

# The Rainbow Times

Our Covid life in Shropshire



12th Edition  
July 2021

Pages..

2. Editor's message
3. Aquamira
4. Albert Road
5. Round up...
6. from Face Book
7. Dot's Roving Reporting
8. From Jamila
9. Crafty Qube
10. Message from Speaking Up!



You Choose  
Your News  
Your Views



## NOT SCARED TO GO WILD!

We've been enjoying a great summer so far at **Aquamira**. Our vegetable plot is looking healthy and our green spaces are great for relaxing and spending time together.

We loved joining up with the Belle Vue Arts Festival, decorating baubles to hang on trees and creating a scarecrow for the recent arts trail. ↗

<https://www.bellevueartsfestival.co.uk/scarecrow-trail-2021>



Sleeping on the job!?! lol!



For more from us see page 3!



# LET'S ALL GO WILD!



**Hello Everyone**

**Editor's Message....**

**WOW what a few weeks! If you like football I hope you are still smiling and cross-fingers..that it did come home.**

**Let's support the call out for people to still wear masks in busy places like shops and public transport. We want everyone in our community to feel safe as lockdown lifts.**



**Speak to your Day Service and leave contact details for the Good Things to Do at Home project.**

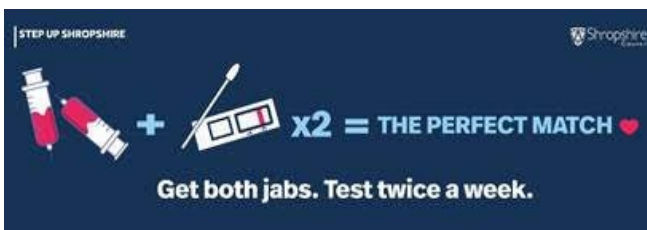


**Community  
Creativity  
Care**

**You can contact us at;- [info@qube-oca.org.uk](mailto:info@qube-oca.org.uk)**



**You can contact us at;- [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk)**



**We're asking everyone across**

**Shropshire to play their part in stopping the spread of Covid-19 and keep themselves and others safe.**

**'Step Up Shropshire'** is a county-wide campaign to encourage everyone to help reduce the spread of COVID-19.

<https://www.sath.nhs.uk/news/step-up-shropshire/>



Look in your packs for the information.

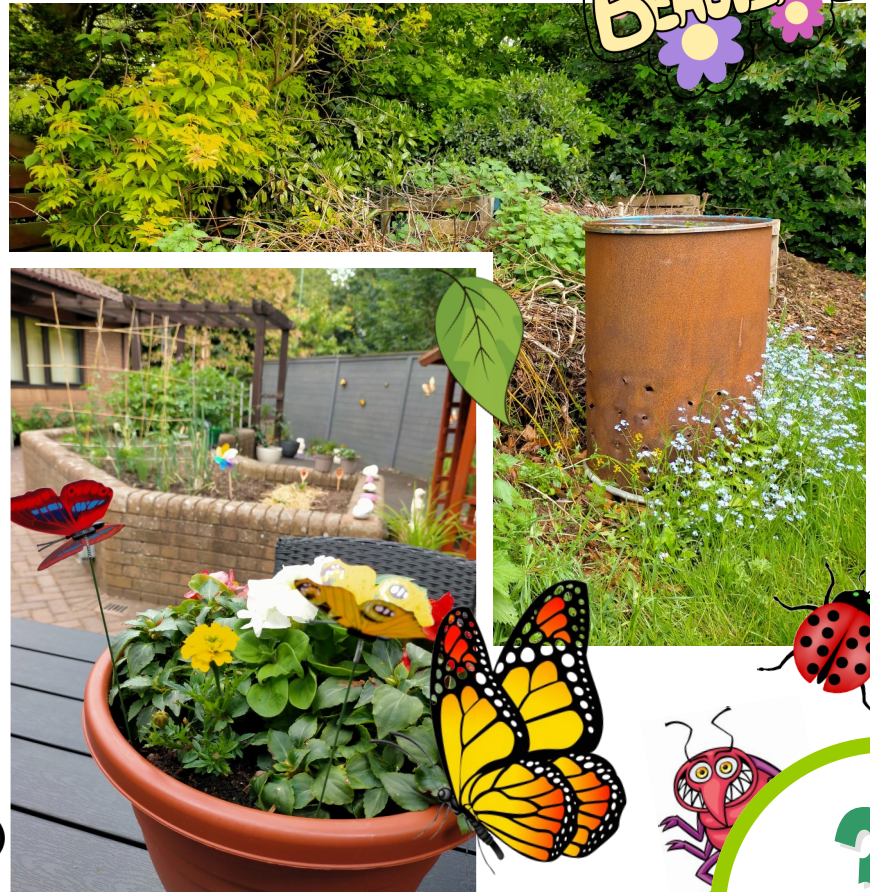







We are also working with Clare from Lovely Land and volunteers from Garden Organic, together we are hoping to transform our compost area and have an ongoing project throughout the year.

