

Rainbow Rural



WINTER 2023

SIMON'S INSIGHTS.....



Hope this newsletter finds you all well as we head into the cold part of the year. The season has definitely changed here on the farm, with some high winds making us all envious of the woolly coats on the sheep. The hedgerows on the farm have begun to fall but before they leave us we have been treated to wonderful view of different coloured leaves, which helps take our minds off of the cold and wet.

On sheep related news, Kingsley has visited the girls meaning we're

planning on springs lambs. Whilst the Ram is tupping the ewes he wears harness called a raddle with a coloured marker, so don't be alarmed if you notice the ewes have blue bottoms as that means Kingsley has been busy at work.

As we enter this season we can look to planting trees and hedgerows and possibly improving on our new drovers lane which will improve the ecology for our local wildlife, especially supporting our wild birds who appreciate any food and water we can offer them.

We look forward to seeing you all in this chilly time leading up to the festive season.

Happy Winter

SIMON

CAROL'S THOUGHTS.....



Hello, and I hope you are all well and looking forward to the next few months with Christmas and New Year celebrations?

Rainbow Rural is always planning in so many different ways, seasonal growing, animal welfare, ecology work and how we support our visitors needs to have 'fun and learn'? Our small, vital team of staff and volunteers with their many different skills and interests, are essential to all of the above happening, and everyone is involved in the many different ways Rainbow Rural achieves this. Our planning meetings are shared by this Rainbow Rural team, and this gives us such a wide range of possibilities for what and why we work the way we do. This is so important because Rainbow Rural visitors come to us with many different wants and needs, and ask us to support them in many different ways. We have introduced some new opportunities recently with the new Independent Day for visitors which is proving fun and helpful. We are also using our Group room and Polytunnel area for different opportunities like the Craft

workshops, and developing another growing area. This lovely area was looking so sad while the schools are not able to fund their returns, but we hope to hear of their return soon?

We also heard from a lovely local family recently who were home schooling their children and grandchildren. They had heard about Rainbow Rural and asked if they could visit? They thoroughly enjoyed our Bucket Walk, and were guided round by our lovely volunteer Heidi. I happened to meet the family enjoying hammock time in Clay Pit wood, and it soon became clear how much they were enjoying this wonderful farm, and how important it was knowing we understood their additional needs. Then just a few days ago I received a lovely hand written letter from a young visitor who asked if they could return to Rainbow Rural because they really enjoyed their last visit, and really liked the Ducks too!

The reason Rainbow Rural is here is to plan, and make sure our community can visit, have fun and learn safely, and seeing this happening is just what motivates us. What also motivates us is finding the 'gaps' where our community requires additional support? In our Autumn Newsletter I mentioned a need to support our Family Carers. I have had some messages of support for this idea and feel that the best way to start is to have a small WhatsApp group maybe? Being a Family Carer means that you are never really sure when 'you' get free time? Meeting out and about with others is difficult, but certainly sharing time with other Carers that understand what life can be like has always seemed so helpful, and so important. This new group can just be a place to share news, ask

questions and maybe find some answers,
along with friendship and support?

Please email or text me on 07873232055 if
this is what you would like Rainbow Rural
to organise? I will certainly be looking
forward to joining myself.

Finally, thank you to our small staff team
and volunteers for supporting Rainbow
Rural through its 13th year!

Wishing you all a Happy Christmas and
New Year.

With best wishes Carol

Centre Manager 07873 232055

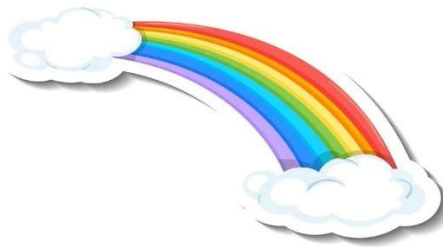
We will continue to raise awareness of
Rainbow Rural's value, and if anyone
would like to help us or comment on any
of our topics just contact me
carol@rainbowrural.co.uk



**DUE TO THE SUCCESS OF FARM FRIDAYS WE ARE HOPING
TO EXTEND OUR “INDEPENDENT PROVISION” TO OTHER
DAYS OF THE WEEK**

**We can't call this Farm Fridays anymore so we've decided
to label the courses “Farm Independent Days”
Please contact Carol or Simon for further details**

OUR



SHOP

RAINBOW RURAL

**MOST OF THE THINGS FOR SALE HERE HAVE BEEN MADE BY AND WITH
OUR CLIENTS**

**IF YOU WOULD LIKE TO BUY ANY OF OUR LOVELY CRAFTS PLEASE
E MAIL julie@rainbowrural.co.uk**

**We've added to our lovely
range of greetings cards, we
still have some of the lino print
ones for sale**



**We're making these nature
inspired ones as well**



**They're £10.00 for a pack of 5 assorted
designs**

**They're great if you would like to have
a stock of cards ready for your
upcoming occasions we can send them
out to you as well for a small fee!!**

**Would you like a bird box in
your garden?**



£6

Or a hedgehog house?



