

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.

36th Edition
July 2023

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 -
Keeping **Cool!**
during summer



You Choose
Your News
Your Views

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

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Good
Things
To Do At
Home



Changing Times, Changing Lives

Fun in the Sun

Wellbeing activities for the Summer.



Gradually lower the temperature during the last minute of your shower, this will help you feel cool and refreshed before you get slightly warmer applying sun cream.

Buy sunglasses that have UVB and UVA protection, to protect your eyes from the sun. Pick a design that makes you smile.



You can also buy clothing with sun protection.

The sun gives us light and vitamin D which are fantastic for our mental and physical health.

Pour fruit juice into an ice tray, leave them over night in the freezer. When they are frozen add some fruity ice cubes to your favourite cold drinks.

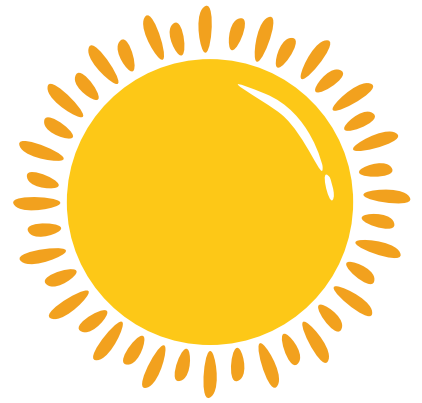
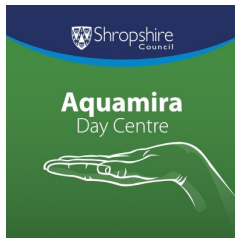


Take a day time nap, for no longer than 20 minutes, on those extra hot days, if you have time to do so during your day.

Zzzzzzz



Aquamira Adventures



Being at Aquamira is all about friendships and having fun.

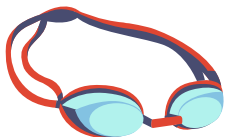
Here are just some of the things we have been up to in the past couple of months.

We love the summer and look forward to offering our young peoples activity days over the school holidays...we may even have a return visit from Bryan the pony 😊

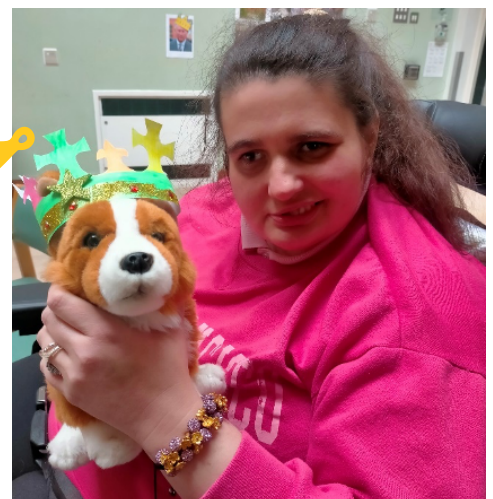
Enjoying time with new and old friends outdoors

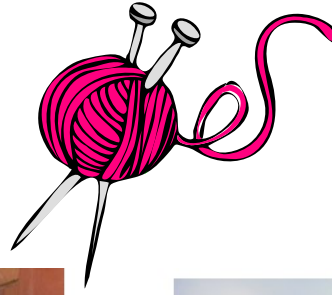


Crown craft



exercising in the water





It has been a busy couple of months at Our Space. 'Mystery Tuesday' has taken the people we support on the bus to Oswestry and Shrewsbury and we have been enjoying our beautiful Ellesmere walking around the town and down by the Mere.



We have support some of the guy to make their own lunches - beef burgers, sausage and mash and cheese on toast – not only have they cooked it they prepared it all too.



For more information please call us on 01691 622584 or email ourspace@bethphage.co.uk.



Health advice to keep healthy in the heat



Keep your cat cool in the heat

Warning signs

- All cats can suffer from heat stroke so it's good to know the signs:
- Fast and heavy panting
 - Increased heart rate
 - Excessive drooling
 - Vomiting
 - Excessive thirst
 - Dark red or purple gums or tongue
 - High body temperature
 - Weakness
 - Seizures or unconsciousness

Water

Make sure they have plenty of fresh water available. Never immerse your cat into water as this can lead to shock.

Cooling them

If you suspect your cat's suffering from heat stroke, move them to a cool spot (possibly a fan) and place cool wet towels across their body for a short period of time. Allow them small amounts of water to drink and keep cooling them until their breathing is regulated.

If you're worried, take your cat to the vet ASAP.

Never leave cats unattended in hot cars!

