



Something for Everyone

February to April Edition 2020

www.rainbowcentrepnley.org.uk Charity Number: 1100479. Tel: 01948830730

email: info@rainbowcentrepnley.org.uk

For updates follow us on Facebook / Penley Rainbow Centre

Happy New Year from Everyone at the Rainbow Centre!

Is your New Year resolution to be more active, socialise, volunteer, learn a new skill? If so, join us at the Rainbow Centre.



"What the new year brings to you will depend a great deal on what you bring to the new year" -

Vern McLellan



.....life is for living!



NEWS... Marchwiel Village Hall is now being managed by The Rainbow Centre. See page 3 for more details.



Volunteering

Volunteer at the
Rainbow Centre
or at Marchwiell
Village Hall
and receive
Tempo Vouchers

Use your vouchers
at : Tempin, Freedom
Leisure,
Chester Cathedral and
Military Museum,
Blackpool Madame
Tussauds, Blackpool
Tower, The Aquarium ,
National Trust
properties and much
more!



NE WALES TIME CREDITS

Tempo

WHAT ARE TIME CREDITS?

Time Credits are a community currency that you can earn by giving time to a community group or service. You can then spend those Time Credits to access an hour's activity at local leisure services, tourist attractions, days out and fun activities. You can also gift Time Credits to friends or family so they can enjoy the experiences.



WHY EARN TIME CREDITS?

Earning and spending Time Credits is a great way to:

- Keep busy
- Get to know your community
- Meet new people
- Learn new skills
- Feel more confident
- Visit new places
- Build relationships with people you care about by taking them to spend your Time Credits

You can earn Time Credits by:

Bus Driving
Garden Maintenance
Sharing musical and creative talents
Befriending
Cleaning up our community
Generally helping within our centre

If you would like to register to earn Time Credits, please get in touch with:

Jackie

01948 830 242



Why Volunteer?

'It's a great way to meet people'

'It's a great to make friends and volunteer at the same time '

'It's so rewarding to see everyone having a good time'

'its good to feel useful again and give something back'

Marchwiel Villiage Hall (MVH)

Marchwiel Village Hall & The Rainbow Centre



The Rainbow Centre is delighted to announce that from January 2020 we became responsible for the management of Marchwiel Village Hall!

We are not moving any services from the Rainbow Centre in Penley. But we are keen to build on the success of the Rainbow Centre to develop lots of services and activities to run from the village hall which promote better health and wellbeing and reduce loneliness and isolation.

We will be bringing services closer to you, basing Marchwiel's Community Agent service in Marchwiel from Spring, as well as additional services where there is demand.

The Hall is still very much a community asset so we hope you will support us to make it a success and financially viable for the future.

Thank you to Marchwiel Community Council who are supporting the Rainbow Centre in developing the Village Hall during 2020!

To Hire Marchwiel Village Hall

Tel: 01948830730 and speak to Geraldine or Jane

Email: info@rainbowcentrepnley.org.uk

facebook:
www.facebook.com/Marchwiel-Village-Hall

The hall can be booked with or without a staffed bar for daytime and evening events, meetings and group sessions.

All enquiries welcome!

Open Day @

Marchwiel Village Hall



Thursday 27th February

3pm—7pm

Come and find out about the Rainbow Centre and how we'd like to work with you to develop Marchwiel Village Hall

- Community Agents
- Social Groups that we would like to bring to Marchwiel - Lunch Club, Craft Groups, Carers Support Group (Alzheimer's Society)
- Meet groups running from the Hall
 - Speak to members of your Community Council
- Volunteer and help set up New Groups

Come along and tell us what you'd like to see in your community!

