

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
June 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.

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This month's theme is -

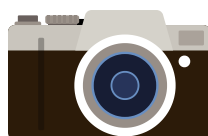
Pride Month is a vibrant and inclusive celebration that honours the LGBTQ+ community, their history, achievements, and ongoing struggle for equality.

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

Page 1



Good Things To Do At Home



Changing Times. Changing Lives

HAPPY
Pride
MONTH



**OSWESTRY
 PRIDE**

**LOOKING FOR OUR
 EVENT PROGRAMME?**

We will be sharing details on all Oswestry Pride events over the coming weeks.

However, for our key events, visit:

[LINKTR.EE/OSWESTRYPRIDE](https://linktr.ee/oswestrypride)

For your guide to Oswestry Pride, June 2024, check out the digital programme on our website-

<https://linktr.ee/oswestrypride>

Creative workshops, show poetry, a parade and lots more!

Support, share and enjoy this vibrant celebration.



**BREAKING
 NEWS:
 PRIDE '24
 IS COMING
 TOGETHER.**

The Shrewsbury Pride Launch Party.

- Look back on what was achieved last year, and see our plans for this year
- Have your say on Shrewsbury Pride
- Live entertainment and refreshments!

For more information, visit our Shrewsbury Pride Facebook page, or follow our Instagram.

NERDY Cafe. 49 Mardol, SY11PP
Saturday 8th June, from 7.30pm.

#ShrewsburyPride #LetShrewsburyFlourish



The next Shrewsbury Pride will be on 28th September 2024- like and follow on social media,; Instagram and Facebook to stay up to date



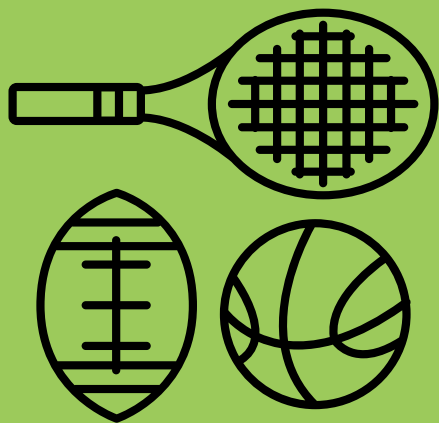
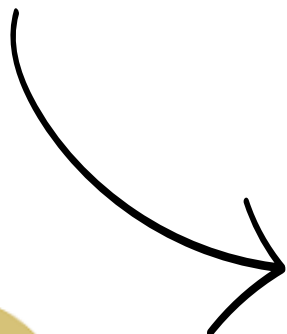
Email
Shrewsburypride@gmail.com



Why is Pride important?

Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ rights have come, and how in some places there's still work to be done.

Wayfarers gang are getting ready for the summer Olympics. Here is their display board



The summer Olympics are from 26 July to 11 August 2024 in Paris, with 10,500 athletes competing in 329 events .

The Paralympics run from 28 August to 8 September 2024, featuring 4,400 athletes in 549 events



Tennis in Shropshire



Wimbeldon

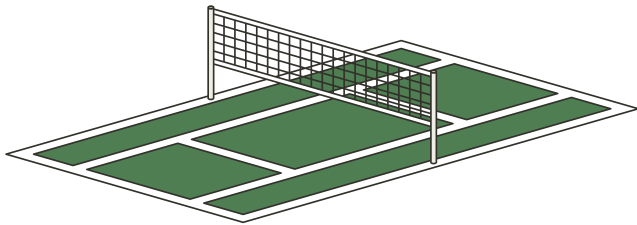
The Championships, commonly known simply as **Wimbeldon**, is the oldest tennis tournament in the world and is regarded by many as the most prestigious. It takes place in London.

The Championships 2024 will take place from 1 July 2024 to 14 July 2024. It is available to watch on BBC 1 and 2, as well as the BBC iplayer.