MiPetCover

Keep pets safe too

Make sure your pets have plenty of water and shade.

DRINK
more
WATER



Water



In hot weather
drink more
water even if
you don't feel
thirsty.



WATER IN BODY



BODY
70% WATER



DRINK
6 GLASSES
PER DAY



BONES
34% WATER



BRAIN
73% WATER



BLOOD
84% WATER



HELP
CONVERT FOOD
INTO ENERGY



LUNGS
80% WATER



MUSCLE
73% WATER



SKIN
60% WATER



HELPS
BODY ABSORB
NUTRIENTS

Differences between heat exhaustion and heatstroke

Heat exhaustion

Feeling faint or dizzy

Excessive sweating

Clammy skin

Nausea or vomiting

Muscle cramps



Heatstroke

Feeling confused

No sweating

Temperature over 40C,
hot, dry skin

Nausea or vomiting

May lose consciousness
or experience convulsions
or seizures



Heatstroke?

Call **999**



Source: NHS

BBC

free

FREE ADMISSION
DONATIONS WELCOME

Carers Crafty Drop-In

Bring along a craft project your working on or try something new using some of the materials on offer at Qube.

Chat with other carers and enjoy the unlimited tea, coffee and biscuits.

Book your place by calling 01691 656882.

QUBE, OSWESTRY SY11 1RB
SATURDAY 29TH JULY 10 AM - 12 PM

ADMIT ONE

**Carers Crafty
Drop-In**

Exclusive event for Carers

To honour Carers Week we're going to be hosting a Carer's Crafty Drop-In Session.

This session is exclusively for carers, which offers the opportunity to chat with like-minded people while doing something crafty to clear the mind - you can either bring something you're already working on or take advantage of using some of our craft materials. Booking is essential to ensure we have plenty of space for everyone.

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

Qube

Saturday 29th July 2023

10 am-12 pm

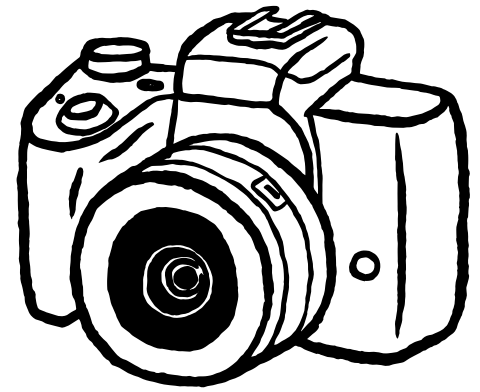
We'll be offering unlimited teas, coffees and biscuits; all we ask is for a kind donation of £3 per person.

We hope you can make it



Events

Photography & Heritage Project



The workshops are for LGBT+ people over 50 and take place in Shrewsbury.

The materials will become part of an LGBT+ Archive for Shropshire and a selection will be curated for public exhibition and publication.

Participants are invited to bring along photographs, photo albums, images or small objects that illustrate a story from their lives. Those attending will be asked to share the story behind the photograph(s) or object providing an oral history or text for the project. This will be an opportunity to share experiences, reminisce and discuss photographs.

Participants can attend as many of the workshops as they would like.

Location: Palmer's Café, Claremont Street, Shrewsbury SY1 1QG

Time - 1:30pm-4pm

Dates - 14th June, 12th July, 9th August, 13th September, 4th October 2023.

No previous experience necessary and all activities are FREE to attend.

For more information visit LGBTsand.com



Sponsored as in part public funding by
ARTS COUNCIL ENGLAND



GRAIN



A FUN FILLED FAMILY DAY
AT THE SHROPSHIRE HILLS DISCOVERY CENTRE
TO CELEBRATE
WILDFLOWER MEADOWS & THEIR WEALTH OF WILDLIFE

Flay MEADOW FESTIVAL 2023

SAT 15TH JULY
11AM - 7PM
INCLUDING:
SCYTHING COMPETITIONS / HAVE A GO
WILDLIFE DISCOVERY ACTIVITIES
RURAL ARTS & CRAFTS
ECO TALK TENT
MUSIC, MERRIMENT & REFRESHMENT

