

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.

**41st Edition
December 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.



**This month's theme
is -
Christmas Cheer**



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



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

Page 1



Good
Things
To Do At
Home



Quality Time, Quality Lives

Cheap Christmas

1. SET A SPENDING LIMIT FOR ALL GIFTS

Set a limit for everyone you're buying for, and stick to it.

Maybe you could make a handmade gift, like baked goods or a framed photograph.



2. BRING A THING

If you're hosting, a party or a gathering, say yes when people ask what they can bring (you know they'll ask).

Ask them to bring a fruit salad, or sandwiches, cheese and crackers.



3. CHEAP GIFT WRAPPING

Buy a cheap roll of craft paper and old artworks on them for wrapping. Or reuse old newspapers. Cute and cheap:



4. REUSE AND RECYCLE



Try not to buy anything new. You probably already have Christmas tree and decorations.

The TV and internet adverts encourage us all to buy more and more things but you don't have to give to.

If you're short on money, you should ask:
'Do I need it?'
'Can I afford it?'

If you have a healthy bank balance, ask yourself:

'Will I use it?'
'Is it worth it?'





Who is Grace?

An artist based in Shropshire in the West Midlands, Grace is originally from Manchester.

In 2020 Grace graduated from Chester University School of Art with a First Class Honours degree in Fine art.

Grace Currie

HIDING ART EXHIBITION

10th November - 21st December 2023



GATEWAY
GALLERY

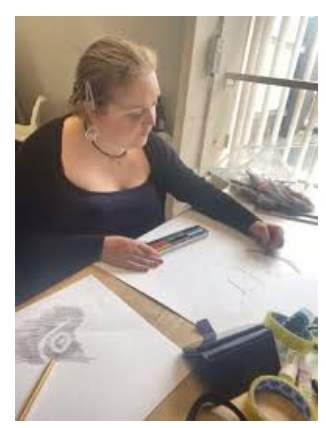
9am - 4pm
Monday - Friday

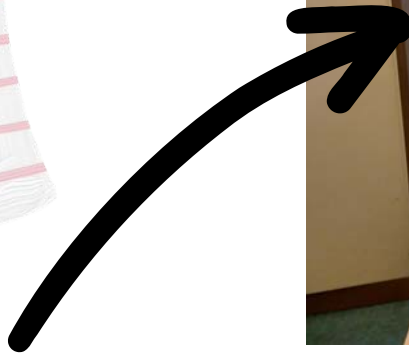
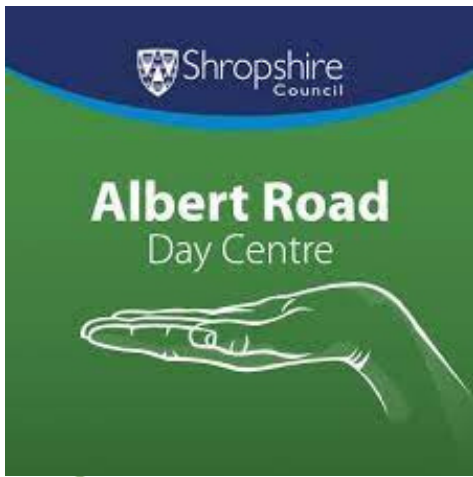
Gateway Gallery,
Gateway Centre,
Chester Street
Shrewsbury,
Shropshire,
SY1 1NB.



In 2010, aged 17, Grace's life almost died, after a serious traffic accident resulted in severe brain injury leaving her with interrelating disabilities and a neurodivergent view of the world.

Grace





Lynne putting the Rainbow Times in order

Lindsey and James attended the PACC celebration event in November 2023.

PACC supports and empowers Shropshire parents and carers of children with a disability or additional need, to enable them to be actively involved in the design and delivery of the services that they use, through the sharing of their experience and knowledge of their family's needs.



Christmas shopping options at Freda Day Centre

The guys at Freda have made most these Christmas crafty items on site.

