

Rainbow Rural



OCTOBER 2021

Hello and thank you to everyone who has signed-up and agreed to receive our newsletter. Apologise for this newsletter taking longer than we would like to get out to you all, but we have been very busy over the Summer with Rainbow Rural Centre. Thankfully some of the reason we have been busier is because the government allowed for us all to move more freely from July. This meant Rainbow Rural knew that some of our community would be looking to return to Rainbow Rural, and we needed to improve our access to them, and this always takes time, effort and careful planning. Due to the COVID lockdown, Rainbow Rural discovered some of its local community as they walked the footpaths around our farm, or should I say they discovered us! We decided that Rainbow could plan to offer safe and meaningful access to this wonderful Care Farm via our 'Bucket Walk' system. This was a simple text to book on our work mobile 07873232055, and with £20 you purchased 2 buckets of food, 1 for the wild birds and the other for the farm animals with instructions to stay safe on the farm, and a site map. This was very popular with families, and groups, and we continue offering the Rainbow Rural 'Bucket Walks' all through the year 😊.

The other busy part of our last few months is that we have taken on more volunteers for Rainbow Rural, and 2 of these volunteers have been very significant for us. During our many times sharing work times here, 2 agreed to help Rainbow Rural by offering to start a registered charity called Friends of Rainbow Rural, or FORR. This will assist Rainbow Rural in so many ways, and to continue to ensure that this wonderful Care Farm supports its community whatever their needs are into its future. I hope you will get to read their news and views on the next newsletter.

Rainbow Rural is planning for a return to Open Day's next year, and as soon as we have a confirmed date's we will pass this on via the newsletter, and our website www.rainbowrural.co.uk.

We would also appreciate ideas of what our community would like to see on our open days, and also are plans to run themed Workshops on Fridays via our Centre? Would you like to learn outdoors on our farm and its countryside? And/or indoors in our Craft rooms? Please send an email to carol@rainbowrural.co.uk or text Carol on 07873232055 letting me know your interest and what topics you would like to see covered.

Rainbow Rural Centre is here to support our community.

Below are some of the photographs taken during the last few months by our staff and volunteers, and I hope you enjoy them? I will include some photographs taken from our Halloween half-term holiday week, and the amazing 'spooks' made to discover as you walked with our Bucket Walk!

We are looking forward to the remaining months of this year, and plans to create some lovely Christmas decorations, as well as meeting folk visiting us via the bookable Bucket Walks.

If you are able to, please consider sending Rainbow Rural a donation, and we have a DONATE facility on our website. These donations help us maintain Rainbow Rural vital work supporting its community for Mental Health, Wellbeing and Fun! It has been a challenging 2 years, but we are looking forward to reaching more of our community, and these donations will certainly help.

Thank you,

Carol Monk
Centre Manager
07873232055

We hope to have Mike and family shearing our sheep again next year 😊



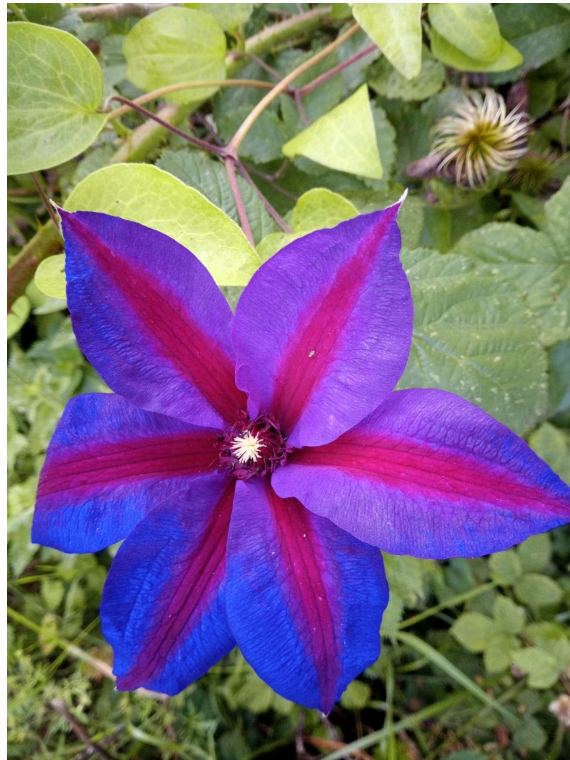
Some of the sheep were sheared today.

The weather has been too wet, so we have had to put sheep in shed overnight to make sure they were dry enough to shear. It's really difficult and physically exhausting for the Shearer's. We are very grateful to Meg and Mike for shearing our sheep each year!

Also, Karen & Kevin some of our newest volunteers are looking forward to sharing our fleeces for their Spinning and Weaving skills.



Sheep happily back outdoors, feeling more comfortable without their heavy fleeces. Phew as the weather is really hot now!



