

The Rainbow Times



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

Jamila - Guest Editor

Our lives in Shropshire



21st Edition
March 2022

This edition of YOUR newsletter is about -
Spring; regrowth and the joys
of the outdoors

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You Choose
Your News
Your Views

Thank you for all of your
photographs and extra
information that you sent to us
that has contributed to this
months Rainbow Times

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Abbots Wood Day centre



Our Christmas Dinner has been rescheduled we will have it in April 2022

Here are some of our plants after 10 days of growth



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

Hello from Thomas

I go to Greenacres Farm.
I like collecting the eggs. I also like seeing the animals

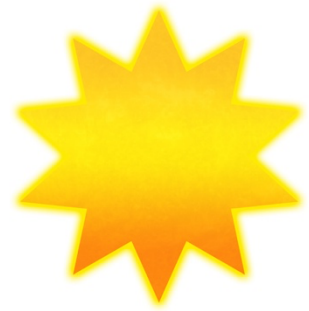


I go to Greenacres once a week. I like the farm animals but prefer zoo animals



News from Albert Road

Emma and Hannah
went for an
adventure of a
trainride.
The weather was
sunny. Here they are
on a bridge.



Where will your
next adventure
be?

Escape

Club Nights

March - July 2022

7 - 9 pm

£3 entry



**The Hive, 5 Belmont,
Shrewsbury, SY1 1TE
Wednesdays**

**March 2nd and 16th
April 6th and 20th
May 4th and 18th
June 1st and 15th
July 6th and 20th**



**There is no longer a
booking system**



www.takingpart.co.uk

01743 363399



Aquamira



Look what arrived in the post, 2 solar Windmills.

Thanks Diane for helping us put them together and find a good home for them outside.



Maesbury Metal

Here is Darren having a grinding lesson.



Great job



Maesbury metals
Gavin and Ian
working with Annie
bending the
branches

News from Wayfarers and Freda's Day services



I am Phil, I go to Freda's day service I want to say "hi" to Wayfarers and all my old friends there. These are my models .



Wayfarers has talent!

Adrian made this stunning fish piece at Freda's day service.



Avalon News



We have been busy planting trees in Avalon's garden and have received a plaque to commemorate the Queen's Jubilee.



News from Greenacres Farm



We swapped chocolate eggs for real eggs with Shrewsbury Food Hub



The Shrewsbury Food Hub are a great charity who help feed the people of Shrewsbury They also share receipes, to help stop food waste

Egg- llect!



Helena Lane

With Spring approaching fast and Easter only a matter of weeks away we have been busy getting our Easter Raffle Ready .

Tickets on sale Now



Great prizes



LETS Spring into Spring!

FUN Weekly plans to help us feel motivated and improve our Wellbeing for March and *beyond...*



Week One

Send a photo of a spring flower to a friend.



Week Two

Sleep with your bedroom curtains or blinds open, so the sunlight wakes you up gently and naturally.



Week Three

Go outside daily, sunlight which helps the skin produce vitamin D, which is good for bone health and helps to improve your mood, this works even on a cloudy day. Remember to wear sun protection.



Week Four

Ask a friend to recommend a film, book, walk to you, that they think you may enjoy.



Week Five

Take any household items or clothes that you don't use or need to a charity shop.



April showers are on their way

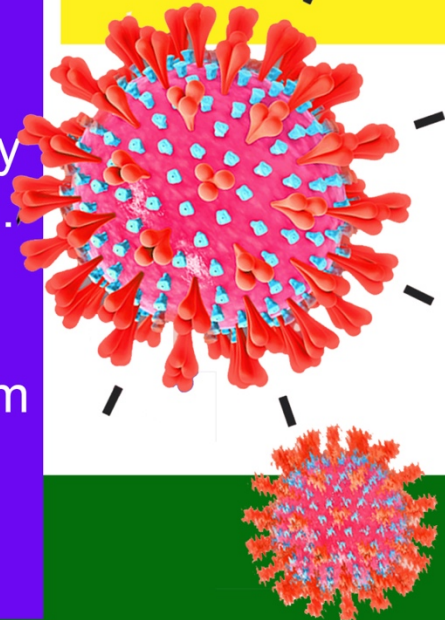


Do you like the rain?

Covid 19 News

People living in Shropshire, Telford and Wrekin with a learning disability and/or autism are being encouraged by NHS doctors to get their COVID-19 vaccines if they haven't already had them.

People living with a learning disability or autism are more likely to catch COVID-19 and become very ill as a result.



At Oak Farm, Ditton Priors, a working farm, managed by local charity, Bethpage, operates as a day opportunity for adults with learning disabilities, providing training and work experience in horticulture and agriculture, vaccination has helped workers get back on the farm doing the things they love – such as being involved in the farm, looking after the animals and plants.

Elliott Clee, 25, a worker at Oak Farm, said: “I had COVID and it knocked me off my feet. Now I have had the vaccine, I can get back to doing all the things that I like to do at the farm. Like building stuff like bird boxes, wreathes and Christmas cards.

Teams at the vaccination sites are trained to provide the vaccines in a calm and friendly environment.

More information about COVID-19 booster vaccines can be found in this easy read format. For more information, or to check the walk-in or pop-up clinic times, visit the NHS website.

For more information please contact:
Harriet Hopkins
Shropshire, Telford & Wrekin Integrated Care System (ICS)
E-mail: harriet.hopkins@nhs.net