

# 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.

45th Edition  
April 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.



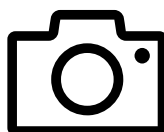
**This month's theme is -**  
**Arbor Day 26th April 2024**  
**Plant a Tree**



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.



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



Quality Time, Quality Lives

# Arbor Day

April 24th

## Benefits of spending time with the trees

Oxygen

Forest bathing

Homes for wildlife

Food from fruit bearing trees

Shade for comfort and to protect ourselves from wind and sunlight



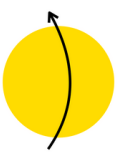
Forest bathing is the Japanese is a process of relaxation; known in Japan as shinrin yoku. The method of being calm and quiet amongst the trees, observing nature whilst breathing deeply can help you de-stress and boost health and wellbeing.

## Plant your own tree

You can help by planting a tree in your garden, outdoor or community space.

Even a single tree can make a big difference.





The Soma Space

Movement For Mental Health

The Soma Space focus on wellbeing for group and individuals.

The movement sessions combine strength training and exercise with mental health education.

It is founded by personal trainer Jo Hazell-Watkins and psychotherapist Kevin Braddock MBACP



Benefits of moving our bodies-

raised self-esteem, reduced stress, and improved sleep.

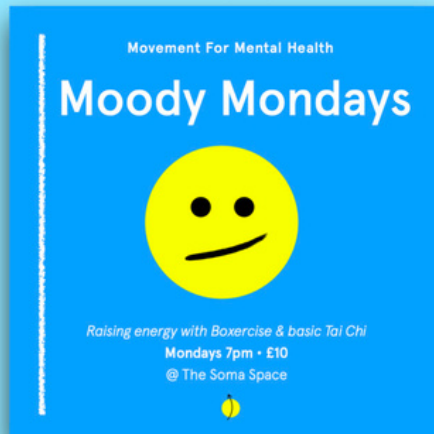
Yes

To fun  
Individual goals  
Support

No

Focus on weight loss  
Focus on big muscles  
Mirrors  
Pressure

Mondays 7pm



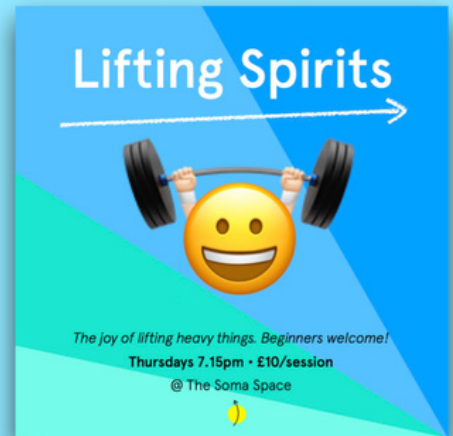
Tuesdays 9am



Thursdays 1pm



Thursdays 7.15pm



Fridays 9-11am



Sundays 10am-12pm



The Soma Space,  
Memorial Hall,  
Smithfield Street,  
Oswestry, SY11 2EG

We created these potted flower pots for Easter 2024.

We later decorated the pots with ribbons.



## Flower Power

- To flower is the process of reproduction, to create more plants.
- The flower forms the basis for the making of seeds and fruit.
- Flowers can be brightly coloured which attract insects for pollination.



The Easter Lily (*Lilium longiflorum*) is a traditional Easter flower.





## Top Tips for Fire Safety

Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Test smoke alarms every month. If they're not working, change the batteries.



Talk with all household members about a fire escape plan and practice the plan twice a year.



**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

Fire is a chemical reaction that converts a fuel and oxygen into carbon dioxide and water. It is an exothermic reaction, in other words, one that produces heat.



### Dates available:

- (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

# My money matters

## GET HELP WITH YOUR FINANCES

Our mental health might be affected by money problems in different ways, for instance: stress, worry or anxiety because we do not have enough money (financial anxiety) a low mood or feeling depressed about money. lower self-esteem.

