

September - October 2016

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 it's 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

Local Artists make an Impression at Debut Exhibition.

Bickerton Village Hall held their 10th Annual Art Exhibition from Saturday 24 July to Sunday 31 July 2016. Over 550 pieces of original art produced by artists from Cheshire, Shropshire, North Wales and Wirral were displayed. 3 artists from the Penley Art Group entered their work and successfully sold all of them. Congratulations to Margaret England, Imelda Cole and Joan Brown. The Art group will be holding their own Exhibition on Saturday 1st & Sunday 2nd of October at the Rainbow Centre.



Hare raising!

By Mags England



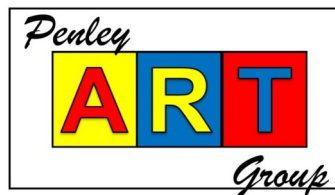
Prickilicious & Twins

By Imelda Cole



Wash Day with Mother's
Little Helpers

By Joan Brown



Penley Art Group meet every Tuesday 10am until 12pm at the Rainbow Centre £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.rainbowcentrepnley.org.uk

**PENLEY ART GROUP ARE HOLDING THEIR FIRST
EXHIBITION ON SATURDAY 1ST AND SUNDAY**



**Different projects every week with a qualified Seamstress.
Inc. dress making & patterns**



Please bring any material or old clothes you would like to transform

significantly strengthens the lungs
1st Monday of the month with Ruth Moore
Starting Monday 4th July 1.30pm –3.00 Pm
Different themes every month
£2.50 per person
which includes coffee/tea & biscuits

Singing daily for at least ten minutes reduces stress, clears sinuses, improves posture and can even help you live longer.

Did You know
Singing improves health and happiness.
Studies have found that singing releases endorphins the feel good hormone and oxytocin which reduces stress and anxiety



Rainbow Centre, Whitchurch Road, Penley, Wrexham, LL13 0GB.
Registered Charity Number:1100479
Telephone: 01948 830730.
Email: admin@penleyrainbowcentre.co.uk
www.rainbowcentrepenley.org.uk

FUNDRAISING

Our nearly new clothes sale, raised £100 for MS society and The rainbow centre received £190, which they are spending on entertainment for the elderly day centre clients.

The Car boot sale, raised £80 which is being spent on our community garden.

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



Room Hire Charges

Multi-function room with 6 tables and chairs. Up to 4 hours £35 plus deposit. Over 4 hours £50 plus deposit. Plates & Cutlery £15. Additional Tables & Chairs £15.

Deposit - A refundable deposit of £15 (under four hours hire) or £30 (over four hours hire) is required on top of the room hire charges. If any damage is caused to the building or contents your deposit will not be refunded

WWW.RAINBOWCENTREPENLEY.ORG.UK

Monthly Social Outings

Thursday 17th Nov. Cheshire Oaks Christmas Shopping

Thursday 8th December Meal in Shrewsbury

For more details call Jane 01948830730 or see Novembers Newsletter

**ADMIT
★ ONE ★**



Please help the Rainbow Centre raise funds for its community activities.

Bag2School

Come along to one of our Monthly Social Outings. Pick up from 9.30. If you can't make your way to the centre that will be a great help. Don't worry we can also pick you up direct

TEA TIME



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. The Penley Rainbow Centre and are now organising monthly Sunday afternoon tea parties for small groups of older people who live alone.

What is it all about? - The tea parties 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. The group is warmly welcomed by a different host each month, drivers who pick the guests up will often be the same. The tea parties can be a real highlight for many older people who live alone and for whom Sunday can be the loneliest day.

Sunday Afternoon Tea bring people of all ages together, they can develop fulfilling friendships and support networks, and give everyone involved something to look forward to each month. They can also be a real lifeline of friendship for some older members who have little or no contact with any family or friends

We are in need of host's could you offer your home to host a tea party, please contact Rebecca on 01948 830730 or email rebeccac@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

ZUMBA

Every Monday Night 7.30 pm £5.00 per session

For more information call Tracey on 07739430539 or
Sheila on 07989707692

Oi 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.



We offer services and activities to the whole community of Penley and it's 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 to retain as much independence as possible and enable them to access services in their locality. We have volunteering opportunities in various services:

Male Befrienders Needed Could you offer a few hours per week? Make a huge difference in a families life

Any amount of time you could offer would be very much appreciated by everyone involved in the services we offer. We rely on the support of the community for all the kind help and support that is offered. If you would like to have a chat about anything regarding volunteering please contact

Rebecca 01948 830 730 or email rebeccac@penleyrainbowcentre.co.uk

**VOLUNTEERS
DO NOT
NECESSARILY
HAVE THE TIME;
THEY HAVE
THE HEART**



There is a story in everyone



Clive would like someone to chat to
Would you like to volunteer?



Befriending Project

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

Registered Charity Number: 1100479

Telephone: 01948 830730.

Emrys Café

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, cooked breakfasts and breakfast baps. We also sell an assortment of freshly ground coffees including lattes, cappuccinos, mochas, various teas and Hot Chocolate.



