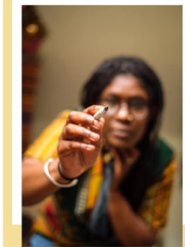


The Rainbow Times



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.

27th Edition
September 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 -
Trying new things



Exploring
Taking Notice
Having new experiences

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

You Choose
Your News
Your Views

Page 1

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



Try something new

Change can be challenging, and it can also give you new positive experiences.



Discuss a new hairstyle or hair cut with your hair dresser.

Perhaps you could try a shorter fringe or dye your hair, your favourite colour.



Try using a type of transport to travel to work, or to your day or centre or to visit a friend.

If you usually use the train, perhaps you could try using the bus, it will probably cost less money and you will experience different sights, smells and people.



Try a new ingredient in your favourite meal, perhaps add a teaspoon of Marmite to your pasta sauce or basil to your cheese on toast.

We need your opinions



Warm root vegetable soup?

The theme for October 2022 edition of The Rainbow Times

is 'Autumn

Please send us your favourite things about autumn.



Cosy, warm clothes

Keeping warm by a fire



Abbots Wood



Gardening Group have been working hard at the allotment this week and in the kitchen.



They pulled beetroot, courgettes and onions from the soil.



We made some pickled beetroot and grilled some courgette for the group to try

Greenacres Farm, Summer days and Summer nights

We danced and enjoyed our outdoor adventure in the countryside.

We enjoyed the sounds, smells and heat of a fire plus watching the sunset at our recent summer camp .



Where is your favourite place to watch the sun set?



Greenacres Farm
go to
Shrewsbury Flower
Show

We met
celebrity chef
Phil Vickers



Which celebrity would you like to
meet?



Maesbury Metals



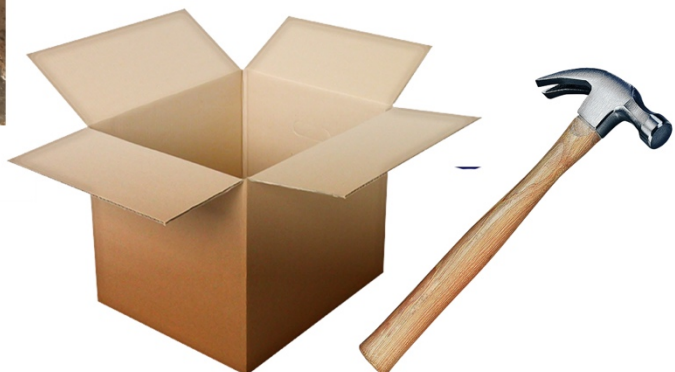
Matt from Sun Forge receiving his hedgehog box that we made.

Matt donates his old horseshoes to us we utilise them to make horseshoe art.



See The wildlife trust website below, for information about making your garden a welcoming place for hedgehogs

<https://www.wild-lifetrusts.org/what-do-if-you-find-wild-animal/help-hedgehog>



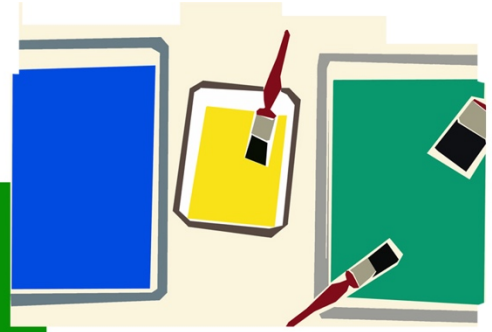
Wayfarer being creative

We had a lovely couple of weeks with PACC joining us at Wayfarers. We made salt dough sculptures and sandwiches.

What is your favourite sandwich filling?



Artist Profile



This wonderful painting is a picture of front of the Abbots Wood building.

The painting is on display in Abbots Wood reception area.



Wow!
The details
and the brush work are
stunning!

Amazing Arty Aquamira

Aquamira took part in 2 young people's school holiday events in August 2022.

We had a great programme including drumming and art activities plus a lovely pony called Bryan joined us..



We had excellent feedback from the day and we had such a nice time meeting new people and tasting our garden vegetable soup that we made earlier that morning.

Thanks to Annie from PACC for supporting us in this.

Making music in the sensory room.

The lights are perfect for creating a gig atmosphere.



Super Creative



Cost of living crisis

What is the cost of living crisis?

The cost of things people need, like food, gas, electricity and petrol is going up quickly.



Some people are being asked to pay more for their care as well.



Wages and benefits are not going up as quickly, so it might get more difficult for people to pay for the things they need.



Avalon Summer Festival



The festival activities included -

Festival style glitter make up.

The festival was a fun way to celebrate the summer together.



Outdoor games.

“We have all had a fabulous day at Avalon's Summer Fest”



Sharing music is great for our Wellbeing



Food and drink

AWESOME AVALON! By Gaynor



Avalon is about crafts



Great veggies!



Our lovely garden!



Cool Dudes!



Artists!



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

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.

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