

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.

46th Edition
July 2024

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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 month's theme is -
Summer

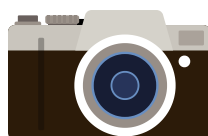


You can read past editions of the Rainbow Times here -

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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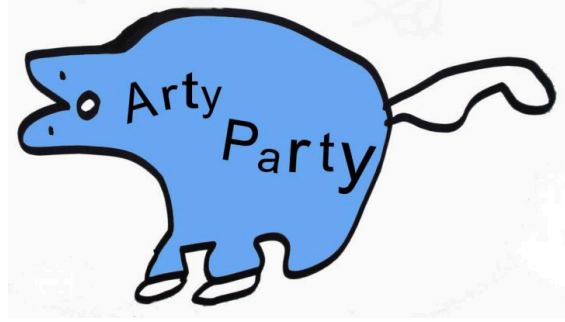
Movie Music & Movement

Mondays 10-12

**In Good Hands, Frankwell,
Shrewsbury**



**Learn to Sing Songs from the Movies
and other favourites
with professional singer
Gemima Gallier**



We have spaces available to come and Sing with Gemima!

Text to 07803770574 to book your place.

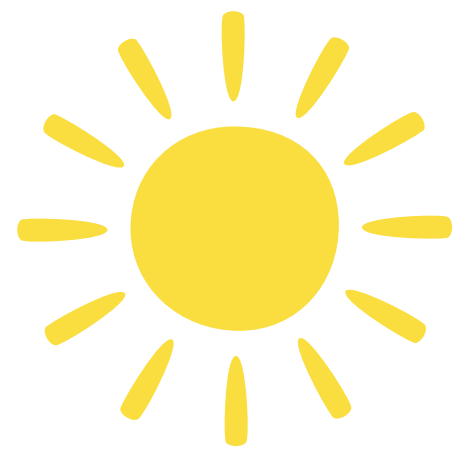
Can't wait to see and hear you all!



We are an arts organisation which supports and empowers learning disabled adults to explore, express and celebrate their creativity through art, crafts, acting, dancing, music and more.

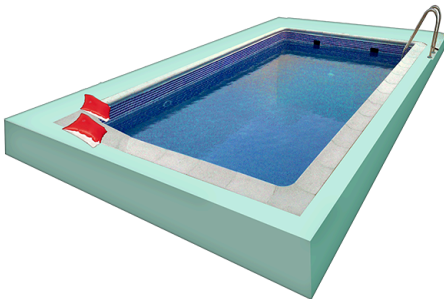


Activities to keep cool in Summer

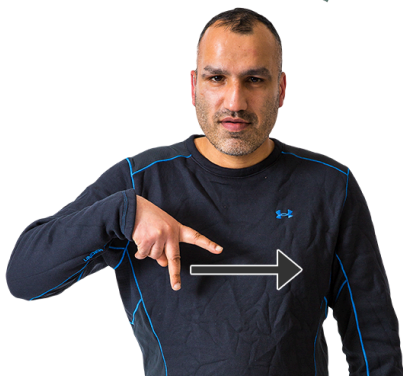


Do a jigsaw Puzzle in indoors.

Read a book in a shaded area or indoors.



Go for a swim.



Walk

Go for a walk before 9am or after 6pm when the outdoor temperature is cooler.



Aspirations is a day service for adults and teenagers. They offer support to clients with different learning disabilities and physical disabilities.

Their main goal is to provide support and promote independence to clients. Aspirations is a place to grow in confidence and develop life skills.

Opening hours-

Monday to Saturday, from 9am until 3pm.

Willow Lodge, at the Aspirations hub in Shrewsbury.

**PLEASE JOIN US FOR OUR SECOND OPEN DAY!
DONT MISS OUT, SEE WHAT WE HAVE TO OFFER
AND EXPLORE THE SITE FIRSTHAND!**

WWW.MYASPIRATIONS.CO.UK

FACEBOOK - MY ASPIRATIONS WILLOW LODGE



**WILLOW LODGE
OPEN DAY**

SUNDAY 14TH JULY 2024

10:00AM - 14:00PM

**WILLOW LODGE, TILSTOCK CRESCENT, SUTTON FARM,
SY2 6HW**

BOOKING A SLOT IS REQUIRED!

**PLEASE CONTACT OLIVIA - 01743 626116 OR
HELLO@MYASPIRATIONS.CO.UK**



Welcome

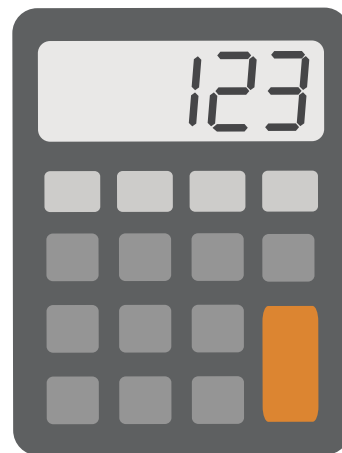
Big Butterfly Count

Butterflies are different sizes, with different colours and patterns.

