

The Rainbow Times

Our lives in Shropshire



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

Jamila - Guest Editor



22nd Edition
April 2022

This edition of YOUR newsletter is about -
Easter and getting outdoors more...

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April						
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You Choose
Your News
Your Views

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

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Abbots Wood Day centre



Craft- Tastic

Handmade
Easter
bunnies,
made with
fabric.

They look
wonderful!

The Gardening Group
built their new fruit
press.

We are all waiting for
the fruit trees to
grow now.



Follow our 'Good things to do at Home'
Facebook page for activity ideas plus news
from your day centres and local information

**WE STAND IN LOVE AND SUPPORT
WITH UKRAINE**



**EXPERTS BY EXPERIENCE GROUP
TAKING PART**



News from Albert Road



This is our first tennis session with Craig from the Tennis Club, a great time was had by all. We are looking forward to future sessions



Are you a club or organisation that offers leisure, sport, cultural or creative activities?

Could your club or organisation offer people over 55 taster sessions to engage, motivate and delight?

Keep on Moving Shropshire Festival 8-29 MAY 2022

The festival, created by a partnership of Energize, Taking Part, Age UK, Shropshire Council and the NHS, aims to inspire and make it easy for people over 55 to have a go at something new.

Our launch event on May 8th and will offer activity taster sessions, inspirational talks from fascinating people and informative stalls. Throughout the rest of May there will be a wide range of activities across Shropshire.

We'll promote your activity and provide your contact details for people to book activity sessions. You will be part of a festival that inspires, builds confidence, and supports people to come and take part again.

Publicise your work, find new members, make new contacts - be part of something bigger! See www.shropshire.gov.uk/KeepOnMovingShropshire to register your interest please call 0345 678 9077 or email us at communityoutreach@shropshire.gov.uk

#togetherwemove



The illustration at the bottom of the blue banner shows a row of stylized figures engaged in different activities: a person painting on an easel, a person singing into a microphone, a person playing a saxophone, a person in a red shirt dancing, a person in a blue shirt performing a yoga-like pose, a person in a wheelchair holding a basketball, a person in a green shirt running, and a person in a yellow shirt riding a bicycle. To the right of the figures is a large QR code. The background of the illustration is a green field with stylized trees.



Aquamira



Getting in the Easter theme, Amy started the ball rolling or should we say egg rolling with this lovely Easter tree...come and decorate an egg.



We had our monthly 'Prep and Cook' group organised by Gill.

We made a healthy lentil and veg soup and a tremendous bread and butter pudding





learn telford

www.learntelford.ac.uk

Butterfly Cards

(Course code 7932220)

Telford and Wrekin CVS

Suite 12 & 15, Hazledine House, Central Square, Telford Centre, Telford, TF3 4JL.



Monday 9 May 2022
(1.30pm - 3.30pm)

During the activity welcoming and friendly staff will offer support to learners to:

- Explore making gift cards using 3D paper Butterflies
- Create patterns and add words of meaning
- Stitch or glue recycled fabrics and embroidery threads into the project
- Gain information on courses with Learn Telford and support to enrol
- All materials will be provided on this course

For more information or to book a place please contact Learn Telford on **01952 383605** or visit www.learntelford.ac.uk



There are more courses available from
Telford and Wrekin CVS

Wayfarers

A massive thank you to staff Rhia, Tracey, Kirsty and volunteers Trevor and Jamie for putting our allotment shed up.



Nat and Phil have been busy creating an Easter display board.

Avalon



A busy morning at Babbinswood Farm planting potatoes. We checked out our sunflowers and rose cuttings, that are coming up nicely.

There are definitely signs that Spring has sprung down on the farm.

Aspirations

Bingo!



A great time with Shrewsbury Town Community - Football club

Reading session



Walk into town.



Pizza making at St Nicholas in Shrewsbury- YUMMY!

The Windfall Project we've been trying out Smile Masks.



You can see people's mouths wearing Smile Masks. This is what we think of them.

Good things-

It is easier to understand people when they are wearing them. We like to see everyone's smiles. They look cute.

Bad Things-

They are very big. They get quite sweaty. Not as pretty as some masks can be.

Some of us are choosing to wear them and some of us are choosing to wear our own.



April Showers Activities

Take some close up photographs of rain droplets,



On a rainy days, when it is safe to do so, close your eyes and listen to the rain hitting different surfaces; grass, concrete, glass



On a rain day, hold your hand out and catch the raindrops in your hand



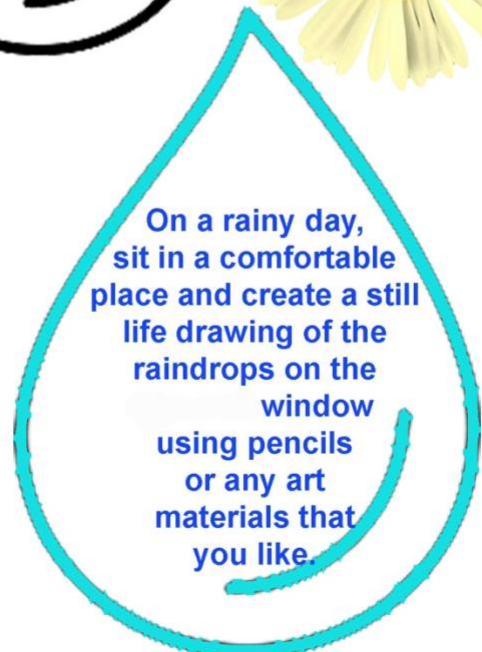
Notice raindroplets sitting on plants, street signs when you are on your walk



Leave a bucket or tray outside to catch rain drops, use this water to give your plants a drink.



On rainy and sunny days see if you see rainbows in the sky



On a rainy day, sit in a comfortable place and create a still life drawing of the raindrops on the window using pencils or any art materials that you like.



Freda's Day

Centre



Hello, I am David, I like to help in the shop. I wanted show Rainbow Times readers some of the Art we make at the day centre.



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