

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
May 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 -
“Bee Silly and Supportive”

You can read past editions of the Rainbow Times here -
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.



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

You Choose
Your News
Your Views

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Good Things To Do At Home



Changing Times. Changing Lives

20th May 2024 World Bee Day



4 Ways to Help Bees Thrive

Here are a few ways to help bees thrive:

1. Add native plants to your garden. Native plants provide pollen and nectar to bees, which they need to feed themselves and their larvae (babies) , and also provide a place to nest.
2. Avoid using pesticides—these chemicals harm bees.
3. Build a shallow garden bath with pebbles for our bee friends to catch a break and take a sip or two after foraging and collecting nectar.
4. Maintain bee habitats. Around 30 percent of bees live in holes inside trees, logs, or hollow plant stems.



Bees pollinate our wild trees and wild flowers, which then support other insects, which then support birds, bats, mammals and everything up the food chain with food and shelter.

Why are bees a good thing?

Repair and Reuse



There are Repair cafes happen all over the UK, search online or ask at your local library for your nearest Repair cafe.



Do you have any repair tips that you would like to share with our readers?

Repair Café

Oswestry and Borders

Second Sat of the month

Memorial Hall, Oswestry:

Jan 13, Mar 9, May 11, Jul 13, Oct 12, Dec 14

Public Institute, Llanfyllin:

Feb 10, Apr 13, Jun 8, Sept 14, Nov 9

12-3pm

Don't throw it - Fix it!

*Mending clothing & textiles,
electrical appliances, bikes,
furniture and more!*

TO BOOK YOUR FREE REPAIR

Email: osbordersrepaircafe@gmail.com

No internet access? Want to talk to someone?

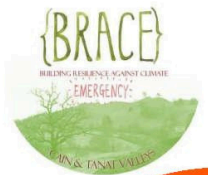
Let Colin help you on 01691 239344

Facebook: Oswestry & Borders Repair Cafe

**We operate a bookings system
PLEASE BOOK BY THE SUN BEFORE**



**extinction
rebellion**



**Have
a cuppa
while you
wait!**

Taking Part received funding from Shropshire Council to deliver our Digital Skills Programme for adults with learning disabilities living in Shropshire.

Sessions are FREE!

We offer:

- one-to-ones
- community group/peer support/social sessions
- bespoke sessions (for existing groups or services)



The aim of Shropshire Council's Digital Skills Programme supports people living in the local authority's geographical area to become more confident online. The programme gives free equipment for those who need it most.



- Friday 3rd May 2024 , 10:30am – 12:00pm, The Lantern, Shrewsbury (SY1 4NG)
- Friday 10th May 2024, 10:30am – 12:00pm, Nerdy Café (SY1 1PP)
- Friday 10th May 2024, 1:30pm – 3:00pm, TESCO Extra community space, Harlescott Shrewsbury (SY1 4HA)
- Friday 17th May 2024, 10:30am – 12:00pm, The Lantern, Shrewsbury (SY1 4NG)
- Friday 17th May 2024, 1:30pm – 3:00pm, TESCO Extra community space, Harlescott, Shrewsbury (SY1 4HA)
- Thursday 23rd May 2024 10:30am - 12pm, Nerdy Café (SY1 1PP) social café session.
- Friday 24th May 2024, 10:30am - 12pm, Nerdy Café (SY1 1PP).



We might discuss the following during the session(s):

Getting Started

Emails

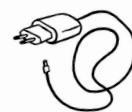
Internet

Staying Safe

Documents & Storage

Keeping in Touch

Photos



CALL for VOLUNTEERS

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!



Connect For Life is looking for dedicated individuals to join us in our mission to provide support to older people with memory loss or dementia.

If you have a passion for helping and want to make a meaningful difference in your community, we want to hear from you!

Contact us today to learn more about this exciting volunteer opportunity.

Tel: 07582 207972

email: connectforlife@hotmail.com

www.connectforlife.co.uk



Which of your skills can you use to help others?

Listening?
Cooking?
Gardening?

Volunteering can boost our self esteem.

Do you have a n hour or 2 a week/month to volunteer your time and skills in your local community?



RAFO
COMMUNITY RESOURCE

Can you spare the time to

volunteer?

