

Something for Everyone

Community Newsletter

September & October 2015



**Rainbow
Centre**
PENLEY

The Penley
Rainbow Centre
at the heart of
the **community**



01948
830730

FREE Well-being Event

Come along and try something new! Join in with our fun-filled day of FREE activities, treatments and optional health advice.

Thursday 24th September 2015

10.30am - 2.30pm.

Café will open throughout the day.

ALL-DAY FREE EVENTS 10.30am – 2.30pm:

Activities

Craft – make your own bunting

Mexican Tin Work – recycled embossed art

Textiles – making fabric flower brooches

Crochet & Knitting – learn to crochet & knit

Nails with Wendy – treat yourself to a manicures

Hairdresser - appointment available to new clients

Information & Advice

Fire Safety Talks – In partnership with North Wales Fire & Rescue Service (Free Fire Safety Equipment)

Dental Advice – North Wales Dentistry will be on hand

Hear to Meet – hearing loss information, hearing aid repairing and maintenance

Information Stands – volunteering, swimming, high tea & gardening

Rowlands Pharmacy – health checks

Timed events (booking advised) 01948 830730

Touch for Health – talk and demonstration on self-care techniques
10.30am – 11.30pm

Self-defence – talk and demonstration 11.30am – 12.30pm

Traditional Chinese Medicine and Acupuncture – talk and demonstration 1.30pm -2.30pm

If you would like more information call 01948 830730



MINI BUS DRIVER WANTED

For 17 seater mini bus picking up Rainbow Centre clients from surrounding villages and taking them home again. Hours 9am till 5pm. Initially one day a week (maximum 3 days) but must be able to cover for holidays and sickness. £7.25ph. Contact Abie for more information on 01948 830730

The Welsh Government have developed The Strategy for Older People in Wales 2013-2023. Their vision for supporting older people is;

Vision

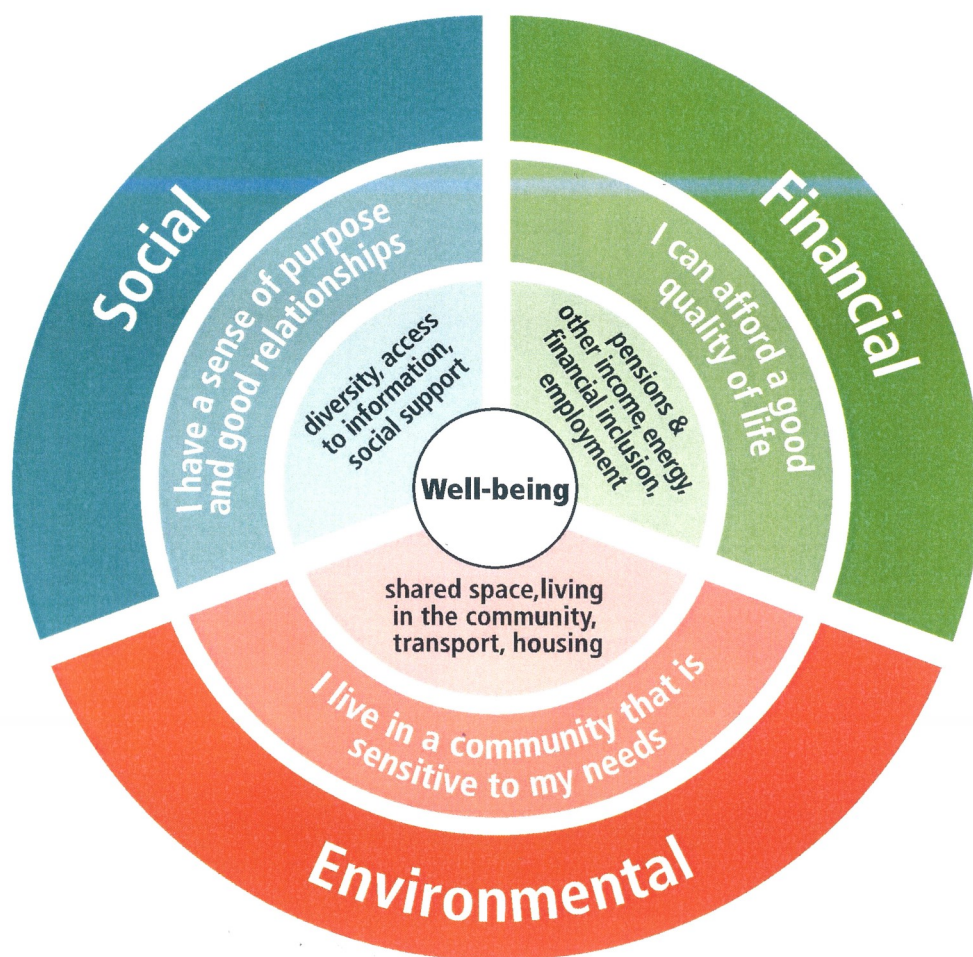
That people in Wales feel valued and supported, whatever their age.