Refreshments served 3pm—7pm

You can also buy tickets for the



VE Day celebration on 8th May
live band and food—£10 per ticket
(this is a fundraising for Marchwiel

Church and Marchwiel Village Hall organised by local residents)



Free National Trust days out



The Rainbow Centre are happy to announce that we now have a Wellbeing Pass available for use at the national Trust for small groups up to 20 people. The pass has been developed to provide a wealth of opportunities for groups to enjoy the many health and wellbeing benefits of accessing local historical places of interest run by the National Trust. We are running days out to various venues offering free access into the site, all we ask for is a £3 contribution towards transport costs. We have a list of planned events below and are also targeting local groups within the community who can sign out the pass to enjoy at their own leisure.

FEBRUARY AND MARCH DATES TO ERDDIG

February 21st—Pick up from Marchwiell, Erbistock, Eyton, Cross Lanes and Sesswick.

February 28th—Pick up from Bangor-on-Dee, Overton, Worthenbury and Willington.

March 6th—Pick up from Bettisfield, Penley, Hanmer, Horsemans Green, Whitewell and Bronington.



We are also running Monthly trips starting out from Penley to ;

Chirk Castle - April 3rd and Powys Castle - May 1st

Knit, Natter & Crochet Wednesdays@ The Rainbow Centre 10am-12pm

All ages and abilities welcome. The group can teach you how to knit & crochet or you can just bring along any project you are working on. £2.50 incl. refreshments

Contact

Jane for more info on 01948 830730





Rainbow Centre Penley

Outstanding Care & Support Services

Day Opportunities

Our Day Opportunities warmly welcomes you on a

Monday, Tuesday, Wednesday, Thursday and Friday 9.30 am to 3.30 pm

Our Day Opportunities Service (sometimes referred to as day care) provides the opportunity for you to develop real friendships, whilst having a day out, learning new skills, and eating a freshly cooked nutritional meal.

The secret of staying independent and positive as we get older is keeping active! We support you to join in with activities and therapies during the day and offer a wide range of choice, from gardening and baking, to arts and crafts, and singing in our choir to name just a few.

Lunch and refreshments are freshly made daily, we have a great menu, and offer an array of meals, catering for all dietary requirements.

Our staff team are highly experienced and qualified in supporting individuals care needs, they are caring, and enjoy having a laugh and chat.

As part of our services you can also access a showering facility, hairdresser and chiropodist.

We offer a holistic, person centred approach to support good health and wellbeing.

Every week is busy with lots going on including

Nursery visits, LIFT exercise, Games, Gardening, Interact with our Chickens, What the Papers Say, iPad Reminiscence Games, Sing Along with our Choir, Dancing, Trips, Baking, Crafts and Crochet, Dominoes, Performers, Memory Corner, and much more on a daily basis.



Transport

We have two fully accessible minibuses that can pick members up from most parts of south Wrexham. Or members families, taxis or community transport is used to bring members to the centre.



NEW—Our minibus service now covers the **Chirk** area on a Tuesday and Thursday

Getting started:

If you would like to know more about our day opportunities days, then please contact Geraldine on 01948 830730 or e-mail geraldinev@rainbowcentrepnley.org.uk



Shared Interest Groups

Paint, Craft & Create



The first Thursday of the Month @ Penley Rainbow Centre
10.30am till 2.30pm £20 Including a two course lunch



March 5th - Card Making with Rebecca

April 2nd - Recycled Floral Brooches with Jackie Tomkinson

May 7th - Pom Pom Mobile with Rebecca

June 4th – Collagraph Printing with Christine Matthews

Booking is essential please call to book on 01948 830730 or email janew@rainbowcentrepnley.org.uk
Penley Rainbow Centre, Whitchurch Road, Penley, LL13 0GB . www.rainbowcentrepnley.org.uk Charity Number: 1100479 Tel: 01948 830730

Maelor South Adventures Group

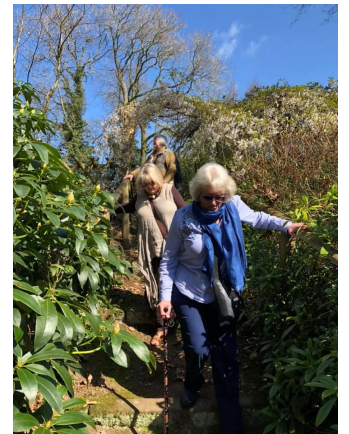
Monthly outings to interesting places, with friendly people!