Hearing Loss Support

- Do you wear an NHS hearing aid?
- Would you enjoy helping people adapt to wearing NHS hearing aids?
- Could you spare a couple of hours a week?

Become a Community Resource volunteer!

Contact us to find out more:

Call **01743 360641** or
Email **enquiries@community-resource.org.uk**

Supported by

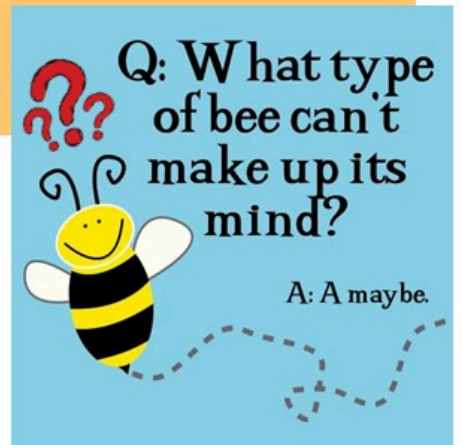
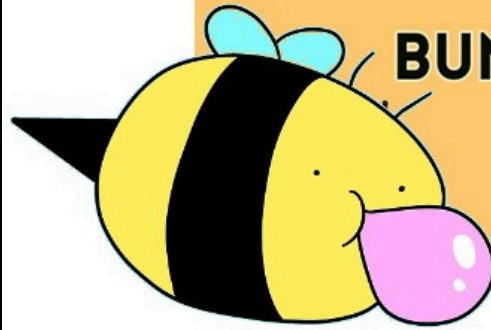


Community Resource is an operating name of the Community Council of Shropshire. A Company Limited by Guarantee 4652487 and a Registered Charity 1096779

Some silliness from Phil and Mark, from Shared Lives from them to us.



WHAT DO BEES CHEW?
BUMBLE GUM.





to you
wonderful
carers!



To celebrate Carers Week, we invite our registered carers to join us for Various...

CARERS WEEK EVENTS

To book a place for any of the activities on this programme or to find our more, please email:
shropshire.carers@shropshire.gov.uk
or telephone 01743 341995



Sat
15th

Time: 11.00 am – 12.30pm
Venue: Jenna Blair Yoga, 143A Belle Vue Road, Shrewsbury SY3 7NN
Event: Mindful stitching by hand experiment with colours/texture.
Cost: FREE – material and refreshments included - booking essential

Sun
16th

Time: 11.00 am – 12.15 talk with the Chair, followed by all day train rover ticket
Venue: Cambrian Heritage Railway, Oswald Road, Oswestry, SY11 1RE
Event: Talk and Railway Trip
Cost: FREE

Sun
16th

Time: 2.00pm – 4.00pm
Venue: Hodnet Hall Gardens, Market Drayton, TF9 3NN
Event: Outdoor Event
Cost: FREE (10 tickets)

OsNosh Community Café

Based at The Centre in Oswestry, our community kitchen uses surplus food to create delicious, nutritious meals. Our wonderful volunteers collect good food from local stores and suppliers that would have otherwise gone to waste, we then share it with our local community.

Everyone is welcome to join us, be it for tea and coffee, a delicious lunch or to pick up some bits and pieces from our food share table. It's run on a pay as you feel basis, so donations are always welcome but not essential!

Opening hours
Wednesday: 10am - 1pm
Friday 10am – 1pm (café not open but tea and coffee served, help out in the garden if you wish ☺)



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Sun
9th

Time: 11.00am – 5.00pm
Venue: Hodnet Hall Gardens, Market Drayton, TF9 3NN
Event: Plant Fair
Cost: FREE (10 tickets available)

Mon
10th

Time: Arrival 10.00am – 1.00pm (free time after)
Venue: RAF Museum Midlands, Lysander Avenue, Cosford, Shifnal TF11 8UP
Event: Museum/Nimrod tour-a wonderful opportunity to peek at a maritime reconnaissance aircraft, see some of the secrets it held (starts at 10.30 for an hour, refreshments served after).
Cost: FREE

Mon
10th

Time: 10.00am
Venue: Shropshire Hills Discovery Centre, Market Street, Craven Arms SY7 9RS
Event: Meet their mammoth, enjoy the exhibition and explore their 30-acre meadow
Cost: £4.50 (10 tickets available)

