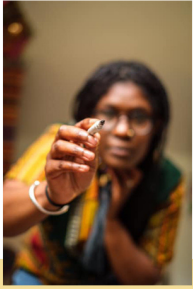


# The Rainbow Times



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.

33rd Edition  
April 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.

Page 1. Community

Page 2. Spring resources

Page 3. Nineveh Ridge Care Farm

Page 4. Shropshire Inclusive Dance

Page 5. New location for Stagecraft

Page 6. Avalon Gardening

Page 7. Science at Abbots Wood

Page 8. Creative Wayfarers

Page 9. Autism Acceptance Week

Page 10. Reading RT



This months theme is -  
The season of

## Super Springy Spring

Get involved, lets help keep Britain tidy

[www.keepbritaintidy.org](http://www.keepbritaintidy.org)



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



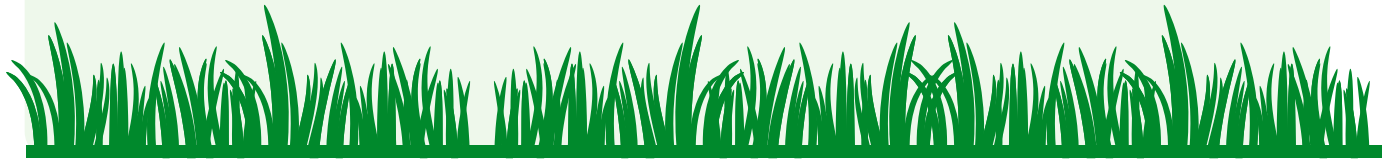
# Spring Top Tips

Do you get **Hayfever** caused by grass, tree or weed pollen ?

If so, here are some tips to try and stop you, getting - itchy eyes, a sore throat and a runny nose.

How to treat hay fever yourself

- put Vaseline around your nostrils to trap pollen.
- wear wraparound sunglasses to stop pollen getting into your eyes.
- shower and change your clothes after you have been outside to wash pollen off.
- stay indoors whenever possible.
- keep windows and doors shut as much as possible.



## Preparing your outdoor space for Spring

Tidy up flower beds and borders.  
Install water butts and start collecting rainwater.  
Clean your gardening tools

Create a compost area - See link below.

<https://www.gardenersworld.com/how-to/maintain-the-garden/how-to-make-compost/#:~:text=To%20make%20good%20compost%2C%20you,the%20same%20volume%20of%20brown.>



Spring Seek

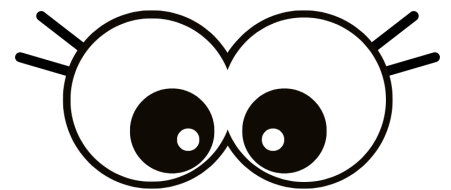
**Monday** - Look out for Seek out the first crocuses, snowdrops, and other spring flowers.

**Tuesday** - Look out for tree Cherry blossom

**Wednesday** - *Smell* wild garlic in a woodland area

**Thursday** Notice how much more daylight there is compared to the previous week.

**Friday** Notice the change in temperature, do you no longer need a thick coat when you go out?





<http://www.ninevehridgecarefarm.org.uk/>

## **Nineveh Ridge Care Farm.**

**Nineveh, near Cleobury Mortimer.**

We have many animals that need to be cared for on the farm.

Our Indian Runner Ducks were incubated and hatched at the farm by our own lovely service users.

The ducks have fresh water every day to drink and splash around in, as well as their own pond. We also have have, Ponies, Goats, Donkeys, Chickens, and Guinea pigs. All of these animals have fresh water, bedding, and food every day. All the farm work is done by our service users.

Our favourite job is giving the animals a good fuss and groom!

We also have other activities such as, Cooking, Craft, Woodwork, Drama, and dance, as well as many others.

Here we have been baking Cheetah print biscuits. They turned out amazing, they tasted amazing too!



Do you love dancing and want to learn more?

## Join Darwin Dancers (inspired by Critical Mass)

Darwin Dancers is a creative dance group for people aged 16 - 30 who are D/deaf, Disabled, neurodivergent and non-disabled, with some dance experience.

SiD's expert team will guide and support you to work together.

**Launching on Saturday  
18th February  
10am - 2.30pm**



**Where** Roam Dance, St Mary's Community Hall, Shrewsbury SY1 1DL

**How much** £12 per session

**Contact** rachelsidance@gmail.com to book your place and for more information

Rachel Liggitt is co director of Shropshire Inclusive Dance



<https://sidance.live/>



## Darwin Dancers Youth Dance inspired by Critical Mass

Darwin Dancers is for people who are D/deaf, Disabled, neurodivergent and non-disabled, with some dance experience. SiD's expert team will guide and support you to work together.

**You will experience**

- Performance projects
- Theatre trips and socials
- Monthly dance workshops
- Guest workshops



Darwin Dancers joined Critical Mass performing at the Birmingham 2022 Commonwealth Games Opening Ceremony and at the Birmingham International Dance Festival. Shropshire Inclusive Dance, inspired by Critical Mass is supporting Darwin Dancers into the future.