**Kindly made and donated by a
volunteer**

£25

No boot room or porch is complete without a boot puller.

We have 2 sizes
(for little boots and big boots!)
They come in random colours



£5

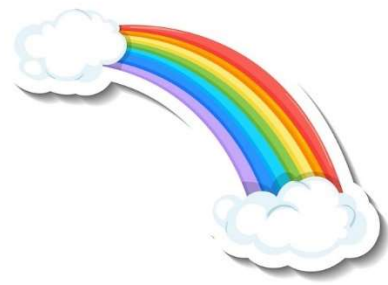
What about this amazing log store?



This has been made completely out of reclaimed wood

£50

Sadly it doesn't come complete with logs, you would have to cut your own!



**PLEASE
REMEMBER**

THE STOCK IN OUR SHOP HAS
BEEN MADE MOSTLY BY OUR
CLIENTS

WE ASSIST THEM HAND OVER
HAND TEACHING
WOODWORKING AND CRAFT
SKILLS

ALL OF THE MONEY FROM THE
SALE OF THESE ITEMS IS
CHANNELLED STRAIGHT BACK
TO THE WORKSHOP AND
CRAFTS DEPARTMENTS OF
RAINBOW RURAL

WE CAN POST THE CARDS OUT
TO YOU BUT WE WOULD NEED
YOU TO COLLECT THE LARGER
ITEMS

DO WE DARE SAY IT'S NEARLY CHRISTMAS!!!

**OUR STUDENTS HAVE BEEN WORKING HARD TO
PRODUCE OUR RANGE CHRISTMAS CARDS**



WE HOPE YOU LIKE THEM

**THE CARDS ARE ALL INDIVIDUALLY PRINTED BY OUR STUDENTS USING HAND CUT
LINO PRINT BLOCKS DESIGNED AND MADE JUST FOR US BY OUR LOVELY VOLUNTEER
ALI**

**EACH CARD IS AN INDIVIDUAL WORK OF ART
AND COMES WITH AN ENVELOPE**

**JUST £10 FOR THE PACK OF 5 DIFFERENT
DESIGNS**

**ALL PROCEEDS OF SALES GO DIRECTLY TO
RAINBOW RURAL CIC**

IF YOU WOULD LIKE TO PLACE AN ORDER TO BE DELIVERED TO YOU

E MAIL julie@rainbowrural.co.uk

WE HAVE TO ADD £2.50 FOR POSTAGE AND PACKING

Payment instructions will be given to you when we receive your order.

RAINBOW RURAL PHOTO JOURNAL

We've been very busy again taking pictures in and around the farm. We hope you enjoy this photo journal that we've put together for you.



This lovely man is called Patrick, he's a retired Police Horse that has come to live with us on the farm, cameo needed so me company and Patrick came along with this little Lady



Her name is Flo she's a little Shetland cross and has been stabled with Patrick for some while They're both doing very well.

Cameo certainly enjoys having them here



Flo is so tiny!



This is Geoffrey Garnet he was gifted the ancient woodland opposite our farm in 1165 as a knights fee as it was big enough to support a knight in the service of King Henry ii. Some of the trees he tended are still growing there to this day. It's now a publicly owned wood and worth a visit.



Tree fungus is prolific during the damp weather, this one is growing in our wood all ready for Halloween!



Our stream in the wood is running fast after the wet season we've had



The Saturday group are busy in the polytunnel sorting rosehips for the new year



The rosehips will be planted in the hedgerows to thicken them and display the beautiful wild roses on the lane



Patrick works with Martin woodworking on his bench

**WE HOPE YOU'VE ENJOYED
LOOKING AT OUR PHOTO
JOURNAL WE'VE CERTAINLY
ENJOYED TAKING THE PICTURES.
IF YOU HAVE ANY PICTURES YOU
WOULD LIKE US TO INCLUDE THAT
YOU'VE TAKEN ON YOUR VISITS
TO US WE'D BE VERY HAPPY TO
PUBLISH THEM.**