Tues
11th

Time: 2.00 pm – 4.00 pm
Venue: The Old Rectory Hall, Market Drayton TF9 2EP
Event: National Garden Scheme – walk within the cultivated gardens
Cost: £6 to include visit/tea/coffee/cake – payable on day for charity

Tues
11th

Time: 10.30 am – 1.00pm and 1.30pm – 4.00pm
Venue: Crowsmill Craft Centre, Coton Lane, Bridgnorth, WV15 6HF
Event: 30-minute tour and 2 hr taster session on gardening, woodwork/crafting
Cost: FREE (20 spaces available, up to 5 carers and cared for per session)

Wed
12th

Time: 10.30am – 4.00pm
Venue: Lyneal Trust, Ellesmere, SY12 0LQ
Event: Canal Trip
Cost: FREE



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Fri 14th

Time: 10.30am – 12.00
Venue: Pontesbury Pavilion, Hall Bank, Pontesbury SY5 0RF
Event: Music and song from the 60's – wide range from The Beatles to Country. Why not dance along and show your moves!
Cost: Free – refreshments included

Fri 14th

Time: 2.00pm-4.00pm
Venue: Peace Hall, Upper Road, Meole Brace, Shrewsbury, SY3 9JP
Event: Djembe Drumming, learn African hand played rhythms – no experience needed.
Cost: FREE

Fri 14th

Time: 12.00pm – 1.30pm
Venue: Ludlow Brewery, The Railway Shed, Station Dr, Ludlow SY8 2PQ
Event: Tour + Beer Tasting
Cost: FREE (14 tickets available)

Fri 14th

Time: 2.00pm - 4.00pm
Venue: Ford Hall Farm, Market Drayton, TF9 3PS
Event: Farm walk OR art well-being session (create a guided painting on wood) complimentary tea/coffee and cake
Cost: £5 for materials - payable on the day

Sat 15th

Time: 11.00am – 3.00pm
Venue: Sunnycroft, Holyhead Road, Wellington, Telford TF11 2DR
Event: Bring your own picnic and enjoy the house and grounds –tour available.
Cost: FREE

Sat 15th

Time: 11.00am – 1.00pm
Venue: Tourist Information Centre, Castle View, Oswestry SY11 1JR
Event: Guided Walk – Oswestry Town Trail, History Myths and Legend
Cost: FREE (charge of £5.00 for cared for)



Wed 12th

Time: 11.00am – 12.00pm
Venue: 1 Bailey Head, Oswestry SY11 1PZ
Event: Oswestry Museum Visit /Tour and Talk
Cost: FREE (donations welcome)

Thurs 13th

Time: 10.00 – 12.00pm
Venue: OsNosh, The Centre, Oak Street, Oswestry, SY11 1LW
Event: Gardening Club - learn how to grow
Cost: FREE (small donation appreciated)

Thurs 13th

Time: 2.00pm – 3.30pm
Venue: Wem Town Hall, SY7 5DG
Event: Wem Carers Support Group
Cost: FREE

Thurs 13th

Time: 11.00am – 1.00pm
Venue: Oswestry Library, Arthur Street, SY11 1JN
Event: Get crafty with Jayne
Cost: £3 for material - payable on the day

Thurs 13th

Time: 2.30 – 4.00pm
Venue: Shrewsbury Museum and Art Gallery, the Square, Shrewsbury SY1 1LH
Event: Music Care – enjoy, learn the health benefits of making music – suitable for all
Cost: FREE

Thurs 13th

Time: 2.00pm – 4.00pm
Venue: Cavalier Centre, TF13 6PE
Event: Tea with a pony plus a gentle 'sit and be fit' class
Cost: £9 per person (12 spaces available)



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Zumba at Avalon Daycentre in Oswestry

