

# Rainbow Rural



**FEBRUARY 2025**

😊 **15 YEARS FOR RAINBOW RURAL** 😊

## **SIMON'S INSIGHTS.....**



Hello all, hope you all feel well. We're gearing up for a busy time on the farm with lambing around the corner, which means spring is around the corner. We have been bedding up the polly tunnel for the arrival of the lambs. We have had some early lambs from another flock on the farm, which has brought ourselves a little "Magpie" lamb for bottle feeding. A wonderful little ewe lamb named Viennetta after the ice-cream, or "Viv" for short. She will hopefully make more appearances on Rainbow Field as she grows stronger and stronger.

As well as lambs being an early sign of Spring, we have Hazels and Aconites beginning to blossom. Soon the blackthorn will blossom as the warmer weather arrives.

Looking forward towards the new lambs and Spring,

Happy 15 years of Rainbow Rural!

Simon



Viennetta loves her bottle



## Carol Thought's

I hope you and your families are all well, and that you are looking forward to the brighter, and warmer days?

Many of our readers will have known of myself and **my** family for many years, and certainly we share similar experiences too, and so helping to set-up Rainbow Rural Centre on (18<sup>th</sup> February 2010) Fifteen years ago, is a journey we have shared with so many folk. 😊

This is really why Rainbow Rural Centre and Care Farm is here, because of the similar experiences we share, and the understanding of needs. As a family we were in the unique situation to be able to open up our small organic farm to enable firstly Hayward School to bring 1 class a week to share time on our family farm. We quickly learnt that more was wanted and needed!! So we planned and created the areas that we currently use, but we also needed folk to help too, and Rainbow Rural seems to draw in the most wonderful folk who work and volunteering for the Centre, and this has been the glue (sorry crafting pun) that has keep us going. As a farming family I am so grateful that we could be the seed (sorry another pun) and support Rainbow Rural needs for the last 15 years, and this is are 7 days a week, 365 days

year responsibility. We hope to continue to support this unique community need for another 15 years too!

Please let us know if there is something we currently do not do that you are interested in, and we are always looking for volunteers to help support the running of Rainbow Rural Centre.

**Thank you,**

**Carol** 😊

## Seeds Club

Seeds Club is based at Rainbow Rural, and hopes to support folk coming together to discover new Crafts and skills within a group area. We have a dedicated area that can support this group, and I hope as it starts it will grow into what is needed? Rainbow Rural has been supporting Art and Crafts in a smaller way, but with our dedicated area we hope to do more.

We will explore what folk interests are, and then create an area to work on it together. Please let me know if there is a craft or skill you have always wanted to learn how to do? There may be a craft you can help us discover too? Rainbow Rural Seeds Club can look to support it.

We are currently able to support following crafts knitting, cross-stitch, card making, diamond craft kit and similar. We are also able to support some outdoor/polytunnel skills, like seeds and planting, walking stick making and wild bird feeders.

Please contact [carol@rainbowrural.co.uk](mailto:carol@rainbowrural.co.uk) if you are interested.

# WELCOME TO OUR 15<sup>TH</sup> ANNIVERSARY

## PHOTO JOURNAL



We are working hard to use the kind donation of wood chips from Kevin Spencer the tree surgeon.



These come from our neighbours many large conifers. This is such a useful donation that we use in many areas of paths and tracks, and overworked and muddy areas. This helps us travel about easier in wet weather.



**THANK YOU VERY MUCH**  
**KEVIN** 😊



Hopefully the freezing weather is behind us now?



Late January saw some bright clear skies, and nature is showing signs it's waking up with these 'lamb's tails'. 😊



Pip and Squeak, enjoying a bright morning 'snuffle' about 😊. We need to finish fencing the next section of field that Paul and Dan worked so hard on..sorry both! Looking at the excellent digging the pigs have done, we should make more vegetable gardens!



Rainbow Rural is very fortunate to have the talented Patrick as one of our Instructors. There have been many individual creations in wood! Some are very quick and simple, and some take weeks to make. We make sure every piece made is stored safely and named to keep it safe. 😊



Simon's preparing the lambing tunnel with pens, the ewes are all happy to be coming in to feed twice a day. New hay and straw was delivered today by lovely Michael Hill, a local farmer who has been supporting Rainbow Rural and some of our farm machinery needs.



