

The Rainbow Times



Hello everyone,
This edition of the
Rainbow Times has been
put together by me,

Jamila - Guest Editor

Our lives in Shropshire

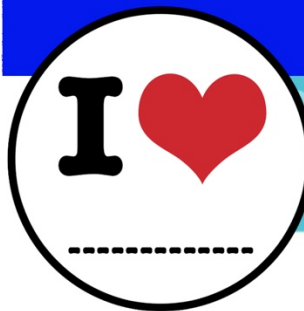


20th Edition
February 2022

- Page 1 - Front Cover
- Page 2 - Abbots Wood
- Page 3 - Sheila Interview
- Page 4 - Albert Rd
- Page 5 - Wayfarers
- Page 6 - Aquamira
- Page 7 - Maesbury Metal
- Page 8 - Avalon and Wayfarers
- Page 9 - More Avalon
- Page 10 - Greenacres
- Page 11- More Albert Rd
- Page 12 - Helena Lane
- Page 13 - Covid 19 news
- Page 14 - Valentines Activity

This edition of YOUR newsletter is about -
LOVE.

Love for our friends, family, hobbies,
pets and home.



Step five Fill in each section with interesting patterns and vibrant colours!



Or get creative and use different tools and materials to create a mixed media piece, such as fabric, wrapping paper, paints, ETC.

Don't forget to upload your 'Good things to do at home' I can't wait to see what you create!

Our latest artist activity is available on the Qube website.

Alana Bullock is back- she has designed an art activity just for YOU!

You Choose
Your News
Your Views

Page 1



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.



Here is Mark with the list of money raised for Abbots Wood. Thank you for your kind donations, £240.81 has been raised so far



Follow our 'Good things to do at Home' Facebook page for activity ideas plus news from your day centres and local information

Hello friends, from Sheila!

What do you like doing at day services?

"I like cooking, jigsaw puzzles and going out"



I go to Abbots Wood day Centre in Shrewsbury

What would you like people to know about you?

I like dancing. I like singing, I am good at singing



Shropshire Council

Vaccinations Self care Welfare and wellbeing Mental health Get active

5 ways to winter wellness

For up to date Coronavirus information from Shropshire council please see <https://shropshire.gov.uk/coronavirus/>

Albert Rd
 All enjoyed their
 Bingo session with
 our enthusiastic
 Bingo caller Craig.

16	8	70	5	13
3	54	88	78	4
12	49	★	18	11
44	87	14	30	9
51	36	65	73	5

News from Wayfarers Day Centre

The Shop
and Cook
group
making
lasagne



Shopping



A walk in the sunshine in
Telford. A great activity for
exercise, connecting with
nature and friends.

Aquamira

Here is a photograph of a frosty morning here, frosty weather is great for our garlic bulbs.



Wow, look at the glorious colours of our Multi Sensory Room 2.



The hydrotherapy pool looks very inviting



Getting ready for spring, planting herbs.



Maesbury Metal

Here is Darren having
a grinding lesson.



Great job



Maesbury metals
Gavin and Ian
working with Annie
bending the
branches



News from Avalon day centre



Shropshire Council

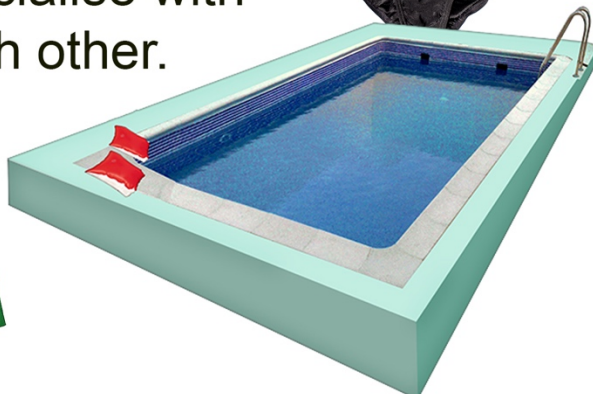


There are loads of handmade items on sale at the Craft cabin plus some reduced priced cushions available.

Wayfarers News



A group from Wayfarers visited Market Drayton Swimming pool, for a fun, way to exercise and socialise with each other.