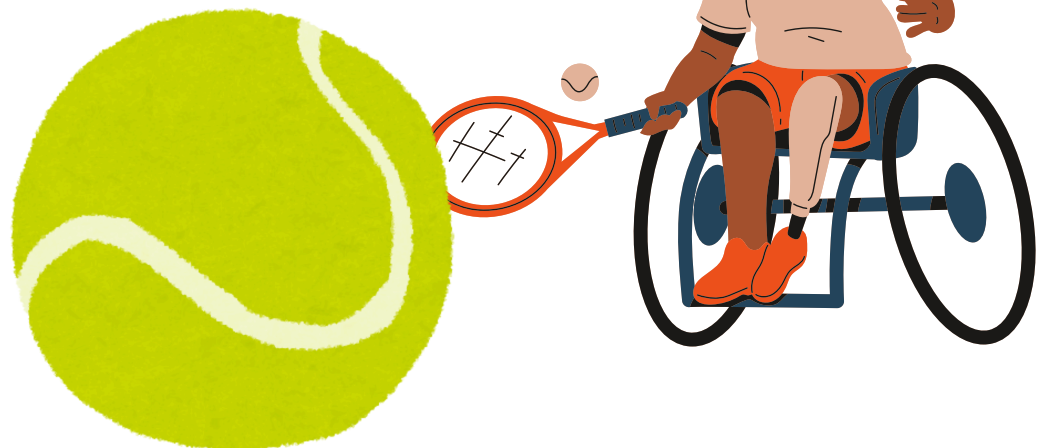
See link below for accessible places to play tennis in Shropshire

<https://www.tennisshropshire.co.uk/play/disablility-tennis/>



As well as being a great physical workout, tennis is also:

- a non-impact sport.
- a great way to meet people and spend time with friends.
- suitable for all ages and skill levels.
- helpful to reduce stress.
- not dependent on youth or strength – you can play for a lifetime or start the game at any age.



BELLE VUE ARTS FESTIVAL



Find out more about the festival
from their website
www.bellevueartsfestival.co.uk

The annual Belle Vue Arts Festival was started by Judy Townsend, a former teacher and Mayoress of Shrewsbury.

In 2003, Judy, along with the help of friends and local artists came together to create an inspiring week of arts events for the local community of Belle Vue, in Shrewsbury.

The festival vision is to offer art inspired events for the Belle Vue community and beyond by:

- Providing gallery and performing space to local artists.
- Staging high quality events and exhibitions.
- Organising art workshops and competitions.
- Supporting the local community and its institutions/organisations.
- Encouraging participation of all members of the Belle Vue community.
- Providing free or value for money events that enrich community life and wellbeing.

8th - 23rd
June 2024



The theme for 2024 Belle Vue arts festival is 'Treasure'

What is your treasure?

Your collection of graphic novels, a vase you made, a piece of jewellery given to you by a loved one?





Summer Safety Tips



Stay Hydrated
Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications
Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool
Stay in the A/C, indoors, go swimming, etc.



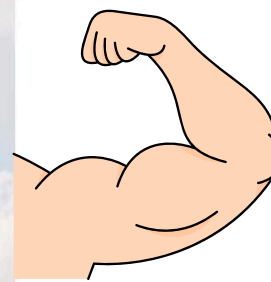
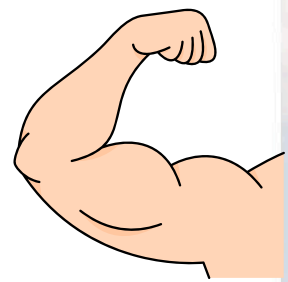
Wear Light, Loose Fitting Clothing
Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts
Have a list of people to call in case of emergency



Know the Weather Forecast
Plan your days accordingly depending on the weather



Signs of Heat Stress



Watch for Signs of Heat Stress.

On hot days, watch for signs of heat illness in yourself and others. Heat cramps, heat exhaustion and heat stroke are possible on hot days.



Signs of heat-related illness include:

Muscle pains, cramps, or spasms.

Heavy sweating, paleness, weakness, dizziness, headache nausea or vomiting



• Other signs of heat-related illness include:

-
- Confusion,
- fainting or unconsciousness
- High body temperature (over 103 degrees) with dry skin (not sweating)
- Rapid pulse



Good Things To Do At Home



Pride

Learning Disability Week 2024

This year's theme is "**Do you see me?**" which is all about being seen, heard and valued.

Monday 17 - Sunday 23 June 2024.

Each year, the third week of June is Learning Disability Week.

It is when we make sure the world hears what life is like if you have a learning disability.

"Do you see me?" is about challenging the barriers people with a learning disability face.

We want to celebrate the things people with a learning disability bring to society.



<https://www.mencap.org.uk/learningdisabilityweek>



Pride Ally flag.

You may not identify as an LGBTQIA plus person, but you can still show your support, to those that are from that group of people.