As well as bug houses, wildlife areas, sensory boards, murals, beautiful flowers and working in our polytunnel, we are also planning more events throughout the season and look forward to linking up with local community based organisations to connect and exchange our creative ideas.





# Albert Road

We are very lucky at **Albert Road** to be working with Casper and Claire. They are helping us develop our vegetable growing area and update the existing garden. Also they will help transform an abandoned, overgrown alleyway into a wildlife corridor. 



We had great fun chatting about ideas to brighten up the local area as part of our Get Growing project with Shropshire Council's Day Opportunities Team.



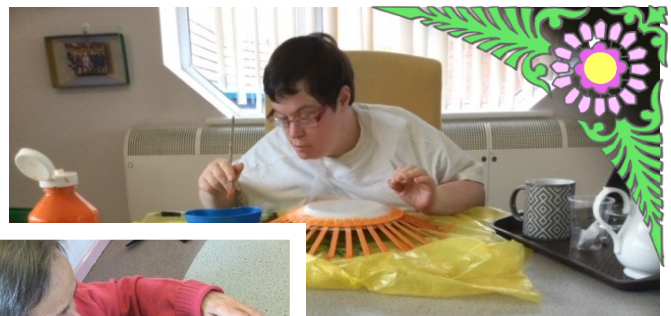
Michelle, Sylvia and Hannah enjoyed a day out in Barmouth.



Of course you have to have ice cream and fish & chips.



Darren and Janet busy tidying up the garden.



Lindsey, Stacie and Janet working hard to create a masterpiece.



## Avalon Had a very productive morning doing arts and crafts in the cabin.



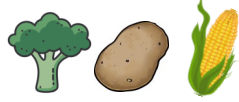
Looks like fun!



## Abbots wood



Great progress at the allotment the last couple of weeks. Runner beans and potatoes doing well. In June we have planted Broccoli, dwarf beans and some more sweetcorn. Keeping the weeds down takes some time though.



And time for a cuppa!





# Wayfarers go for a WIN!



Go Wild for footie with **Wayfarers**. They are cheering on England for the final in the Euros.



Lets hope it came home!



We had a great fun day in Ellesmere with Nat, Phil, Wendy and Fay. Staying safe, but getting out and about!



## Greenacres



Some truly great shed building here!! (Part one) Big thanks Jesse, Mark and Liam.

Happy Birthday **Dave**. From all at Greenacres! Hope you had a great day!

# ★ HAPPY ★ BIRTHDAY!





# Dot's diary...Roving Reporting.



Dot's brilliant report from Kenchester Water Gardens near Hereford.



Did you enjoy the food for Lunch?



What do you think of the venue?

It's beautiful here, the fish were amazing.



Yum!

The food was lovely, hot and very well presented, even in the takeaway boxes.



How did you find getting around the garden?

It was easier for me in the wheelchair as the ground is gravelled and I'm a bit unsteady on my feet.

Would you like to go again?

Definitely, I thoroughly enjoyed myself, the weather was beautiful and so was the setting.

Do you think the venue are suitable for all abilities and ages?

Yes!

Thank you so much Dot and your interviewer Julie!







### Holiday feelings

Bare foot, stand on some (non long) grass, concentrate on the weight of your body on the ground and the feelings through your feet, this is called 'grounding'.



## Mindful Imaginative Holiday IDEAS



### Holiday sounds

Put a few cubes of ice into a glass, sit in a comfortable place Close your eyes Gently clink the ice in the glass and imagine you are on holiday in a cafe,



Can't go on holiday yet?

Jamila has some lovely ideas to try out to get into the holiday feeling!

Find the worksheet in your packs.



### Holiday views

Visit your dream holiday destination online, by using Google street map, on the internet, you can 'wander' the streets and 'visit' attractions.

(Most museums and galleries have virtual exhibitions that you can also 'visit' online).

### More holidays sounds



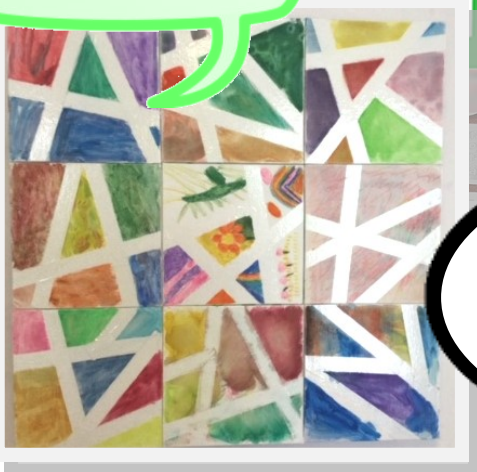
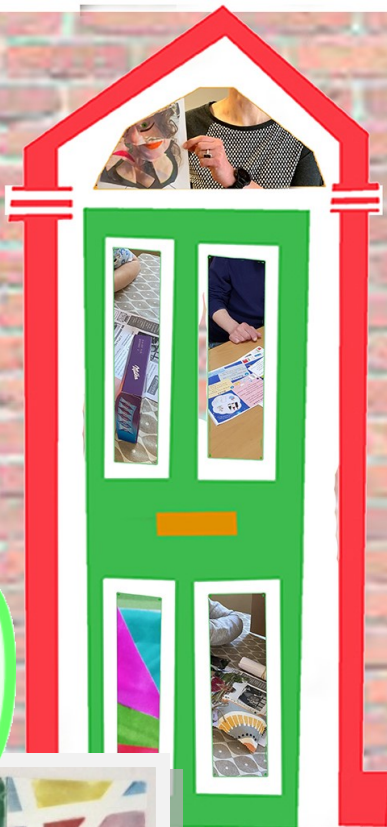
Explore the FREE BBC sounds website and app for sounds from the beach, rainforest and lots lots more, link below