Avalon News

Avalon Jane and Bonnie really enjoyed helping out at OsNosh Oswestry Community Kitchen, in Oswestry.

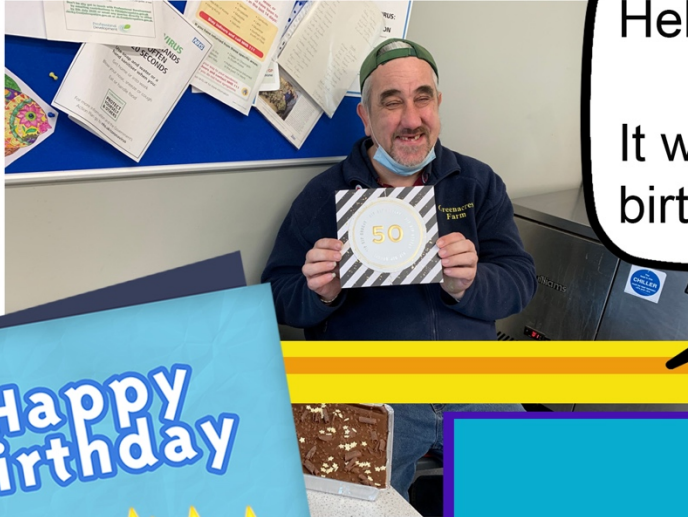


OsNosh



Avalon and Maesbury Metal are pleased to be helping out with a new, community roof garden with Osnosh. The Poly tunnel for planting fruit and vegetables looks great!

News from Greenacres Farm



Hello, I am Kenny.
It was my 50th birthday recently.



NEW Covid guidance from January 2022

NHS
Test and Trace

Self-isolation rules have changed

Let's help **keep things moving** ✓

?? Corona virus

If you have a positive test for COVID you still need to stay home away from people. This is called self isolating.

From day 5

From day 5 of self-isolation take a rapid lateral flow test each day. After two negative results in a row you can stop self-isolating, whether you're vaccinated or not.

MORE news from Albert Road



Plenty of open space in the lovely Shropshire Countryside for Stacie, David and Darren.

Thanks to Simon from the Wild team.

Here we are enjoying hot drinks on a cold day at the Quarry Park cafe.



Here is Craig with his ideas for what to grow this year .



Helena Lane



Enjoying a game of pool.



Richard chose to make his mum a card for Valentines. What an amazing card well done Richard, your mum will love it.

"Love is in the Air" at Helena Lane, there are 2 Hampers to be won. The Raffle tickets available to buy now. The raffle draw to take place on 15th February 2022 at Hands Together Ludlow Luncheon.



We have been creative and engaging with nature with our beautiful flower arranging.

Covid 19 News

Boosters Better protection



The **Omicron** virus is spreading fast.
Two doses of vaccine will not protect you.
All adults can now get a third booster jab.

GET BOOSTED NOW **How to book a booster**

Phone: **119** or your **GP** You could ask someone to help you.
Book online: bit.ly/bookabooster A carer may book you in. Or you may get a phone call or a text message from “**NHSvaccine**”.

You will need your NHS number. There are also **walk-in sites** where you don't need to book.



Get boosted now and protect yourself this winter

Made by Photosymbols / Updated December 2021 / More posters at keepsafe.org.uk

From 27th January 2022



In England now you don't have to wear a mask by law.



But some places may ask people to wear a mask to help keep everyone safe still.



You might feel more safe and confident wearing a mask when you are out. That's okay it's your choice.

Page 13

Omicron Look out for new signs



A new coronavirus called **Omicron** is spreading fast. Look out for different signs

- * Runny nose
- * Headache
- * Tiredness
- * Sneezing
- * Sore throat

Don't spread it



Wash your hands a lot



Keep social distancing



Wear a mask if you can



Open windows for fresh air



Made by Photosymbols / Updated December 2021 / More posters at keepsafe.org.uk

Think about what activities that your friend, partner or family member might like.

Make Valentines Vouchers for a loved one

Cut a piece of paper or card into small rectangles. Write or draw your promise on each piece of card or paper

I will sing your favourite song for you

I will watch your favourite television programme with you

I will go for a walk with you to your favourite view.

I will cook your favourite meal

