

Rainbow HE Events 2026



The Rainbow Handbook

Welcome to Rainbow

This handbook is your guide to the week ahead. What's on, where to find it and the practical bits worth knowing before you get here. Inside you'll find info for every activity running across the week, everything happening in the evenings in one place and general info about the festival, the site and how it all works.

We've tried to keep this guide short and useful, but there's a lot to fit in. If something isn't covered here you can ask online or find any member of the event team once on site, we're easy to spot and always happy to help.

However you spend the week, whether you try everything on offer or find your favourite corner to hang out in, we hope it's a good one.

See you there,

 Team Rainbow

Contents

Important Info	4
Getting to Newark Showground	4
Arriving and Pitching	4
First Night on Camp	5
Finding Your Way	5
Stay in the Loop	5
A Few Things to Know	6
Fire safety	6
What to bring	6
Accessibility	7
Photography and Social Media	8
Food on site	9
What's On	10
Movie Marquee Schedule	17
Evening Entertainment	18
Village Green and Special Events	19
If You Need Us	20
Missing children	20
Heading Home	20
Rainbow 2027	21

Important Info

Getting to Newark Showground

Newark Showground, Drove Lane, Newark, Nottinghamshire, NG24 2NY.

It's best not to rely on satnav once you're close to the site, it won't take you to the right entrance.

Google Maps: search "Rainbow HE @ Newark" to find our pin.

What3Words: [///planting.outboard.scenes](#)

From the A1, north or south: exit onto the A46 northbound, signposted for Lincoln, then follow the brown signs for the Air Museum. Once you're on Drove Lane, continue until you see the Air Museum sign telling you to turn right. Ignore the main Showground entrance (green painted gate) on the right, it'll be closed. You'll then see our rainbow blackboard at the entrance. From the east: follow the A17, then pick up the Air Museum signs as above.

Arriving and Pitching

The gate will be open between 12 noon and 8pm on Monday 3rd. For insurance reasons we can't admit anyone before 12 noon, and check-in closes at 8pm. If you can't make it on arrival day, the gate reopens at 8am on Tuesday morning.

Our Event Team will be at the gate to check you in and point you towards the right camping area. Have your ticket QR code ready to scan if you can, it speeds things up. We'll email everyone's QR codes the day before the festival starts, so there's no need to dig through your inbox on the day.

If you've booked an EHU (electric hook-up) pitch, look out for your pitch marker, it'll be clearly labelled. Everyone else is first pick, first come. Drive your vehicle to your pitch to unload, then move it to the main car park rather than leaving it on your pitch.

If the weather turns hot, please keep pitches and pathways clear. It means

the site can be evacuated quickly and safely if it's ever needed, and everyone can move around easily in the meantime. If you're living in your vehicle or it's an integral part of your camp set-up, it can be parked on the grass, but in the event of an evacuation we'll ask you not to try and move it, for everyone's safety and visibility.

If you think you'll need to leave and return during the week, the car park is easy to access throughout your stay.

First Night on Camp

At 7pm we're holding a Family Quiz in the Rainbow Hall. It's a relaxed, brief introduction to the festival, a chance to meet our board chairperson, and a good opportunity to meet other families before the week gets going.

Finding Your Way

You can view a map of the festival on our [website](#), showing pitches, facilities, showers and toilets.

Stay in the Loop

We run a [WhatsApp channel](#) throughout the week with announcements and updates broadcast straight to your phone. There's also a chat group where you can arrange meet ups with other families, find new friends for you or your kids, arrange shared supermarket deliveries, or just have a chat.

Please note this isn't a customer service channel. If you need to speak to the Rainbow Team directly, come and find us at the office or speak to one of the Event Team around the site.



Scan the QR code or click the above link to join the WhatsApp Community

A Few Things to Know

To keep everyone safe and having a good time, please don't bring: drones, laser pointers, or sky lanterns. Smoking and vaping is fine, just not within 5 metres of any entrance, inside buildings or marquees.

Vehicle movement: please stick to 5mph on site and no vehicles should be moved outside of daylight hours.

Dogs: must be in control and on a lead and are not allowed in buildings or marquees (except assistance dogs).

Safeguarding: if you have any concerns, please speak to a member of the Event Team, who can put you in touch with our safeguarding contact or you can email safeguarding@rainbowhe.events

Dogs: welcome on site, on a lead and cleaned up after. They're not allowed in buildings or marquees.