When they first begin to appear in spring, they are a welcome sign that summer is well on the way. And you don't have to go far to spot one on nice sunny days.

Like other insects, butterfly numbers have been reducing for decades, but there have been dedicated conservation efforts to create and protect special habitats for a variety of butterflies across the UK.

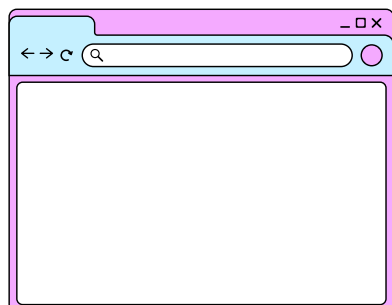
Butterfly Conservation are running the 2023 Big Butterfly Count from **12th July until the 4th August 2024** and we encourage as many people to take part as possible to help give a picture of current butterfly numbers.



The markings of the peacock are unmistakable - big, blue 'eyes' just like a peacock's tail feathers. It can be seen feeding on flowers all year-round during warm spells, and overwinters as an adult.

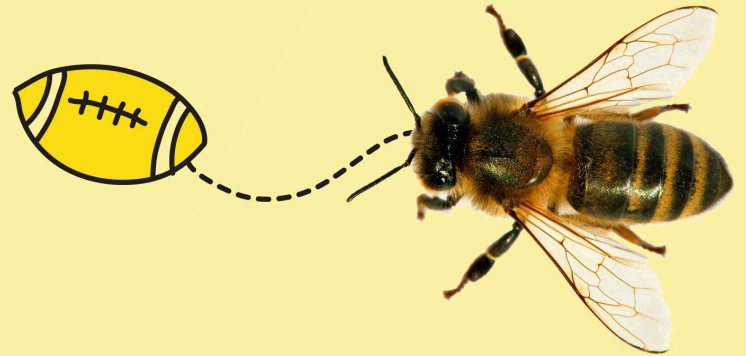


It's easy to see where these butterflies get their name – the males have bright orange tips on their wings! See them from early spring through to summer in meadows, woodland and hedges.





More bee jokes inspired by bee jokes that sent us by 2 our our readers for our May 2024 Rainbow Times edition

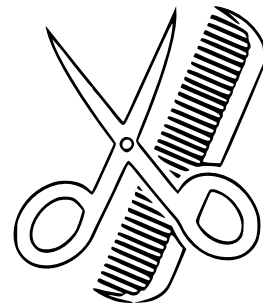


**What is small,
black and yellow,
and drops things?**

What does a bee use to style her hair?
Her honey comb, of course.

What would bears be without bees?
Just ears.

What is a swarm of really small queen
bees called?
The royal wee.



Grace Currie is a Shropshire based visual artist.

In 2010, aged 17, Grace's had a serious traffic accident which resulted in severe brain injury leaving her with interrelating disabilities and a neurodivergent view of the world.

She is inspired by artists who express inner feelings through portraiture.



Grace Currie
Out of the Shadows

20.07.24 - 27.07.24
11am - 3pm
Private View 20.07.24
2pm - 4pm

CASC In Castlefield Gallery
New Art Spaces: Chester
Unit 14 Grosvenor Shopping Centre,
Chester, CH1 1EA



@gracecurrieart



Supported using public funding by
ARTS COUNCIL ENGLAND
LOTTERY FUNDED

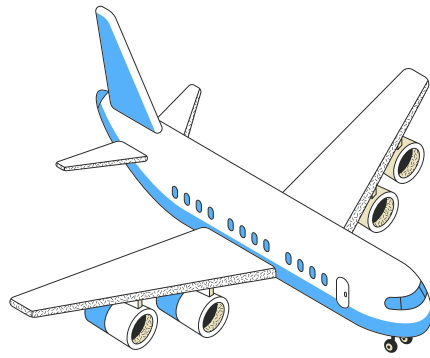
CASTLEFIELD GALLERY
NEW ART SPACES



University of
Chester

CASC
Contemporary Art Space Chester

Directors of
adass
adult social services
West Midlands



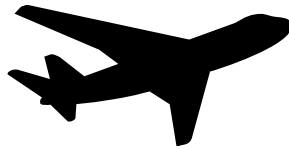
The Royal Air Force Museum Midlands.

Entry is free and we're open daily from 10.00am. (There are charges for parking)

Cosford has a nearby train station.

Visit the National Cold War Exhibition . Learn about the Cold War; explore displays of aircraft, iconic cars, models, tanks and even life-sized Russian dolls.

Visit the world's oldest Spitfire and several other classic aircrafts.



“

We enjoyed our day at Cosford Air Museum

”

Abbots Wood Day Centre



We went for a drive to Greenacres Farm to see the bunnies, pigs, sheep and chickens, and it didn't rain!



Greenacres Farm is a day service facility in Shropshire which provides training in agriculture and horticulture for adults with learning disabilities.