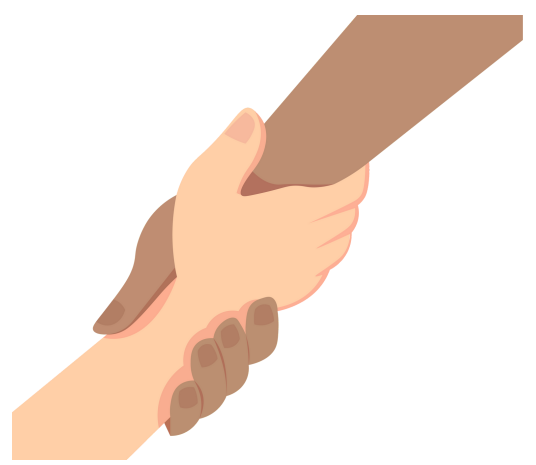
Tickets available in advance from the Discovery Centre. please call: 01588 676060

In advance: £7.00 adults; £3.00 Children; £17.00 family
On the day: £8.00 adults; £4.00 children; £20.00 family.
Under 5's free

Shropshire Hills Discovery Centre
The Home of Grow Cook Learn
CRAVEN ARMS - SY7 9RS
Tel 01588 676060

Green Recovery Challenge Fund

www.shropshirehillsdiscoverycentre.co.uk



Shropshire Personal Assistant (PA) Noticeboard is a free service that lists PAs looking for work and for people looking for PAs.

We have recently launched a new website in Shropshire that advertises jobs for Personal Assistants (carers) as well as a place for Personal Assistants (PA) to advertise themselves, all for free.

PA Website

We are wanting to promote the role of the PA in Shropshire, which has a good hourly rate of pay as well as job satisfaction.

There are currently 20 live jobs on the site and there are videos from a local PA talking about what the job is like, as well as employers talking about the positives of having a PA.

We are also wanting to inform those people who are eligible for care and support from Shropshire Council to have a Direct payment (money) from the Council to purchase this personalised support from a PA as an alternative to having care agency support.

Email: pa.noticeboard@shropshire.gov.uk



For Shropshire Adult Social Care Team
Call: 0345 678 9044



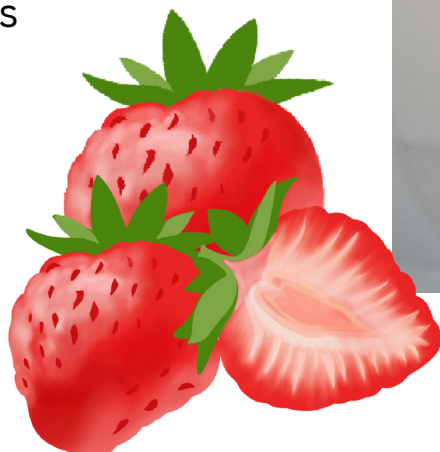


What are the benefits of gardening facts?

Stress-relief and self-esteem are gained from regular gardening sessions, while immunity, heart health and brain health are improved. Risk of stroke and Alzheimer's are reduced, and even mental health is significantly improved. Gardening really is a labour of love that reaps benefits in all areas.

We visited our allotment recently to give our plants a good watering.

Picked and ate the first crop of our nice strawberries of 2023.



Recently at the Shrewsbury Sports Village Lord-Lieutenant made a visit.

Tricia says

"...it was pretty special! I have attached some photographs for you personally and for the Rainbow Times if you want to use any.

I am thrilled that the Lord-Lieutenant of Shropshire, Anna Turner, is so supportive of the work I do with disabled adults at the Shrewsbury Sports Village. I am hoping that the publicity gained from her visit will encourage more disabled people to participate.



Tricia



Lord-Lieutenant

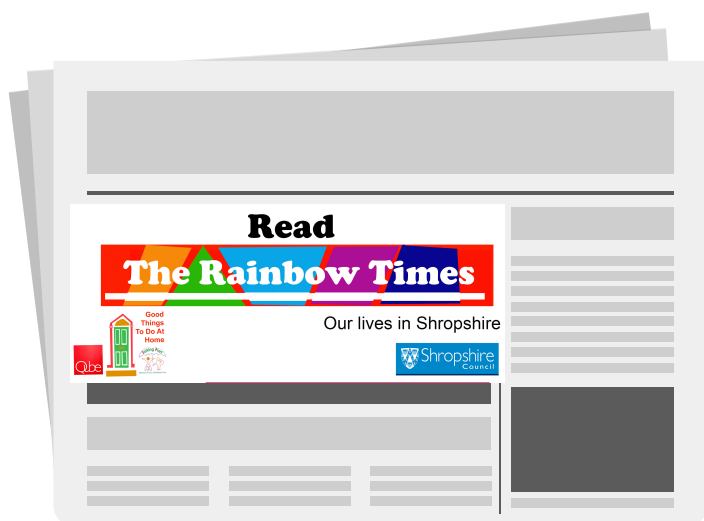


Read

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
via email

