

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.

31st Edition
February 2023

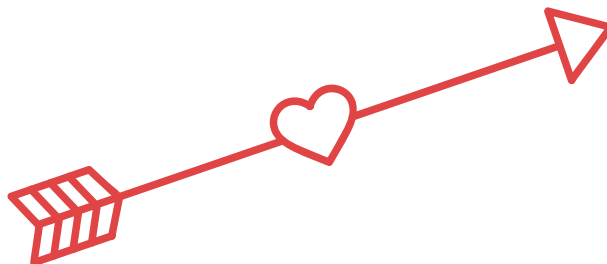
Community could mean lots of things to you; where you live, your family, friends, your local shop keepers, the people you have fun with and more.

- Page 1. Community
- Page 2. Valentines Day resources
- Page 3. Active Albert Rd
- Page 4. TSTC Disability Trampolining:
- Page 5. Flu Info
- Page 6. Horsey Steps
- Page 7. Nights Out
- Page 8. Time to Talk
- Page 9. Stagecraft
- Page 10 Open Space Ellesmere
- Page 11. Reading RT



This months theme is
Love - Valentines Day.

Valentines Day is on 14th
February



You Choose
Your News
Your Views

Page 1

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

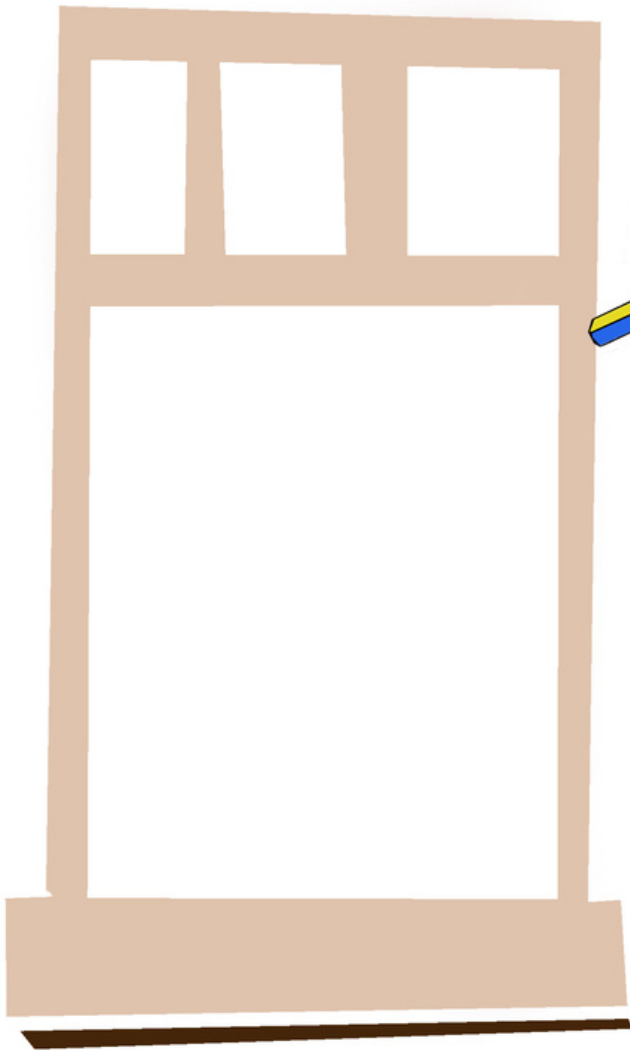
Share your news and
photographs on social
media using our hashtag
#YourRainbowTimes



Good
Things
To Do At
Home



Valentines Windows



Arrange post it notes in your window to create a message of love, friendship and kindness to passerby.

You can draw designs on your post it notes.

See examples below.

