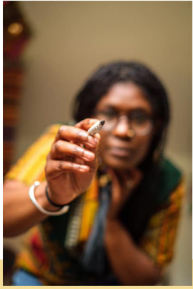


# The Rainbow Times



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.

**44th Edition**  
**March 2024**

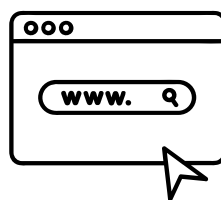
Community could mean lots of things to you; where you live, your family, friends, your local shop keepers, the people you have fun with and more.



## This month's theme is -

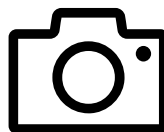
# Spring

You can read past editions of the Rainbow Times here -  
[www.shropshire.gov.uk/day-opportunities-centres/newsroom-read-the-rainbow-times/](http://www.shropshire.gov.uk/day-opportunities-centres/newsroom-read-the-rainbow-times/)



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

You Choose  
Your News  
Your Views



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

Page 1



Good  
Things  
To Do At  
Home



Changing Times, Changing Lives

# Spring into

# SPRING



What are the benefits of spring season?

Every season gives us cause to celebrate, but here are some Wellbeing reasons why spring is the best season.

- Warmer weather. ...
- There are more hours in the day. ...
- More sunshine. ...
- Birds and animals emerge. ...
- Delicious seasonal produce. ...
- Time for spring cleaning and organizing. ...
- Blooming flowers everywhere. ...
- Trees grow leaves again.



What's your favourite thing about Spring?

Blossom on the trees?  
More sunlight?



“Waking up to bird song, sunshine and warmth throughout spring can be hugely uplifting, evoking the happiness, optimism and positivity that many of us struggle with in winter,”



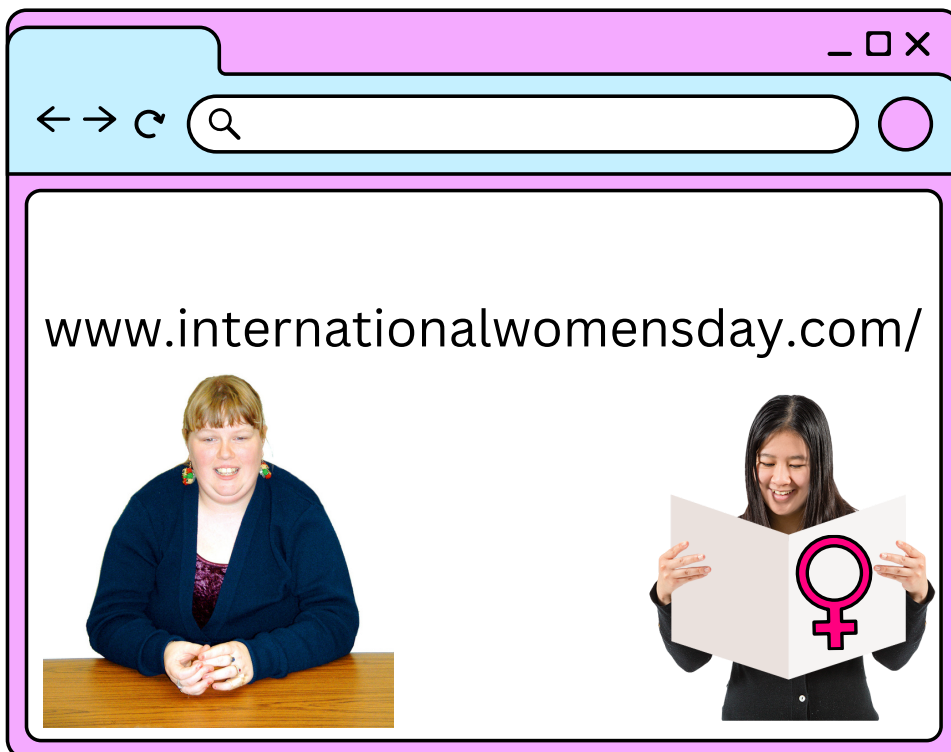
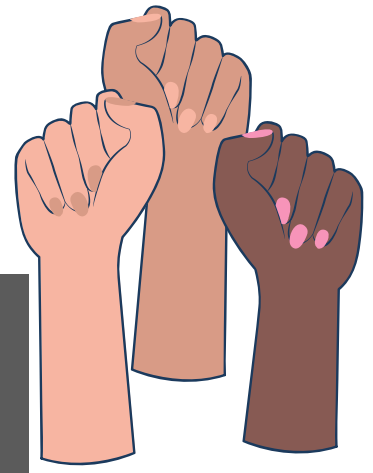
## 8th March 2024

International Women's Day 2024 campaign theme is - 'Inspire Inclusion'

When we inspire others to understand and value women's inclusion, we forge a better world.

And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.

Collectively, let's forge a more inclusive world for women.



Each year, International Women's Day events are held worldwide - community gatherings, awards, exhibitions, festivals, fun runs, concert performances, speaking events and more.



David, Darren and James at the castle in sunny Ludlow, south Shropshire.

