

# The Rainbow Times



Hello everyone,  
Happy New Year!  
This edition of the  
**Rainbow Times** has been  
put together by me,  
Jamila - Guest Editor

Our lives in Shropshire



19th Edition  
January 2022

This edition of YOUR newsletter is about -  
Connecting and Adding colour to our lives

- Page 1 Front page
- Page 2 AbbotsWod
- Page 3 Colour ideas
- Page 4 Albert Rd
- Page 5 Club nights
- Page 6 Connection ideas
- Page 7 Maesbury Metals and Wayfarers
- Page 8 Avalon
- Page 9 Greenacres Farm
- Page 10 Osnosh
- Page 11 More from Albert Rd



Happy New Year!



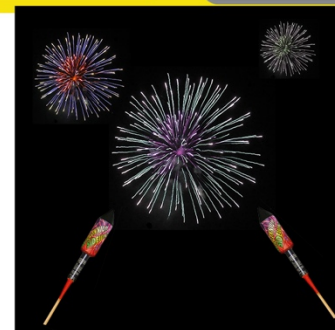
January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



You Choose  
Your News  
Your Views

Page 1

New year,  
often a time  
for some  
people to start new  
things;



Good Things To Do At Home  
Taking Part  
Quality Time, Changing Lives

# Abbots Wood Day centre

## CAN YOU HELP US?



Abbots wood is a day service for people with learning disabilities, we are in the process of raising money for the gardening group (helping hands) and future projects for others at the centre.



To raise money, we are collecting unwanted items such as:

Clothes, Shoes, Bags, Accessories, Hats, and Bedding.

We would appreciate any donations big or small to help us raise some money for our future plans.



If you are able to help please put your donations in the wheelie bin located at the back of the car park near the fire assembly point, the wheelie bin will be there Monday – Friday 9-4 o'clock.

Our address is: **ABBOTS WOOD DAY SERVICE, ESKDALE ROAD, MONKMOOR, SHREWSBURY SY2 5UD.**

Thank you from all of us at Abbots Wood.



Page 2

Follow our  
'Good things to do at Home'  
Facebook page for activity ideas and  
day centre and local news



There is very little sunlight in January, this can mean some people, feel especially sad.

Here are a few ideas that you can try to add **colour** and more fun to your lives.

**Eat a colourful diet.**

**Aim to have at least 3 different coloured foods on your plate.**



**Paint a wall or cupboard in your favourite colour.**



**Add some more green to your home or garden.**

**Plant new plants or buy a few fake plants to create a mini 'jungle' in your home.**



You can find more of activity ideas on our page on the Qube website <https://qube-oca.org.uk/arts/good-things/>

You can email Taking Part - [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk)





**For up to date Coronavirus information from Shropshire council please see**

**<https://shropshire.gov.uk/coronavirus/>**

**Here is a photograph from the Albert Road Day Centre Facebook page, of a group exploring the countryside. Even though January is dark and often cold, wrap up warm, and explore your local green spaces**



**Page 4**

**Escape**

**Club Nights**  
**January - July 2022**  
 7 - 9 pm  
 £3 entry

The Hive, 5 Belmont,  
 Shrewsbury, SY1 1TE  
 Wednesday

Jan  
 Feb  
 Mar  
 Apr  
 May  
 Jun  
 July

**CANCELLED  
 UNTIL  
 FURTHER NOTICE!**

Booking ESSENTIAL,  
 including carers, PLEASE email  
[jamila.walker@takingpart.co.uk](mailto:jamila.walker@takingpart.co.uk)  
 IF you cannot attend and you  
 have booked PLEASE email to  
 cancel.

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

Look on our 'Good things to do at home' Facebook page for short film about, Zoom,



so you could host a safe and fun online video call 'party'.



Taking Part have taken the difficult decision to cancel our upcoming Escape club nights at the Hive, until further notice.

## Connection Ideas



Connect

Make your home cosy,  
with soft textured  
blankets and cushions

Share kindness  
Ask someone  
how they are  
feeling today.  
Or  
Send someone  
you care about a  
card or text yo  
say "hello"



Start a new  
hobby-  
Join a board  
games group  
gardening group  
or exercise class

Move everyday-  
do some gentle yoga  
(see our Good things to do  
home films on the Qube  
website for movement ideas)  
or some sofa dancing  
or a walk in nature



# Maesbury Metal

Hello, I am Darren,  
I am mosiacing  
an old mirror



Great job



Wishing everyone attending  
Wayfarers (and their families) a  
Happy New Year 2022. Thankyou  
so much for Cards and Presents.  
I think of and miss you all daily.  
Hope to see you soon. Russ on the  
Bus x

13:05 ✓✓

Happy new Year  
from Wayfarers!



# News from Avalon day centre

Hello, I am Helen,  
it was my  
40th birthday  
recently



Here are  
some of the  
beautiful  
items made  
and sold at  
Avalon Craft  
cabin.

Shropshire  
Council





Welcome to our latest developments of the farm with sensory gardens and areas where people can sit and reflect and think.

# News from Greenacres Farm



## Greenacres Tour!



We have a great cycle path and an outside gym too, we are keeping fit!





# Avalon News

Jane and Phil enjoyed volunteering at OsNosh in Oswestry before Christmas. They sorted all the fresh and dry foods, served customers, put food boxes together and afterwards enjoyed sampling a meal. OsNosh is a local community project that promotes food from being wasted and not going to landfill.



Great job guys!



They also provide weekly hot meals to vulnerable members of the community. We are happy to say this is going to be a regular weekly event. We are proud to be supporting such a local, worthwhile community project.



# MORE news from Albert Road

Creating hand-  
made decorations  
to celebrate  
Chinese New Year



Stunning  
work guys!

Chinese New  
Year is Tuesday  
the 1st February  
2022