Volunteer Opportunities in Shropshire



CHATTERBOX



TELEPHONE
BEFRIENDING

CHATTERBOX is a free telephone befriending service for socially isolated and lonely people. Our clients are carefully matched to DBS-checked volunteer befrienders. They exchange supportive, friendly phone calls to chat about their lives, families, interests, or whatever they wish.

To get started, go to www.omega.uk.net/chatterbox and complete an online referral form, either for yourself or for someone you know. To find out more, or to request a paper copy of the form, call 01743 245 088 or email chatterbox@omega.uk.net.

LETTERBOX



PENPAL
BEFRIENDING

LETTERBOX is a free penpal befriending service for socially isolated and lonely people. Our clients are carefully matched to volunteer befrienders. They exchange supportive, friendly letters to share stories about their lives, families, interests, or whatever they wish.

To get started, go to www.omega.uk.net/letterbox and complete an online referral form, either for yourself or for someone you know. To find out more, or to request a paper copy of the form, call 01743 245 088 or email letterbox@omega.uk.net.

Omega...

ENDING ISOLATION | ENDING LONELINESS

Reg. Charity No.1120322 | Reg. Company No.6196052



www.omega.uk.net | info@omega.uk.net

OmegaConnected

01743 245 088

UMBRELLA



SUPPORT
GROUPS

Omega is launching UMBRELLA, a new initiative to connect and unite different support groups around the UK. Omega will support the network of groups by publicising their events under one banner, sharing information, and signposting members to useful services. To find out more, or to register your group, call 01743 245 088 or email info@omega.uk.net.

iPADS



MOTOR NEURONE
DISEASE SUPPORT

We loan iPADS with the popular speech synthesis app Proloquo2Go to clients with Motor Neurone Disease and similar neurological conditions. We are open to referrals from health professionals. To find out more, call 01743 245 088 or email info@omega.uk.net.

HOW OMEGA CAN HELP YOU



Looking for a Summer Volunteering Role?

With Summer fast approaching, our volunteers are gearing up to take some well-earned time off, which means we need some volunteers to help us through this period! Providing your 16 or over, we have a variety of different volunteering roles available, which means there's something to suit everyone.



Community Transport

Love helping people and getting out on the open road? Enquire about becoming a Community Transport Passenger Helper, we'd love to hear from you!

Wellbeing & Befriending

We're on the lookout for socialites who enjoy a natter over a cuppa to join our Wellbeing team! We have lots of roles available including Social Group Helpers and Nordic Walking Helpers, so get in touch to find out more.



Call **01691 656882** or email info@qube-oca.org.uk



Qube, Oswald Road, Oswestry SY11 1RB

01691 656882 | info@qube-oca.org.uk | www.qube-oca.org.uk

REFO
EYON
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



Local events

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

New Craft Group at Oswestry Library

From 2-4pm on the 1st & 3rd Wednesday of the month!



Interested in textile crafting?
Like to learn a new skill?

Bring along any crafting project you're working on and have a chat with fellow creators.

Everyone is welcome!
Free to come along.



Social group for autistic women

Join our **new** monthly social group for autistic women living in Shropshire

Launching January 2024
Monthly on a Wednesday evening
The Crown pub, Bridgnorth
Free of charge

Aurum Autism Support is a charitable organisation, led by autistic women and specialist autism professionals. We provide a safe, supportive, and professionally-led space for autistic women and girls to be their authentic selves.

For full details and to book your place:
Email enquiries@aurumsupport.co.uk
Visit www.aurumsupport.co.uk

WOULD YOU LIKE TO IMPROVE YOUR MOBILITY?

JOIN US FOR OUR CHAIR BASED CLASS AND START TO GET MOVING

£5

Class led by qualified and experienced trainers

EVERY WEDNESDAY AND FRIDAY
10.30AM AT THE CENTRE, OAK STREE

For more information message the OsNosh Facebook page or email donna@osnosh.co.uk

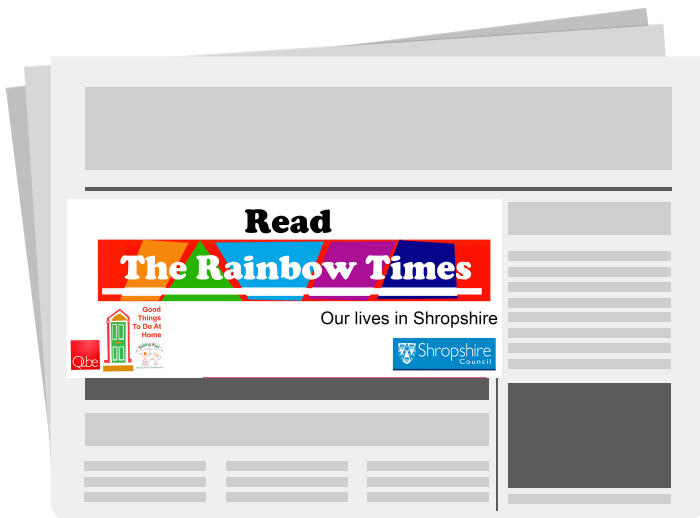


Read

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