Fire safety

With summer weather bringing an increased fire risk at outdoor events so we have taken the decision to ban BBQs and open fire cooking. Gas camping stoves may be used with caution.

Keeping pitches and pathways as clear as possible means the site can be evacuated quickly and safely if it's ever needed. If you need to smoke, please ensure you're away from the marquees and tents and that cigarette butts are fully extinguished before putting them in the bin.

What to bring

You won't need everything on the list, but here's a few things you might not have thought of.

For specific activities:

Musical instruments, if you're joining any of the music activities

Your current craft project, if you fancy crafting alongside others

Props or costumes, for drama or performance-based activities
A yoga mat
Anything you'd like to sell at Rainbow Market
An outfit for the Rainbow Ball. Not compulsory, but dress up if you want to, costumes, ball gowns, fancy dress and cosplay are all welcome

General items:

A reusable water bottle
A reusable coffee cup and plate (some food outlets will give you a discount for using them)
Cash for Rainbow Market (food vendors accept card)
Walkie-talkies or radios
Earplugs for sleeping
Ear defenders for young children and those sensitive to noise for attending live music
A portable charger or power bank (power outlets are available, but can get busy)

Outdoor gear:

Sun screen
Sun hat
Wet weather gear
Bikes, roller skates or scooters for getting around site
A festival trolley, handy for hauling camping gear or small children

Other:

Your Rainbow Handbook
Your tickets (emailed when you book, then again just before the festival)

Accessibility

The Rainbow Hall and all the marquees are flat access and where an entrance has steps, you'll find clear signage pointing you to the accessible route instead. There are accessible toilets and showers available 24/7 and are marked on the site map. There are accessible camping areas closer to The Village Green and Rainbow Hall.

Most of our evening entertainment includes flashing lights, strobes and loud music.

Quieter camping is available further away from The Village Green, but we don't have a dedicated quiet space in the main area. If you or your family are finding the event a bit overwhelming and need space to get away from it all, the site is large and so there should be somewhere to take a moment.

Please contact a Team Member if you need assistance with accessibility while on site.

Photography and Social Media

We have an official photographer on site throughout the week. They will be wearing a volunteer lanyard. If you'd rather you or your children weren't photographed, please let us know and we'll make sure you're left out of shot. Should any photos make it onto our social media or website accidentally, please let us know and we will take them down as soon as possible.

We'd love to see your own photos from the festival too. Share them using **#RainbowHE2026**, but please check that anyone identifiable in your photos is happy to be included before you post. Covert photography is not allowed on the festival site.

Food on site

We've got FlipNFast and Badabean on site all week, including vegan, dairy free and gluten free options. You can see the full [FlipNFast menu here](#) including a different evening meal each night as follows:

MONDAY – Sweet Potato & Bean Chilli with Rice, Nachos, Guac & Sour Cream

TUESDAY – Sri Lankan Curry with Rice, Poppadoms and Chutneys

WEDNESDAY – Jollof Rice, African Stew and Fried Chik'n with Plantain

THURSDAY – Pasta with Vegetables and a choice of Tomato or Creamy Sauce, served with Garlic Bread

FRIDAY – Loaded Nachos with Cajun Spiced Roasted Veg, Cheeze Sauce, Guac, Pico de Gallo and Sour Cream

SATURDAY – Sri Lankan Curry with Rice, Poppadoms and Chutneys

SUNDAY – Noodles, Stir Fried Veg and Tofu with a choice of Tereyaki, Anna's Special or just Soy Sauce

Bada Bean's opening hours may flex a little depending on how busy things get. The more we all use them, the longer they can stay open.

There will be a **Mr Whippy** ice cream truck on site on Tuesday, Thursday and Saturday afternoons from approx 2:45. Reminders will be broadcast on the WhatsApp community announcement channel. They are not contracted to stay, so if not busy enough they may have to leave.

All food vendors accept cash or cards.

What's On

Activities - listed by Category

Body and Soul

Daoist Tai Chi Health Recovery and Vitality

I instruct a traditional method for resetting the human body and mind to optimal efficiency. We transform posture through simple re-alignment and learn to maintain it during movements. This practice is simple yet powerful and transformative. We explore the 3 Daoist Treasures of Structural Stability, Increased Circulation of Energy, and Calm Clarity of Mind. Suitable for all, adaptable to any condition.

