

Something for Everyone

Community Newsletter

March 2015

What's Inside



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And more.....

Please feel free to contact us with your feedback, suggestions, letters, comments, stories or pictures for the next issue in May

Email:

admin@penleyrainbowcentre.co.uk

Tel:

01948 830730

(More contact details on back page)



Art Classes

March to September with Rebecca Cupit BA (Hons) in Penley

I will be running a series of 6 week Art courses, 2 hours 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.

Booking is essential.

Please book through the Rainbow Centre directly on
01948 830730.

The courses are not suitable for children sorry.



2D & 3D Papermaking

Tuesday 17th March – Tuesday 21st April. (10 am till 12 pm)

We will look at different ways of producing hand-made paper. We will use paper pulp to create 3D works using various techniques including plaster mould making and other various methods. We will also produce 2D paper using different techniques producing a range of paper for you to use.

Charcoal & Pastels

Tuesday 5th May – Tuesday 9th June. (10 am – 12 pm)

Exploring how to use Charcoal and Pastels to create various drawings. (We will also look at light & shade and colour theory)

Oil & Acrylic Painting

Tuesday 23rd June – Tuesday 28th July. (10 am – 12 pm)

Looking at different techniques and methods for using both types of paints. (We will also look at light & shade and colour theory)

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.

Easter Bingo at the Rainbow

Tuesday 10th March 7.30pm Start Doors open at 7pm. Tea and coffee will be provided you are welcome to bring your own alcohol if you wish.

Dates for 2015.

Tuesday 12th May.

Tuesday 11th August.

Tuesday 13th October.

Tuesday 8th December



High Tea at Home Golden Jubilee Birthday Celebrations

Penley Rainbow Centre work in partnership with Contact the Elderly to provide Sunday High Tea to people over the age of 75 living alone. The guests are picked up by volunteer drivers then taken to a different volunteer's home where they have a lovely afternoon from 3pm until 5pm. They are then returned home by the volunteer driver. We go to a different volunteer's home every month where they enjoy a varied tea including sandwiches and cakes. We have been providing this service in Penley and the surrounding area since January 2014. This year marks the 50th year since Contact the Elderly started the High Teas so to celebrate this we will be hosting a larger tea party for all our guests, hosts and volunteers. This will also be a great opportunity for more people to get involved. We would also like to invite new people to join us for our Jubilee Celebrations to find out about volunteering or joining the group. If you would like to join us please call Rebecca on 01948 830730



The Golden Jubilee Tea Party will be held on Sunday the 19th April 3pm – 5 pm at the Penley Rainbow Centre and we are also asking for donations of sandwiches and cakes for the tea party.

On the day we will be making it extra special so why not come along and wear something Gold or share memories of 1965 the year it all started.

Please contact Rebecca on 01948830730 Tuesday-Thursday for more information or to offer your help.



GARDENING TIPS

Spring usually arrives by mid-March and the frequent sunny days provide the opportunity for an increasing range of gardening tasks. It's time to get busy preparing seed beds, sowing seed, cutting back winter shrubs and generally tidying up around the garden.

Top 10 jobs this month

- Protect new spring shoots from slugs
- Plant shallots, onion sets and early potatoes
- Plant summer-flowering bulbs
- Lift and divide overgrown clumps of perennials
- Top dress containers with fresh compost
- Mow the lawn on dry days (if needed)
- Cut back Cornus (dogwood) and Salix (willow) grown for colourful winter stems
- Weeds come back in to growth - deal with them before they get out of hand
- Start feeding fish and using the pond fountain; remove pond heaters
- Open the greenhouse or conservatory doors and vents on warm day

THRIVING GARDENS BY GREEN FINGERS

NEW

Come and join in our FREE gardening event

'How to grow herbs and make a perfect herb planter'

on

Wednesday 25th March 2015

10 am—12 pm

To book your place please call 01948 830730



Enfys Café Offer

Buy one adult meal get one 1/2 price during the month of March

Enfys Café Winter Menu

Sandwiches £2.50 -£2.75

Fresh sandwiches & toasties on white or whole-meal bread, served with salad and Enfys home-made coleslaw

