

The Rainbow Times



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

Jamila - Guest Editor

Our lives in Shropshire



We are all part of many communities,
including this Rainbow Times community.

24th Edition
June 2022

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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.



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

You Choose
Your News
Your Views

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



Fun in the Sun

Wellbeing activities for the Summer.



Gradually lower the temperature during the last minute of your shower, this will help you feel cool and refreshed before you get slightly warmer applying sun cream.

Buy sunglasses that have UVB and UVA protection, to protect your eyes from the sun. Pick a design that makes you smile.



You can also buy clothing with sun protection.

The sun gives us light and vitamin D which are fantastic for our mental and physical health.

Pour fruit juice into an ice tray, leave them over night in the freezer. When they are frozen add some fruity ice cubes to your favourite cold drinks.



Take a day time nap, for no longer than 20 minutes, on those extra hot days, if you have time to do so during your day.

Zzzzzzz

Abbots Wood

Exploring and Eating together

The Wild Team, went to Attingham Park, when we got there it started to rain so we went to the cafe for a hot drink, then the sun came out so we went for a lovely walk to see the deer and picnic.



We studied insects at Reabrook, nature reserve in Shrewsbury. We found a Harlequin ladybird and Dock Green beetles amongst other interesting insects.



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Follow our 'Good things to do at Home' Facebook page for updated FUN activity ideas, plus news from your local communities including your day centres.

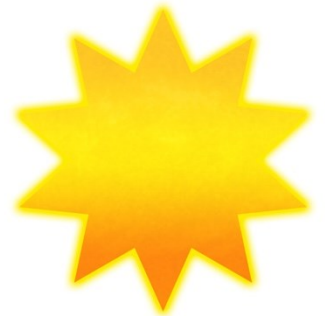
Activity news Albert Road

Fun, outdoor
exercise.
Adventures from
the golfing range,
everyone had fun.



What sport would you like
to try?

Perhaps, badminton,
cycling or tennis.



Hello from Michelle



I support Leicester City Football Team and like to watch their games. I enjoy writing facts about things that interest me, plus Art and doing pictures.



I enjoy shopping, especially for clothes and nice things and have recently had my ears pierced



Animals, I love all animals and enjoy walking the dogs and helping my carer with her horse. I love Harry Potter and have visited the Warner Brothers Studio Tour

Art Exhibition Update



Are you inspired to be creative, perhaps, photography or maybe sculpture?

AT
Frankwell
Shrewsbury

YOU



are invited to the
Shrewsbury Monday
Art group, Art Exhibition
16th May - 19th June
2022

#ArtyPartyExhibitionSpring

Some Arty Party members from the Monday, Shrewsbury Art group, also attend various day centres.

The Art group had a Private View in May, with music and poetry, plus movements performances, it was a wonderful celebration. The groups Art exhibition is on 16th May - 19th June 2022 at Community, In Good Hands, Frankwell, Shrewsbury.(closed on Thursdays and Sundays

Perhaps you would like to visit to see the artwork and have a coffee.

#ArtyPartyExhibitionSpring

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Looking for new hobby?

start to explore potential & strengths

STEPS

FREE 8 week wellbeing programme with horses

Aimed at adults (over 18) this unique and life affirming programme helps people to fulfil potential, build confidence and learn new skills to improve their wellbeing.

Learn. Discover. Experience.

STEPS combines fun classroom-based and online learning with hands on experience with horses, volunteers and the Cavalier Centre team.

This transformative experience has already helped many people by giving them a new found sense of confidence to step into new challenges and discover future opportunities

The STEPS programme is composed of eight 2.5 hours weekly themed sessions - with an optional bonus horse riding lesson to celebrate completion.



Induction Dates

From 7 June to 16 June 2022

Programme Dates

w/c 20 June to w/c 25 July 2022

If you, or someone you know, would benefit from the STEPS programme, or to find out more, contact Lynette Fryer at the Cavalier Centre on 01952 443 752 or email projects@cavaliercentre.org.uk

Cavalier Centre
Bradley Farm, Farley
Much Wenlock
TF13 6PE
www.cavaliercentre.org.uk



Growing and Sowing at Wayfarers



Another busy morning at the allotment.

Well done Amy and Joe



There are so many important jobs to do, when you're growing plants.

Jobs like weeding, watering, harvesting and more.

Avalon Adventures

Well done Stephen and Michael, they helped out at Os-Nosh, the community food hub in Oswestry ripping up cardboard for the compost.



Jane dropping off some aubergine and pepper plants at Os-Nosh that were grown from seed at Avalon.



The shop and cook group have done a great job making corned beef hash.

Maesbury Metal Work, Rest and Play



Gavin working with
the Pyrography
pen.



A lovely day out to the
Derwen garden centre
Guilsfield.





Jubilee News from Freda



The Queen has had her job for 70 years and people across the world are celebrating that fact in June 2022. Everyone at Freda created various handmade displays.

The local Mayor came to visit and admire all the hard work.



Have fun and raise money
for your community



The Hive are looking for
volunteers to help this
event be fun and safe for
all.

Are you free to help?

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Check out Virtual
Shropshire events website
for community events in
your area

@HiveShrewsbury



Do you have any theme suggestions, for your club nights?
If so, please email jamila.walker@takingpart.co.uk.



In the past we have had-

Karaoke nights
Fancy dress nights
Funny hat nights
and more!

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

Our club nights are held at the Hive, which is a creative hub, in the community . They have lots of creative projects (music, film, visual arts, dance and theatre) for all ages, at their building and across Shropshire for you to get involved with.

Visit their art gallery cafe
Tuesday - Friday

Take a photograph of you reading the Rainbow Times and send it in to us.



We would like to find the furthest location of someone reading the Rainbow Times!

#YourRainbowTimes



This is your Rainbow Times

Send your feedback by email to jamila.walker@takingpart.co.uk



What should the Rainbow Times feature?

Would you like to do a report for us?

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