

Something for Everyone

May—July 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.rainbowcentrepnley.org.uk or call 01948 830730

Thriving Gardens by Green Fingers



The group are meeting on the 1st and 3rd Wednesday of the month 11am—1pm.

Free tea/coffee and refreshments are provided

Would you like to join our community gardening project?

Our community garden has developed into a magnificent array of colours and smells, attracting wildlife and bringing joy to the day centre users, as well as the whole rainbow community.

All help is greatly appreciated, for more information please call 01948830730
email: admin@penleyrainbowcentre.co.uk

Or visit our website: www.rainbowcentrepnley.org.uk

Diary of fundraising events coming up in 2017, all in aid of the **Rainbow Centre**

Bi-monthly Bingos- 9th May, 11th July, 12th September, 14th November, 12th December

Zumbathon—Penley, 30th June

Maelor Belles Table Top sale—Saturday June 17th

Zumbathon—Lion Quays, 15th October

Fire walk—21st October

Christmas Fair—8th December 3.30pm—7pm

More details to follow or visit our website: www.rainbowcentrepnley.org.uk



FUNDRAISING

Lunch & Learn 2017

(The first Thursday of every Month)

10.30am—2.30pm

Activity with a 2 course home cooked meal £15 per person

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 new crafts.

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

1st June

Principles of Colour & Expressive Colour with Christine Matthews

6th July

Making Flowers, (Paper & Material) with Rebecca

3rd August

Weaving Sticks' with June McCloughan

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.rainbowcentrepnley.org.uk

To book your place Tel: 01948 830730



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

Thank you Lillian and Wendy for knitting all our Easter Chicks. The £160 raised has been kindly donated to the Rainbow Centre



MINI BUS DRIVER/CARER WANTED



Initially one day a week plus holidays and sickness cover. Transporting our elderly clientele to and from the day centre, also any caring duties during the day.

Contact Abie/Geraldine for more information on 01948 830730
Rainbow Centre Penley

We have been chosen by Co-op Ellesmere, as one of the nominated charities for their local community fund.



Local community fund gives 1% back of what you spend to community groups.

Giving back to local communities

If you're a member you can [choose The Rainbow Centre as your local cause](#). Please ask Co-op staff for a loyalty card if you don't already have one.

How the fund works

Every time members buy Co-op branded products and services, from buying a loaf of bread to planning a funeral, 1% of their spend goes to a local cause, like ours.

Please select the Rainbow Centre as your cause when you shop at **Co-op in ELLESMERE**.

To select your cause sign into your online account at www.coop.co.uk/membership



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.



May 10th - Mendus Harris
Local Author talks about his new thriller **Dead Man's Gold**.
Join us for a book club style evening to discuss the art of writing a thriller with the author. Signed books can be purchased at the end of the evening. Open Event/All welcome/Refreshments and raffle. Members FREE/Visitors £5

Saturday June 17th -
Maelor Belles Table Top sale
You are invited to shop at the sale or have your own stall. Stalls cost £5.00 to raise funds for Maelor Belles WI and the Rainbow centre
11am - 3pm. Open Event / All Welcome

July 12th - **Summer Social**
Open Meeting - From 6pm. Join us for an Outdoor summer social with games & barbecue Bring along blankets & Pillows & join us for an evening of fun with a Professional story teller, Quiz, games, Prizes for the winners and losers, Refreshments & Raffle. Open Event/All Welcome. Members & Children under 10 Free. Visitors £6

Entertainers & Creative people wanted

We always need people who can provide different types of entertainment for the people who attend our Day Care Service. If you are an entertainer of some kind or you are able to deliver an art of craft session for us please contact Katie for more details
Tel: 01948 830730. Email: admin@penleyrainbowcentre.co.uk

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



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Do you have any Hearing Aid Problems?

Visit the Hearing Aid Volunteers at
The Rainbow Centre, Penley on
The Third Monday of each Month
2pm to 4pm

Available to all NHS hearing aid users,
with servicing and new batteries.



FREE advice, on hearing related problems

Charity Fundraising Event



FRIDAY 30th JUNE 2017

6PM—10PM

@ Penley Rainbow Centre

Come and support your local charity and raise funds for the

Rainbow Centre Penley.