<https://www.bbc.co.uk/sounds/brand/p08qj0y1>



Don't forget to send in photos of all the art work you have done for our big collective **ARTWORK**

Like the wonderful new artwork by **Albert Road!**



Do you remember when we started with Picasso Portraits?





# Check out Qube's new look Website

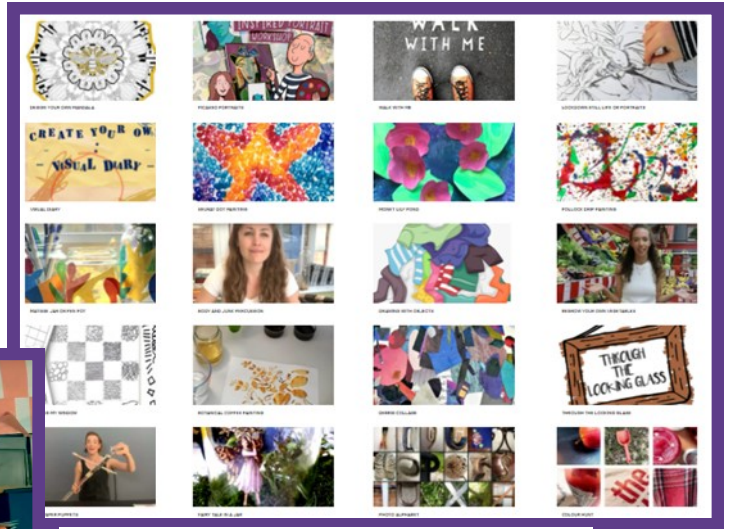


You can still find all the great activities at...

<https://qube-oca.org.uk/arts/good-things/>



Latest Good Thing to do out home is a bit of Fun!



## SCRAP PAPER HAT MAKING

Ryan Laight is a theatre designer.



Join in with Ryan making **Giant** scraps hats! Also from Ryan in your packs worksheets for collage and model making, to make from things like SCRAP PAPER COLOURED, PAPER OR NEWSPAPER, CARDBOARD, COLOURED PENS, CRAYONS, GLUE, MASKING TAPE and SCISSORS.


**THE CROWN**  
Start by cutting 2 inch wide strips from cardboard and join them together to fit around your head. This is a simple band that might be useful to attach other shapes to.



**2. THE WIDE BRIM.**  
Take a large piece of cardboard and draw a giant circle on it and another smaller circle inside it (this middle circle should be no bigger than your head as it will need to sit neatly on it). Cut both circles out.



**MODEL MAKING FOR ANIMATION**




During this workshop we will be creating a model of a face that we will manipulate to animate.

For this activity you will need...

- PLAIN PAPER
- COLOURED PAPER
- SCISSORS
- GLUE
- COLOURED PENS, CRAYONS OR SIMILAR
- ROUND THINGS TO DRAW AROUND.

First of all you will need to cut 4 large circles from 2 different pieces of paper. Approximately the size of a cup or the size of your head. These will form part of the eyes and ears.



Then draw out from the hand but be guided by the direction. You could add an arm or the rest of the body. Create your own character!



Three really easy ways of using collage as a way of opening up ideas through illustration. How well did you do?

We want to see your work! Send us a picture of your work to [art@qube-oca.org.uk](mailto:art@qube-oca.org.uk) or the 'Good things...' Facebook page and we'll share it online.

After this workshop you can follow Ryan Laight on social media and when he'll be running other fun workshops.

See packs for all the work sheets!



## Good things to do at home

[www.qube-oca.org.uk/goodthings](http://www.qube-oca.org.uk/goodthings) | Facebook: Good things to do at home





## Message from Taking Part's speaking up group

In our group we said we'd like people to keep wearing masks to protect those who really can't.

We think people like us will feel safer if people are kind and wear masks in busy places.

We say please.....

Make All Safe Keep Us Protected



## Information

Coming out of Lockdown might make you feel worried.



The NHS have some TIPS for taking it Step by Step.

Look in your packs for the TIPS.



# THANK YOU!

For the photos sent in!  
Let us know if you have anything you want in Rainbow Times.  
And keep washing those hands!