We might have feelings of guilt or shame if we're not earning enough or currently unemployed.



### DO YOU NEED HELP WITH...

- Benefits
- Maximising your income
- Budgeting
- Debts
- Life events affecting your finances

PHONE OR FACE TO FACE APPOINTMENTS AVAILABLE TUESDAY'S AND THURSDAY

QUBE, OSWALD RD, OSWESTRY SY11 1RB

EMAIL US [info@qube-oca.org.uk](mailto:info@qube-oca.org.uk)

CONTACT US 01691 656882



Our Welfare Support team may be able to provide help to Shropshire residents to meet their most essential living costs. For more information, call the team on 0345 678 9078.  
  
Shropshire council





Shropshire Council is asking for communities across the south of the county to take part in a survey to share their thoughts and experiences on what would make their community a healthier and better place to live.

Please take part in the survey before 21st April 2024



**Marvellous Mighty MAYFAIR....**

**CARES** – We treat everyone with respect, dignity and kindness.

**INCLUDES** – We welcome everyone, recognising individual skills, opinions and needs.

**COLLABORATES** – We work in partnership with community groups and organisations from all sectors, learning from others and sharing our expertise.

**EMPOWERS** – We believe it is important to empower people to look after themselves and others.

**SUPPORTS** – Mayfair provides a safe and friendly environment where people can access services.

**RESPONDS** – Mayfair is adaptable and responds to changing needs and opportunities.

**Calling all residents of Church Stretton and surrounding areas!**

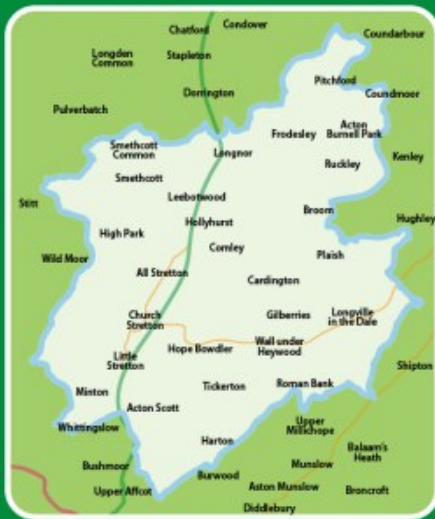
Community centre,

**Have your say!**

Help us and our partners understand what community, health and wellbeing means for you.

Tell us the good and not so good where you live.

We'll use what you tell us to help make things better in your area.



**You know you and your community needs best, so let us know!**  
Scan this QR code with your smartphone/tablet or go to:

<https://shropshire.gov.uk/ShropLocalHealthandWellbeingSurvey>

Paper copies can be collected and returned from:

The library and Mayfair Community Centre

Easthope Road, Church Stretton  
Shropshire, SY6 6BL

[information@mayfaircentre.org.uk](mailto:information@mayfaircentre.org.uk)  
[01694 722077](tel:01694722077)



## Charity Crisp Blanket Update

The donated empty crisp packets are cleaned, flattened and attached together to create colourful and warm blankets for Shrewsbury rough sleepers.

One of the crisp construction are on display at the daycentre.





# Albert Road Day Centre



Community spirit,  
thank you for  
litter picking!



Many people find that getting outside and picking up litter can be a great way to take a walk in nature to destress, keep fit and healthy and remind how beautiful their local areas are.

It can also be a great way to meet new people and make friends who share a common interest in protecting the environment.



# Local events



## Get the Marches Buzzing!

Get the Marches Buzzing is a B-Lines project restoring over 60 hectares of flower-rich habitat across Shropshire and North Herefordshire, with lots of the work happening in Telford.

### Upcoming Volunteer Dates

- ✓ **14 March 10am-1pm** Guided walk and volunteer session at Granville Country Park.
- ✓ **22 March 10am-1pm** Guided walk and heather planting session at Manor Road pitmound.
- ✓ **28 March 10am-12pm** Weeding and tour of the pollinator garden at Dawley Town Park.
- ✓ **31 May 2pm-4pm** Butterfly identification training event at Langley Fields with Jenny Joy.