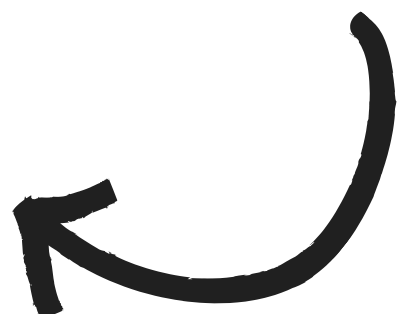


We are an independent Day Centre providing day opportunities for adults with learning disabilities, older people and adults needing support with mental well being.

We offer two types of service, a traditional day centre and the new opportunity for clients to gain experience in our workshop and giftshop 'crafty hands'.



**Freda Day Centre
73, 75A Beatrice St,
Oswestry SY11 1HL**





Taking Part

Digital Skills Programme

Taking Part were given money by Shropshire Council to run a digital skills programme for people with learning disabilities living in Shropshire Council area to develop skills and confidence using mobile devices (including mobile phones, laptops, tablets).



Funded by:



In September, October and November we organised different group sessions focusing on online safety. We talked about:



Having fun online



Scams and hacking and why it is important to report them

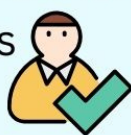


Sharing personal information



Red flags - if something just does not feel right, it probably isn't.

Social media and friend requests



Passwords

If you would like to join one of our future group sessions please get in touch!

One-to-ones for individuals who need a bit more support or have specific things they want to work on/learn can be arranged. You need to be an adult living in Shropshire and have a learning disability to qualify.

Get in touch with the team to find out more as places are limited!

The Team!



Delphine



Jamila



Fi

Taking Part
contact details:



takingpart@takingpart.co.uk



01743 36 33 99



Taking Part

Funded by:



Digital Skills Programme

Thank you to Ben for leading a scam awareness session!
If you need support or help with scams, you can contact the Council's team.



Shropshire Council Scam Advice

October 2023
Trading Standards Team



Contact us for further advice



publicprotection@shropshire.gov.uk

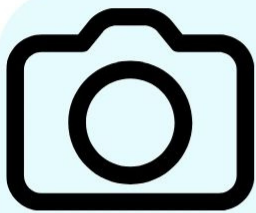


0345 678 9000

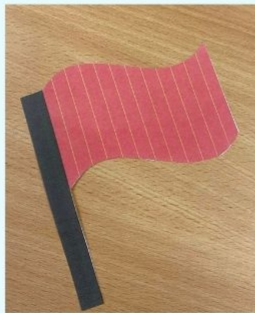
Follow their social media pages to stay up to date with scam awareness and advice.

Instagram: [@shropshirecounciltsscams](https://www.instagram.com/shropshirecounciltsscams)

Facebook: Shropshire Council Scams – Trading Standards



Photos



Taking Part
contact details:



takingpart@takingpart.co.uk



01743 36 33 99



Sit and Be Fit!

Every Thursday morning at
The Cavalier Centre
10 am to 11 am

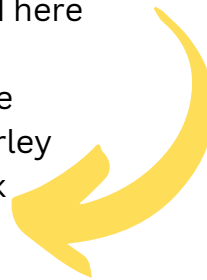


Sit And Be Fit sessions cost £5 per person. To find out more or to book a session, please email John or Claire at fitforbookings@gmail.com



These sessions are run by Fit 4 Purpose and held here

Cavalier Centre
Bradley Farm, Farley
Much Wenlock
TF13 6PE



The Cavalier Centre is a fully accessible state of the art equestrian facility.

The centre offers inclusive horse-based activities such as riding, carriage driving, vaulting (gymnastics on horseback), hippotherapy (physio on horseback) and horse care, all supported by volunteers and team members.

It also has a range of other programmes and activities that help people develop life skills, emotional intelligence and wellbeing.

Sign up here if you would like to volunteer at the Cavalier Centre.