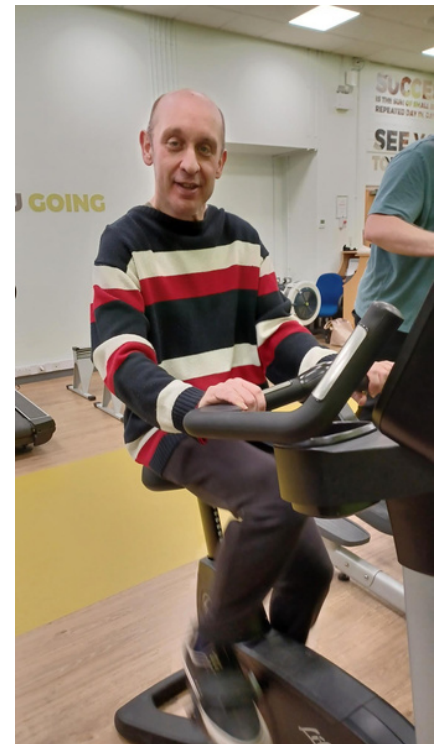
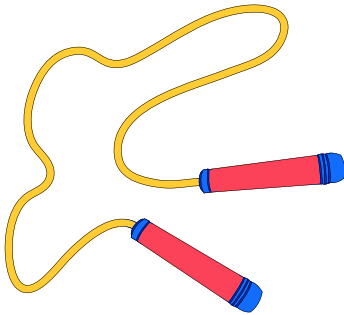
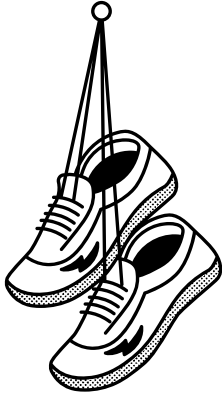


Active Albert Rd

Safety first!
Always wear a helmet
when cycling.

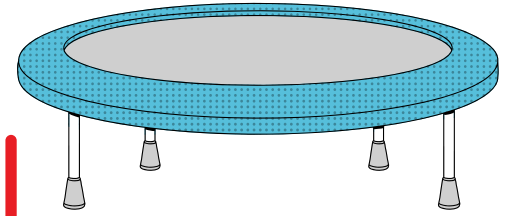


We visited the gym at the Sports Village in Shrewsbury. We used accessible bikes and gym equipment to improve our fitness levels and overall well-being.



TSTC Disability Trampolining:

Why not try a new bouncy hobby?



www.recoiltrampolineclub.org

TSTC Disability Trampolining:

This service specialises in providing expert therapeutic trampolining for adults with physical disabilities and behavioural issues. .

Improve your well-being and fitness

Promote choices and independent movements

Sometimes there is use of additional sensory equipment such as parachutes, balloons, balls and bean bags.

Proficiency Awards can be achieved.

Have FUN

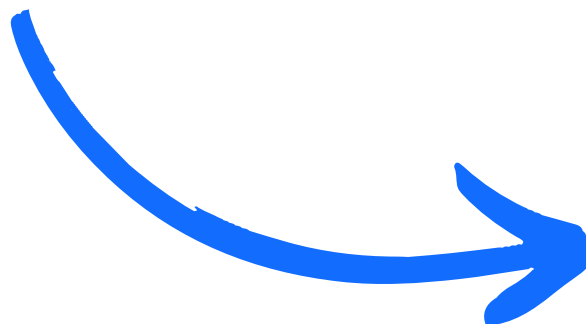
Improve their core strength and flexibility.

At the Shrewsbury Sports Village on Mondays

between 10am and 3pm,

30 minute sessions for individuals or 1 hour, 90 minute sessions, for groups from the same Care Home or Day Centre.

There will be a hoist available at the Shrewsbury Sports Village for those that need additional assistance to get onto and off of the trampoline.



Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

NHS
GP surgery

You can have the flu jab at your GP surgery.

Pharmacy +

Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.

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 a fun mix of classroom based activities and online learning, with practical hands on experience working with horses, our 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 1 February to 15 February 2023

Programme Dates

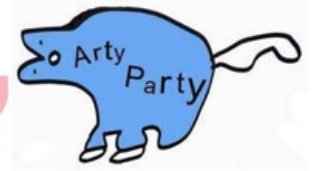
w/c 27 February to w/c 10 April 2023

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





Hearty Party

Valentines themed Night Out

**SOCIALISE WITH US-
DANCING, MUSIC, KARAOKE AND BUFFET**

WHEN Tuesday 14th February 2023

WHERE Belmont Hall, Wellington

PRICE £10 per ticket

TIME 7:00pm until 10pm

Members and Carers
book tickets via
Eventbrite

Non members text
Naomi on 07803770574
to book tickets



Deadline for
bookings 13th Feb

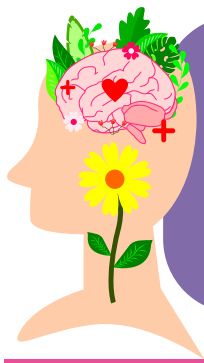


Dress code: Anything valentines
themed, hearts, **red** or **pink** can
be worn if you wish

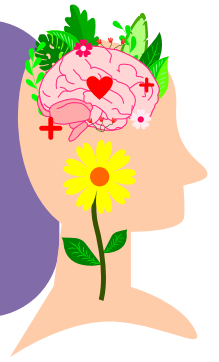
Page 7



Volunteers wanted to help set up and pack away! Arrive at 6.30pm if you want to help.
You can also book your tickets on Eventbrite, see the Arty Party Nights Out Facebook page
for the link.



