

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.

32nd Edition
March 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.

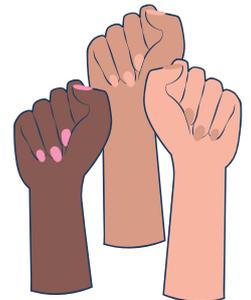
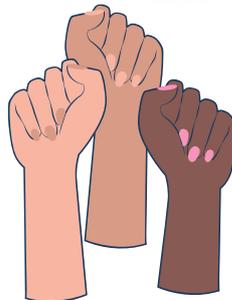
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This months theme is -

International Women's day.

International women's day is
8th March.



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

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

Page 1



Good
Things
To Do At
Home



Quality Time, Quality Lives



International Women's Day



Positive Change ideas inspired by some inspiration women



"The most important thing is to enjoy your life--to be happy--it's all that matters." -Audrey Hepburn

What makes you happy? Cooking? Singing? Listening to podcasts?

"When someone is cruel or acts like a bully, you don't stoop to their level. No, our motto is, when they go low, we go high" Michelle Obama

If you see someone being mistreated, we do not copy their behaviour, we report it, to a trusted person for help.

If that person does not help, we keep reporting the situation until help is found.



Enjoy Life

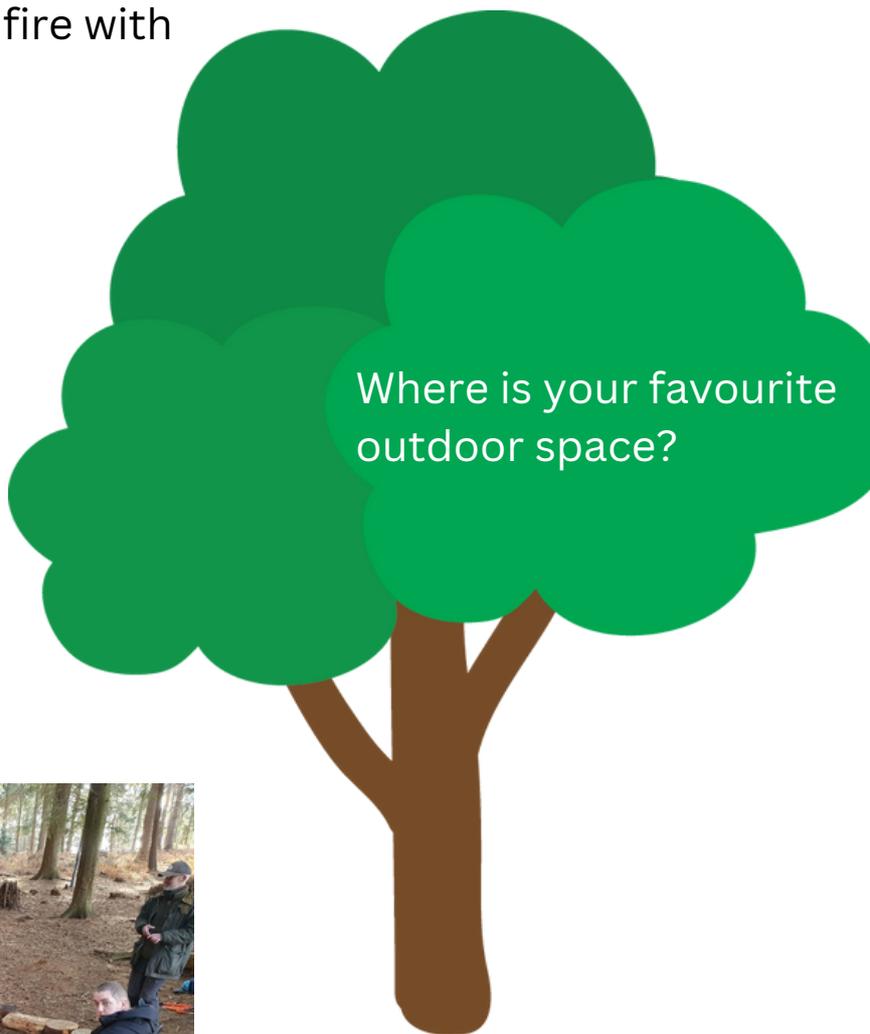
"Your time is limited, so don't waste it living someone else's life"-Malala

Be kind to yourself, say kind things to yourself, be your own best friend. Do things that make you feel safe, calm and learn more about your favourite people, places and hobbies.

Albert Rd Adventures

Here are a few Pictures from a recent Albert Roads activity, where we work with the Wild team taking part in conservation; helping to look after our local spaces.

This was in Nesscliffe and we chopped and collected wood plus had a camp fire with marshmallow toasting.



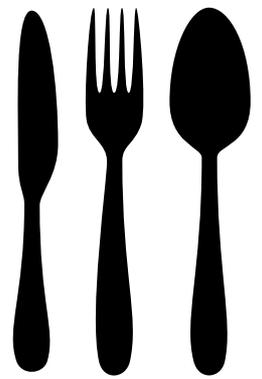
Nesscliffe is near Oswestry, in north Shropshire, please see link below, for more information on the caves and walks at Nesscliffe.