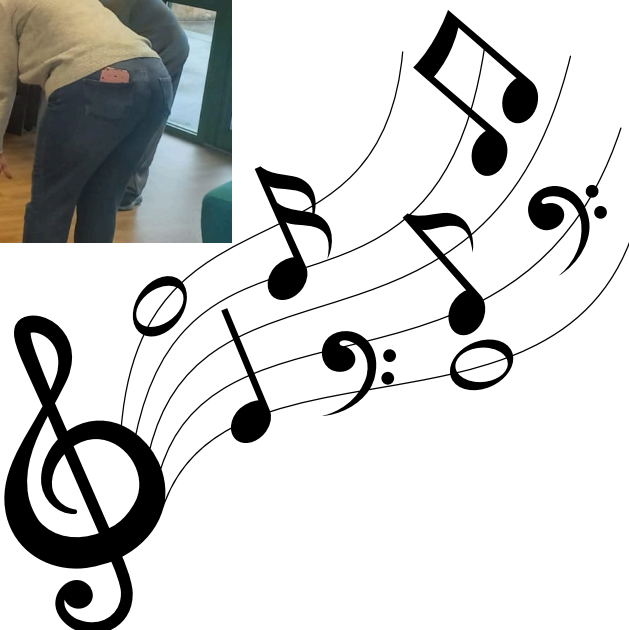


Whoop Whoop!



Zumba is a fitness activity that involves Latin-inspired dance.

It was founded by Colombian dancer and choreographer Beto Pérez in 2001.





Local events

Love singing? Got rhythm?
CADENCE SINGERS is looking for
new voices

Send us photos of you enjoying
local events in your
community, to
jamila.walker@takingpart.co.uk

Cadence Singers is a
friendly and ambitious
four-part harmony
group singing a wide
variety of music

 Broseley

 Wednesday evenings

If you'd like to know
more, please contact:

Caroline 01952 813737
07870 540993

or email
CadenceSingers1@gmail.com



SHROPSHIRE ROOTS BROTHERHOOD

EVENTS SCHEDULE

FIRE & TALKING CIRCLE

WENLOCK EDGE
LAST SATURDAY MONTH 09:00

HOLISTIC MENS CIRCLE

HUMAN METHOD, TELFORD
2ND WEDNESDAY MONTH 18:30

COLD WATER SWIM

CARDINGMILL VALLEY
WEEKLY

SOUND + MEDITATION

PRIORY HALL, MUCH WENLOCK
3RD MONDAY MONTH 19:45

COFFEE & CONNECTION

MIKEY'S KITCHEN, BROSELEY
1ST THURSDAY OF MONTH

VIRTUAL ROOTS BRO

ONLINE GOOGLE MEET
MONTHLY



SHROPSHIREROOTS.ORG

FUNDRAISING IN AID OF



Save the Children

(Registered Charity 213890)

WHITTINGTON OPEN GARDENS

PLANT SALE & MUSIC

Monday 6 May 2024, 10.30 - 17.00

Garden Croft, Daisy Lane, SY11 4EA (+ plant sale)
(contemporary cottage garden, new environmental hedge)

Gable Croft, Church St, SY11 4DT (+ refreshments)
(old walled garden, restored Victorian conservatory)

Church House, Church St, SY11 4DT
(1 acre garden, shade plants, free-range chickens)

(follow signs in village)

(Admission by donation covers all three gardens)

Plant Sale, Music by Haslington Folk Group, Andy on Bagpipes

Signed parking

Dogs on leads please

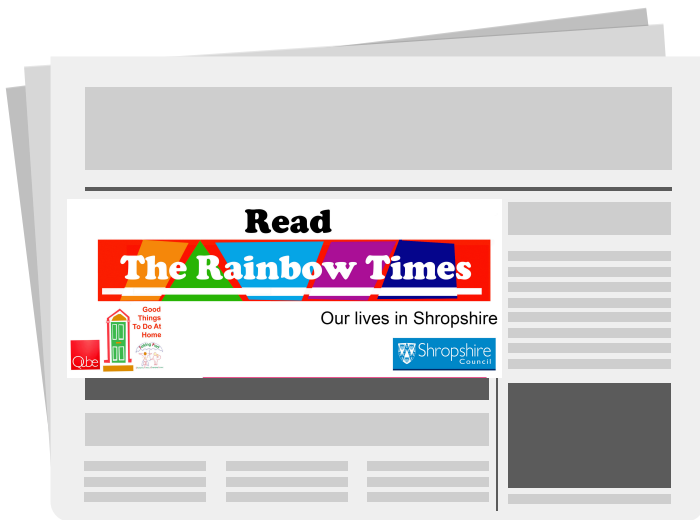
More details: whittingtonopengardens@gmail.com
01691 650711

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