*Booking is essential. To secure your place or for more information, email [emily.hughes@buglife.org.uk](mailto:emily.hughes@buglife.org.uk).*

Tools will be provided. Please wear sturdy footwear and bring gloves if you have them. Hot drinks & biscuits will be provided afterwards.

### Reasons to Learn Something New Everyday

- Reduce stress. ...
- Gain confidence. ...
- Knowledge is power. ...
- Improve your mental health. ...
- Socialising. ...
- Have fun.



### Breakfast Club

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

Toby Carvery Telford  
Shawbirch Cross Roads  
Telford  
TF1 3QA

Starts  
23 January

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  
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Made possible with

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SEVERN  
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Telford & Wrekin  
Co-operative Council

Protect, care and invest  
to create a better borough

Buglife - The Invertebrate Conservation Trust is a company limited by guarantee, Registered in England at Allia Future Business Centre, London Road, Peterborough PE2 8AN. Company no. 4132695. Registered charity no. 1092293. Scottish charity no. SC040004



If you identify as neurodiverse, want to understand more, or know someone who is neurodiverse, the anonymous online Togetherall community is a safe space where you can share your experiences, ask questions, get advice and give comfort to others. You don't need to feel alone in your experiences.

[togetherall.com](http://togetherall.com)

# Taking Part's Digital Skills Programme



Funded by:  
Shropshire Council

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

Would you like to **improve your digital skills**? Not sure?

Come and meet the team! Open to professionals and parents/carers.



**Date: Wednesday 10th April 2024**



**Time: 10:30am - 12pm (drop-in)**



**Venue: The Hive, 5 Belmont, Shrewsbury, SY1 1TE**



Topics in our programme:

Getting Started

Emails

Internet

Staying Safe

Documents and Storage

Keeping in Touch

Photos



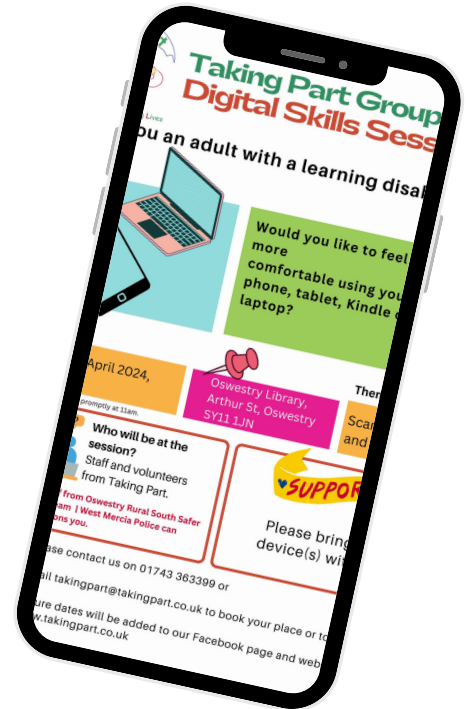
We offer one-to-one, group and drop-in session. Please contact us if you want to attend this event, so we can let you know if there are any last minute changes.



Ring 01743 363399 or text/WhatsApp 07397 64 66 08  
email [takingpart@takingpart.co.uk](mailto:takingpart@takingpart.co.uk) ,



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



# Taking Part Group Digital Skills Sessions

Funded by:  
Shropshire Council

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



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

**Date**  
Monday 15th April 2024,  
12 - 1pm

**Themes**  
Oswestry Library,  
Arthur St, Oswestry  
SY11 1JN  
Scam awareness  
and more

**Who will be at the session?**  
Staff and volunteers from Taking Part.  
**2 members of staff from Oswestry Rural South Safer Neighbourhood Team | West Mercia Police can answer any questions you.**

**SUPPORT**  
Please bring your device(s) with 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)



# 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)