

# Something for Everyone

Community Newsletter

March—April 2016



## Penley Rainbow Centre Day Care Services



**Day Care Now  
Open 5 Days  
a Week**



**Open 10.00am- 4.00pm Transport 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 (wheelchair accessible) and taken home at the end of each day. For an informal chat please contact

**Abie Tudor on 01948 830730**

## **Enfys Café** Assistant Vacancy

### Job Tasks

- Serve food and beverages to customers over a take-out counter.
- Prepare bills for food using cash registers and accept payment or make change.
- Take customer orders and write ordered items on tickets
- Cook food or prepare food items, such as all day breakfast, bacon baps, and sandwiches, salads, using standard formulas or following directions .
- Perform cleaning duties such as sweeping, mopping and washing dishes, to keep equipment and facilities sanitary.
- Balance receipts and payment in cash register.
- Order items needed to replenish foods at serving stations.
- Make coffees using the coffee machine and tea.
- Undertake training as required.

The position is initially for 1 year. 10hrs, increasing to 17hrs in September 2016. Ideally available to cover staff sickness and holidays. £7.25ph.

**To apply:** e-mail [geraldinev@penleyrainbowcentre.co.uk](mailto:geraldinev@penleyrainbowcentre.co.uk) for an application form or call into the centre to collect one. Closing date 16th March

# EXERCISE CLASSES AVAILABLE @ RAINBOW CENTRE

Monday	Tuesday	Wednesday	Thursday
 <p><b>Zumba</b> Hottest Latin Dance Workout</p>		<p><b>Pilates</b></p> <p>1.30 pm – 2.30pm</p> <p>£4.50 per session</p> <p>All levels of ability welcome</p>	<p><b>£1 Swimming for the over 50's</b></p> <p>11.45 am—12.45 pm (term time only) at Maelor School Penley Contact Jane to book 01948 830730</p>
<p><b>Zumba</b></p> <p>6.30pm —7.30pm</p> <p>£5.00 per session</p> <p>For more information call Tracey on 07739430539 or Sheila on 07496704231</p>	<p><b>Karate</b></p> <p>7pm – 8.30pm</p> <p>£2.50 per session</p> <p>Age 5 to Adult.</p>		<p><b>A Taste of Tai Chi Qi gong</b></p> <p>7.30pm -9pm.</p> <p>£5 per session</p> <p><a href="mailto:lindahallett@btinternet.com">lindahallett@btinternet.com</a></p>
<p><b>Zumba</b></p> <p>7.30pm—8.30pm</p> <p>£5.00 per session</p> <p>For more information call Tracey on 07739430539 or Sheila on 07496704231</p>	<p><b>DRU YOGA</b></p> <p>7 pm—8.30pm</p> <p>£7 Concessions £5</p> <p>Contact Trixi for more info on 01691 623829 (except 2nd Tuesday of the month)</p>		



Gwasanaeth Tân ac Achub  
Fire and Rescue Service

## FREE Home Safety Check

The Rainbow Centre is providing **FREE** Home Safety Checks for people living in wales, on behalf of the North Wales Fire & Rescue Service



**Rainbow Centre**  
PENLEY

A Home Safety check take about 20 minutes and can be done in your home or at the Rainbow Centre Penley.

### During the Check we will :

- Give advice on how to prevent fires and accidents in the home
- Explain what you should do to make your home safe from fire
- Help you make an escape plan to assist you in safely making your way out of the property in the event of a fire
- Provide specialised equipment for deaf and hard of hearing people.
- Supply and install life saving smoke alarms in your home or ensure that your existing alarms are in working order.