That all older people in Wales have the social, environmental and financial resources they need to deal with the opportunities and challenges they face.

Well-being is a broad concept. It includes factors such as how satisfied people are with their lives as a whole, autonomy (having a sense of control over your life), and purpose (having a sense of purpose in life)¹.

Building well-being and resilience is good for individuals and society, reducing dependence and improving overall health.

The key elements for building a good quality of life



¹ MICHAELSON J. and others Measuring Well-being: A guide for practitioners. London: New Economics Foundation, 2012
www.nef-consulting.co.uk/services/wellbeingmeasurement

The Rainbow Centre support the governments vision by providing a shared community environment for all, fun social activities and practical services. We aim to help people live longer, age well and making Wales a great place to grow old.

Monthly Social Outings
BRIDGEMERE GARDEN CENTRE



There are lots of shops at Bridgemere so maybe you can get your Christmas shopping in early
Tuesday 6th October – Pick up from 9.30 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

THE SUN INN - WELSHAMPTON

Lunch at the above

Thursday 12th November – Pick up will be about 11am



PLEASE CONTACT JANE

As soon as possible to book your place on 01948 830730



Wendy Harrison

Beauty Treatments

Available at Penley Rainbow Centre at discounted prices. Please call Wendy to book on **07717534658**

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 a sandwich and cake for your Tea, delivered together.

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 to order or for more information

**CAKE TASTES
BETTER AT**

**MACMILLAN
COFFEE MORNING**

When: FRIDAY 25th SEPTEMBER

Where: PENLEY RAINBOW CENTRE

Time: 10am - 12pm

Why: Every cake shared helps us be there for someone affected by cancer, from diagnosis, through treatment and beyond. Together we can make sure that no one faces cancer alone.

Come and join us – everyone is welcome.

Enfys Café

Take Away Meal Deals

Menu 1 £3.50

Bacon or Sausage Bap, Crisps & Drink

Menu 2 £ 4.00

Toasted Sandwich or Panini, Crisps & Drink

Menu 3 £ 3.50

Sandwich, Crisps & Drink

Menu 4 £3.75

Jacket & filling, Crisps & Drink

Offers

Monday 10 am–11am

Coffee & Cake £2.75

Tuesday

Burger & Chips £3.00

Wednesday 2 pm -3 pm

Coffee & Cake £2.75

Thursday

20% off for over 60's

Friday

Mother/Father & toddler meal deal 20% off

Option to call your order through and then come and collect it,
Call: 07936571728

Autumn Opening Hours-

Monday 10am-2pm

Tuesday–Friday 9am-3pm

Starting September

Find us on Facebook for all our latest updates and offers—Enfys Café



We accept payments by card and offer free Wi-Fi.

CHILDREN'S HALLOWEEN CRAFTS PRINTING TECHNIQUE 10am - 12PM

THURSDAY 29TH OCTOBER £2.50 PER CHILD (To include a drink for child)



Children must be accompanied by an adult Booking essential 01948 830730

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



Drop On Seat Upholstery and Painting Course

Choice of 2 dates:

Saturday 26th September OR Saturday 17th October.

- ◆ Cost £50 including a chair or £40 if you have your own chair.
- ◆ Bring your own choice of material 0.5 meters required.
- ◆ 6 hour course, refreshments provided. Bring your own lunch.
- ◆ Only 4 people on each course so book early to avoid disappointment.

Call **01948 830730** (course will be held at the Rainbow Centre)



Rainbow Centre Christmas Fair

Saturday 5th December 10am—2.30pm.

Due to the success of last years Christmas Fair we will be having one this year. We are also pleased to announce that the Maelor Adult choir will be performing again. If you are interested in having a stall please contact Geraldine Vaughan via email: geraldinev@penleyrainbowcentre.co.uk



05.09 - 26.09
Open Doors
Drysau ar Agor
Launch / Lansio
05.09.2015
@ 19.00

UNDEGUN
11 Regent Street, Wrexham, LL11 1SG

www.thisproject.co.uk www.helfagelf.co.uk

EAST 3 ARTS

Art Exhibition

Artists from Wrexham, Flintshire & Denbighshire Including 'Overton Crafters'

Exhibition runs from Wednesday 9th - Saturday 26th
Open Wednesdays 12 - 4 Thursday - Saturdays 11 - 4

Undegun 11 Regent Street, Wrexham, LL11 1SG
(Next door to Waterstones book shop)



Gwasanaeth Tân ac Achub
Fire and Rescue Service

FREE Home Fire Safety Checks

Penley Rainbow Centre are delivering Home Fire Safety Checks in Wales. The service will be FREE of charge and you will be provided with FREE fire safety equipment if necessary.