Classic Tuna & Mayonnaise £2.75

Tuna Mayonnaise & Sweetcorn £2.75

Knolton Farm Mature Cheddar Cheese with a choice of £2.50

Sweet Red Onion

Tomato

Branston Pickle

Home Farm Free Range Roasted Ham Salad £2.75

Panini & Toasties £2.95-£3.20

Knolton Farm Mature Cheddar Cheese with a choice of

Sweet Red Onion

Tomato

Branston Pickle

Classic Tuna Mayonnaise

Tuna Mayonnaise & Sweetcorn

Ham & Cheese

Bacon & Brie £3.20

Jacket Potatoes

Victoria oven baked potatoes served with butter and a salad garnish £2.50 + 0.50p per topping

Plain jacket

Classic Tuna and Mayonnaise

Knolton Farm Mature Cheddar Cheese

Beans

Enfys Homemade Coleslaw

Light Bites

Bacon Bap or Egg Bap £ 2.50

Sausage Bap £2.50 **Egg Bap** £2.50

Sausage & Bacon Bap £3.00

2 Slices of Toast with Jam, Marmalade or Marmite £1.20

Toasted Tea Cake £1.35

Beans on 2 Slices of Toast £1.75

Soup & a Roll £2.80

French Fries £1.20

Meals

Sausage Chips & Beans £3.95

Bacon/Ham Chips & Beans £3.95

Egg Chips & Beans £ 3.50

All day breakfast £4.50

Children's Menu £3.50

All meals include Squash & Choc ice

Sandwich & Chips

Jacket Potato & filling

2 Sausage, Chips & Beans

Ham/Bacon Chips & Beans

Egg Chips & Bean

Cakes

Choice of freshly made cake £1.75

(Our cake choices will vary as they are all freshly made)

Extras

Chocolate Bars £0.65

Crisps £0.40

Choc Ice £0.40

Drinks

Tea £1.00

Herbal Tea £1.00

White Coffee/White Americano £1.50

Americano £1.50

Cappuccino £1.75

Latte £1.75

Mocha £1.85

Espresso £1.25

Espresso Macchiato £1.75

Hot chocolate £1.50

Cans £0.65

Carton Juice & small bottles £0.55

Squash £0.35

(Coffees also available as Decaf)

Take Away Meal Deals

Menu 1 £3.50

Bacon or Sausage Bap or Egg, 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

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

Call: 07936571728

Rainbow Befriending Project

Our Befriending projects aims to support people initially within their own homes, offering company and friendship for people who may feel they would like to increase their contact with the wider community.

To run our project we rely on members of the community to volunteer to support others within the community.

The volunteer befriender's offers friendship and support to the person being befriended (befriendees). Offering regular chats that provide a vital link to the community for people who are socially isolated. Good company and conversation is not only enjoyable it is also important for our well-being. Once a befriending relationship is established, the meetings places may vary based on what you both decide. For example, going out for a coffee.

Life's changes

With time our lives can all change. The befriending project aims to help individuals manage their life changes and keep people involved within the local community.

Volunteer Befrienders

Our volunteer befrienders are members of the community who have come forward to support the project and enjoy socialising with others. Many volunteer befrienders are retired individuals themselves. We aim to match the volunteer and befriender together based on shared interests.

Since the project started

People who have been part of the project said it gave them something to look forward to. That they enjoyed having a good natter and sharing company with the volunteer befriender. From evaluation surveys it was reported that individuals emotional health, general well-being and social lives had improved as a result of the service.

Some befriendees also decided to join various groups after using the befriending service via the Rainbow Centre and through other local services where they have made new friends and found an interest in new things

"There is no 'typical' beneficiary of the service, older people are in contact with the service for a variety of reasons"

Support

If you would like to become part of our befriending project either as a volunteer befriender or befriender, please contact us for a friendly chat and we can give you more information.

Tel. 01948 830730 Tuesday to Thursday and ask to speak to one the Befriending team



Monthly Social Outings - 2015 April –June

POWIS CASTLE

Tuesday 14th April - Pick up from 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. Total Cost £15.00 (£13.00 Entrance for Garden & Castle plus £2 fuel contribution) and then you will purchase your own lunch or snack or take along a picnic

LUNCH AT PISTYLL RHAADR WATERFALL CAFÉ

A day trip to the Pistyll Rhaeadr Waterfall, the café overlooks the waterfall but there is a short walk from the café for anyone who wishes to go to the bottom of the waterfall, or to climb to the top takes 20 minutes and if you wish to do that then you will need to be wearing suitable footwear

Thursday 14th May – Pick up will be 10am, you can purchase your own lunch when we arrive and the cost towards fuel is £3