Volunteer Opportunities in Shropshire



COMMUNITY RESOURCE
Can you spare the time to **volunteer?**

Buddy System

- Would you like to volunteer?
- Would you like to help someone who is isolated become more active and involved in their community?
- Could you accompany someone to a new activity?

If the answer is **YES**, then you could be a 'Buddy' and we would really like to hear from you!

Contact us to find out more:
Call **01743 360641** or
Email enquiries@community-resource.org.uk



Community Resource is an operating name of the Community Council of Shropshire. A Company Limited by Guarantee 4652467 and a Registered Charity 1056779



Age UK: Reach service: volunteer support for older LGBT+ community with telephone companionship



How Reach can help
Reach offers older LGBT+ people a regular confidential phone call with a friendly trained volunteer. You might want to talk about what's on your mind or simply talk about what you've been getting up to. We have someone who can listen. We'll match you up with a like-minded person who has similar interests or hobbies.

This service is free of charge and can be accessed for as long or as little time as you need.
For more details call: 01734 233 123
[Age UK Shropshire Telford & Wrekin | Reach](#)

How Reach can benefit you or someone you know:

- It can help to reduce the feeling of loneliness
- It provides you with a regular and consistent volunteer to speak to
- It can help you to build confidence to attend social activities you would like to reengage with or may have not done before
- It provides a vital connection to someone that can signpost you to additional support.



See & Hear 2024 Volunteer Roles
Sight Loss Shropshire and Community Resource are working in partnership to bring this popular event back to the community 12th June 2024. To support the event on the day we are looking for a variety of volunteers.

All briefings will be held 9.30-10.00 and 12.30-1.00. Travel expenses will be reimbursed, water and light snacks will be provided.
swantje@sightlossshropshire.org.uk

Local events

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

SEE & HEAR SHROPSHIRE

12 June 2024 | Shrewsbury Town Football Club
10am - 4pm

A FREE exhibition for people with sight or hearing loss



40 local & national exhibitors



Workshops covering Digital Skills for Accessibility & Navigating Life with Hearing Loss



Hearing aid maintenance for Shropshire NHS aids by Community Resource Audiology Trained Volunteers



Free shuttle buses from Shrewsbury Train Station throughout the day

Guest Speaker: Meredith Vivian OBE

sightlossshropshire.org.uk/see-hear

01743 360641

enquiries@community-resource.org.uk



Sight Loss Shropshire



A healthy, balanced diet can improve physical and mental health. Join us for free guidance on how to eat well to feel well.

10.00am - 12.30pm, Monday 15th July 2024

Brownlow Centre, Claypit Street, Whitchurch. SY13 1LF

To book your FREE place 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

Absolute beginners



Join our 12 week line dancing course and learn the skills to join one of our regular groups

Join us every Tuesday
01:00 - 02:30pm

Learn the basics of line dancing in our friendly beginners group. £3.50 per session. Starts 16 July.

Hadley Community Centre
30 High Street
Hadley
TF1 5NL

For more information please contact us

01743 233 123

email enquiries@ageukstw.org.uk

or visit ageukshropshireandtelford.org.uk



Safer & Stronger Communities



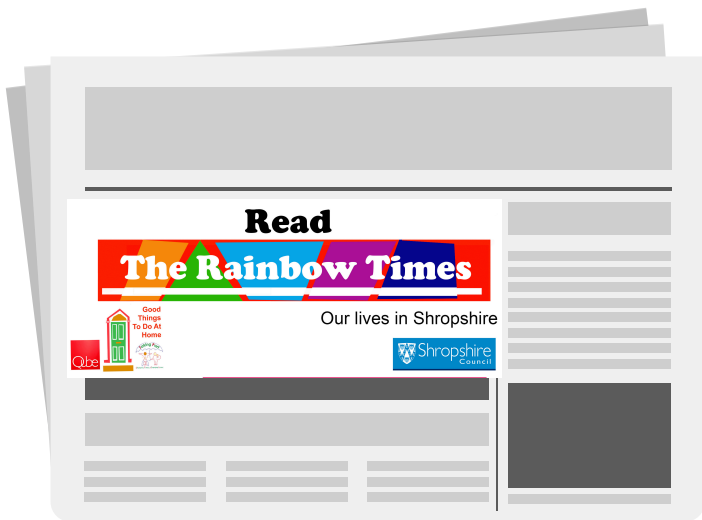
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Read

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