

# The Rainbow Times



Hello everyone,  
This edition of the  
**Rainbow Times** has  
been put together by me

Jamila - Guest Editor

Our lives in Shropshire



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

26th Edition  
July 2022

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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 months theme is -  
Festivals and Fetes  
within the Community.

August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Exploring  
Taking Notice  
Having new experiences

You Choose  
Your News  
Your Views

Thank you for all of your  
photographs and the extra  
information that you sent to us that  
has contributed to this months  
Rainbow Times

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



# Local Festival Quiz

Can you work out the name of the festival, based on the clues below?

The answers are at the bottom of this page.



Shrewsbury Map



Wem map



Shrewsbury map

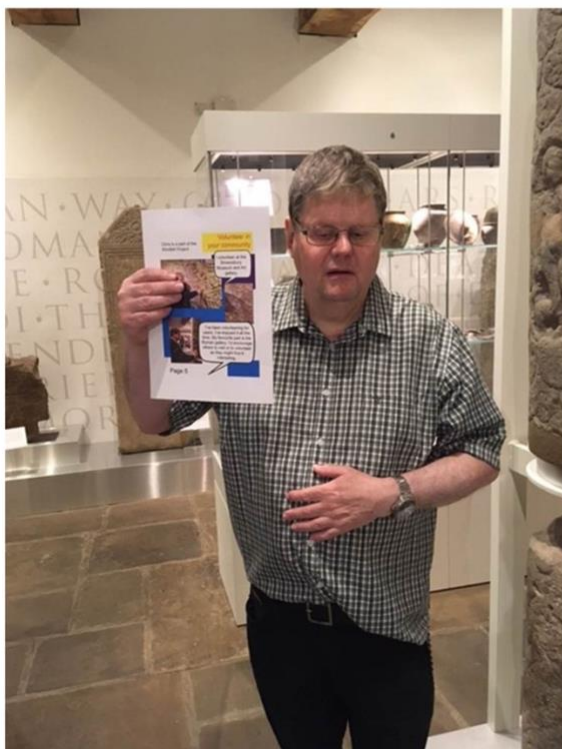
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Answers  
 1. Shrewsbury Flower Show  
 2. Wem Sweet Pea Show  
 3. Shrewsbury Folk Festival





# You guys reading 'The Rainbow Times'



Here is Chris holding up a copy of the Rainbow Times in the Roman gallery of Shrewsbury museum and art gallery.

Chris is a volunteer at the Shrewsbury museum and art gallery.

Shrewsbury museum and art gallery is free to visit.  
Location - The Square, Shrewsbury SY1 1LH

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If you are thirsty, you may be already dehydrated, try to drink regularly throughout the day.

## Arty Adventures at Attingham with Abbots Wood



We had a great time at Attingham Park recently to create artwork using bottle tops.

We visited the Attingham house and had lunch with our friends from Albert Road.

We created our masterpiece with artist Kate Raggett and Clare from Lovelyland.

Land art  
using  
recycled  
items



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Follow our 'Good things to do at Home' Facebook page for updated **FUN** activity ideas, plus news from your local communities including your day centres.



# Top tips for a happy and safe festival experience

Bring ear defenders, just in case the music or people become too loud for you.

Print a map of the festival site, so you know where the first aid and toilet areas are located.



## Keep hydrated, drink water

Stay close by to the people you are visiting the festival with.

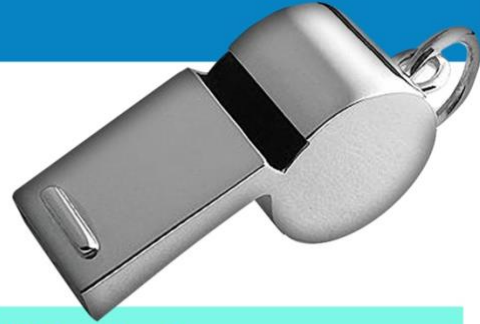


If you are camping put a bright flag on your tent so that you can see it from a distance. Bring spare batteries for your torch.

Bring some toilet paper or toilet wipes in case there isn't any available for you.



## Football came home



Chloe Kelly celebrates after scoring the match-winning goal during the UEFA Women's Euro 2022 Final. England won its first ever major women's championship in dramatic fashion, beating Germany 2-1 after extra-time in the Euro 2022 Final at Wembley Stadium.

HUGE congratulations!

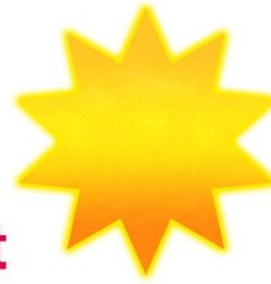
What dream have you achieved in 2022?