<https://www.visitoswestry.co.uk/attractions/nesscliffe-hill-kynastons-cave/>



Upcoming event!

Meet new people, share food,
raise cash for charity



JOIN US FOR
**INTERNATIONAL
COMMUNITY BUFFET**

*Collection
for
Lingen Davies*

RADBROOK COMMUNITY CENTRE
Calverton Way
Shrewsbury SY3 6DJ

An inclusive buffet celebrating cultural cuisine
and International Women's Day

Saturday

11TH MARCH 2023

17.30 - 20.30

TICKETS

£4/ADULT

£2/CHILD

*Women's
health talks*

A reservation is required.
Please reserve a place by e-mail or telephone.

e-mail: shropeuropeorg@gmail.com

tel: +44 (0)7894 739300



Fancy trying a new hobby?

Creating a bowl or a coaster or even a picture using clay, is a great way to be creative in a fun, sensory, experimental way



Clay In A Box at home fun relaxed online clay course

storymine



Course Runs From:
February to early April 2030

8 week course

For booking contact us at our email below

Step 1: Register with us

Step 2: We deliver your clay kit

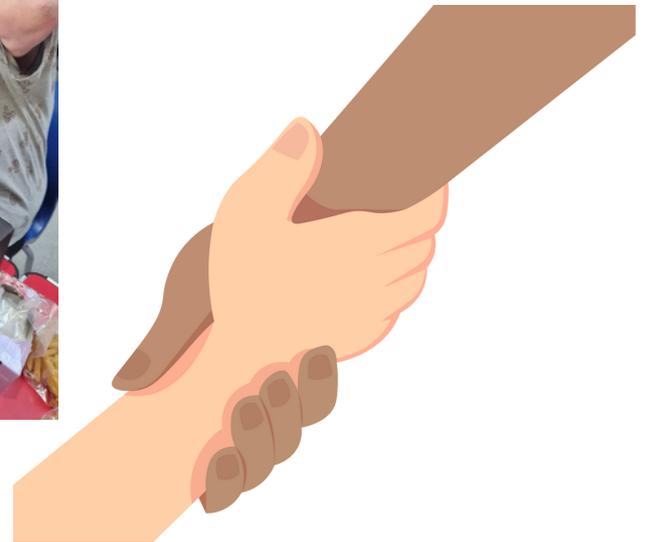
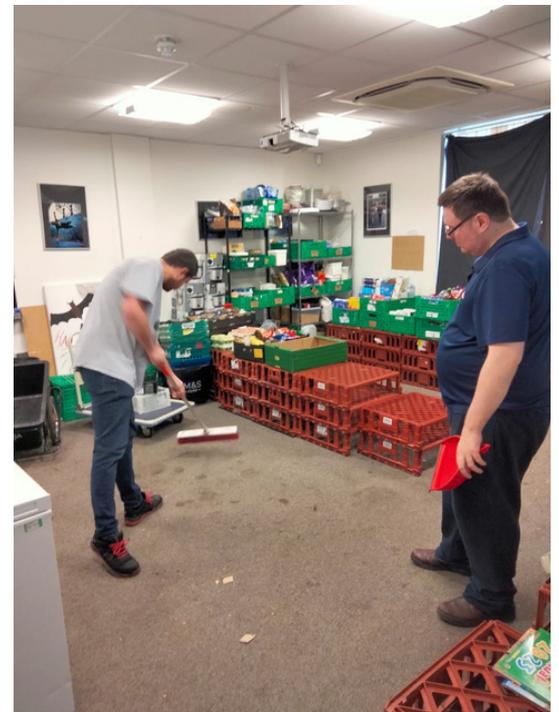
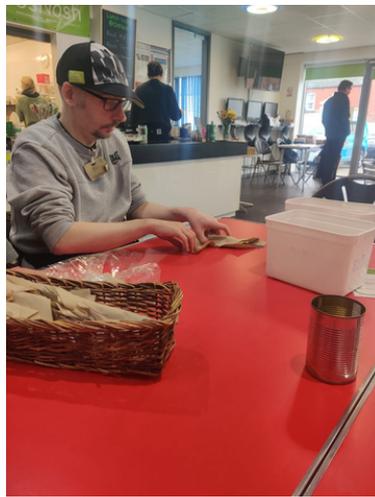
Step 3: We create together online

www.storymine.org info@storymine.org



The guys that attend Avalon, day centre in Oswestry, regularly support Ben, Elliot and the other member of Osnosh.

The volunteers do various important tasks, like packaging up food, cleaning and much more!



FRIDAYS AT OSNOSH

OSNOSH EVENTS

Open to all, come along and join in with our community workshops / information sessions held within our Osnosh building.

You can pre book if we have limited spaces:

Times of workshops
10.30h - 11.30h

OSNOSH CIC,
THE CENTRE OAK STREET,
OSWESTRY,
SY11 1LW
ENQUIRES@OSNOSH.CO.UK
07538 709 299

3rd March
OsNosh is closed

10th March
ImproviSing Play-shop with Kate Allan
Join us for a vocal playtime, enjoying our voices and collectively creating unforeseen (improvised) sound. For everyone especially those who've lost touch with their singing voices. Kate is an experienced arts and health practitioner
Booking Essential.