Shropshire has a legacy of battles, historic sites, and atmospheric ruins.

### Stokesay Castle

Stokesay Castle was constructed at the end of the 13th century by Laurence of Ludlow, who at the time was one of the richest men in England.

It's free to enter with an English Heritage membership with a cafe on site.

### Ludlow Castle

Walkthrough the castle grounds and see the ancient houses of kings, queens, princes, judges, and the nobility - a glimpse into the lifestyle of medieval society.

Grab refreshments from the Castle Cafe and browse the gift shop!

### Whittington Castle

The strikingly picturesque and romantic ruins are steeped in much history, tales of bitter border warfare, romance and legend.

The castle is free to enter and has a tearoom on site.

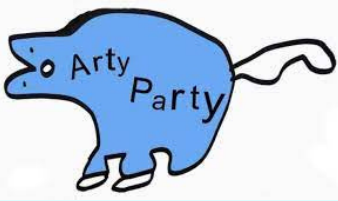
### Shrewsbury Castle

The castle stands at the top of a hill and was built as a defensive fortification for Shrewsbury, which was otherwise protected by the River Severn.

The grounds are free to visit and perfect for picnics too!

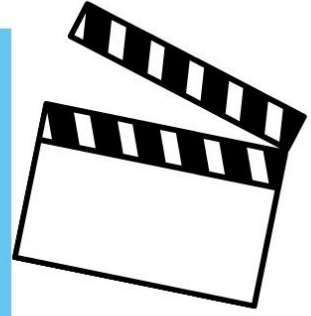


Stokesay Castle



The Borderlines Film Festival will be sharing Oska Bright Film Festival's Best of the Fest 22, featuring Arty Party's films 'The Secret Lives of Tom Lightfoot' and 'The Secret lives of Jim Henry'.

Borderlines and Oska Bright make a great partnership supporting the voices of disabled storytymakers in the borders.



## Facts

Borderlands Film Festival is UK's biggest rural film festival brings the very best films to Hereford, Shropshire and the Marches.

Borderlands also host workshops for all ages



# Taking Part Presents Escape Club Nights



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

**2024**

March 6th & 20th  
April 3rd & 17th  
May 1st & 15th  
June 5th & 19th  
July 3rd & 17th  
September 4th & 18th



@TakingPart

[www.takingpart.co.uk](http://www.takingpart.co.uk)  
01743 363399



Theme nights;  
Be a temporary DJ, Karaoke and  
more  
Request songs  
£3 entry carers are FREE



Save the date!! Plans are being finalised for a Cyclists Ceilidh on **Saturday 27th April 2024.**

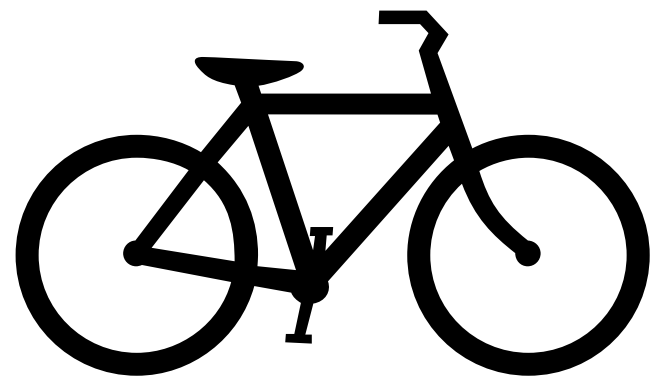
This event is in partnership with Cycle Hub, Shrewsbury Sports Village & Cycling4All Shropshire.

Venue to be confirmed. Likely at Meole Brace, Secondary School (Longden Road, Shrewsbury SY3 9DW).

**Time to be confirmed.**

The Ceilidh will be a fun event. We will be working with partners and promoting inclusive cycling. The event will be supported by cycling groups and organisations.

We hope you can join us! More details to follow soon!



We believe anyone can enjoy cycling!

You just need to have the right cycle and friendly support.

**Arty  
Party  
presents...**

# THE BLUE CAT CABARET



We welcome you to an evening of incredible live entertainment, theatre, dance and music performed by members of Arty Party and special guests.

**WHEN?** Friday 8th March  
Doors open 6.30pm, show starts 7.00pm

**WHERE?** The Anstice, 1 Anstice Square, Madeley,  
Telford, TF7 5BD



Tickets £10  
via Eventbrite



# Taking Part's Digital Skills Programme



Are you an **adult** with a **learning disability** living in **Shropshire**?

Would you like to **improve your digital skills**?

We offer **one-to-one**, **group** and **drop-in** sessions.

Get in touch to find out dates, times and locations.