Did you learn to ride a bike?

Did you move into independent living?



# Beat the Heat



## Beat the Heat

### Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

### Keep well



Drink plenty of fluids and avoid excess alcohol



Dress appropriately for the weather



Slow down when it is hot

### Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

### Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)

PHE publications gateway number: GOV-12083



# 1 of many Shropshire upcoming festivals



**RADICAL BAKERS HARVEST CAMP**  
8 – 11 September 2022 at  
Crabapple Community, Shrewsbury, Shropshire, UK.

Radical Bakers Harvest Camp is a hardy and free-thinking camping weekend with a purpose of building our resilience and self-reliance. Days of hands-on workshops with Live Music and a Real Ale and Cider bar each evening. We offer fully catered tickets and you are welcome to camp from Thursday to Monday.

Tickets <https://radicalbakers.org/harvest-camp/>



## Safety First at Helena Lane



Do you have an escape plan for your home, in case of a fire?

If not, see link below.

We had a visit from our local Fire Brigade to give a talk on safety in the home and how important it is to have smoke alarms and carbon monoxide Alarms in all buildings.



<https://www.shropshire-fire.gov.uk/escape-plans>

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## HELENA NEWS

[helenalane@shropshire.gov.uk](mailto:helenalane@shropshire.gov.uk) / 01743 257749 / [www.facebook.com/helena.lane.ludlow](http://www.facebook.com/helena.lane.ludlow)



### IN THE CENTRE

Helena Lane is great again and the lockdowns are a thing of the past. New faces have arrived and people are enjoying the trips out, lunches and bingo; bath and laundry facilities; events and activities; recently, the Police came to talk about safety, at home and in the community. The Fire service are coming next.



### HANDS TOGETHER

The Jubilee events were a massive success: Tuesday lunch club - a singer came in to belt out some classics and many sung and danced. Wednesday's Jubilee open day - families flocked with their children. There was ice cream, hot dogs and burgers; many arts and crafts activities, a cake competition and fancy dress. See inside for an interview with Di, the main organiser.



### GARDEN UPDATE

The garden and court yard is looking fantastic; the potato plants are huge; we have peppers, onions and tomatoes; an array of flowers - including lots of sunflowers in support of Ukraine.

As well as our service users, many come and sit on the new tables and chairs, to take it in, have a breather and relax.



### NEW NEWSLETTER

This will be last magazine (for now) and while we can't rule out doing any in the future, we're starting a regular newsletter instead. We made activity packs and magazines through out the lockdowns and delivered to self isolators and all attendees onwards. The day service is, brilliantly, getting back on it's feet, so we're just shrinking the media side a little bit.



# What is important to you?



LOUISE

SPEAK UP



Hello Louise, thank you for sharing your thoughts on the importance of expressing your feelings and how it helped your life.

I say it's good to speak up for yourself. I did it. I wanted to change my life.



better life 



I like going to Avalon and Freda's now. I am really happy my life has changed.

# Feedback from some of the guys who attend Aspirations

What do you think of your daycentre?



'It is really good bro.'  
Jamie (Captain)



'I love coming because its wicked.'  
Katie



'I like going out.'  
Felicity



'I have fun!'  
Kaitland



'You sazzle things up.'  
Matthew



'I like being with my friends.'  
Megan



'It is like a big family.'  
PR



'It is the best daycentre!'  
Sarah



# Latest Makes Maesbury Metals

Stunning  
wildlife  
themed  
garden  
ornaments  
for sale.



Colourful mosaic  
techniques used  
here. (See left  
image)



# Art news Albert Road



A few of us attended this years Shrewsbury arts trail 2022 exhibition private viewing at Shrewsbury museum and art gallery.

Shrewsbury arts trail includes art exhibitions and creative activities in various locations in the town from July - August 2022.

We saw the tree mosaic on display that we helped to create with help Lovelyland, we also saw other 'lovely' artwork on show.

It looks fantastic guys,  
you must be very  
proud.







Take a photograph of you reading the Rainbow Times and send it in to us.



We would like to find the furthest location of someone reading the Rainbow Times!

#YourRainbowTimes

This is your Rainbow Times

Send your feedback by email to [jamila.walker@takingpart.co.uk](mailto:jamila.walker@takingpart.co.uk)

What should the Rainbow Times feature?

Would you like to make a report for us?

You could write or voice record or film your report. Your report can be about anything that you are interested in.