<https://cavaliercentre.org/volunteer-application-form/>



MYCOLLEGE



Feeling isolated? Struggling with confidence?

We support 16-30-year-olds to get over that hump in life by boosting self-belief and encouraging positive connections with others.

Creative sessions are delivered weekly by professional artists in our supportive safe space as part of our MYCollege WellbeingProject.

Try something new exploring different artforms, learn new skills, celebrate achievements, and think about next steps forward.

**EXPLORE
IDEAS**

**HAVE
FUN**

**FEEL
SAFE**

**MAKE
FRIENDS**

"I can travel on public transport without getting stressed, I have had a reduction in my symptoms relating to my mental condition, and I feel happier. This helps me live a normal life, it builds my resilience for the future, and it has helped me recover from a mental health crisis."

"I was heading further and further into a pit of despair and self-loathing. The Hive provides hope, it provides aspiration, it provides determination ... I have the ability to be great at something and finally have a future"

INTERESTED? WANT TO KNOW MORE?
Get in touch for a chat, or to come and have a look round. Access by referral.
PROJECTS@HIVEONLINE.ORG.UK



The Hive, 5 Belmont, Shrewsbury SY1 1TE
01743 234970
hiveonline.org.uk/mycollege



The Hive is on Belmont, in central Shrewsbury.
There is the opportunity to also watch films, theatre, attend dance, art and music workshops, listen to musical performers and more at the Hive.



More celebrations in Winter



Kwanzaa is an annual celebration of African culture from December 26 to January 1, ending with in a community feast called Karamu, usually on the sixth day.

Hanukkah is a Jewish holiday that lasts eight nights which occurs at any time from late November to late December. Candles of a candelabrum are lit the candelabrum has nine branches, called a Memorah or or Hanukkiah.



Happy
New Year

Most cultures celebrate new year on January 1st.

People sometime celebrate by eating, drinking, dancing, and watching fireworks at midnight on 31st December.



the brain injury association



Telford & Wrekin
COUNCIL



Shropshire
Council

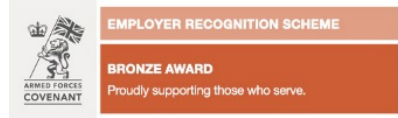
Christmas Fair - November 2023

Wonderful Christmas Fair at Headway Shropshire
Our Christmas Fair was a great success, and we were pleased to see a bustling turnout.

Support from incredible staff, volunteers, friends and family made the event truly special.

Community partners donated food, gifts and time. We sang carols, sold gifts and held the best cake sale. Clients actively baked mince pies, quiche and sausage rolls.

We are ecstatic to share that, through the combined efforts and generosity of our community, we raised an impressive **£895.73**. This is thanks to everyone involved. Hattie Beardsley (Manager)



Read

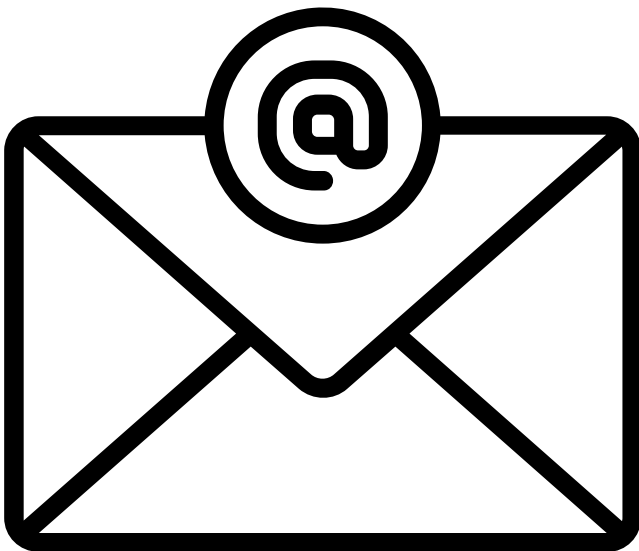
The Rainbow Times



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