**All of the above are **FREE** of charge**



For more information or to book a Home Safety Check please contact us Tuesday to Friday on 01948 830730 email: [admin@penleyrainbowcentre.co.uk](mailto:admin@penleyrainbowcentre.co.uk)

# Enfys Café



## Healthy Options Available Everyday

Mushroom Omelette & Beans £3.15

Jacket Potato, Beans & Salad £3.15

(FREE on Slimming world and  
NO COUNT on Weight Watchers)

### NEW Lunch Club

Over 60s Thursday Lunch Club  
2 course Home-cooked Meal £4.50  
Different Menu each week  
Must book in advance 01948 830730

### May Half Term

Monday 30th May - Friday 3rd June  
10% off Children's Meals



## Easter Special



Monday 21st March –Friday 8th April

Hot Cross Bun & Drink Or

Pancake with Nutella/ Lemon & Sugar & Drink



Children: £2

Adults: £3



### 10% Off Children's Meals

Monday 11th April to  
Wednesday 20th July  
Between 3.15pm—4.30pm

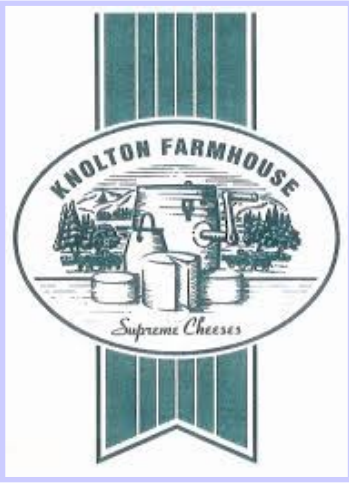
### New Meeting Platters

A: Silver Platter £2.50 per person  
B: Gold Platter £4.50 per person  
C: Platinum Platter £5.50 per person  
Breakfast Platter also available book in advance



# The Cheese Machine: Something new for Overton.....selling something very unique!

Cheese has been made locally at Knolton Farm, on the Oswestry road, since the 1950's, however it has only been available to buy from the farm gate for the last month and that is thanks to the new cheese vending machine. A vending machine at the farm gate may sound bizarre but similar vending machines have been successfully used to sell farm eggs all over the country for a few years now, however no-one (as far as Google knows) has used it to sell cheese before.



The machine sells butter, jam, chutney and 6 different types of cheese (Mature Cheddar, XXX Mature Cheddar, Oak Smoked Cheddar, Red Leicester, Double Gloucester, and White Cheshire), ranging in size from £1.50 to £5 blocks. The machine is open 24 hours a day and takes cards as well as coins. It's all made at Knolton Farm, including a FIVE year old extra, extra, 'beyond mature' cheddar. To qualify as 'mature' a cheddar has to be aged for at least 18 months, so this cheese is very unusual, in fact the cheese machine may well be the only place in the whole country where you can buy a cheese of this maturity, so do pop in if you are passing and try something unique.

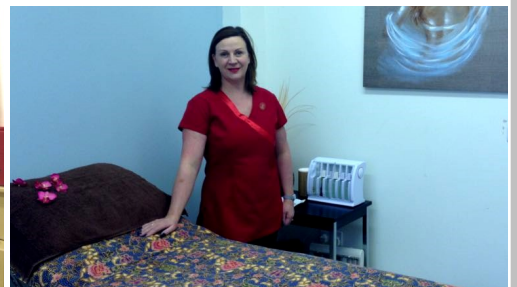
**Knolton Farmhouse Cheese, Oswestry Road, Wrexham, LL13 0LG**

## HAIR & BEAUTY @ THE RAINBOW CENTRE

The Rainbow Centre has a treatment room which is beautifully designed to enhance your visit. Warm and welcoming therapists offer a range of services on a Wednesday, Thursday and Friday. All treatments are at a discounted price. Please contact Kerry & Wendy directly to make an appointment.

**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 a Thursday & Friday. Wendy Harrison BABTAC. Qualified for over 10 years she offers treatments that include various nail enhancements, waxing and massage. (For a full list please see our website) To book call **07717534658** Facebook: Wendy Harrison Beauty Salon. **Competitive Prices**



*Thank  
you*



We would like to thank all the kind people that have donated money to the Rainbow over the years. Most recently from the 'Churches together in Overton & District' 'The Red Lion Inn' Ellesmere, Hanmer Community Council, The Music Society and Overton Corner Shop.