Leaving the Rainbow Centre at 9.30am and usually back by 4PM

- ♦ 20th February - Meal at Sweeny Hall
- ♦ 19th March - Shrewsbury Prison Tour
- ♦ 23rd April - The Tweed Mill & Abakhan
- ♦ 21st May - Plas Newydd Llangollen (National Trust)
- ♦ 18th June - Dagfields Craft and Antiques

Cost vary depending on the outing,

for more information or to book, call Jane on 01948 830730



The Rainbow Singers' Community Choir

is open to new members.

No audition, no music to read, all you need is a love of singing,
even if it's only been in the shower until now!

You help choose the songs and let your Choir Director Derek do
the rest!

***Mondays 4—5pm** *Songs from the shows to the present
*Free taster session, then **£4 per session**



*Warm, friendly group with lots of laughs *fun & great for your health! *improves the immune system

Shared Interest Groups

Maelor South GENTLEMEN'S BRUNCH CLUB

The "Maelor South Gentlemen's Brunch Club" is a newly formed group open to all men over the age of 50. We meet the 3rd Monday of each month and on each occasion we enjoy a "Brunch" together.

Our 2020 programme should prove to be both interesting and entertaining and give our members the opportunity to take part in an assortment of activities.

Interested? Contact: Pat Burns, Community Agent
Tel: 01948 830242/ 830730

Email: patb@rainbowcentrepnley.org.uk



Penley ART Group

10am - 12pm

The Penley Art Group meets every Tuesday at The Rainbow Centre.

£5 per session. If you would like to join us, just turn up. Or for more information call 01948 830730



DONT MISS THE BUS.....

SHOPPING TRIP TO
WHITCHURCH

EVERY THURSDAY

PICKING UP FROM
*HORSEMAN'S GREEN
*HANMER
*BETTISFIELD
*BRONINGTON &
*WHITWELL
FARE JUST £4 RETURN
* LIMITED SPACES *



RESERVE YOUR SEAT NOW

Tel: 01948 830 242

This service is brought to you by your local Community Agents
The Rainbow Centre, Penley, Wrexham LL13 0GB

VE DAY CELEBRATION

PUT THIS DATE IN YOUR DIARY
MONDAY 4TH MAY 2020

Rainbow Centre
Penley

MORE INFORMATION TO FOLLOW.....

Shared Interest Groups and Services

Is Frailty an inevitable part of ageing?

Frailty effects 1 in 10 people aged over 65. It is related to the aging process and describes how our bodies lose their in-built reserves, making us more vulnerable to illness and falls.

By becoming less active as we age we can accelerate the frailty process resulting in more muscle loss especially the leg, chest & heart muscle.

But frailty can be delayed or even reversed if we keep active. Walking, cycling and activities improving fitness and balance all work the arms and legs and strengthen muscles.

Age well by joining an exercise class or active group today!



Mobile Library Service

Visits

The Rainbow Centre, Penley

every 3 weeks on a Friday

from 2.15-3.15pm

Dates:

- Feb 21
- March 13
- April 3 and 24
- May 15
- June 5 and 27
- July 17
- August 7 and 28
- September 18



A lift is available for easy access onto the bus. Free reservation service To find out where else the bus stops visit: wrexham.gov.uk/service/mobile-library-service



Cash Prizes_last flyer a guaranteed £50

Doors open at 7pm - Eyes down 7.30pm

- ♦ Tuesday 10th March
- ♦ Tuesday 12th May
- ♦ Tuesday 7th July
- ♦ Tuesday 8th Sept



Exercise Classes

YOGA @ the Rainbow Centre with Jules Yoga

NEW classes

Starting from

3rd March 2020

Weekly:

