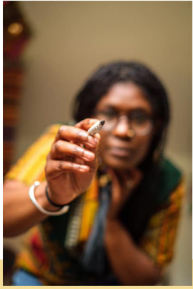


# The Rainbow Times



Hello everyone,  
This edition of the  
**Rainbow Times** has  
been put together by me  
Jamila - Editor and Content  
creator

Our lives in Shropshire



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

**42nd Edition**  
**January 2024**

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. Cosy Resource
- Page 3. SID
- Page 4. Volunteering
- Page 5. Asking for help
- Page 6. Being outdoors
- Page 7. Local News
- Page 8. Shrewsbury library DSP
- Page 9. Friendly friends
- Page 10. Being Active
- Page 11. Reading RT

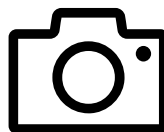


This month's theme  
is -

**Cosy**



Thank you for all your photographs and the  
extra information that you send to us, that has  
contributed to this month's Rainbow Times.



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

You Choose  
Your News  
Your Views

Page 1



Good  
Things  
To Do At  
Home



“Feeling cosy is something that brings us a sense of warmth, comfort, and relaxation,

## Tips for getting cosy at home

Use warm and cosy blankets and throws for TV time.



Put up soft and twinkling lighting, like fairy lights.

Enjoy reading a book or listening to an audio book from your local library.



Bring the outside in - Have some plants around your home. They help clean the air, are pretty and can give a sense of well being.



Music and films  
Play music that makes you feel good, either relaxing tunes or something that gets you up singing and dancing.

### Get better sleep

Can you use the colder months while you're inside more to think about your sleep – Is there anything you can add to your routine or change to help you wind down and be ready for sleep?

Maybe you could move your bedroom around or declutter it, make it smell nice?

Try to avoid your phone for 30 – 60 minutes before you go to bed and do something else like colouring, listening to music or some relaxing stretches...





**Shropshire Inclusive Dance**

**CREATE**  
11.15 – 12.30pm | Beginners class, participants are supported to move together.

**THRIVE**  
1.30 – 3pm | Learn new skills, make dances & enjoy dance sequences.

**Inclusive Daytime Dance Classes for Adults with Disabilities**

Every Wednesday in term time at The Hive, Shrewsbury

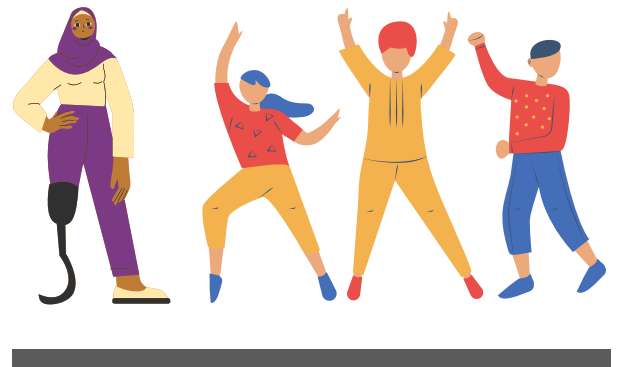
Delivered by professional dance artists & a dance specialist support team

Fun, Focused & Creative

For more information message us on social media or contact us:

- officesidance@gmail.com
- 07788 577040
- /ShropshireInclusiveDance

www.sidance.live



To share the enjoyment, power, creativity and connection that dance offers, with all those who participate in our workshops and audience.

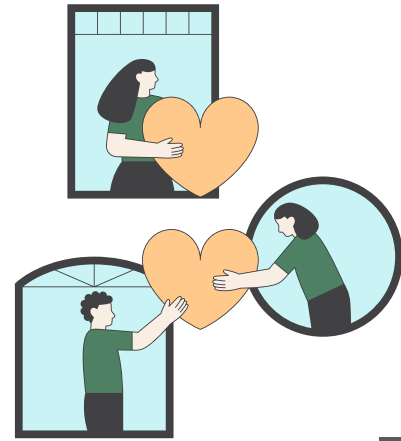
To offer projects, workshops and regular classes to children, young people & adults where disabled and non-disabled participants can dance together.