If you would like a Home Fire safety check or to find out more about volunteering please contact the centre and ask for Jane, Geraldine or Rebecca for more information on 01948 830730.



Penley Rainbow Centre Day Care Services



**Open Monday, Tuesday, Wednesday and Friday
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 and taken home at the end of each day. For an informal chat please contact **Abie Tudor on 01948 830730**

Monday, Wednesday or Friday.

Mini bus is wheelchair accessible

Art Classes

**Rebecca Cupit BA
in Penley Rainbow
Centre**



A series of 6 week Art courses, 2 hours per session The cost will be £8 per session which will include materials. The courses will be run in the Penley Rainbow Centre
Booking is essential.

Please book through the Rainbow Centre directly on 01948 830730.

The courses are not suitable for children sorry.

Printmaking

Tuesday 8th September – Tuesday 13th October. (10 am – 12 pm)

We will be using a number of different techniques and tools to produce images on paper and material.

Drawing Techniques

Tuesday 20th October—Tuesday 24th November. (10am—12 pm)

We will be looking at various drawing techniques including line drawing, shading mark making .

Watercolours 2016 dates to follow.

Swimming Lessons @ Penley

Penley Maelor School. Lessons for Children & Adults with Mr Martin & Mrs Rigby

Max 4 people in a group, pay as you swim no advance payment

Tuesdays & Wednesdays from 4pm
Tel: **07516485826**

Knit, Natter, Crochet & Stitch @ Penley Rainbow Centre 1st & 3rd 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. £1.50 to include tea/coffee & biscuit. Contact Jane for more information on 01948 830730



Community Events

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@penleyrainbowcentre.co.uk



helfa gelf
art trail

North Wales' biggest Open Studio event



Overton Crafters

Bespoke Woodwork Crafter, Textile Poet, Collage Artist
Inspiration with Love.

Overton Scout Hut
Wrexham Road
Overton-on-Dee
Wrexham
LL13 0DY
Find Us on Facebook
& Helfa Gelf website

September 2015 opening times:
(11am - 5pm)
26 Saturday
27 Sunday

Call in to meet the Artists.

Workshops & refreshment's available.

MA'S BAR

SUPPORT AND SOCIAL GROUP
FOR BREASTFEEDING MUMS AND
MUMS TO BE

AT OVERTON SCOUT HUT
(next to the park on Wrexham Road)

1PM-3PM

ON THE LAST WEDNESDAY OF
EVERY MONTH

ALL CHILDREN WELCOME

£1 DONATION TOWARDS REFRESHMENTS

Gwynedd

Conwy

Sir Ddinbych / Denbighshire

Sir Y Fflint / Flintshire

Wrexham / Wrexham

GOGLEDD CYMRU / NORTH WALES

STIWDIOS AGORED
OPEN STUDIOS

Dros 400 o artistiaid mewn 5 sir
Over 400 artists across 5 counties

4 phenwythnos ym Mis Medi 2015:
4 weekends in September 2015:

4 - 6. 11 - 13. 18 - 20. 25 - 27

www.helfagelf.co.uk



Let us know about local events via phone

01948 830730

email: admin@penleyrainbowcentre.co.uk.

The next issue of 'Something for Everyone' is
December/January



DO YOU HAVE A
HEARING LOSS?

ACTION ON
HEARING
LOSS

Do you wear NHS hearing aids?

If so why not come along to our drop in.

It's a great opportunity to-

- Get your hearing aid maintained including tubing and batteries
- Meet new people
- Share experiences & take part in activities.
- Get advice on products and services to help with your hearing
- Get advice and guidance on how to use and get the best out of your hearing aid

When:

20th October 2015

(3rd Tuesday of every month)

Where: Rainbow Centre, Whitchurch Rd,

Penley, Wrexham LL13 0GB

Interested? Please contact:

Sabina Dunkling

Action on Hearing Loss Cymru

13a Llys Onnen, Ffordd Y Llyn

Parc Menai, Bangor LL57 4DF

01248 614437

sabina.dunkling@hearingloss.org.uk

Action on Hearing Loss is the trading name of The Royal National Institute for Deaf People. A registered charity in England and Wales (207720) and Scotland (SC038926) A0325/111

Women's Institute Group

Maelor Belles WI

Friday 11th September 7.15 pm for 7.30 pm start

Penley Rainbow Centre

Burlesque Workshop

Learn the art of Tease! Taught in a fun & enjoyable way! With Susie Knight.