10% Discounts for
Students everyday,
Mothers & Toddlers Fridays
and over 60s Thursdays.



Lunch & Learn 1st Thursday of the Month

10.30 – 2.30pm £15 to include activity and 2 course lunch

6th October

Pen & Ink
Drawing with
Watercolour
Wash with
Christine
Matthews



3rd November

Wooden Crafts
with
Little Wood
Company
(formally
Cinders Cottage
Crafts)



To book call 01948 830730 or email: admin@penleyrainbowcentre.co.uk

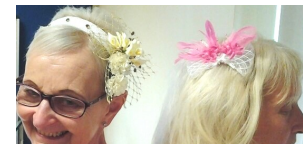


@ Rainbow
Centre, Penley

Tuesday 13th September & Tues-

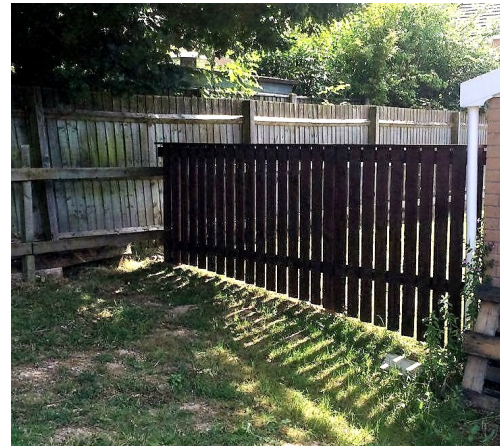
August Lunch & Learn

Fascinators with Sara Jones.
There were some lovely
Fascinators created during



and toddler group to play outside and for members of the day centre. We would like to take this opportunity to thank Top Notch Staff for supporting the Penley Rainbow Centre and erecting the fence free of charge, which is very well made and for funding the project.

(Left to right: Councillor's Ian Roberts & Lloyd Kenyon, service users Lillian Rooney, Peggy Cryer, Mary Jones, Chair of Rainbow Centres Trustees Robert Williams, service users Ken Pritchard, Sylvia Williams, Centre Manager Abigail Tudor, Top Notch Contracts Manager Jon Carroll)

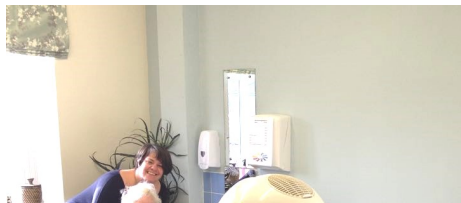


HAIR & BEAUTY @ THE RAINBOW CENTRE

The Rainbow Centre has a treatment room which is beautifully designed to enhance your visit. Warm and welcoming therapist's 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 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.



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.

For an informal chat please contact **Geraldine Vaughan on 01948 830730**

Mini bus is wheelchair accessible



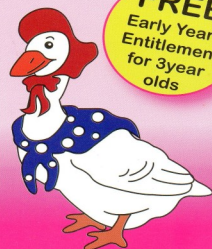
Knit, Natter & Crochet Every Wednesday 10am-12pm

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



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 Enviroment
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

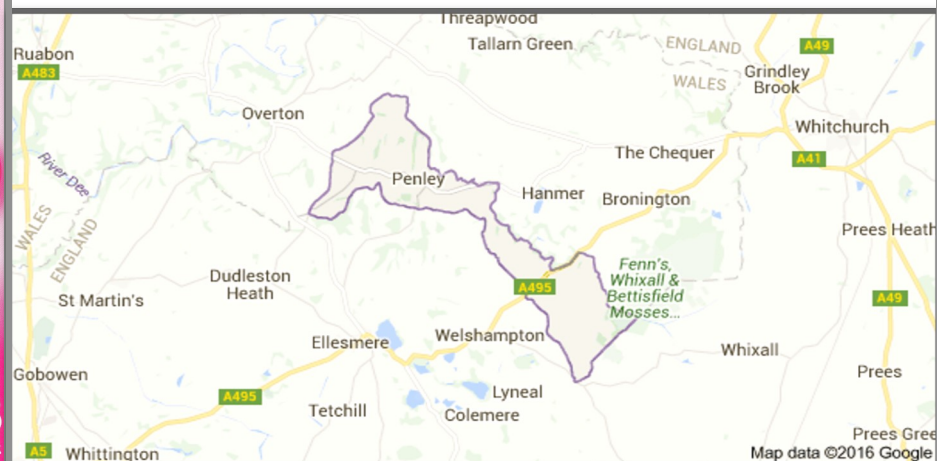
For further
information
contact
Sarah Love or
Michelle Jones on

01948 830003

www.mothergoosenursery.org.uk



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



**WE ARE
MACMILLAN
CANCER SUPPORT**



**Your invited 10am until 12pm
at the Rainbow Centre Penley
Friday 30th September**

**DOING SOMETHING
EXCEEDINGLY GOOD
FOR PEOPLE AFFECTED
BY CANCER**

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

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Hanmer Holistic Healing

Linda Hallett

Bsc Hons Acupuncture



For Pain relief,
Stress, Anxiety,
Migraine, IBS,
Menopause,
M.E. Parkinson's
disease