Stable area is always busy especially in Winter and horses in so much more. We have stopped soaking our hay nets now, but just wash the dust off. These leaves more nutrients in hay and less dust.



Nick and Paul from Friday group with Viv

Who doesn't love a little lamb?



Paul and Phillip working hard at drilling holes in hazel logs to create suet feeders for wild birds. We really need more woodwork hand tools? If anyone can donate to Rainbow Rural that would be so helpful.



Karen enjoying helping Olly with his hazel log feeder.



I always walk my lovely dog Sally on the lead. We have signs on the footpaths explaining this because farms can struggle with dogs off of their leads, and with our 4 flocks of sheep and lambs at times, this can cause worrying of sheep by dogs off leads. Also, we have many wild animals on the farm, and they are also chased. I fortunately managed to whistle a friend's dog back after it escaped their car and chased a deer towards the busy road, so deer and dog could have been badly hurt! Please remember to keep dogs on leads. Thank you.



Thank you Olly, who is working with me finishing making suet balls for bird feeders, and special toast for hens and wild birds.



I often see the tracks and paths that animals make running through. These are easier to see in winter, and sometimes you can see their tracks too!



Rainbow garden helping to feed the wild birds. There are many bird visitors, and again Rainbow counted lots of birds for RSPB. We make sure there is cover for small birds because we have lots of hunting birds too! 😬



Deer roughing up the ground and the hedge to help them claim their areas

# 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](mailto: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**

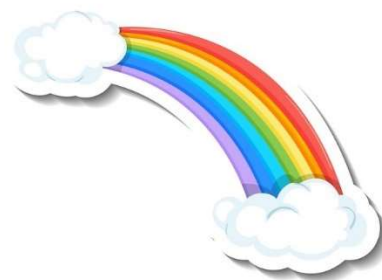
What about this amazing log store?



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



# Rainbow Seeds Club



**From the Tuesday the 4<sup>th</sup> of March we're going to be running a weekly workshop**

**From 11am to 1pm on Tuesdays you can come along and join in with all sorts of papercraft, lino printing, card making, knitting seed planting in the polytunnel and of course lots of fun**

This is a supervised group for people who bring a carer with them, instructions will be given on how to make the current project and when it's finished you can take your creation home with you

The cost for a session is £40 which includes all materials needed to make a project

If you don't want to keep your work you can donate it to the "Made By Us Tombola" which will be held on our open day the 27<sup>th</sup> of April

If you think you would like to join us on Tuesdays please send us an Email at [bookings @rainbowrural.co.uk](mailto:bookings@rainbowrural.co.uk) so that we can get to know you

This is a drop in drop out session class, no need to advance book, just let us know if you're coming the day before so we know to expect you and reserve you a place



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



## **INDEPENDENT DAYS AT RAINBOW RURAL**

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

**WE HAVE A NEW 10 WEEK COURSE WHICH STARTS ON THE  
8<sup>th</sup> OF NOVEMBER**

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

**Week 1-24<sup>th</sup> January**

**Week 2-31<sup>st</sup> January**

**Week 3-7<sup>th</sup> February**

**Week 4-14<sup>th</sup> February**

**Week 5-21<sup>st</sup> February**

**Week 6-28<sup>th</sup> February**

**Week 7-7<sup>th</sup> March**

**Week 8-14<sup>th</sup> March**

**Week 9-21<sup>st</sup> March**

**Week 10-28<sup>th</sup> March**

**THERE ARE 3 PLACES AVAILABLE**

**If you would like to join this group phone Simon 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](mailto:bookings@rainbowrural.co.uk) for more information and to book a date for your visit

Additional questions can be answered by emailing [simon@rainbowrural.co.uk](mailto:simon@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**

# **SUITCASE APPEAL**

**HAS ANYONE GOT ANY  
SUITCASES THAT THEY  
NO LONGER NEED?  
THE BIGGER THE BETTER  
BUT NOTHING'S TOO  
SMALL!**

**IF YOU DO HAVE ANY PLEASE  
BRING THEM TO  
RAINBOW RURAL WE HAVE A  
VERY GOOD USE FOR THEM!  
THANK YOU**



# 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 FEEDS**

**NATIONAL LOTTERY**

**FELSTED SCHOOL**

**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](mailto:bookings@rainbowrural.co.uk)**

