

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.

47th Edition
September 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 -
Cosy Autumn

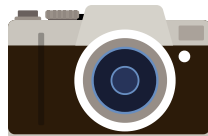


You can read past editions of the Rainbow Times here -

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**

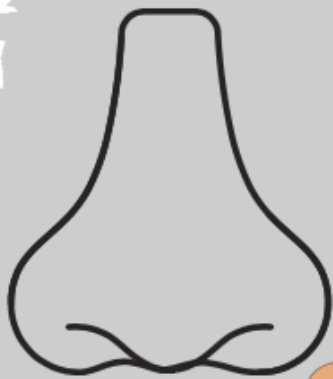
You Choose
Your News
Your Views

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Cosy Autumn

Listen to the crunch of autumn leaves under your feet or wheels as you explore your local area.



Roast a small cup full pumpkin seeds in the oven with a tea spoon olive for 5 minutes on a low heat.

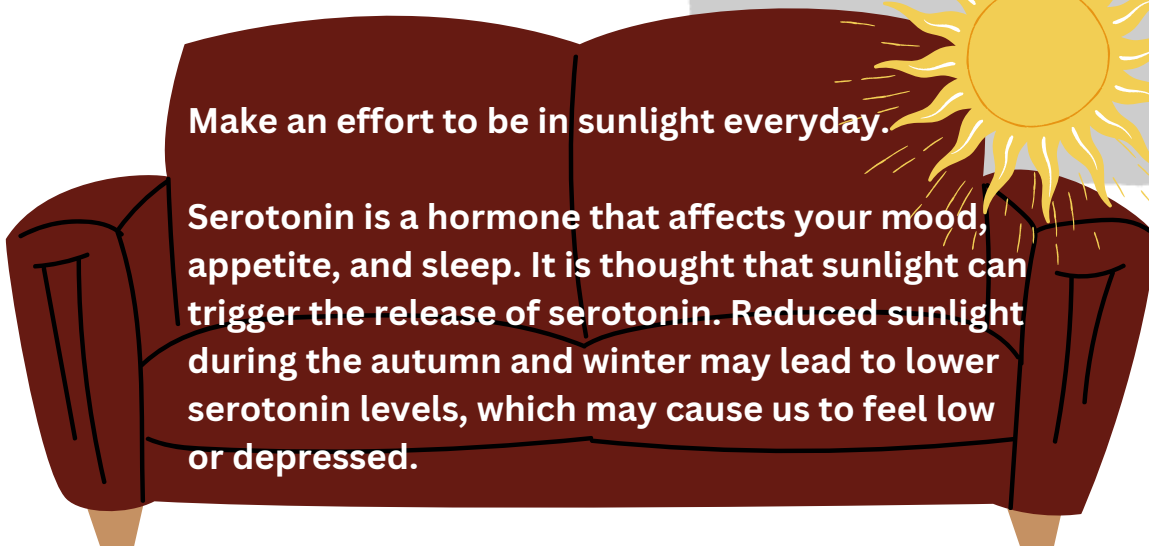
Smell the seeds toasting, when cool, eat the seeds with a salad or on a warm soup

Get cosy and warm under your favourite blanket, close your eyes and feel the texture for a minute



Make an effort to be in sunlight everyday.

Serotonin is a hormone that affects your mood, appetite, and sleep. It is thought that sunlight can trigger the release of serotonin. Reduced sunlight during the autumn and winter may lead to lower serotonin levels, which may cause us to feel low or depressed.





Club nights for adults with learning difficulties.

Bi monthly club nights, in Shrewsbury.

No booking required.

Taking Part Presents Escape Club Nights



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



7-9pm

£3 (Free entry for carers)
2024

September 4th & 18th

October 2nd & 16th

November 6th & 20th

December 4th & 18th

2025

Jan 15th

Feb 5th & 19th

March 5th & 19th

Some of our Theme Nights

Karaoke Nights

Love Songs Nights

Be a DJ for the Night
(pick 3 songs)

Christmas Karaoke

Do you have any ideas for future themed nights?



www.takingpart.co.uk

01743 363399



@TakingPart

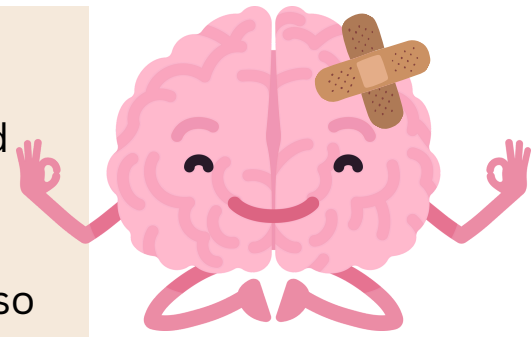


What is mental health ?

Mental health includes our emotional and social well-being.

It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Our mental health is just as important as our physical health.



Calmer Cafés

This service is designed for people who may be struggling with their mental health. We provide a safe space to talk and receive support.