SPAVENS – Sweetshop Mold

Spavens is a sweet shop in Mold that does ceramic painting. Spavens has a relaxed atmosphere, you choose something to paint and then paint it, you can have pancakes and delicious ice cream and even help yourselves to the sweets, yum yum

Tuesday 9th June – Pick up from 10.00 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 price will range from £10 to £20 depending on which package you decide to do and will be discussed closer to the time

PLEASE CONTACT JANE ON 01948 830730 - As soon as possible to book your place on any of the above trips



Rainbows Day Service

Be involved with your local community



**Rainbow
Centre**
PENLEY

The Rainbow Centre offers a Day service for people in the community four days a week, Monday, Tuesday, Wednesday and Friday, 10 am – 4 pm.

On your day with us we can offer you:

A journey in our rainbow mini bus, giving you door to door service

A welcoming greeting by our caring and supportive staff members. We pride ourselves on treating each individual with dignity and respect and providing a happy and relaxed atmosphere for all.

Once at the centre, a day of friendship awaits you. Make new friends and relationships over a cup of coffee or catch up with friends you already know.



Enjoy a freshly cooked lunch prepared on the premises. We use locally sourced free range ingredients when available.

Daily we have a social plan of Activities available for you to join in with if you wish.

You can also get involved with the additional groups that run at the centre, such as the monthly outings group, Sunday High Tea at home, Knit and Natter and more ...

If you fancy a treat, pamper yourself with a hair do on Wednesdays, or/and beauty treatments with our beautician on Friday. Additionally we have a Chiroprapist who visits the centre monthly.

Throughout the year we have visiting health care professionals with lots of help and advice on client related issues. Health and Wellbeing, benefits and entitlements.

The centres aim is to maintain the health and well-being of our rural community by providing support, services and facilities that can enhance and empower people of all ages to retain as much independence as possible.

Come to the centre and have a chance to be involved in your local community and keep in touch with others in your area.

To find out about the cost of the day, come and visit us or

call Abie for more information 01948 830730



Lunch & Learn 2015

1st Thursday of the Month 10.30 – 2.30pm

£15 for 2 courses course meal, coffee and activities £6.50 for 2 courses and coffee 12 – 1pm

2nd April

Wet felt making soap with Coral Devlin

Booking is **ESSENTIAL** to ensure your place 01948 830730

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

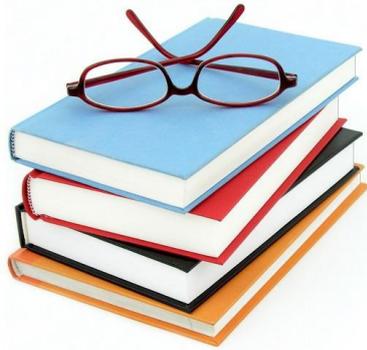


Community Events Page

Mobile Library Service

Friday every three weeks 2015 dates
Penley Rainbow Centre 2.15-3.15pm

March 13th
April 24th
May 15th
June 5th & 26th
July 17th
August 7th & 28th
September 18th
October 9th & 30th
November 20th
December 11th



Beauty

Wendy's Beauty at Rainbow Every Friday
Ranging from Eye, Hands and Feet Treatments.
Waxing, Make up, St Tropez and Holistic
Treatments.

Eye lash tint	£4.00
Eye Brow Tint	£3.00
Wax and Shape	£4.00
All three	£10.00
Manicure	£9.00
Pedicure	£9.00
File and Polish	£6.00
Shellac	£12.00
Full leg Wax	£11.00
Half Leg Wax	£7.50
Bikini Wax	£4.00
Underarm Wax	£4.00



More treatments available.

Please contact Wendy for more information and
to book a treatment on 07717534658

Chiropodist

Visiting Chiropodist at the Rainbow Centre
every 5 weeks. Ray Pencavel (MSSCh,
MBChA)

To make an appointment call Abie on
01948 830730



Overton on Dee Twinning Association are helping to tidy up Overton's Bowling Green garden from 10 to 12 on Saturday 14th March. Because it's the day after Red Nose Day, we are planning to paint our faces and wear silly hats and sell tea and cakes to anyone who cares to pop by. Please join in or sponsor us. All the money raised will go to Red Nose Day. Further details contact Sheila Miller on 01978 710823