Wow, spotted this Clematis in the garden as I was walking along! Look at how beautiful the colours are, we really need to find more time to sit and look at our gardens and countryside.

RAINBOW RURAL GARDENS are a real pleasure for all who visit and work in them. Patrick works very hard on all parts of our gardens, and on our allotment areas too. If anyone would like to volunteer to help with these gardens, and can manage to work independently please just email carol@rainbowrural.co.uk or telephone 07873232055.

We are also looking for volunteers in other areas that we work in such as Arts & Crafts, woodwork, basic construction, basic mechanics, environmental support, animal care, mental health and learning disability. If your skill is not listed, please consider letting us know as it could well be important to us.

These are the ducks that live on Sallet's Green Pond.
This pond is a Dew Pond, and after digging it out some years ago we discovered that it also had spring feed.
During the Spring and Summer, the pond comes to life with insects and birds darting about over the water.
Rainbow Rural Bucket Walk passes the pond, and you can stand and watch the ducks and the wildlife.



Our magnificent 7 ducklings are growing so well that mummy duck is looking for a new bigger home! Welcome inside!
Not sure that Toby & Sally my dogs are keen, they are already having to share their home with Tiggee cat while she recovers from an illness 😞



We have been enjoying and supporting the football and tennis too. It's amazing seeing the skill and passion. I am really grateful for a little quiet time on the farm and at Rainbow Rural in July, and the football and tennis just helped me to feel OK about sitting down to watch it.



The flowers and bees are really busy. Sitting down and resting is not something the bees can do, but we should try and find time to 'sit and watch' if we can. During the Summer, you become more aware of the insects generally from the buzzing! When it is quiet you can hear the hum and buzz even if you cannot see them.



We have also seen a few Bee orchids on the farm pasture. These are very rare, but do seem to pop-up somewhere close to where they were before thankfully.



All our farm tracks and paths have got really overgrown this year. Unfortunately, the farm tractors are not working, so Simon has had to walk round farm strimming all these areas. Thank you very much Simon!



The weather has certainly been changeable, with more rain during June. But we are very grateful for these old Cane chairs donated by our lovely neighbour Derek Blake. They will be repaired by Rainbow, and really appreciated by our hard-working visitors when the sun comes out. Thank you, Derek!



Once again I was stopped in my tracks by these beautiful Cardon Thistle Flowers! Look how brightly coloured they are? The bees were all over them too in the later part of the day.



Look at how intriguing this plant is. Have you ever seen a plant like this one before?



This is it with its seed head now it's gone to seed.



These brilliantly bright and vibrant berries are so startling that they cannot be ignored!



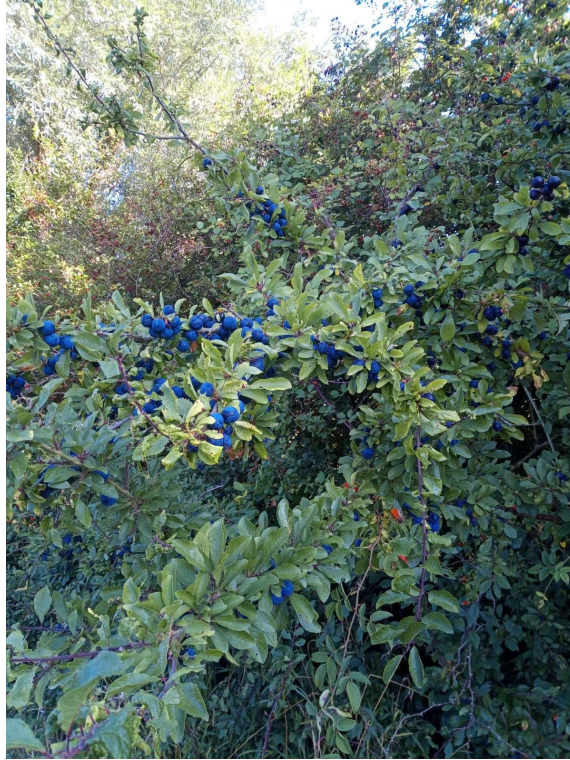
Thankfully Tiggee cat is improving from her strange illness. Here she is in the kitchen soaking up the Autumn rays!



Here is Humbug and friend checking over their new dust bath in their run. It seemed appropriate that the box said Beauty Bay!



Wow! Sallet's Farm hedges are really stocked full of fruits this year! Don't the blackberries look delicious!



The bright blue of the sloes really show up against the green of Sallet's Hedges. Brilliant for making sloe gin for the adults!



It's impossible to miss these bright red Hawthorne berries!
Try and remember the names of the berries as we will be running a quiz to identify the berries and fruits!



There is lots of different black colour berries, not to be mistaken with blackberries or black currants. It's important to know what berries in our hedgerow are edible and what ones are not!