<p>Calmer Café 1 SHREWSBURY Monday, Wednesday, Thursday & Fridays Suite 3 in Observer House (SY2 6BL) 3 sessions available; 5.30pm-6.45pm 7pm-8.15pm 8.30pm-9.30pm</p>	<p>Calmer Café 2 OSWESTRY Thursdays The Memorial Hall (SY11 2EG) 3 sessions available; 4pm-5.15pm 5.30pm-6.45pm 7pm-8pm</p>	<p>Calmer Café 3 CHURCH STRETTON Thursdays Mayfair Community Centre (SY6 6BL) 2 sessions available; 5.15pm-6.30pm 6.45pm-8pm</p>
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BOOKING ESSENTIAL

For Shrewsbury & Oswestry; Please call 01743 368 647
For Church Stretton; Please call 07376 210295 - ask for Shaz, Janet or Nic



We can aim to care for our mental health, alone and with support.

MENTAL health MATTERS

Join us for some FREE Mental Health Training

Qube and Shropshire Council are organising a range of courses and training to support staff and volunteers from the community and voluntary sector working with Shropshire Council residents. These will help to raise awareness and understand mental health, address stigma, and equip them with confidence and skills.

Suicide First Aid: Understanding Suicide Intervention
13th November 2024
9:30 am - 16.30 pm
The Lantern Community Hall

Neurodiversity
4th December 2024
9:30 am - 14:00 pm
Shropshire Mind

Mental Health First Aid Aware Adult (2 days)
23rd & 30th January 2025
9:30 am - 16:30 pm
Hands Together, Ludlow

Burnout Prevention
6th February 2025
Online
10:00 pm - 13:00 pm

Contact Adam Fejfer, Mental Health Support Officer at Qube to book your space. Email a.fejfer@qube-oca.org.uk or call 07515713141



Belle Vue Methodist Church
Belle Vue Rd.
Shrewsbury SY3 7NL
Yoga available at Jenna Blair Yoga,
143A Belle Vue Road SY3 7NN.
(approx 1 minutes walk from the Methodist church)

booking for yoga essential please use QR code



www.rethink.org/advice-and-information/about-mental-illness/factsheets-in-easy-read/

10 Reasons Singing is Good for You and Me



- Singing makes you feel better.
- Singing enhances lung function.
- Singing helps you beat stress and relax.
- Singing helps improve memory.
- Singing builds a sense of community.
- Singing lets you express yourself.
- Singing can help with pain relief.
- Singing boosts your confidence.



Are you an older person with a passion for singing?

**Join us every Wednesday
1.30–3.15pm**

The Acorn Singers are an enthusiastic group of singers aged 50+. The weekly sessions are fun, informal and dementia friendly.
Cost £7.00

**Hadley Community
Centre
30 High Street
Hadley
TF1 5NL**

For more information please call

01743 233 123

email enquiries@ageukstw.org.uk

or visit ageukshropshireandtelford.org.uk

Age UK Shropshire Telford & Wrekin is a charitable company limited by guarantee and registered in England and Wales
Registered Charity Number: 1090445
Company Number: 04292896
Registered office is Bellstone, Shrewsbury, Shropshire SY1 3HX

Singing in a choir is a great way to make friends and build relationships with people who have a common interest - making music! You will be able to participate in performances and activities: Concerts, Trips, and Choral Festival

What is your favourite song at the moment?





SHROPSHIRE



Many of our voluntary and community organisations, along with libraries and leisure centres, are opening as Shropshire Warm Welcome venues this autumn and winter.



Each venue has different opening times, facilities, and things on offer.

At all Warm Welcome venues, you'll find:

- A warm welcome where you can enjoy the venue's facilities with others
- Inclusive and easy access for all
- A warm environment where you can sit and enjoy some peace or an activity
- Information to help with rising energy and living costs and financial support

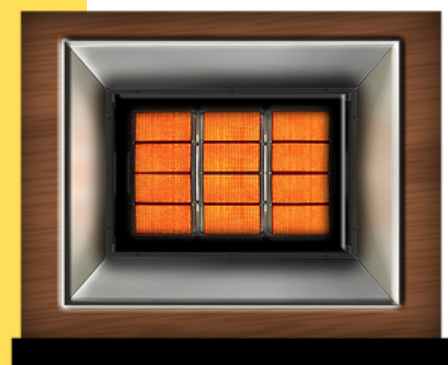
Most venues have toilets either in the building or close by. Please check before your travel.

What makes a Shropshire Warm Welcome venue

- **Free** and open to all
- A warm environment to sit and enjoy a chat and/or activity
- Accessible and inclusive
- A place to find information to help with rising energy and living costs and financial support

How community groups will be supported

- Shropshire Council Warm Welcome grant (maximum grant of up to £250 per venue). Email enquiries@community-resource.org.uk or call 01743 360641 for more information





Wayfarers Library group had a “lovely” visit recently to Market Drayton library where they had the opportunity to hold and learn about the life of Echo the Gecko.