Overton WI

Thursday March 19th Overton Women's Institute celebrates its 90th birthday. Established in Overton in March 1925 they will be celebrating at the Village Hall on March 19th at 7.30pm. Entertainment: 'Wordybirdies'



LA MURETTE



OVERTON TWINNING ASSOCIATION
BUFFET SUPPER with WINE TASTING

Saturday 28th March 2015 7pm
for 7.30pm Scout Hut Pop Up Bistro. Delicious home-made food. *Six different French wines to taste & Raffle* Tickets £10pp Available from Cath 710322 or Georgina 710486 or gmemcloy@yahoo.co.uk

Knit & Natter @

Rainbow

10am-12pm
All ages and abilities welcome
1st & 3rd Wednesday
every month



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



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.mothersgoosenursery.org.uk

forthcoming events Feb to April

PENLEY VILLAGE HALL

Events at the hall

21st February 2015
FAMILY QUIZ & CURRY
£3 PER PERSON-PRIZES-TEAMS OF 4
DOORS OPEN AT 6PM-FOOD AT 6:30PM
PAY ON DOOR OR BUY TICKETS FROM VILLAGE SHOP

Saturday March 7th: Family night.
Saturday March 28th Cheese and wine night

Sunday 5th April-Easter Egg Hunt!!
Saturday 11th April-Horse Racing
Saturday 25th April Family Night

Penley Village Hall

Call 01978 710275 for bookings

must remember to keep an eye on their Facebook page and on the noticeboard

THURSDAY AT 07:55

www.facebook.com/penleyvillagehall

Maelor Belles WI April 10th 7.15 White Horse Inn Overton On Dee (Function Room) Membership £36 for year visitors £4
Holistic Therapy with demonstrations—Linda Hallett **Competition**—Decorated egg (blown please) any medium
Email: TheMaelorBelles@gmail.com **Tel:** Gemma Witchalls- Secretary 07747127656 **Facebook:** The Young Ones

EXERCISE CLASSES AVAILABLE @ RAINBOW CENTRE

Karate

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



Pilates

Every Wednesday 1.30 pm – 2.30pm @ Rainbow Centre
All levels of ability welcome
£4.50 per session



NEW ZUMBA

Every Monday Night 7.30 pm £5.00 per session
For more information call Tracey on 07739430539 or Sheila on 07989707692

STRICTLY DANCING

Learn all the TV's Strictly Dances and more.
Thursdays 7.30-8.30pm . £5 Per Person

Free Swimming for the over 50's



Thursday 11.45 am—12.45 pm
(term time only)
Available at Maelor School Penley
Contact Jane to book 01948 830730

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

Room Hire

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



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.

Our food is available to **ANYONE** living in the areas of Penley, Hanmer and 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

Meals to You

**Volunteers
Delivery Drivers**

We would like to extend the areas we delivery to, as well as covering more homes in our existing areas. Would you be able to help by delivering meals in your village?

**Please contact
Rebecca Tuesday
to Thursday on
01948 830730**



£10 INCLUDES RAFFLE TICKET

COFFEE MORNING WITH HOMEMADE TREATS IN NICOS FROM 10AM

ZUMBATHON STARTS @ 11.30 - 3PM

VARIOUS INSTRUCTORS THROUGH OUT THE DAY



ZUMBA GOLD
ZUMBA
ZUMBA STEP
"CLUB GLO" ZUMBA

The Oswestry
BONE CANCER CENTRE
Apprec

To book your place
Contact Lion Quays
on 01691 684400
OR
Susie on
07721 340825.



**Chartered Accountants
and Business
Adviser**

Offices at: Ellesmere, Oswestry
and Llangollen
Tel: 01691 622098

Email: partners@morriscook.co.uk
www.morriscook.co.uk



Contact Us

Give us a call for more information about our services and products
Rainbow Centre,
Whitchurch Road, Penley,
Wrexham LL13 0GB (Sat
Nav use LL13 0LH)
01948830730

Email:
admin@penleyrainbowcentre.co.uk
Follow us on Facebook
(All content is printed in good faith and to the best of our knowledge all information is correct at time of printing)



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

Volunteers needed to deliver "Something for Everyone" Newsletter We currently deliver to Penley and some areas of Overton and Hanmer. If you could help to deliver any number of newsletters in you area we would be very grateful. We produce our newsletter every 2 months and we would like everyone in the surrounding area to receive a copy. If you think you would be able to help please contact us between Tuesday and Thursday on 01948 830730