Maelor Belles is part of the new wave of modern WIs, fresh for the 21st century!

We are a new, vibrant and informal WI with an eclectic group of interesting women who enjoy learning new skills, getting together to meet new people, share ideas and make new friends.

(Tea & coffee are provided and you are welcome to bring your own drinks or alcohol)

Maelor Belles members Free. £4 for non-members.

Competition: Competition - Pebble or shell (found object).



Contact: Rebecca Cupit - President 07926572394 /Gemma Witchalls- Secretary 07747127656

Email: TheMaelorBelles@gmail.com Facebook: Maelor Belles WI

EXERCISE CLASSES AVAILABLE @ RAINBOW CENTRE

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



Swimming for the over 50's £1 per session



Available at Maelor School Penley
(term time only) Thursdays 2.30-3.30
Contact Jane to book 01948 830730

ZUMBA

Every Monday Night 7.30 pm £5.00 per session

For more information call Tracey on 07739430539 or
Sheila on 07989707692

DRU YOGA

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



Pilates

Every Wednesday 1.30 pm 2.30pm

All levels of ability welcome £4.50 per session

Lunch & Learn 1st Thursday of the Month

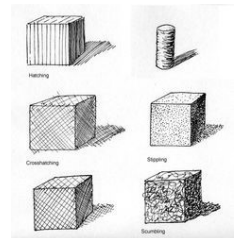
Penley Rainbow Centre, Whitchurch Road, Penley, Wrexham, LL13 oGB

£15 for 2 courses course meal, coffee and activities 10.30 – 2.30pm.

£6.50 for 2 courses and coffee 12.30 – 1.30pm.



1st October—Ceramics making
various Christmas decorations
5th November - Pen Drawing
Techniques



Gardening – Thriving Gardens by Green Fingers

Would you like to join in with our community
gardening project?



If yes, the group are meeting on the 2nd and 4th Wednesday of the month, 10am – 12pm.
Free coffee/tea and refreshments will be provided.

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

WCBC Mobile Library @ Penley Rainbow Centre (2.15pm—3.15pm)

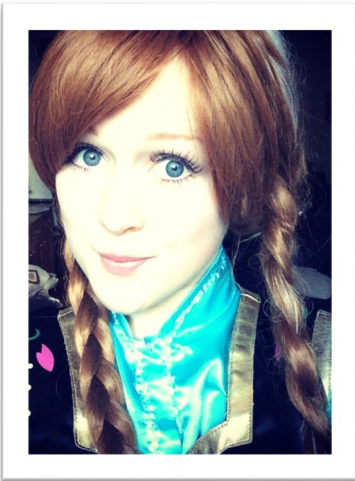
2015 dates:

September 18th , October 9th & 30th , November 20th and December 11th



Rainbow Centre Christmas Fair

Saturday 5th December 10am—2.30pm.



FROZEN

Come and meet snow sisters Elsa and Anna from frozen between 10.30 and 11.30.

Enjoy a sing along with plenty of time to take lots of photographs.



Details of the Christmas fair will be in our next Magazine November/December and on our Facebook page.



Kerry's Mobile Hairdressing

I am available at Penley Rainbow Centre Wednesday morning weekly at a discounted price or I can offer the service at your home. 22 years' experience, competitive prices Call Kerry On **01978 780854**



Bingo! @ the Rainbow Centre 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.

Dates for 2015. Tuesday 13th October and Tuesday 8th December

If you would like to have your event listed in Something for Everyone newsletter please contact us Tuesday—Thursday. 'Something For Everyone' is a bi-monthly newsletter. All content is printed in good faith and to the best of our knowledge all information is correct at time of printing and delivered to the Penley Village and surrounding areas by volunteers. Email: admin@penleyrainbowcentre.co.uk Tel: 01948 830730.

Contact Us

Rainbow Centre Penley,
Whitchurch Road,
Penley, Wrexham,
LL13 0GB
(Sat Nav. use LL13 0LH)
Reg. Charity No.
1100479
Tel: 01948 830730
Fax: 01984830242



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LOTTERY FUNDED



TAXI TENNANT TAXIS

NEW LOCAL BUSINESS BASED
IN PENLEY, WREXHAM

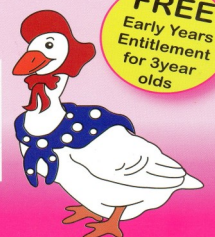
07719223734

TAXI

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