

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.

30th Edition
January 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 months
theme is Hygge



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

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Your Views

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

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Good
Things
To Do At
Home



Quality Time, Quality Lives

'Hygge'
Danish word for
Coziness



- Spend time with friends and family.



- Write or draw a card to send to a faraway friend.



- Arrange a games day for your favourite people.



- Use lamps and fairy lights to create cosy spaces in your home.



Burns Night



**Burns night will be on
Wednesday the 25th of
January, 2023.**

Burns nights is a Scottish celebration which is celebrated worldwide.

Robert Burns is the National poet of Scotland.

He wrote funny, love poems, political poems plus poems about nature

Maybe you could
write a poem
about January.

To celebrate burns Night, people read his poetry and sometimes drink whiskey and eat haggis.

What is haggis made of?

Scottish word -
'Chitter', means
'Shiver' in english

Traditionally, haggis takes the chopped or minced 'pluck' of a sheep (heart, liver and lungs) and mixes it with coarse oatmeal, suet, spices (nutmeg, cinnamon and coriander are common), salt, pepper and stock.

Active Abbots Wood



Benefits of being active

- Lower blood pressure and improve heart health.
- Improve your quality of sleep.
- Reduce feelings of anxiety and depression.

What is your favourite way to be active?

Cycling?
Dancing?
Yoga?



Super Sale at Freda's



Freda's Day Centre



We have packed away
Christmas stock.

We have lots of new items
for sale .

We have hot water bottles
for sale at sale price £8.00
keep warm



Address

73, 75A Beatrice St,
Oswestry SY11 1HL

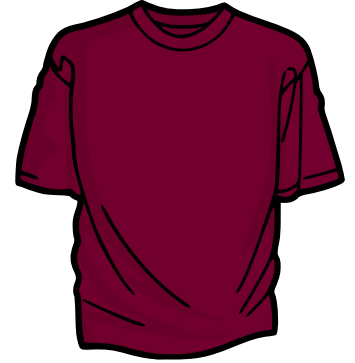
Keeping Warm

Tips



Keep yourself warm

Wearing lots of layers rather than one thick piece of clothing will help to trap your body heat and keep you warmer.



Thermal underwear and clothing, and hot water bottles are an inexpensive way to stay warmer for longer.

You can also keep your feet warm with thick socks and slippers.



Make sure you eat healthily and drink plenty of hot drinks throughout the day.



Avoid alcohol - it prevents your blood vessels from constricting and you'll begin to lose body heat.



Move around: It's also important to avoid sitting still for long periods of time - move around and keep as active as possible. This will help boost your circulation and keep you warm.



Big Garden Birdwatch



Big Garden Birdwatch is fun, free and for everyone.

And you don't need a garden to take part!

Counting birds from your balcony, or your local park will play a vital role in helping us understand how UK birds are doing.

Sign up for your free guide and let's look out for birds together on 27th -29th January 2023

Join in, using the link below

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>



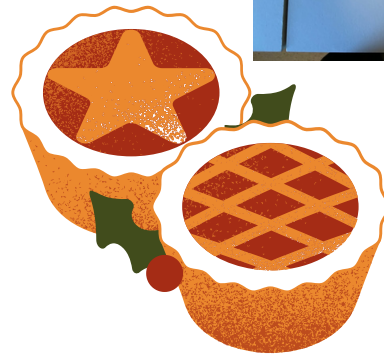
What is your favourite bird?

44Bs group at Mayfair Community Centre

Christmas 2022 film club event was a success.

The film was followed by sharing and eating the mince pies that the group very proudly made the day before.

The film event included one of the ladies who was attending our Beacon day service, as we start to share activities again.



Mayfair Community Centre
Easthope Road
Church Stretton
Shropshire
SY6 6BL



information@mayfaircentre.org.uk



01694 722077

What film would you like watch on a cosy, hygge night at home?

An action film, animation, a documentary?



Here are few photographs from My Aspirations various adventures and activities in 2022

What would you like to do in 2023?

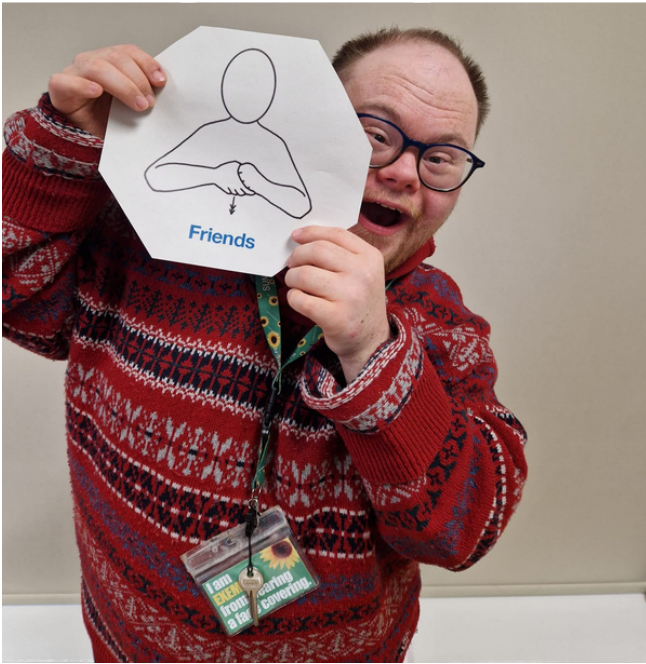
Spend more time in nature?
Learn to play a musical instrument or try new foods?



Makaton with Avalon

Josh has been helping with our Makaton project, with some help from John and Mavis.

Team work, makes the dream work.



Today over 100,000 children and adults use Makaton symbols and signs, either as their main method of communication or as a way to support speech.



free resources are available from the Makaton Charity, see the link below

https://makaton.org/TMC/Free_resources.aspx

Read

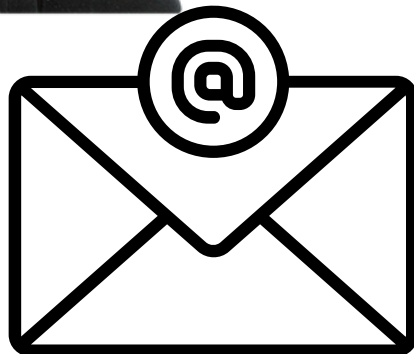
The Rainbow Times



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