Line dancing

Beginner line dancing workshops - have fun and dance alongside others.

Quiet Teen Social

A low key group for teenagers who struggle with noisy activities and socialising. There will be some low demand activities, craft etc or just a quiet space to hang out in.

Restorative yoga & sound bath

Restorative yoga is a yin yoga style suitable for anyone wanting a slower pace or to just deeply relax during the camp, with gentle stretches over the support of bolsters and props it can really benefit people with chronic health conditions that require a different and more sensitive approach to exercise. A sound bath at the end gives the body healing whilst resting deeply

Singing drumming circle ~ Sounds from the Soul

A mix of Songs from across cultures interspersed with drumming fun. Bring along a drum if you have one, there will be some frame drums spare and shakers. Drumming and singing is a universal language that connects and brings a feeling of community whilst bringing a whole lot of fun to the day. No need to have any experience just an open mind and heart with willingness to learn

Toddler area

Take time out to enjoy child led play in a safe area suitable for all little ones.

Unmask Without Fear

An interactive workshop for losing the mask after growing up with trauma, LGBTQ or neurodivergent. This is a proven workshop that has been well received at Queer and home ed festivals with teens and adults.

Yoga

Yoga is a wonderful holistic system of exercise and techniques to bring us to a closer understanding of ourselves, how we move, feel and experience our whole being. Needing energising or a relax during the camp join to discover the range of wonderful benefits of yoga

Face painting

Come and get your face painted or try out face painting on a friend. No skills needed, just the openness to have a go and be creative. What will you become?

Nail Painting

Polychroma Polish is bringing all the colour to your nails at Rainbow. Come and paint your own nails for the festival, or why not get your nails ready for Summer Ball. Learn about nail care, and create some nail art with us and our handmade, vegan, 10-toxin-free nail polish.

Please note: parents/guardians must give verbal or written consent for their child to participate.

Learn First Aid

Come and learn CPR and how to use a defibrillator which may help you save a life.

Craft

Positivity Ninjas

Join the Positivity Ninjas and become part of a secret mission to bring a little extra joy, encouragement and connection to the festival. Through creativity, imagination and a sprinkle of stealth, we'll create small

reminders that can brighten someone's day, spark a smile or help them feel seen. Whether you're naturally cheerful or simply curious about the power of positive words, this is your chance to make a difference in ways both big and small. No special skills needed - just a willingness to spread a little positivity.

Warhammer: Build and Paint

Build and paint a Warhammer miniature. Pick a fantasy or science fiction model and have fun building and painting a Warhammer miniature. Activity includes using sharp clippers, corrosive plastic glue and acrylic paints. Children under 10 must be supervised. You are always welcome to bring and paint your own Warhammer projects.

Advanced Warhammer Hobby: kitbash and terrain making

Get creative with Advanced Warhammer Hobby skills kitbashing and converting miniatures from the 'bitz box' and making some simple terrain from spare parts, sprues and even some junk. This is a more advanced Warhammer session and may be less suitable for younger children. Session includes use of sharp tools, corrosive and hot glues, paint etc. children under 12 require supervision. If you would like to build the water tower terrain please bring an empty drinks can. Also feel free to bring your own Warhammer projects to work on.

Air Dry clay

Sculpt, pinch roll or mould your own unique pottery pieces.

Festival Bunting

Create your own festival bunting on a vintage hand crank sewing machine.

Hoopee Cushions

Come and weave your own camping Hoopee Cushion or join together to make a communal mat that will keep growing and can be used for a comfortable sitting space in the communal areas. This is a simple weaving craft easy for young ones and adults using a Hoola Hoop frame and recycled material. The finished item looks fabulous and certainly has its use while camping!

Junk Modeling

This hands on workshop will challenge kids and adults to explore unusual materials to create their own wacky designs. You can let your imagination run wild or try one of our challenges and we'll be on hand for support if you need some ideas or some basic techniques.

Paracord bracelets

Learn survival knotting techniques to make a cool handmade paracord bracelet.

Weaving

Weaving is a meditative craft that beautifully connects adults and children. It's a sit down activity for all abilities. These woven yarn pieces use a simple over and under pattern. The mindful repetitive motion naturally lowers heart rate and sparks gentle conversation where we can connect in a deeper way and create stunning geometric art!

