

Our Rainbow



Welcome to the first edition of Our Rainbow.

This is your newsletter, so please get in touch with anything you would like to tell us. Whether it's news, stories, poems, we would love to hear from you. Please email them to

jenny@rainbowservices.org.uk or post to 2 Wych Elm, Harlow, CM20 1QP. A big thank you to Harlow Council for sponsoring the printing of the first edition of Our Rainbow.

Lots of love from all of us at Rainbow to all of you. Take care, Kelly

Down Memory Lane

I have been watching "The Slum" on BBC2. What memories it held from my childhood in Shoreditch and Spitalfields. The programme takes a modern group of people from 1850 to 1910, through slum living decade by decade.

One family started a laundry business and were using a "dolly" to agitate the sheets in the boiling water. I remember my grandmother filling a copper with cold water by bucket from the scullery tap, before lighting the gas ring under the copper and putting the sheets in when the water had boiled. Then she would put the wooden cover on top, with the dolly in the central hole. I would then be lifted on top, bare foot, to work the dolly. What bliss, all warm (no central heating in our house) and the promise of a slice of cake afterwards, while mum and gran worked the mangle, before hanging the sheets out to dry in our little garden.

The water wasn't wasted either, because we used to get out the tin bath and we 3 would all have a hot bath, before the men, (my dad and grandad) came home.

We were not poor, or slum dwellers, Just East Enders, working hard and living the only way we knew.

By Doris, born 1945

True or False?

1. The Channel Tunnel is the longest rail tunnel in the world?
2. A women has walked on the moon?
3. According to Scottish law, it's illegal to be drunk and in charge of a cow?
4. Vietnamese is an official language of Canada?
5. The ITV drama Midsomer Murders is based in a fictional county called Midsomer?
6. An Emu can fly?
7. President Roosevelt had a son called Kermit?
8. Edinburgh is further east than Carlisle?
9. The can opener was not invented until 45 years after the tin can?
10. There are McDonalds on every continent except one?
11. Are all of these answers true?

A drawing from Sam



Dream Big

Midnight Cats

Stealthy patter of padded paws
pass overhead –
puss on the prowl.
An elastic stretch
and a leap to the highest point.
Then that challenging howl.
The rival replies.
Two sets of rampant paws
thump out a circling war dance,
scrabble and claw,
then avalanche onto the pebbles
outside my window.
Spitting mutual curses
they jump up over the wall.
Peace returns.

By Barbara



Armchair Travel

It is Indian Independence Day in August.



Did you know that that the number 'zero' was invented by an Indian scientist called Aryabhata? Or that cows are sacred animals in India - nobody eats beef, and most people are vegetarians. Cows even have a Bill of Rights!

In our next newsletter we will travel to India from our armchairs with a quiz, recipe and fact file.

If you have travelled to India why not share your stories or photos with everyone by sending them to our address or via email to Jenny.

Friends Forever

Friends forever, a word you seldom hear, a word I do believe they used in yesteryear. It can mean friendship, love and compassion, reassurance to a friend, it means that you will always be there till the very end.

Fear not if you feel lonely,
please do not despair,
there are people all around you who really care.

We are a shoulder you can lean on, a worry you can share, we will listen to your story when you think that no one is there.

We are truly friends forever,
we can help you share your pain,
we will always be there when you need us,
over and over again.

By Marion.

Service with a Smile



A man wrote a letter to a small hotel in a mid-west town he planned to visit on his vacation. He wrote;

I would very much like to bring my dog with me he is well- groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night? An immediate reply came from the hotel owner, who said,

I've been operating this hotel for many years. In all that time I've never had a dog steal towels, bed clothes or silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly and I've never had a dog run out on a hotel bill. Yes, indeed your dog is welcome at my hotel and if your dog will vouch for you, you're welcome to stay here, too.

By Jennifer