To support people to develop a sense of belonging, connection and creativity in relation to their own bodies.

Volunteering benefits go both ways – helping others can be the best way to help ourselves.

By volunteering, you'll meet new people and build new strengths.

find volunteering opportunities here -  
<https://getvolunteering.co.uk/places/shropshire/shrewsbury>



# Volunteers wanted

## Make a difference at Fordhall Farm

Meet new people



Give something back



Boost your wellbeing



### Volunteer Fridays 2024

10am - 4pm, bring your own lunch

RUNNING EVERY FRIDAY, PLACES MUST BE BOOKED IN ADVANCE



We welcome enquiries from corporate groups

Max group size: 12  
EARLY BOOKING ADVISED!

You can join our volunteer weekend if desired on certain dates!

### Volunteer Weekends 2024

9.45am Sat - 4pm Sun

Straw Lodge accomodation and food provided if required

JANUARY 27 - 28

APRIL 20 - 21

JUNE 22 - 23

SEPTEMBER 28 - 29

First come, first served: book in advance to avoid disappointment

Call 01630 638696 or email [mike.grabarz@fordhallfarm.com](mailto:mike.grabarz@fordhallfarm.com)

Youth volunteering programme also available

## How to Ask for Help for any problem you are having -

1. Think about what you want. We all want to feel supported and understood,
2. especially when things seem out of control. ...
3. Decide who to talk to. It's important to talk to someone you trust and can
4. speak openly with. ...
5. Choose the right time and place. ...
6. How to talk about it. ...
5. Congratulate yourself.



## Are you suffering in your relationship?

Domestic abuse happens within families as well as intimate relationships



We are here to help everybody  
Call: 0300 303 1191



### For support:

Call: 0300 303 1191  
Monday- Friday 8am to 6pm  
Email: [sdas@shropsdas.org.uk](mailto:sdas@shropsdas.org.uk)  
Visit: [shropsdas.org.uk](http://shropsdas.org.uk)





## 5 Benefits of Being Outdoors

- It helps you relax.
- It exercises your body.
- It boosts your immune system.
- It improves your focus.
- It's a chance to be social.



## Walking group

**Explore your local area and meet new people with our Bridgnorth walking group.**

**Join us on the third Monday of every month, 10.00am–12.00pm**

For gentle, dementia friendly social walks around Bridgnorth town, with a refreshment stop at the end of the walk.

**Bridgnorth Library  
67 Listley Street  
Bridgnorth  
WV16 4AW**

For more information please call

**01743 233 123**

email [enquiries@ageukstw.org.uk](mailto:enquiries@ageukstw.org.uk)

or visit [ageukshropshireandtelford.org.uk](http://ageukshropshireandtelford.org.uk)

Age UK Shropshire Telford & Wrekin is a charitable company limited by guarantee and registered in England and Wales  
Registered Charity Number: 1090445  
Company Number: 04292896  
Registered office is Bellstone, Shrewsbury, Shropshire SY1 1HX

# Local News



MEN WALKING AND TALKING  
Est. 2021

## Oswestry Walk

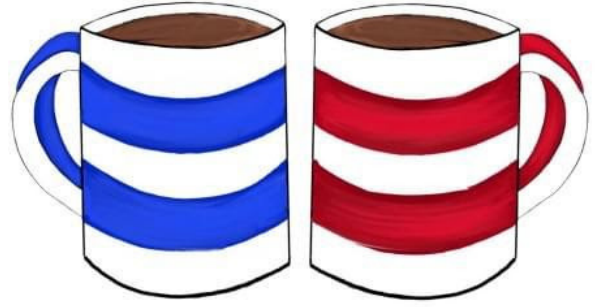
Red Square, Thursday, @7pm



<https://www.menwalkingandtalking.co.uk/>

# Wem Library

Fancy a cuppa and a chat



**Kettle's on from 10:30 – 12 every Tuesday**

**50p for a tea or coffee and biscuit.**

**All welcome**

01939 236995



[www.shropshire.gov.uk/libraries](http://www.shropshire.gov.uk/libraries)