SEND THEM TO julie@rainbowrural.co.uk

**IF THEY HAVE PEOPLE IN THEM DON'T
FORGET TO ASK THEIR PERMISSION**



INDEPENDENT DAYS AT RAINBOW RURAL

A 10 WEEK COURSE FOR VULNERABLE PEOPLE WHO LIKE TO WORK WITHOUT A CARER

**WE HAVE A CURRENT 10 WEEK COURSE WHICH STARTED ON THE
17TH OF NOVEMBER**

**WE STILL HAVE SOME PLACES LEFT, YOU CAN JOIN US FOR THE COURSE,
WE WOULD LOVE TO WELCOME YOU.**

Week 1-17th November

Week 2-24th November

Week 3-1st December

Week 4-8th December

Week 5-15th December

Week 6-22nd December

Week 7-29th December

Week 8-5th January

Week 9-12th January

Week 10-19th January

THERE ARE 3 PLACES AVAILABLE

If you would like to join this group phone Carol for information

07873 232055

If you would like to come and join Farm Independent Days, we will invite you to meet us on a Friday to look around our Care Farm to make sure this will be suitable.

Email bookings@rainbowrural.co.uk for more information and to book a date for your visit

Additional questions can be answered by emailing
carol@rainbowrural.co.uk or phone us on 07873 232055

(you may need to leave a message we might be Instructing)

WE LOOK FORWARD TO MEETING YOU ALL

THE “CRAFTS ON THE FARM” WORKSHOP GROUP ARE HAVING A GREAT TIME.

**We're currently making Tunisian Crochet infinity scarves
We meet alternate Sundays in the classroom**



**If you would like to come and join our
group we have 5 places available.**

The first class will cost £45 which will
include all the materials you need to
make this lovely scarf.

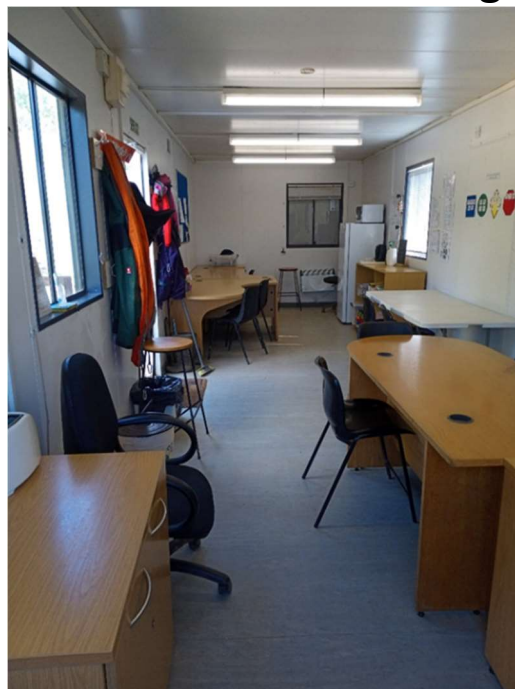
Then all following classes cost just £15
to continue with making, chatting,
drinking tea or coffee and generally
having a good time

Our next group meeting is on Sunday the 10th of December

Please contact julie@rainbowrural.co.uk for further information and to book a place

DO YOU HAVE A CRAFT THAT YOU WOULD LIKE TO TEACH?

**You can rent our beautiful classroom to run your lessons
just e mail us for further information bookings@rainbowrural.co.uk**





A BIG THANK YOU FROM US

We would like to thank everyone who is helping us in their own way

EVERYONE WHO HAS MADE A PAY PAL DONATION,

OR DIRECTLY TO US, OR VIA OUR WEB SITE

THANK YOU FOR CONTINUED SUPPORT FROM LOCAL BUSINESS

727 TOOL HIRE

ANGLIA LAND DRAINAGE

Mc CARTHY STONE

AGGREG8

MALONIES VETERINARY DUNMOW ROUND TABLE

TESCO & FAYRE SHARE

HORNSEA ANIMAL FEED

NATIONAL LOTTERY

FELSTED SCHOOL

ACER TREE SPECIALIST

DUNMOW FENCING

DUNMOW CHIP SHOP

MATT CROUCHMAN PLUMBING

LITTLE KAROO FARM

SORRY IF YOU'VE BEEN MISSED OFF OF OUR LIST GIVE US A NUDGE

AND WE'LL REMEMBER YOU NEXT TIME

If our newsletter has been forwarded to you and you would like

to keep up with us by joining our mailing list drop us a line

bookings@rainbowrural.co.uk