## We cover ...

Staying Safe

Getting Started

Documents & Storage

Emails


Keeping in Touch

Internet

Photos

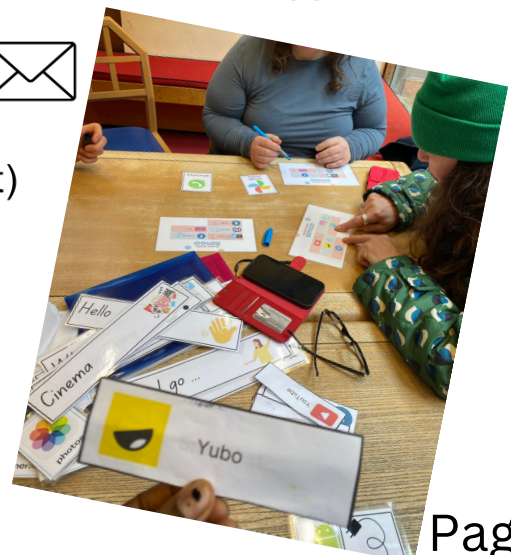


You can contact us on 01743 363399 or text/WhatsApp 07397 64 66 08

email [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk) , 



or visit our Facebook page (<https://www.facebook.com/takingpart>) and our website [www.takingpart.co.uk/](http://www.takingpart.co.uk/)



# Local events



## SINGING WORKSHOP

DO YOU LOVE SINGING?

Parish Rooms, Market Drayton  
Saturday 2nd March 24

9.30am - 5pm

£10pp (from £6pp for groups)  
advance booking required

GREAT WORK!!

MINI PERFORMANCE AT 4.30PM (FREE)

You don't need any musical or singing experience, just be willing to join in and have a go with friends

Bring your lunch  
tea and coffee will be provided

YAY!!

Booking forms available on  
Facebook page A Choired Taste Uk

Come and join us for some lovely songs and great fun

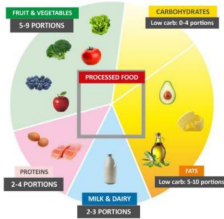
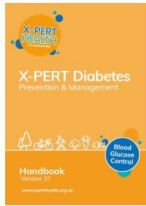
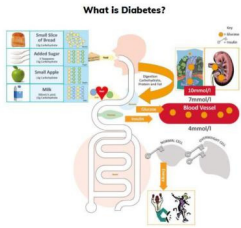
Hosted by A Choired Taste  
Led by singing teacher and choral leader, Elaine Cook  
For more information please email  
songbirdsandswans@gmail.com



NHS  
Shropshire Community Health  
NHS Trust

## DO YOU HAVE TYPE 2 DIABETES?

Would you like help to understand and manage it better?  
If so, you can sign up to the NHS approved group structured education programme which is **FREE** to anyone with Type 2 Diabetes.



We are running a group 6-week X-PERT Diabetes Management Programme in Market Drayton starting on

Tuesday 4 June 2024 from 10am to 12.30pm

Venue: MENCAP Unit, Salisbury Hill View, Market Drayton, TF9 1DW

For more information and to book a place please contact us by phone or email:

Telephone: 01743 277 696

Email: [shropcom.xpertdiabetes@nhs.net](mailto:shropcom.xpertdiabetes@nhs.net)

Shropshire Community Adult Diabetes Structured Education

learning new skills brings personal growth, confidence, problem-solving abilities, creativity, and resilience



Shropshire  
Fire and Rescue Service



## Look and Refer

Free Fire Safety in the Home Awareness Training

Join us for an interactive session with our Prevention Team about identifying fire risks within the homes you visit



### Dates available:

- Thursday 21st March 2024 - Oswestry - Aico, Maesbury Road (sessions at 10am and 1:30pm available for booking)
- Wednesday 24th April 2024 - Ludlow - Fire Station (session at 1:30pm available for booking)
- Friday 14th June 2024 - Craven Arms - Fire Station (session at 1:30pm available for booking)

Sessions last 90 minutes and could help save lives

Contact us to book or for more information



[safeandwell@shropshirefire.gov.uk](mailto:safeandwell@shropshirefire.gov.uk)



01743 260200

# Read

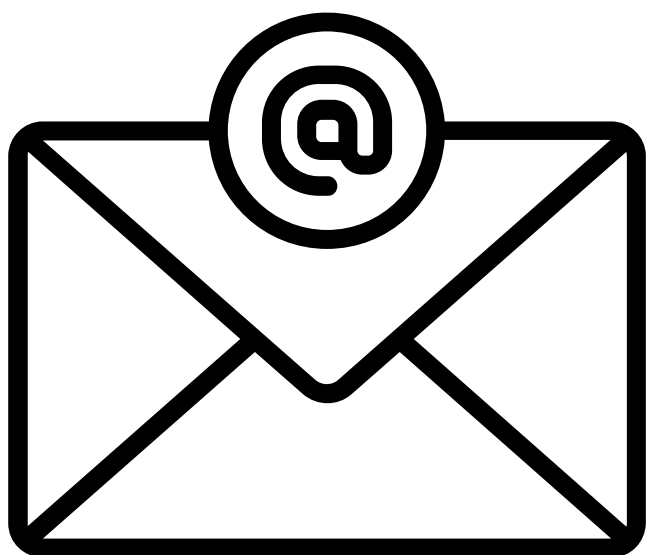
## The Rainbow Times



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)