Follow us on Twitter  
@ShropLibraries

wem.library@shropshire.gov.uk  
01939 236995

[www.shropshire.gov.uk](http://www.shropshire.gov.uk)

# MESSY MINDS

**free & FRIENDLY**

meditation for perfectly imperfect minds

**meditation for wellbeing drop in**

**no need to book, just come along**

**Oswestry Library**

**12:15 - 1PM**

**1st & 3rd Thursdays**

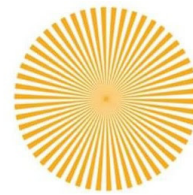
with hypnotherapist & meditation teacher

Alex River Clarke

[www.alexriverclarke.co.uk](http://www.alexriverclarke.co.uk)



@MESSYMINDS\_MEDITATION



**4 All**  
FOUNDATION

# Free Soup



**JOIN US FOR A FREE BOWL OF SOUP AND A CHANCE TO CHAT.**

Every Friday

10AM - 12PM

The Zone Hub,  
TF9 1QT

Supported by:





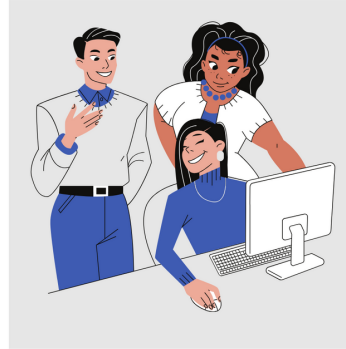
Funded by:  
 Shropshire Council

# Taking Part Group Digital Skills Sessions

**Are you an adult with a learning disability?**



Would you like to feel more comfortable using your phone, tablet, Kindle or laptop?



Would you like to develop your skills in a friendly setting?



**Join our block of group sessions!**

**Location**



Mondays 15th, 29th January  
5th and 12th February 2024,  
11am - 12pm\*.

**Shrewsbury Library,  
Castle Gates,  
Shrewsbury, SY1 2AS**

Scam awareness,  
social media, emails,  
photos and more.

\* Please note we will promptly start at 11am. If possible we will try to meet you before the first session.

Volunteers working alongside Taking Part staff to support you.

**Please bring your device with you.**

**SUPPORT**

If you have not got a device we might be able to help you to get one.

We are also delivering one-to-one support please let us know if this would interest you.

Please contact us on 01743 363399 or

email [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk) to book your place or to find out more.

Future dates will be added to our Facebook page and website.  
[www.takingpart.co.uk](http://www.takingpart.co.uk)



# Friendly Friends



## Good Friends -

Boost your happiness and reduce your stress.

Improve your self-confidence and self-worth.

Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one.



## Would you like to make new friends while enjoying a hearty breakfast?

**Join us on the fourth Tuesday of the month, 10.00am–12.00pm**

Our new breakfast club for men aged over 50 is a great way to meet new friends from your community and enjoy each other's company. (Pre-booking essential).

For more information please call  
**01743 233 123**

email [enquiries@ageukstw.org.uk](mailto:enquiries@ageukstw.org.uk)

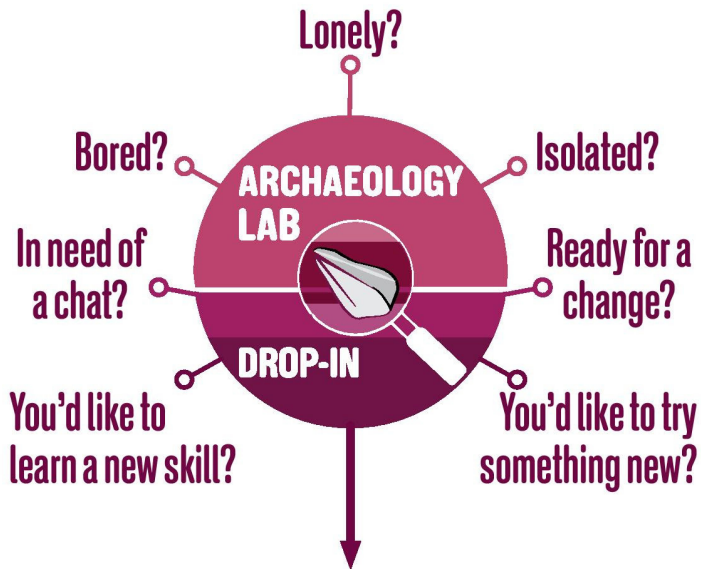
or visit [ageukshropshireandtelford.org.uk](http://ageukshropshireandtelford.org.uk)