Tues 5.45pm- 6.45pm

Thurs 9am - 10 am

£5.50 per session

OR £30 for 6



**strength
flexibility
breathing**



COME AND JOIN OUR MORNING SWIM SESSIONS EVERY TUESDAY MORNING DURING SCHOOL TERM TIME AT THE MAELOR SCHOOL PENLEY FROM 8am - 9am ADULTS ONLY- ALL WELCOME

just keep SWIMMING

Just £3* per session payable in advance to register call 01948 830 730 or if you want to pay on the morning please arrive a little earlier. £20 for 7 sessions

PLEASE CALL FOR DATES AND FURTHER INFORMATION

Karate

Every Tuesday

7pm - 8.30pm

Age 5 to Adult. Contact

Roger on 07557003291

ZUMBA

**Every Monday Night 7.30 pm
£5.00 per session**

**For more information call
Tracey: 07739430539
or Sheila: 07496704231**

Qi Gong -A Taste of Tai Chi

**Improves Strength,
Flexibility and Balance**

**Every Thursday
7.30—9.00pm
£5 per session**

**Email:
lindahallett@btinternet.com**



PILATES

Every Wednesday 1.30-2.30pm

for everyone and anybody!

Strengthens and lengthens core muscles, improves posture, & mobilises the joints improving movement

£5 per session or

6 sessions for £27

www.pilatesflowuk.com

Shared Interest Groups and Services

Dementia Carers Group

Starting February 28th 2020. 2pm - 3pm

The group will offer you the opportunity to share your experiences & offer practical and emotional support in an informal setting over a tea/coffee & treats.

Donation of £2 welcomed to cover the cost of the room & refreshments.

Guest speakers will be invited in to give you up to date info & support when needed.

4th Friday of each month



Community Wellbeing Service

Our Community Agents are based in the Rainbow Centre Penley. Offering support to the over 50's in the area on a range of services including Blue Badge renewals, form filling, benefits advice and guidance on local groups amongst other things.

If you live in Overton, Bangor on Dee, Cross Lanes, Marchwiell, Sesswick, Erbistock Eyton, Bronnington, Hanmer, Horsemans Green, Penley, Bettisfield, Tallarn Green and Whitewell this service is open to you!

For further information or advice contact the community agents Jane Bellis, Pat Burns or Jackie Tomkinson directly on

tel: **01948 830 242**

Or call in and see us at The Rainbow Centre Penley Wrexham LL13 0GB



Facebook: Community Wellbeing Service - Wrexham Maelor South area

Music and Memories Choir



2-3pm at the Rainbow Centre in Penley.

Music and Memories choir is a community choir open for anyone suffering from memory loss and their carers.

No need to book!

Sessions are free.

2nd Monday of each month starting in March.

MUSIC CAN BRING BACK MEMORIES!

The beautiful thing is,

Music can be like a time machine.

One song- the lyrics, the memory, the mood

Can take you back.....

To a moment in time,

Like nothing else can.



Red Hen Café and other news!



Welcome to the Red Hen Community Café,

(formally Enfys Café),
recently renamed in honour of our 6 friendly hens
living on site in our community garden

Our café serves a selection of delicious hot and cold home made
food, speciality coffees and freshly baked cakes.

All our **Bacon, Sausage, Butter, Cheeses and Free Range Eggs**
are locally sourced and of the highest quality.



The café is open 5 days a week including school holidays.

Monday 9 am- 2 pm

Tuesday to Friday 9 am- 3 pm.