LOTTERY FUNDED



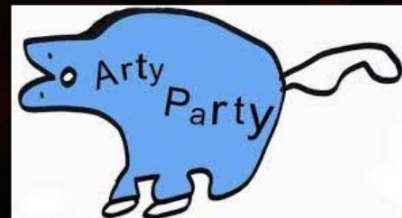
CRITICAL MASS WAS A UNIQUE COLLABORATION BETWEEN



GENEROUSLY SUPPORTED BY



# Stagecraft



Hello, my name is Gemima and I run the Stagecraft group

A class for all, dedicated to all things music, drama and movement!

Expect singing, drama games, acting and lots of fun!

All you need to take part is enthusiasm and a nice big smile! 😊



From 19th April 2023, Stagecraft will run from -  
Turreff Hall, Turreff Avenue  
Donnington, Telford, TF2 8HG  
10:30-12:30pm.

We'd like to offer a **free** taster session on Wednesday 19th April

Text Naomi on 07803770574 to book your place!



Text 07803770574  
or email  
[info@artypartytelford.org](mailto:info@artypartytelford.org)  
to book your place.



£12 per person



Gardening is great for our wellbeing.

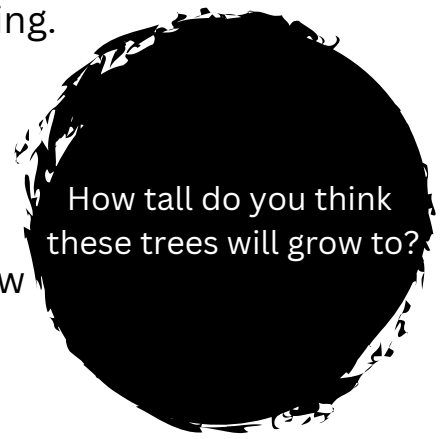
Other benefits to gardening are;

Engaging with nature

Watching your achievements grow

Physical exercise

Create a safe places for wildlife



Michael has been planting more trees in Avalon's garden today.

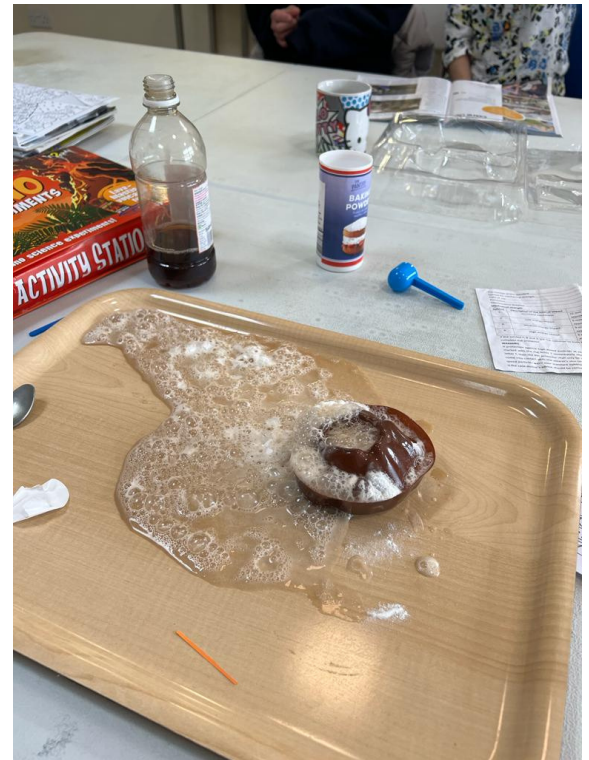
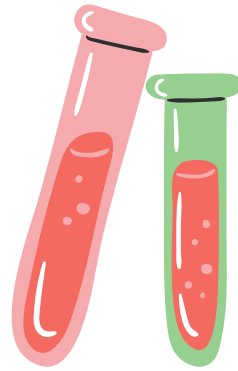
Take a look at the link below to see how many different tree's we have planted do far.

<https://queensgreencanopy.org/map-education-hub/qgc-map/#/>

Excellent work Michael.

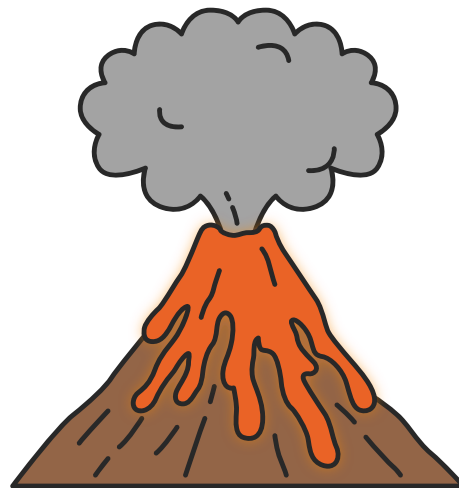
I wonder what wildlife these new tree with attract...what do you think?





Learning is fun.

Recently at Abbots Wood, the guys experimented with household materials to create a mini volcano.



Safety first, always read instruction, wear protective gloves, masks etc if you need them, and keep windows open for ventilation.



# Handmade Spring craft at Wayfarers



What is your favourite craft materials?

- Paper
- Paint
- Fabric?

Search the website Pinterest for creative ideas.

<https://www.pinterest.co.uk/>

What do you like to make?



This flower don't need watering or sunlight





We're supporting

# World Autism Acceptance Week

27 March - 2 April 2023

What is autism

Autism is a lifelong developmental disability which affects how people communicate and interact with the world. More than one in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK.



<https://www.autism.org.uk/>

# Read

## The Rainbow Times



Good  
Things  
To Do At  
Home



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](mailto:jamila.walker@takingpart.co.uk)