Pyrography

Come and try pyrography, the art of burning wood! A taster and beginner-friendly session where you can learn how to use a hot-wire pyrography tool to create designs on wood. Young children will need parental supervision due to the use of hot equipment.

Games

Blood On The Clocktower

Get stuck into devilish deceptions and detective work in the world's greatest social deduction game! Learn the rules and enjoy a game or two with seasoned storytellers who will guide you on your journey. There is a 20 person cap with a new story to unpick every day so if you miss out one day, please try another day. Roles vary and are randomly allocated; demon or a townsfolk? Saint or Oracle? Poisoned or drunk? Investigate the murder of The Storyteller, build alliances and scheme for your side to survive long enough to win the game. A great way to make friends and join the fiendish Blood on The Clocktower community.

Advanced Blood On The Clocktower

Been enjoying the daily session of Blood on the Clocktower, but want something more; this is the activity for you! A harder-core and more intense version of the game, providing that extra challenge and additional fun.

Dungeons and Dragons

A series of one shot (single adventure) Dungeons & Dragons (D&D). No experience necessary and all characters and items will be provided. D&D is a tabletop role-playing game where players create characters and embark on adventures guided by a Dungeon Master, using dice rolls and imagination to shape the story. Note: This session is for 5 individuals at a time, but will repeat several times throughout the week

So you want to be a DM

Join us for an intro into running games for your friends, learn about the Lazy DM method for minimal prep maximum enjoyment. We will be workshopping table rules, combat encounters and RolePlay scenarios to get you comfortable with taking charge and driving the story forward whilst making sure everyone at the table feels safe and has fun. This is NOT a game session, we will be focused on the behind the scenes parts to enable you to go away and run your own games, basic knowledge of DnD or RPGS in general is useful.

Music and Drama

Free Your Voice

Find out how to use your voice to release your emotions, to increase your sense of well being and feel vibrant. This fun play-shop will include movement, role play, sounding, toning, silence, age appropriate meditation, singing songs and singing intuitively. There will be moments when it is loud, so do bring ear defenders if you have sensitive hearing.

Rainbow Rockstars

Join us to perform live in a band at the end of the week! This workshop is for young musicians and singers aged 8 to 18 who already have some experience on their instrument or with singing. Throughout the week we'll rehearse 2 or 3 well known songs, learning how to play as an ensemble,

build confidence and perform together. The workshop will finish with a live performance at the festival finale. Participants should bring their own instrument where possible. Drums and PA equipment will be provided. All types of instruments welcome!

STEM

Dragon Quest

Come on a mythical quest to defeat an evil dragon and save a magical land, with storytelling, clues to solve, and possibly marshmallows. Are you brave? Are you ingenious? Can you run around a field? Then you might be just the brave adventurers we need. Please note: the quest will be the same when repeated throughout the week, so children repeating the activity is not advised unless they are able to play and not give away the clues to new adventurers.

Sports

Cricket (Kids)

Come along for a fun game of cricket

Cricket (Adults)

Join us for a fun game of cricket, adults/big kids only.

Running Club

Running club around the site every couple of days. David is a qualified run host from UK athletics. Come and join us to stretch your legs and meet new friends.

Sports Day

Some traditional sports day activities designed to just have fun.

Talks

Introduction to British Sign Language

Come learn the basics of British Sign Language where you will find out how to ask and tell names and ages as well as invite a new friend to play or

share activities around the campsite. This is a beginner session. No previous experience required

Rainbow Hangout: LGBTQIA+ Youth Space (under 18)

A fun, welcoming LGBTQIA+ safe space run by members of the community, for the community. Join us for crafts, games, creative activities, and the chance to meet new friends in a relaxed and supportive environment. Whether you're exploring your identity, looking for community, or simply want to have fun with like-minded people, this is a space where you can be yourself, build confidence, and feel like you belong.

Rainbow Hangout: LGBTQIA+ Space (older, no upper age limit)

An inclusive LGBTQIA+ community space run by people within the community. Join us for open conversations about LGBTQIA+ history, identity, culture, and lived experiences in a respectful and supportive environment. There is no upper age limit for this session, if you feel this space would benefit you, then you are welcome here. Whether you want to learn more about queer history, share your experiences, ask questions, or connect with others, this is a place to build community, find support, and celebrate who we are together.