Age UK Shropshire Telford & Wrekin is a charitable company limited by guarantee and registered in England and Wales  
Registered Charity Number: 1090445  
Company Number: 4292896  
Registered office is Bellstone, Shrewsbury, Shropshire SY1 1HX

**Toby Carvery Telford  
Shawbirch Cross Roads  
Telford  
TF1 3QA**

**Starts  
23 January**

## Do you ever feel...



## Come along to the Archaeology Lab!

**Drop-In Hours - Tue, Wed, Fri 10am - 3pm  
1st Floor Ludlow Library**

You can call email us at [katherine.miller@shropshire.gov.uk](mailto:katherine.miller@shropshire.gov.uk)  
call 01743 258885 or ring the doorbell to the SMCC.



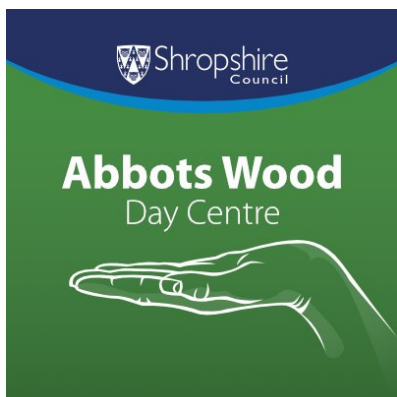
**Mate crime** is when someone says they are your friend, but they do things that take advantage of you, like ask you for money a lot.

A real friend does not need to be bought, and, asks you to pay for lots of things, or makes you feel uncomfortable is not a true friend.

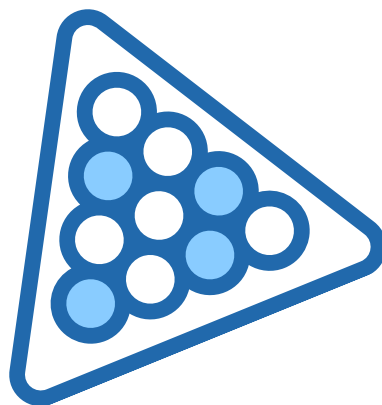
If someone who says they are your friend hurts you, steals from you or makes you do something you don't want to do, you should tell to someone you trust right away.



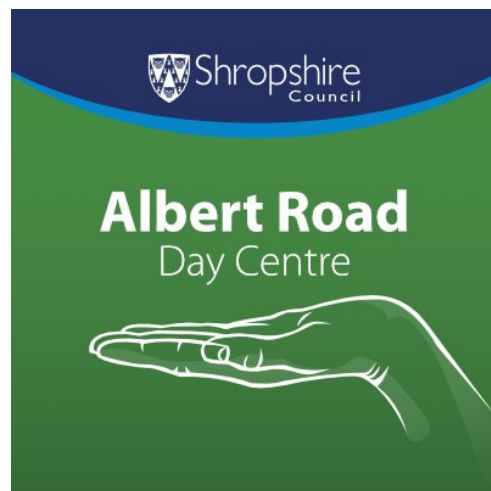
# Fun Activities, that keep us active



Abbots Wood, Gardening group started the new year with an exercise session on the bikes.



We played Pool at Albert Road daycentre and created our own obstacle courses at the Sports village in Shrewsbury



# Read

## The Rainbow Times



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](mailto:jamila.walker@takingpart.co.uk)