What is your favourite thing to do at the library?



Wayfarers day centre is in Market Drayton.

There are various activities to do on site and the community;

- Walks
- Cooking
- Sport



Contact the daycentre for more information
01743 250439



wayfarers.team@shropshire.gov.uk

October 14th -20th 2024

About Get Online Week.
It's been held every year since 2007.

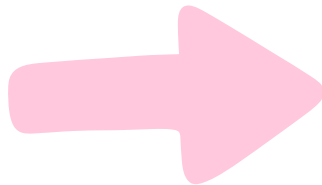
The aim of the project is to help people get online in just one week, to build confidence and skills using the internet.

October						
Fri	Sat	Sun	Mon	Tue	Wed	Thu
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				



Alexa...

Find events in your local area on the Good things website



<https://www.goodthingsfoundation.org/discover/get-online-week/events-map>



**More
Shropshire
wildlife**



The Wild team helped out at the Much Wenlock cemetery recently. the team worked hard raking grass, trimming the ivy and completed a natural survey. The team were lucky enough to spot a slow worm and common lizard.



Snack time.



Some when they die, are buried in a cemetery.

The word cemetery (from Greek κοιμητήριον 'sleeping place') that the land is specifically designated as a burial ground and originally applied to the Roman catacombs.

Volunteer and Job Opportunities in Shropshire

We have featured stories about individual volunteer jobs in the Rainbow Times, tell us about the important work that you do, so we can share your story in your magazine. Email jamila.walker@takingpart.co.uk

GET Volunteering

I want to volunteer Recruit volunteers Find your Volunteer Centre

Local Volunteering Opportunities in Shrewsbury, Shropshire

Places / Shropshire / Shrewsbury

There are a wide range of local volunteering opportunities and roles in the area of Shrewsbury, Shropshire. Use this directory to find a volunteering opportunity to suit you.

Area of Interest

- Arts, Heritage and Entertainment
- Black and Minority Ethnic Communities

Shrewsbury Day Centre Helper

Posted for **Age UK Shropshire Telford & Wrekin**
0.1 miles from you

We require helpers to join the team on a Tuesday. You would help run our Day Centre which provides activities and friendship to local older people. Th...

[View Opportunity](#)

www.getvolunteering.co.uk



WHP Pioneer

Are you ready to embark on your next career adventure?

- ✓ Expert guidance
- ✓ Tailored job matching
- ✓ Extensive employer network
- ✓ In-work support
- ✓ Special support for diverse backgrounds

Contact Us

0800 389 0211

Self-referral@shaw-trust.org.uk/whp-pioneer/



Shropshire Local events



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

Our Space Memory Cafe

ELLESMERE COMMUNITY CENTRE AND LIBRARY



Second Monday of each Month
2pm — 4pm

June 10th
July 8th
August 12th
September 9th



Welcoming people living with dementia and their family and friends. Join us for interesting conversation, activities, trips, music, advice and support with our friendly members and volunteers

FREE

Trimpley Street, Ellesmere, SY12 0AE

ourspace@bethphage.co.uk

01691 622584



citizens advice Shropshire

Qube

My money matters

GET HELP WITH YOUR FINANCES

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

CONTACT US 01691 656882

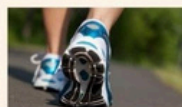
Health & Wellbeing FAIR



Booking Forms are available at Wem Town Hall if you would like to exhibit

Find out more about local services and groups geared towards maintaining and improving your health and well-being.

You can also find out more about volunteering opportunities



Information

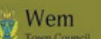
Activities

Friday 11th October 2024
10am - 2pm | Wem Town Hall

WWW.WEMEVENTS.CO.UK

Proudly sponsored by Freedom Fibre

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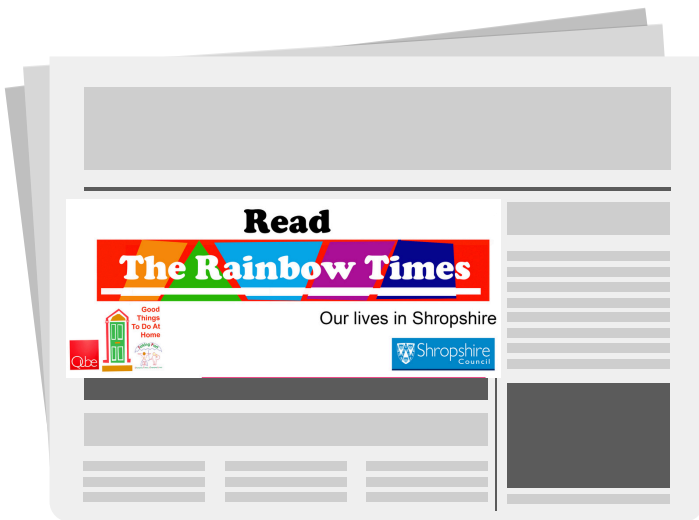


Read

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