# Easter Colouring Competition



Closing date for entries will be 21st March. Please put your name, age and telephone number on the back of the picture and return it to the Rainbow centre. We have two age categories: 4 years & under 5 to 8 years. The winners will receive a Chocolate Egg and a FREE children's meal in Enfys Cafe

## Room Hire

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

We have a large multi- function room available for hire along with a smaller room and the kitchen if required please contact us for more details 01948 830730 or email [admin@penleynrainbowcentre.co.uk](mailto:admin@penleynrainbowcentre.co.uk)

# Monthly Social Outings

## THE PLASSEY – LUNCH AT THE SHIPPON RESTURANT

The Plassey has a wonderful selection of different shops for you to browse and the restaurant is the converted cow sheds and still has some of the original features

**Tuesday 22<sup>nd</sup> March** – Pick up from 10.30. If you can make your way to the centre that will be a great help. If not we can pick you up direct from your door

**COST** will be £5 fuel contribution and then purchase your own lunch

## IRONWORKS - OSWESTRY

A trip out to the British Ironworks & sculpture centre . There are some amazing statues made out of iron for you to have a look at. Also a large variety of objects that you can buy. There is a forger there to give demonstrations and answer questions. Along with a lovely café if you would like to get something to eat or there is outside tables if you would like to take a picnic

**Thursday 14<sup>th</sup> April** – Pick up at 9.30am so if you can make your way to the centre that will be a great help. Don't worry we can also pick you up direct from your door

**COST** will be £10 fuel

## MONKEY FOREST – TRENTAM GARDENS

The monkeys live in total freedom which allows visitors to get an in depth insight into the lives of these fascinating monkeys. The woodland trail allows you to walk amongst the monkeys and immerse yourself in their everyday antics. See them as they swing from the trees, lounge on the grass and even walk on the path straight past you !! Bring a picnic or purchase lunch from the café.

**Thursday 12<sup>th</sup> May** – Pick up at 9.30am so if you can make your way to the centre that will be a great help. Don't worry we can also pick you up direct from your door

**COST** will be £18 which will includes transport & entry for Monkey Forest.

(please note if you are planning to come to the June outing to Trentham gardens there is a reduced rate for buying a joint ticket, please see Jane )

**PLEASE CONTACT JANE ON 01948 830730 - As soon as possible to book your place on any of the above trips. In order to provide transport for any outing we require a minimum of eight people.**



## Children's Colouring Competition

Name: \_\_\_\_\_ Tel: \_\_\_\_\_ Age: \_\_\_\_\_



## Summer Opening Hours

April to July  
Café will close 4.45pm  
last orders 4.30

Spring/Summer Special  
Monday 11th April to Wednesday 20th July

3.15pm — 4.30pm

Waffle & Ice Cream and Drink

Children £2.00

Adults £3.00





Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Art Classes</b> 10am-12pm £8 per session	<b>Knit, Natter Crochet &amp; Stich</b> 10am-12pm 1st & 3rd Wednesday £2	<b>Lunch &amp; Learn</b> 10.30am-2.30pm £15 1st Thursday of the month	<b>Penley Playgroup</b> 9.15am-11.15am £2
<b>Meals to You</b> Delivered between 12.30pm—1.30pm £4.50		<b>Gardening</b> 10am-12pm 2nd & 4th Wednesday		<b>A Star Sports</b> 11.15am –12pm £5.25 per session ages 3 to 5
	<b>Action on Hearing Loss</b> 2pm-4pm 3rd Monday of the month	<b>Meals to You</b> Delivered between 12.30pm—1.30pm £4.50		<b>Meals to You</b> Delivered between 12.30pm—1.30pm £4.50
	<b>Bingo*</b> 7pm Bi Monthly		<b>WCBC Mobile Library</b> 2.15pm-3.15pm Every 3 weeks	<b>Maelor Belles WI</b> 7.15pm 2nd Friday of the month

#### Art Classes 2016 with Rebecca Cupit BA (Hons)

I will be running a series of 6 week Art courses, 2hours per session (each block running continuously) The cost will be £8 per session which will include materials. The courses will be run in the Penley Rainbow Centre Multi-Function Room. The courses are not suitable for children sorry. **Booking is essential.** Please book through the Rainbow Centre directly on 01948 830730.



#### Knit, Natter, Crochet & Stich @ Penley Rainbow Centre 1<sup>st</sup> & 3<sup>rd</sup> Wednesday every month 10am-12pm

All ages and abilities welcome. The group can also teach you how to knit & crochet but you are welcome to bring any project to work on. £2.00 to include tea/coffee & biscuit. Contact Jane for more information on 01948 830730



#### **Gardening – Thriving Gardens by Green Fingers 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month**

Would you like to join in with our community gardening project? 10am – 12pm.

