

Something for Everyone

February — April 2017

A Community Newsletter produced by the Rainbow Centre in Penley for the surrounding areas.

The Rainbow Centre offers services and activities to the whole community of Penley and its surrounding villages. Our aim is to improve the health and well-being of our rural community. We provide support, services and facilities that can empower people of all ages. Visit our website for more information: www.rainbowcentrepenny.org.uk or call 01948 830730

THE IMPORTANCE OF SOCIAL INTERACTION TO HUMAN HEALTH



Social support and social interaction are one of the most important factors in predicting the physical health and well-being of everyone, ranging from childhood through to older adults. Although social interaction is complex, some believe that it is vital to human health, both mentally and physically.

Many people find it hard to open their hearts and share their feelings and problems. However, social interaction where people can express their feelings and share their problems with other people has a beneficial outcome on human health. Good social support might also help coping with stress and major life changes. It is proved that lonely people more often suffer from cardiovascular problems, stress and depression. Friends and family can also reduce stress by saying things which help boost confidence and giving moral encouragement.

Social support not only helps improve a person's well-being, it affects the immune system as well, where the lack of social interaction can negatively lead to first signs of depression and anxiety. With life-threatening conditions such as cancer , a strong social network can aid in recovery and improve quality of life, which is very important for the mental health of a seriously ill person.

It seems that our health is in some ways strongly dependent on other people. Social support and social interaction have a positive influence on human beings' physical and mental health. It lowers occurrence of stress, depression, anxiety and also highly affects our endocrine-immune system. So at the end we can say People need People.

Lunch & Learn

The first Thursday of the Month
Activity with a 2 course home cooked meal £15 per person

2nd February
Button Art with Rebecca

Main course: Chicken Stroganoff & Rice.
Desert: Chocolate Sponge
10.30am—2.30pm



Our monthly Lunch and Learn sessions are open to the whole community. Our days are enjoyed by all who attend. Come and socialise with us and learn a new craft.. This month we will be creating pictures on canvas using buttons and various other gems and objects.

All materials are provided but if you have any buttons, gems, old beads, broken jewellery or even objects you would like to use in your picture bring them along on the day.

Whether you come along with a friend or on your own to our group, you will be given a warm welcome.

Lunch & Learn 2017

2nd March
Needle Felting Hares with Coral

6th April
Easter Chicks Wooden Craft with The Little Wood Company

4th May
Rustic Twig Frames with Rebecca

1st June
Principles of Colour & Expressive Colour with Christine Matthews

6th July
Making Flowers, (Paper & Material) with Rebecca

3rd August
Lino Printing with Rebecca

7th September
Pencil techniques Landscapes & Cityscapes with Christine Matthews

5th October
Christmas Brooch Making with Rebecca

2nd November
Christmas Card Upcycling with Coral

7th December
Christmas Wreaths with Rebecca

Activities can be subject to change with unforeseen circumstances please check our Website: www.rainbowcentrepenley.org.uk
Newsletter or call. To book your place Tel: 01948 830730



The Art Group meet every Tuesday 10am until 12pm at the Rainbow Centre

The group work on a variety of projects using different mediums to develop creativity and imagination. We also learn and develop skills including drawing and painting techniques.

£5 per session. If you would like to join us just turn up or for more information call 01948 830730 or visit our website www.rainbowcentrepenny.org.uk.



Knit, Natter & Crochet Every Wednesday 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 and socialise. £2.00 to include refreshments. Contact Jane for more information on 01948 830730, or visit our website: www.rainbowcentrepenny.org.uk

The Health Perks of Arts and Crafts for Adults

People who exercised their artistic muscle were 73% less likely to develop mild cognitive impairment, a condition that can mean memory problems and reduced mental function, than those who don't partake in artistic activities. People who do a lot of crafts like woodworking and quilting were 45% less likely to develop mild cognitive impairment than people who do not. Social adults were 55% less likely to have memory problems later on than their antisocial peers.

Research has also found that other risk factors, like having high blood pressure and depression in middle age, also increased the risk of mild cognitive impairment later in life. Education may increase the mind's resilience, which can keep memory loss symptoms at bay, the researchers say. "The reduced risk with artistic or crafts activities suggest that these activities should be promoted throughout life," the authors write. "These activities may also increase cognitive reserve, maintain neuronal function, stimulate neural growth, and recruit alternate neural pathways to maintain cognitive function."

Some science suggests that having the brain being stimulated both socially and physically increases growth factors that are important for brain health.



Extracts taken from an article by Alexandra Sifferlin
April, 2015

(Picture right is January Lunch & Learn)

Feb. 8th -Join us for a Singing Workshop

Look forward to an energising evening with Alison Jarvis and her singing workshop. Learn about 5 special songs and have fun singing some of them.