The Café will also be open on Saturday 4th May

You can pre-order your food by phone, text message or WhatsApp

Call: **01948 830 730**

Text & WhatsApp: **07932 585 599**



* Parking * Free Wifi * Childrens Play Space * Garden * We are Dementia Friends * 5 Star Food Rating



PENLEY LUNCH CLUB

Meet Eat Socialise Enjoy



Freshly cooked 2 course meal for £7.50

@The Red Hen Community Café, inside the Rainbow Centre

**Transport can be provided for a small fee of £3 and raffle
tickets will be available in the day.**

To book in advance Tel: 01948 830730

The Lunch Club is on the second Thursday
of the month. Upcoming Dates:

February 13th

March 12th

April 9th



"**Cable Services Group** do a number of charity of events over the year to raise money to support local charities close to our branches. This year, it was decided that we would donate a sum to the Rainbow Centre in Penley. We know any contribution will be spent in the right way and will go to make many lives better."



"We are happy to support the Rainbow Centre in Penley with a donation because we can see the fantastic services they provide to the local communities. When walking around the centre, it clear to see that the efforts made are to help empower people of all ages to stay active and well. It was great to see so many happy faces of people being brought together and enjoying their time at the centre, whether it be singing or knitting" **Huw Evans, Marketing Manager**





Order a Cake with code "RAINBOWS" and we'll donate 10% to The Rainbow Centre - Day Opportunities Team*



* The donated money will be used to fund extra entertainment and themed days for all visitors of the day centre!

Pippos Bakery
www.pipposbakery.com
pippos_bakery

For more information please contact the Pippa's Team on Facebook or Instagram.

'Thank you to Pippa's for the kind donation of the Rainbow Cake for our Christmas celebration's.



Help Rainbow Centre Charity raise funds through our new clothes collection box on the Rainbow Centre car park. All proceeds go to the running of the centre and our groups.



Hairdresser available
Wednesday's @ Rainbow and also for home visits. To book call Kerry: 01978 780854

DIARY OF EVENTS AT RAINBOW

| | | | |
|------------------|-------------------------|----------------------------------|----------------------|
| Monday | Day Opportunities | 9.30 am – 3.30pm | Weekly |
| | Red Hen Café | 9am – 2pm | Weekly |
| | Men's Brunch Club | 10 am - 12 pm | 3rd Monday of month |
| | 'The Rainbow Singers' | 4-5pm | Weekly |
| | Zumba | 7.30 pm – 8.30 pm | Weekly |
| Tuesday | Swimming | 8 am - 9 am | Weekly |
| | Day Opportunities | 9.30 am – 3.30 pm | Weekly |
| | Red Hen Community Café | 9 am – 3pm | Weekly |
| | Yoga (Starting March) | 5.45pm - 6.45pm | Weekly |
| | Art Class | 10 am – 12 pm | Weekly |
| | Karate | 7pm – 8.30 pm | Weekly |
| | Bingo | 7pm doors open, eyes down 7.30pm | Check dates on flier |
| Wednesday | Hairdresser | 9am—1pm | Weekly |
| | Day Opportunities | 9.30 am – 3.30 pm | Weekly |
| | Red Hen Community Cafe | 9 am – 3pm | Weekly |
| | Knit, Natter & Crochet | 10 am – 12 pm | Weekly |
| | Pilates | 1.30 pm – 2.30 pm | Weekly |
| Thursday | Red Hen Café | 9 am – 3 pm | Weekly |
| | Yoga (Starting March) | 9am - 10am | Weekly |
| | Day Opportunities | 9.30 am - 3.30 pm | Weekly |
| | Paint, Craft and Create | 10.30 am – 2.30 pm | 1st Thur. of month |
| | Lunch Club | 12.20pm onwards | 2nd Thur of month |
| Friday | Tai Chi | 7.30 pm – 9 pm | Weekly |
| | Day Opportunities | 9.30 am – 3.30 pm | Weekly |
| | Red Hen Community Cafe | 9 am – 3pm | Weekly |
| | Shopping trip to Stan's | 10.30 - 2.30pm | Weekly |
| Weekends | Available for Hire | | |

The Rainbow Centre is available to hire for all events, catering available weekdays, we also have smaller rooms to hire depending on your needs. For more information or to book our facilities please contact us via telephone on 01948 830730 or via email on info@rainbowcentrepennley.org.uk