Meet and Mingle

Come along to meet and mingle with fellow festival attendees. A place to meet, chat or not and ask questions. This is aimed at Neurodiverse and LGBTQIA+ individuals, but everyone is welcome.

Small is Smart

Learn about what to do when overwhelmed and how to break a task down in a way which works for you. This is aimed at those who are neurodiverse or know someone who is neurodiverse, but is open for all to attend.

Movie Marquee Schedule

Time	Film	Certificate
Tuesday - Around the World		
10:30 am	Encanto	PG
2:00 pm	Paddington in Peru	PG
7:00 pm	Dune: Part One	12A
Wednesday - Heroes & Technology		
10:30 am	Big Hero 6	PG
1:30 pm	Spider-Man: Into the Spider-Verse	PG
4:00 pm	Top Gun: Maverick	12A
Thursday - Space & Adventure		
10:30 am	Lightyear	PG
1:00 pm	The Wild Robot	U
3:30 pm	Interstellar	12A
Friday - Animals & Nature		
10:30 am	Migration	U
2:00 pm	Wonka	PG
7:00 pm	Jurassic World	12A
Saturday - Magic & Fantasy		
10:30 am	Wish	U
2:00 pm	The Super Mario Bros. Movie	PG
7:00 pm	The NeverEnding Story	PG
Sunday - Family Blockbuster Finale		
10:30 am	Inside Out 2	U
2:00 pm	Minecraft: The Movie	PG
7:00 pm	Guardians of the Galaxy Vol. 1	12A

Evening Entertainment

Time	Act	Location
Monday		
7:00 pm	Rainbow Family Welcome Quiz	Rainbow Hall
Tuesday		
8:30 pm	The Band From County Hell	Rainbow Hall
10:00 - 11:30 pm	DJ Fred	Rainbow Hall
Wednesday		
7:00 - 8:30 pm	Music from Ryan	Movie Marquee
8:30 - 10:30 pm	Line Dancing	Rainbow Hall
Thursday		
7:00 - 9:30 pm	Rainbow Unplugged (open mic)	Movie Marquee
Friday		
6:00 - 8:00 pm	Summer Ball	Rainbow Hall
8:00 - 10:00 pm	Green182	Rainbow Hall
10:00 - 11:30 pm	DJ Fred	Rainbow Hall
Saturday		
6:00 - 9:00 pm	Rainbow Talent Showcase	Rainbow Hall
9:00 pm	Hell Flower	Rainbow Hall
Sunday		
3:00 - 5:00 pm	Our Week In Colour	Rainbow Hall

Village Green and Special Events

Time	Event	Location
Wednesday		
1:00 - 3:00 pm	Sports Day	Sports Field
Thursday		
11:00 am - 2:00 pm	Circus Skills	Sports Field
2:30 - 4:30 pm	Football Match (spectating only)	Sports Field
Friday		
2:00 - 4:00 pm	Tie Dye	Sports Field
Saturday		
3:00 - 5:30 pm	Rainbow Market	Sports Field

More Important Info

If You Need Us

For immediate assistance, find the nearest Event Team member with a radio or come to the office in the Rainbow Hall. First Aid can also be reached directly on 07539 132 200, between 9am and midnight. Outside these hours, security will be on duty.

Between 9am and 6pm you can also contact the office on 07458 148 717, or come and find us in person at the Rainbow Hall. In the evening this number is diverted to security, who'll only get in touch with us for anything urgent enough to need a response there and then.

Missing children

If you or your child gets separated from the rest of your group, please find any member of the Event Team for assistance. We have a system in place for missing children. It is helpful if you're able to describe what your child looks like and what they are wearing. Taking a photo of them each morning that can be shared with Team Members should it be required can be helpful in locating them quickly.

If a child is found who cannot locate their grownups, they will only be handed back to an adult on the same booking as them or who is recorded as their responsible adult. Please write your name and mobile number on your child's wristband so we can locate you easily if this happens.

Heading Home

We'll need everyone off site by 12 noon on Monday 10th Aug. Please remember to leave your pitch as you found it and put all your rubbish in the bin. Have a safe journey home.

Rainbow 2027

Scan the QR code or [click here](#) to be notified when we announce our 2027 event.



Notes

Notes