This year's WI Resolution will be the main business topic. **Competition – A Musical object/CD and what it means to you**

March 8th - A Day in the Life of a Rural GP

Dr Redman will give an informative and entertaining talk on life as a rural GP

Competition – Something linked to the history of Penley and the Maelor

April 12th Flower Arranging Workshop

Chris from Little Green Flowers Hanmer will demonstrate the art of bouquet making and we have the opportunity to make button holes. *The Easter bouquet will be raffled at the end of the evening*



Singing for a Healthier life

1st Monday of the month with Ruth Moore. 1.30pm—3.00pm. At the Rainbow Centre, Penley. Different themes every month. £2.50 per person which includes coffee/tea & biscuits

Singing lowers stress levels: Making music in any form is relaxing. **Singing** releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream. **Singing improves** mental alertness: **Improved** blood circulation and an oxygenated blood stream allows more oxygen to reach the brain.

Room Hire



Birthday Parties, Meetings, Anniversaries, Christenings, Funerals and Weddings.

Catering available through if required.

 Enfys Café

Please contact us for more details 01948 830730 or email admin@penleyrainbowcentre.co.uk



Wednesday 1.30pm-2.30pm
Rainbow Centre, Penley

Pilate's classes for everyone & anybody!

- Strengthens and lengthens the core muscles which improves posture
- Mobilises the joints which improves quality of movement

£5 per session or 6 sessions for £27

ZUMBA

Every Monday Night 7.30 pm £5.00 per session

For more information call Tracey on 07739430539 or Sheila on 07496704231

Qi Gong A Taste of Tai Chi

Every Thursday 7.30pm—9.00pm

Or visit our website £5 per session

Contact lindahallett@btinternet.com

DRU YOGA

A graceful and potent form of yoga based on the flowing of movement. Contact Trixi for more info. on 01691 623829 Tuesday 7—8.30pm (except 2nd Tuesday of the month) £7 Concessions £5

Karate Every **Tuesday** 7pm – 8.30pm **Age 5 to Adult.** **£2.50 per session**

Importance of Exercise in our Life

If you don't exercise, your muscles will become flabby and weak. Your heart and lungs won't function efficiently. And your joints will be stiff and easily injured. Inactivity is as much of a health risk as smoking!

Exercise: 1. Helps Prevent Diseases

Our bodies were meant to move they actually crave exercise. Regular exercise is necessary for physical fitness and good health. It reduces the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. It can improve your appearance and delay the aging process.

2. Improves Stamina

When you exercise, your body uses energy to keep going. Aerobic exercise involves continuous and rhythmic physical motion, such as walking and bicycling. It improves your stamina by training your body to become more efficient and use less energy for the same amount of work. As your conditioning level improves, your heart rate and breathing rate return to resting levels much sooner from strenuous activity.



3. Strengthens and Tones

Exercising with weights and other forms of resistance training develops your muscles, bones and ligaments for increased strength and endurance. Your posture can be improved, and your muscles become more firm and toned. You not only feel better, but you look better, too!

4. Enhances Flexibility

Stretching exercises are also important for good posture. They keep your body limber so that you can bend, reach and twist. Improving your flexibility through exercise reduces the chance of injury and improves balance and coordination. If you have stiff, tense areas, such as the upper back or neck, performing specific stretches can help "loosen" those muscles, helping you feel more relaxed.

5. Controls Weight

Exercise is also a key to weight control because it burns calories. If you burn off more calories than you take in, you lose weight. It's as simple as that.

6. Improves Quality of Life

Once you begin to exercise regularly, you will discover many more reasons why exercise is so important to improving the quality of your life. Exercise reduces stress, lifts moods, and helps you sleep better. It can keep you looking and feeling younger throughout your entire life.

How Often Should I Exercise?

The benefits of any exercise program will diminish if it's disrupted too frequently. A "stop-start" routine is not only ineffective, but can cause injuries. Being consistent with exercise, therefore, is probably the most important factor in achieving desired results. People often assume that more is better. Wrong! Doing too much too soon or performing intense exercises on a daily basis will have deleterious effects, such as muscle/tendon strains, loss of lean tissue, and fitness-level plateaus.

3 days a week is great for any type of exercise.

Monthly Social Outings

A LA CARTE MEAL & BEAUTY TREATMENT- Thursday 16TH March

The Rendezvous Restaurant at Coleg Cambria is a training restaurant for the college students. They offer a high quality experience in a relaxed , contemporary environment. The Salon Ial is the beauty and therapy equivalent which offers a wide range of spa treatments.



This trip will incorporate a beauty treatment in the morning followed by a three-course sumptuous meal and a beauty treatment in the afternoon

We have liaised with the college and you can pick two of the following treatments included in the price. They do offer a wide range so if you would like something else you can always ask Jane to have a look at what they offer and just pay the difference in price.

