contact us on 01743 363399 or



email [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk) to find out more information.



For future dates will also be added to our Facebook page and website.  
[www.takingpart.co.uk](http://www.takingpart.co.uk)





# Taking Part

**are looking for  
volunteers to support  
our digital sessions**

Funded by:




**Do you feel confident using portable devices?**

**Do you want to support other people to be digitally connected?**




Volunteers will:

- Support adults with learning disabilities to use their devices during group drop in sessions.
- Work with project coordinator.
- Volunteer introduction sessions will be arranged.



Volunteers working alongside staff to empower individuals to use portable devices.



**Locations**  
Louise House (SY3 9JN)  
and other community settings.

**Our 1st session:**  
Thursday 26th October 2023,  
1pm - 3pm.  
Louise House.



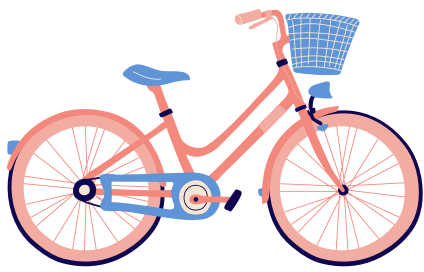
Please contact us on 01743 363399 or



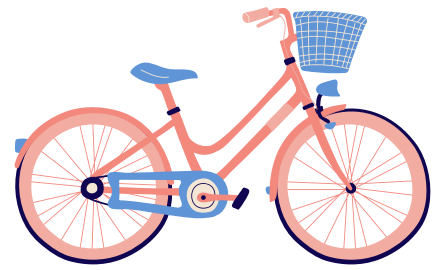
email [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk) to find out more information.



For future dates will also be added to our Facebook page and website.  
[www.takingpart.co.uk](http://www.takingpart.co.uk)



# Pedal power!



**RAFO**  
**EXCOM**  
**COMMUNITY**  
**RESOURCE**

**Sight  
Loss  
Cycling**

## **Pedal freely, be active, have fun!**

We offer a supportive and safe environment for people with sight loss to learn, practice and enjoy cycling. Our knowledgeable and friendly instructors will provide you with the skills and confidence to cycle independently.

**10.30am to 12.30pm,  
Third Wednesday of the month (March to September) at  
Shrewsbury Sports Village**

**£3 a session**

**Find out more**

**Call 01743 360641**

**Email [SHLS@community-resource.org.uk](mailto:SHLS@community-resource.org.uk)**

Community Resource is an operating name of the Community Council of Shropshire. A Company Limited by Guarantee 4652487 and a Registered Charity 109677



On Thursday 24th August 2023, Taking Part hosted a celebration event for their volunteers. Taking Part wanted to celebrate the work of their volunteers through an informal social event. We all enjoyed the selection of food and drink.

Taking Part has three main groups of volunteers; Citizen Advocates, Experts by Experience, and their trustees.



# THANK YOU



We would like to say thank you to everyone who made this event possible, and the support of our Citizen Advocate Forum 'social gathering/organising event' subgroup members Gill and Paul.



*I would like to express my thanks to all who attended this event; it was lovely to catch up and meet people in an informal way whilst being able to give people updates on the work of Taking Part.*

Julie – Taking Part's CEO



Today was lovely. It was good to meet other volunteers and chat with [staff members] Delphine and Tash.

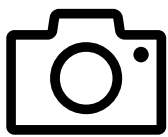
Gill – Citizen Advocate





The Big Wild Walk is The Wildlife Trusts' annual fundraising challenge!

Set your own challenge to run, cycle, walk or roll, while fundraising to protect the wildlife you love. How far you go and where you take part is completely up to you, whether that's climbing the height of a mountain on your stairs, or swimming laps of your local pond.

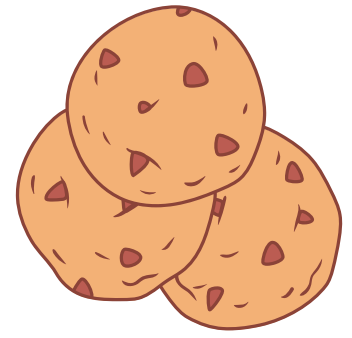


During your walks you could take photos of the things that you see, that you find interesting or record the noises you hear, using your Voice notes app on your phone.

**Find out more information**

<https://www.wildlifetrusts.org/bigwildwalk>





**OSWESTRY AND BORDERS  
FOODBANK**  
**HELPING LOCAL  
PEOPLE IN CRISIS**

Charity number: 1143519



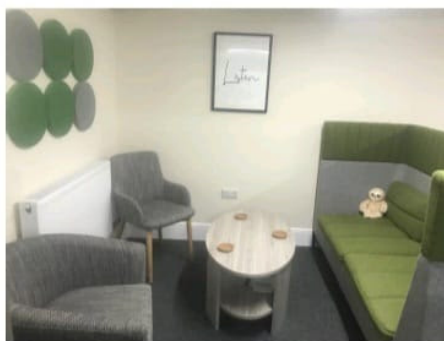
**56 Beatrice Street, Oswestry, SY11 1QW**

**Foodbank opening times:**

**Monday** 11am-2pm - food parcel collections  
9:30am-2pm - donations at the back door

**Wednesday** 10am-12pm - appointment only

**Thursday** 11am-2pm - food parcel collections  
9:30am-2pm - donations at the back door



**58 Beatrice Street free walk-in support services:**

**Monday** 10:30am-12:30pm - Women's Aid  
- Samaritans

**Thursday** 11am-2pm - Mental health practitioner  
- Blood pressure/ general health checks (monthly)

**Citizens Advice Financial Services** (by appointment only):

**Monday** 9:30am-2pm **Wednesday** 9:30am-1pm  
**Thursday** 9:30am-2pm

### Get Help

#### Help Through Hardship:

0808 208 2138 (Mon - Fri 9am-5pm)