31st March 10.30h - 11.30h
Movement sessions for everyone beginners welcome
Come and explore moment. As well as improving your range of movement It helps with pain control and so helps with extra day to day energy
Cost £5 per session booking essential only 10 spaces

Every week 10h -12h
In the Cafe we have a craft table. Open to everyone, come in and knit, crochet, or hand sew we have wool and if your new to any of these crafty crafts then we are bound to have someone that can offer you guidance
Free

To continue these workshops we are asking for a donation to cover costs of running these informative sessions.
So we are suggesting a donation of £2-5. If you have more to spare then why not pay some forward so people that are finding these present times challenging can attend.
If you do want to attend please email us to be placed on our workshop list
Thank you Lesley 🍷



To find out more information about the Lesbian, gay and transgender, plus community in Shropshire please see the link below

<https://lgbtshrewsbury.co.uk/>.

SAND
(Safe Ageing No Discrimination)

The Wave Project

'It has never occurred to me that there are old LGBT+ people'
- Shropshire GP, 2018

At SAND, we've heard this far too often, so here's your chance to show we're out there. Your photo can be part of our exhibition to raise the visibility of older and old **lesbian, gay, bisexual and trans people** who live, work or play in Shropshire, Telford and Wrekin.



Will you be on your own or with a partner or group? Having dinner together, out with your dog for a walk, in your work uniform or in a wetsuit about to take the plunge? You might not want to be fully 'out,' but you can still take part.



Visit our website for some ideas:

www.lgbtsand.com/the-wave-project

Take a selfie or ask a friend to take a picture. Or come along to a session with a photographer (place and times TBC).

01743 590023
lgbtsand.com
@lgbtsand



Photo submissions close 30 April 2023

Contact james@lgbtsand.com or phone 01743 590023



Step into spring with the...

2023 LGBT+ HISTORY FESTIVAL

24th - 26th March



EXHIBITIONS

24 Mar - 26 Apr @ The Hive and AgeUK, Bellstone (Opening 6pm at The Hive)

NEW - Festival exhibition at The Hive looking at the archives from the Shropshire Rainbow Film Festival 2006 - 2022

POPULAR - Our History Boards will be exhibited in the windows of AgeUK during the festival



WORKSHOPS

25 Mar @ Palmer's, 10.30am and @ The Hive, 2pm

Then & Now - Bring your photos: look back on your past & reflect on the present with photographer Ming de Nasty

Coming Out - Bring your stories: help musician Beth Prior to create an original song reflecting different experiences



THEATRE

25 Mar @ The Hive, 7.30pm

Quentin Crisp: Naked Hope

This solo show, written and performed by Mark Farrelly is a glorious, uplifting celebration of the urgent necessity to be your true self. Celebrating Quentin Crisp - a genuinely unique human being.



FILM

26 Mar @ Old Market Hall Cinema, 3pm

Nelly and Nadine

Film matinee - an incredible true love story of two French resistance fighters who met in a German concentration camp. Fascinating, beautiful and bolstered by fabulous archival Super 8 footage of their lives in the 1950s.



@lgbtsand
01743 - 590023
info@lgbtsand.com

Booking required for all events
lgbtsand.com/projects/history

SCAN ME!



Abbots Wood day centre

Lego building.

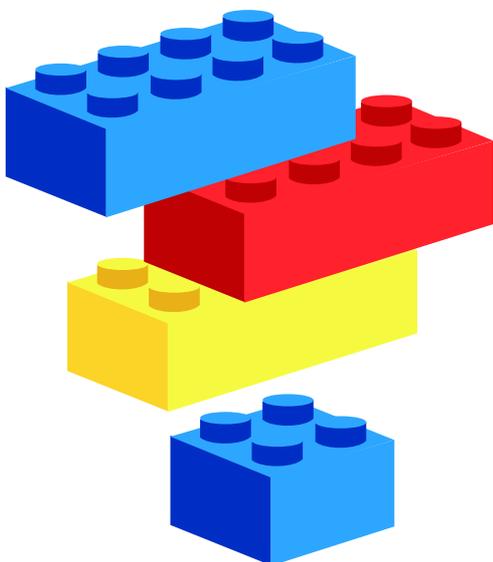
Lego is great way to be creative, problem solve and have fun



Lego Challenges Ideas

Build a Lego piece of furniture, that has 4 legs.

Build a vehicle using lego, only using one colour of Lego bricks.



Pancake day at Wayfarers day centre

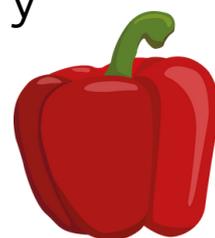


**What is your favourite
pancake topping?**

Chocolate sauce?
Lemon and sugar?



Or do you prefer a savoury
pancake? Maybe roasted
vegetables and mayo?



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