Free coffee/tea and refreshments will be provided.

**All help is warmly appreciated for more information please call us on 01948 830730**

**Lunch & Learn 2016 1st Thursday of the Month 10.30 – 2.30pm £15 to include activity, lunch from the café & refreshments. Please see our website for up to date information in case of any changes Booking is ESSENTIAL to ensure your place 01948 830730**

**3rd March** The Art of Spinning (how to use a drop needle) with Coral - FULLY BOOKED

**7th April** Watercolour Techniques – Christine Matthews



#### **Meals to You**

Delicious home cooked food freshly made on the day and delivered straight to your door for your Lunch, with an option of also purchasing a sandwich and cake for your Tea. Available to **ANYONE** living in the areas of Penley, Hanmer & Overton.

**Mondays, Wednesday and Friday.** We deliver between 12.30pm and 1.30pm

**Try your first lunch for half price** £2.25 (normally £4.50) **Lunch** = Two Course hot meal £4.50

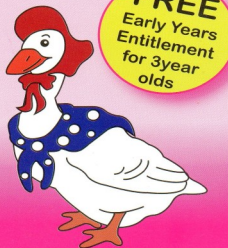
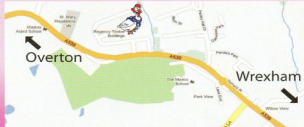
**Tea** = Freshly made sandwich and homemade cake £3.50 **Call 01948 830 730**



## MOTHER GOOSE NURSERY

Mother Goose, Unit 17, Penley Ind Est, Penley, Wrexham LL13 0LQ  
WE OFFER THE FOLLOWING SERVICES TO YOU AND YOUR FAMILY

**Affordable flexible Childcare**  
Outdoor Play Area / Secure Gardens  
(Children Grow Own Veg)  
**Qualified & Friendly Staff / Homely Environment**  
Full & Part Time Spaces  
Hourly Rate Opening Hours 7.30am - 6pm Mon-Fri  
Holiday Club  
Home Cooking & Baking  
Discount For Siblings



**FREE**  
Early Years  
Entitlement  
for 3year  
olds

For further  
information  
contact  
Sarah Love or  
Michelle Jones on

**01948 830003**

[www.mothergoosenursery.org.uk](http://www.mothergoosenursery.org.uk)

*Coffee Morning*  
*In aid of the*

**+British Red Cross**

*Saturday 5th*

*March*

*10.00am—12.30pm*

*Rainbow Centre  
Penley*



& Raffle @  
the Rainbow  
Centre

**Tuesday 8th March,  
Tuesday 10th May,  
Tuesday 12th July &  
Tuesday 13th September**  
**7.30 pm Start, Doors**  
open at **7.00 pm** Tea and  
coffee will be provided  
you are welcome to bring  
your own alcohol if you  
wish.

**Friday March 11th 7.15pm**  
**It's all about the Wood!**



We will be having  
another wood work-  
shop with Heather  
Jones, 'The Little  
Wood Company'  
Easter themed.  
Members £3  
Visitors £6

**Competition - Any wooden object**  
**@ The Rainbow Centre**

[www.maelorbelleswi.wix.com/maelorbelleswi](http://www.maelorbelleswi.wix.com/maelorbelleswi)



*live happy!*

**WHITCHURCH**

Civic Centre Town Hall, Hill Street  
Mondays 7.00pm

Tel: **Yvonne 01948 710533** Mob: **Yvonne 0739475426**

**ELLESMERE**

Ellesmere Town Hall, 3-5 Willow Street  
Tuesday 9.30am, 5.15pm, 7.15pm

Tel: **Yvonne 01948 710533** Mob: **Yvonne 0739475426**

**\*New 9.30 Group from 29th December\***



## Contact Us

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

Tel: 01948 830730

[www.rainbowcentrepnley.org.uk](http://www.rainbowcentrepnley.org.uk)

[admin@penleyrainbowcentre.co.uk](mailto:admin@penleyrainbowcentre.co.uk)



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