**Shropshire Council Welfare Support Team:** 0345 678 9078

#### Contact us

**Oswestry & Borders Foodbank:**

**Phone:** 0300 10 20 110

**Email:** [referrals@oswestryandborders.foodbank.org.uk](mailto:referrals@oswestryandborders.foodbank.org.uk)

**Website:** [oswestryandborders.foodbank.org.uk](http://oswestryandborders.foodbank.org.uk)

### Give Help

#### Scan to donate:



#### Text to donate:

Text **OANDB3** to 70029  
to donate £3  
Text **OANDB5** to 70711  
to donate £5  
Text **OANDB10** to 70039  
to donate £10

\*You will be charged the chosen donation amount plus one message at your standard network rate. Oswestry and Borders Foodbank will receive 100% of your donation less processing fees. You can provide consent for Oswestry and Borders Foodbank to claim an additional 25% tax benefit known as Gift Aid on your donation by following the link provided.





What is your favourite farm animal?

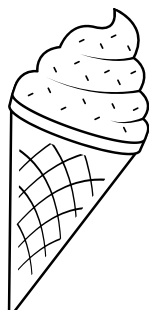


Red lion farm is in Stafford, here is their website

<http://redlionfarm.co.uk/>

The farm looks after Alpacas, chickens, rabbits and cows.

The milk produced from the cows is used to make ice cream on site.







# FAMILIES & PROFESSIONALS' DAY

WEDNESDAY 1ST NOVEMBER  
1PM-3PM

In association with:



## Would you like to find out more about supported opportunities?

Come along to Oak Farm where we will be on hand to listen to the type of support or opportunities you are looking for and talk to you about the various options that may be available, including Day opportunities, Supported Living and Shared Lives.

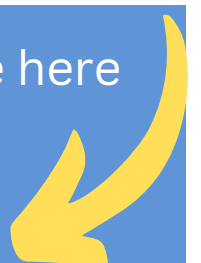
Join our Families & Professionals' Day to learn more about what your next steps could be, what activities you can get involved in and other options to support your future.



Oak Farm, Station Rd, Ditton Priors, Brignorth, WV16 6SS  
oakfarm@bethphage.co.uk  
01746 712352

Find out more about Bethphage here

<https://bethphage.co.uk/>





**MAESBURY METALS**

These metal pumpkins that we made are made from welding horse shoes and finished with a coating for outdoor use.

Enterprise /Maes Y  
Clawdd, Maesbury Rd  
Unit 22-23, Oswestry,  
United Kingdom



We also sell our creations at Oswestry outdoor market, Bailey Head, Oswestry, Shropshire

**OSWESTRY TOWN MARKETS**  
Bustling indoor & outdoor markets  
Unique Shops | Fresh Produce | Cafes | Crafts | Antiques | Gifts | NABMA Award-Winner



# Local events-

Celebrate our Community-  
Meet new people  
Try new skills  
Volunteer  
Support



For Veterans - Come relax with our herd of horses and enjoy a cuppa n' cake

Tuesday 17th October Starts 10am - 1pm

Outreach morning

Friendly space

Chill & Chat

Peaceful yard

Lyneal Wood Farm, Ellesmere, SY12 0LE  
partnersinequine.pie@gmail.com 07871 711982

 **MARKET DRAYTON  
COMMUNITY  
ENTERPRISE  
CIO NO: 1178317** 

**CREATIVITY, CULTURE  
AND LEISURE  
FAIR**

**30 STALLS SHOWCASING LOCAL  
ACTIVITY CLUBS, INTEREST GROUPS  
AND AMENITIES  
FOR ALL AGE GROUPS  
FOLLOWED BY A FORUM  
OPEN TO ALL - ON NATURAL (GREEN)  
BURIALS & SITES**

**FURTHER INFORMATION FROM ERIC DAVIS ON  
01630 655778 OR  
ERICATRIVERSIDE@BTINTERNET.COM**

**FESTIVAL DRAYTON CENTRE  
25TH OCTOBER  
FAIR: 10 AM-2 PM  
FORUM: 2-3 PM  
FREE ENTRY: REFRESHMENTS AVAILABLE  
IN CAFE 9.30 AM-1.45 PM**

Made with PosterMyWall.com



# Read

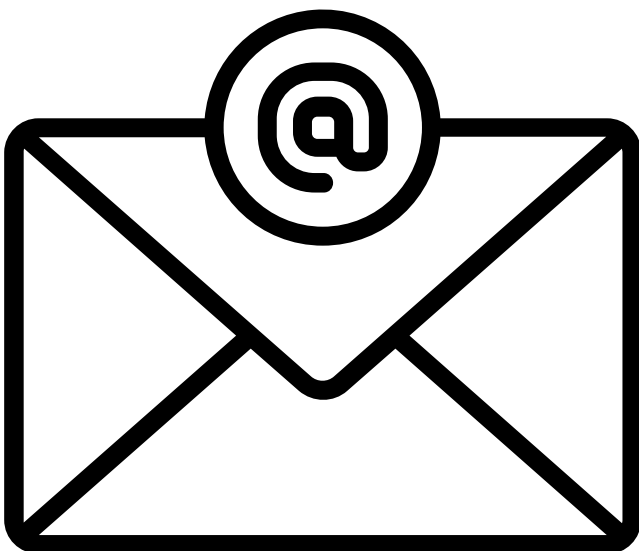
## The Rainbow Times



Our lives in Shropshire



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



Also please send photographs of you reading the Rainbow Times to



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