Time to Talk - is everyday



#TimeToTalk



Use this bingo card to help start conversations and get your friends, family, community and colleagues talking about mental health.

Click and complete four actions this Time to Talk Day.

Make space in your day for a conversation about mental health this Time to Talk Day.



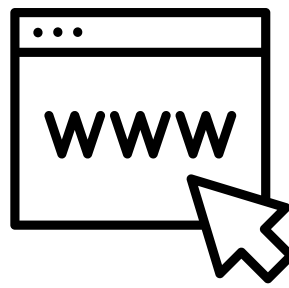
In partnership with



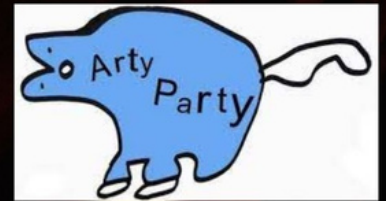
Play your favourite sport and chat about how sport can affect mental health	Have a conversation online about mental health	Have a conversation in person about mental health	Talk to a young person about mental health	Display a Time to Talk Day poster on a community noticeboard
Share a #TimeToTalk day post on social media	Create a picture/cartoon about mental health and share it	Talk about how money worries can impact mental health	Tell someone you know that it's Time to Talk Day	Name three films or books that portray mental health problems responsibly
Run a mental health myth busting quiz	Tell your local community group about Time to Talk Day	time to talk day 02/02/23	Speak to your colleagues about mental health	Share something you've learnt about mental health
Ask someone 'how are you?' twice, and listen to their answer	Talk about mental health with a friend over a coffee	Do something relaxing/recharging with others	Share your top tips for talking about mental health	Share your top tips for talking using #TimeToTalk
Find a community group to join	Name two celebrities that talk about mental health openly	Tell three people about Time to Talk Day today	Finish the sentence 'It's time to talk because...'	Set a mental health resolution for #TimeToTalk

Which idea are you going try first?

NEW website ALERT!
www.artypartytelford/



Stagecraft



Hello, my name is Gemima and I run the Stagecraft group

A class for all, dedicated to all things music, drama and movement!

Expect singing, drama games, acting and lots of fun!

All you need to take part is enthusiasm and a nice big smile! 😊



Starting Wednesday 1st March 2023
Parklane centre, Woodside, Telford
10.30 - 12.30

Text 07803770574
or email
info@artypartytelford.org
to book your place.



per person

Our Space Ellesmere!

We would like to introduce ourselves a first timers to The Rainbow Times!

We are two Day Opportunities Groups - The Ellesmere Opportunities Group for adults with learning disabilities and The Friendship Group for older people.

We are very active groups and like to get out and about in the community, walking, going out for coffee and lunch and investigation local places of interest as well as doing lots of things such as arts and crafts, games, quizzes and bingo, gardening, cooking and baking and keeping fit and well.

We asked one of the people we support what Our Space meant to them and they said 'I like meeting my friends here and doing lots of things, like walking and volunteering at the local charity shop'

Hello



Walking for Health



Rock Painting



Creating Pictures with Diamond art



Creating pictures with Cyanotype Art



Enjoying refreshments whilst out



Visiting the Reindeers

Read

The Rainbow Times



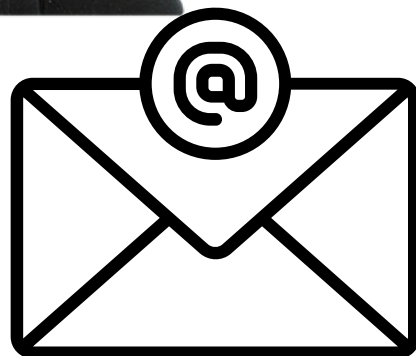
Good
Things
To Do At
Home



Our lives in Shropshire



We will feature your photographs and stories in future editions of your newsletter, The Rainbow Times.



Also please send photographs of you reading the Rainbow Times to

jamila.walker@takingpart.co.uk