Please book a place and collect your sponsorship form from:

Rainbow Centre,Whitchurch Road, Penley, Wrexham, LL13 0GB

Or Tel: 01948 830730

Email: admin@penleyrainbowcentre.co.uk

Alternately you can donate money via our website:

www.rainbowcentrepenley.org.uk.



21st October 2017



We are raising funds for the Rainbow Centre's
community garden. We would like to provide a path
around the garden to make it accessible for people with
mobility issues and wheelchair users & maintenance of
the building.

To enter fundraise £60 or more or pay a £60 entry fee

To meet the Fire walk requirements we need at least 30 people to join in. 🙌😊

Open to people over 16 (age 16—18 with your parents consent.)

Please register your interest with the Rainbow Centre on 01948 830730

or email: admin@penleyrainbowcentre.co.uk

(Training will be given before the walk)

A great evening of fun, with a BBQ.

www.rainbowcentrepenley.org.uk, Tel: 01948 830730

Rainbow Centre,Whitchurch Road, Penley, Wrexham, LL13 0GB

Maelor Belles WI



Table Top sale

Saturday June 17th

11am - 3pm.

At The Rainbow Centre Penley

You are invited to shop at the sale or have your
own stall. Stalls cost £5.00 to raise funds for
Maelor Belles WI and the Rainbow centre

Open Event / All Welcome

To book a stall please contact

Mrs Toni Slater 01948 830699 Or

Diane Kettle 07706505787

Monthly Social Outings

PORT SUNLIGHT

Port Sunlight is a beautiful village that was built for the workers of the Lever factory. In its hey day it had its own heated swimming pool , concert Hall which even had the Beatles playing there. The village is still a very vibrant place with an Art Gallery, Museum beautiful church and Wide tree lined avenues If you haven't been before it is well worth a visit



Thursday 15th June – .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

CHIRK CASTLE

Chirk castle was completed in 1310 and is a beautiful castle owned by the National Trust. It boasts stunning views over the Cheshire and Salop plains

Thursday 13th July – .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 £22 or £10 if you are a national Trust Member and then purchase your own lunch

TRENTAM GARDENS -SHOPS

A visit to the shops and garden centre next to Trentham Gardens. You can purchase a ticket and go in and see the gardens if you wish or just browse around the many shops

Thursday 10th August – . 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.

May Offer

Caramel Sundae, Chocolate Nut
Sundae & Peach Melba
All £2.50 each

June Offer

Omelette, Chips and
Salad £4.00

July Offer

American Pancakes with Bacon
& Maple Syrup £4.50



Creating **Art** as Therapy for People living with Dementia

Our Sessions are designed and facilitated by a local artist and teacher who is also a Dementia Friend. Rebecca has nearly twenty years' experience of teaching in schools, colleges and various community groups with people of all ages and abilities. Rebecca has designed the sessions to use art as therapy for people living with Dementia and their carers



**The sessions will be Tuesdays 1pm – 3pm
at the Rainbow Centre Penley**

£5 per session to include tea/coffee and a biscuit for person living with Dementia and their carer.

(The person attending the class does need to be accompanied by their carer)

All materials will be provided

If you are interested in attending, please call 01948 830730 to book a place

email: admin@penleyrainbowcentre.co.uk

Rainbow Centre, Whitchurch Road, Penley, Wrexham, LL13 0GB (For sat nav. Please use LL13 0LH) Tel: 01948 830730

For more information visit our website: www.rainbowcentrepnley.org.uk

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**

Beauty & Holistic Treatments available on week days. Wendy Harrison BABTAC. Qualified for over 10 years Wendy offers various treatments. Call 07717534658 to book an appointment. For a full list of treatments please see our website or visit Facebook: Wendy Harrison beauty treatment. **07717534658** Wendy Harrison Beauty Salon. **Competitive Prices**



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

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



2017

£50 Cash Prize for Main Flyer Every 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



The Rainbow Centre would like to give a very big thank you to Bronnington and Marchweil Community Council for their kind donations. They are greatly appreciated

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

9.15am—11.15am

£2



**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.