Treatments: Luxury Manicure, Luxury Pedicure, Hair- Wash & Blow dry, Cut & Finish, Shampoo & Set, Conditioning treatment, Indian Head Massage, Reflexology, Waxing- Upper Lip, Under Arm Eyebrow

Thursday 16TH March – Pick up 9.30am from the centre. If you are unable to get to the centre we can arrange transport from your home

COST will be £30 to include 2 treatments, 3 course A La Carte menu & Transport

BLAKEMERE CRAFT VILLAGE- NORTHWICH - Thursday 9th April

Blakemere village has been created from an Edwardian Hall & Stable block. The buildings have been converted into retail and leisure outlets. Blakemere is extremely proud of its boutique shops and the variety of unique 'on trend' and stylish products available.

Thursday 9th April – Pick up 9.30am from the centre. If you are unable to get to the centre we can arrange transport from your home

COST will be £10 and then purchase your own lunch



Opening Hours

Monday 9am till 2pm
Tuesday to Friday 9am till 3pm

The café serves a selection of hot and cold foods freshly made using locally sourced produce from Home Farm and Knolton Farm. Our menu

includes homemade cakes, sandwiches, jacket potatoes, light bites, healthy options, cooked breakfasts and breakfast baps, eat in or takeaway. We also sell an assortment of freshly ground coffees including lattes, cappuccinos, mochas, various teas and Hot Chocolate. Suggestions & ideas welcome.

February Offer

Pancake—Lemon & Sugar £1.50
Panckes—Nutella £2.00

March Offer

Cake & Hot Drink £3.50

April Offer

Hot Cross Bun & Hot Drink £3.00



["Coffee with friends"](#) Reviewed 2016

Fab coffee with friends. If I wasn't on a diet I'd of tackled a great looking slice of homemade cake too! Next time we meet up we'll make more time to try a lunch there



AFTERNOON TEA AT HOME



Sunday Afternoon Tea - For many of us, Sunday is a day to relax with friends and family and enjoy Sunday lunch before re-starting the working week, but for 1million older people in Britain, Sunday is the loneliest day of the week. To support older people the Penley Rainbow Centre organise monthly Sunday afternoon tea for small groups of older people who live alone.

What is it all about? - The afternoon teas are hosted by volunteers in their own homes. The group of guests attending are kept purposely small, and they meet in the welcoming environment of someone's home. Group members are brought to the hosts home by our volunteer drivers

CAN YOU HELP ?

We are in need of host's could you offer your home to host an afternoon tea?

Could you be a driver pick members up and take them home on one of the Sundays

Please contact Rebecca on **01948 830730**. Email rebeccac@penleyrainbowcentre.co.uk or visit our website for more information: wwwrainbowcentrepenny.org.uk

The afternoon teas can be a real highlight for many older people who live alone and for whom Sunday can be the loneliest day

Penley Rainbow Centre Day Care Services

Serving our rural communities of Wrexham Borough and Shropshire



An 83 year old lady said “Before coming to the Rainbow I experienced long days by myself, now I feel I have days to look forward to. The Rainbow has been a life saver.”

Open Monday, Tuesday, Wednesday and Friday 10.00am-4.00pm
Transport can be provided.

A safe and friendly environment in which to spend the day, make new friends and learn new skills. Enjoy a freshly cooked meal. Pick up by the centres mini bus and taken home at the end of each day. Mini bus is wheelchair accessible.

For an informal chat please contact **Geraldine Vaughan on 01948 830730**
If you would like to volunteer in our centre please contact **Rebecca Cupit on 01948 830730**

Hairdressing is available on a Wednesday morning. Kerry has been hairdressing for over 22 years and is also available in your own home. To book call Kerry On **01978 780854** Competitive Prices



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Wrexham, LL13 0GB (Sat Nav. use LL13 0LH)
Tel:01948 830730 Reg. Charity No. 1100479

www.rainbowcentrepenley.org.uk
admin@penleyrainbowcentre.co.uk



Bingo Night

2017

£50 Cash Prize for Main Flyer Every Bingo

Tuesday 14th March (Easter Prize Bingo)

Tuesday 9th May

Tuesday 11th July

Tuesday 12th September

Tuesday 14th November

Tuesday 12th December (Christmas Prize Bingo)

Doors open 7pm starts 7.30pm

Tea and coffee will be available or you are welcome to bring your own alcohol.

All proceeds go to the Rainbow Centre Penley Registered Charity

Tel: 01948 830730

Mother, Baby & Toddler Group at the Rainbow Centre Friday Mornings .

9.15am—11.15am



£2

fundraising in aid of



Multiple Sclerosis Society

Coffee Morning Saturday 6th May

10am—12pm in aid of

Multiple sclerosis (MS) Cymru

At the Rainbow Centre £2 entry to include Tea/Coffee & Cake, Children FREE. Raffle, Cake Stall, Homemade Crafts, Wooden Products and Paintings for sale.



Meals to You

Delivered to your home in Penley

We deliver a two course homecooked dinner Monday, Tuesday, Wednesday and Friday £4.50 Please call 01948 830730 or call in to the Rainbow Centre.