Our Front field sheep looking very happy in the late Summer grazing. They are glad to have their new short coats in the warm weather.



Unfortunately some neighbouring Oaks to our farm have been cut down due to fire damage, but Acer tree surgeons offered us the unwanted trees for our use. This is their Shredder and timber tractor. Not the same as our lovely Tango logging horse, but it managed to drag these tree's without damaging our lane.



Rainbow Rural was invited to the Countess of Warwick show on the August Bank holiday weekend. I got a little chance to look around, and found these lovely Comtois horses, who had been demonstrating harrowing the land. I have met this pair before as they are based

near Audley End, Saffron Walden, and enjoyed catching up with their owner. These Comtois pair were very popular of course and behaved so well. It did make me feel a little sad though, as we continue to miss our lovely Tina & Tango who were also Comtois, and worked on our farm.



This was our pitch being set-up on the Saturday, ready for Countess of Warwick show Bank holiday weekend. A special thank you to Cathy, Shane, Heidi, Kevin and Karen who worked hard with me to run our Rainbow information stand. We met some lovely folk, and really enjoyed the whole weekend show. Thank you, Tim Turner who is the Chairman of the show committee, for inviting Rainbow.



This was our stall at the Countess of Warwick Show. Did you see us there?



We also need to thank Ed Knight for also sharing their amazing vintage bikes next to our stand, and drawing lots of visitors to our stand, collecting donations for Rainbow, and keeping us entertained as usual!
Hopefully we will be back next year!



Simon looking after Pippin's new paddock. We are cutting the grass regularly to make sure she doesn't eat too many green acorns. Strangely this year there are very few acorns, apparently due to the wet Spring not helping the Oak tree flowers setting well. It will not just be Pippin missing the Acorns, but all the Squirrels that live in our tree lined lanes/footpaths and woods!



Patrick's Polytunnel is looking really promising this early August. Once again, we had a lovely harvest of fresh tomatoes. We all agree there is something really special at being able to smell, look, choose and eat your own tomatoes 😊 Patrick had managed to grow from seed most of all of our plants and flowers, and this is a really important skill.

Rainbow Rural Gardens are always pleased to have donations of seeds and plants if anyone has grown more than they need, or would like to swop seeds?

Just contact carol@rainbowrural.co.uk

We are always grateful for good scrap wood too. This we use on small building projects and for the garden area.



Blooming lovely! One of our Holly Hocks outside Rainbows Marquee this August. We would like to find some more colours to grow, so if you have any seeds you can pass onto us, please just let us know.



A beautiful Allium flower. They are in the onion family.



Look at these stunning sunflowers in rainbows garden.
They're bright enough to make everyone happy!



Anyone know what this is? And no, it's not a young Christmas tree!



Our newest volunteer Kevin, has really got stuck into our Rainbow gardens. We can now see our fruit cage area! Thank you, Kevin. We have been very fortunate over last 2 months to have recruited 5 new volunteers. Sacha who is a friend of mine, and also working on Rainbow's gardens.



Look at this pretty and delicate fennel flower! It smells and looks wonderful!



Last but not least, our very special Hammock time in Clay pit wood!

Goodness, we have all worked so hard that we need some relaxing time too!

Clay Pit wood is not open to the public or footpaths, but if you book a Bucket Walk our map allows you access.

It is a very interesting wood, with a rare Stand of Elms. These Elms are helping to support some uniquely quiet time for our visitors. Having some quiet time is so important in our too busy work days.

Its another chance to stop, look and listen.

During the Winter months Rainbow Rural and our visitors help feed the wild birds in the wood, and it's a wonderful sight to see the birds waiting for us, and then hear them singing as they feed 😊

Please pass on this newsletter to anyone you think may like to share it.

If they would like to join our newsletter contact list, please message Julie on

bookings@rainbowrural.co.uk

Thank you for sharing our newsletter
From Rainbow Rural Team.

Rainbow  Rural

A BIG THANK YOU FROM US

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

MALONIES VETERINARY

727 TOOL HIRE

DUNMOW CHIP SHOP displaying poster

TESCO & FAYRE SHARE

HORNSEA ANIMAL FEED

NATIONAL LOTTERY

ACER TREE SPECIALIST

FELSTED SCHOOL.

DATES FOR YOUR DIARY

**CLIENT'S CHRISTMAS FESTIVE ACTIVITIES WEEK
MONDAY 20, 21, 22, 23, DECEMBER.**

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**CHRISTMAS PARTY ON SATURDAY 18TH DECEMBER and tickets
available.**

Contact bookings@rainbowrural.co.uk

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**SPECIAL WINTER BUCKET WALK
20, 21, 22, 23 DECEMBER & 1, 4 JANUARY 2022**

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***STAFF & VOLUNTEERS WISH YOU ALL
A HAPPY NEW YEAR 2022!***

