



**The Rainbow  
Foundation**



# SERVICE BROCHURE

**an active ageing charity delivering outstanding services  
to improve the health and wellbeing of our communities**

# ABOUT US



The Rainbow Foundation - formally known as The Rainbow Centre - is an award-winning charity that has been promoting healthy active ageing, good mental health and wellbeing whilst successfully tackling loneliness and isolation for the past 27 years.

Our mission is to help older people to regain their sense of worth, and to provide access to support, services and facilities that can empower people of all ages to retain as much independence as possible.

Welcome to our Rainbow family where we aspire to offer you a range of outstanding support that is as unique as you are.

*Caroline*

Caroline Tudor-James  
Chief Officer

# SERVICE SUMMARY

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## Day Opportunities

promoting health, wellbeing, meaningful social contact and friendship

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## Home Care

bringing our award-winning care and support service direct to your door

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## Rainbow Meals

delivering delicious and nutritious meals across the community



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## Social Prescribers

empowering people across Wrexham to take control of their health and wellbeing

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## Community Agents

a free service providing advice, information and support for the over 50's in our communities

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## Rainbow Groups

providing social and learning opportunities at our two centre locations in Penley and Marchwiell





# DAY OPPORTUNITIES

**Providing  
social care  
through  
dignity**



movement



self-care



nutrition



social interaction



**200,000**

**older people** have not  
had a conversation  
with friends or family  
for **over a month**

Our Day Opportunities  
Service focuses on  
**enhancing and developing  
relationships**, and  
**building self-confidence**  
to enable clients to better  
manage their health,  
wellbeing and self-care  
while combating loneliness.



**Day Opportunities provides**

- **social interaction**
- **connect you with your local community**
- **medication support**
- **frailty tests**
- **personal care and hygiene**
- **hydration & nutrition**

working to keep  
the **mind active**  
and the **body  
strong**





Group activities and shared interest groups are most likely to meet older people's needs for promoting health and wellbeing.

They provide meaningful social contact which offers access to new opportunities, learning, health promotion and support people through difficult times.

These groups effectively tackle loneliness, improve resilience and enable meaningful connections to be made.



**50%**  
OF PEOPLE  
AGED 75+  
LIVE ALONE



“ **My life has been made 100% better. I feel well supported by everyone and receive good food and good company.**

Billy, aged 89”



all day opportunities clients receive a **Rainbow Meal** providing **good nutrition** and **hydration**



### **Penley**

Monday to Friday from 9:30am - 3:00pm

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



### **Marchwiell**

Monday, Wednesday & Friday from 9:30am - 3:00pm

Marchwiell Village Hall, 21 Elwyn Drive,  
Marchwiell, Wrexham, LL13 0RD



### **Chirk**

Monday to Friday from 9:30am - 3:00pm

Chirk Parish Hall, Holyhead Road  
Chirk, Wrexham, LL14 5NA



# RAINBOW HOME CARE & SUPPORT

Through Rainbow Home Care & Support, we bring our **award-winning** service direct to your door.

With high standards of support tailored around your **individual needs**, we are confident that we can provide a service that is as **unique as you are**.



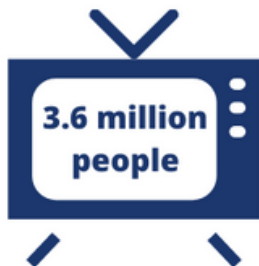
care at home



support in the community



independence



consider the television to be  
their main source of company

## more than just home care

At The Rainbow Foundation we understand the importance of social interaction.

That is why our Rainbow Home Care & Support not only provides the support you need at home, but it also enables our clients to get out and engage with their local communities and / or explore interests and hobbies.



# Full transparency direct to your phone



**get to know your carer in advance**



**receive clarity as to when we arrive and leave in real time updates**



**read a summary of what your loved one and their Rainbow carer got up to during their visit**

The app gives families piece of mind that their loved ones receive the high standards of care they deserve.



full support



transparency



personal care



unique service



The Rainbow Foundation is regulated and inspected by Care Inspectorate Wales (CIW), ensuring that the service we provide is of the highest quality.

Our service - ranging from **care in the home** through to **support in the community** or a **helping hand in the garden** - is built with you at it's core, tailored to your needs.

Contact us today to talk about starting your rainbow journey with us.



# RAINBOW MEALS

delivered fresh to your door

**Our Rainbow Meals services delivers delicious and nutritious meals across the community**

**£7**

A 2-course dinner of a hot meal and pudding (including delivery)

**£10**

Add a teatime pack: a 2-course dinner plus a sandwich and cake (including delivery\*).

**Eating a healthy, balanced diet helps:**



keep the  
body strong



reduce the  
risk of disease



increase  
cognitive  
function





## Our Rainbow Meals are:



delicious and nutritious



prepared fresh daily



contain a balance of protein, carbohydrates and at least 2 vegetables



can be adapted to meet dietary requirements

**Delivered on Mondays,  
Wednesdays & Fridays**

**Please order 24  
hours in advance**

Delivery available to: Penley, Overton, Hanmer, Marchwiel, Crosslanes, Bangor-on-Dee, Sesswick, Erbistock, Eyton, Bronington, Whitewell, Bettisfield, Horsemans Green, Willington, Worthenbury, Tallarn Green, Sarn, Holt, Pentre Maelor, Is-y-Coed, Bowling Bank & Abenbury.



# S O C I A L P R E S C R I B I N G

Free to all patients registered to a Wrexham GP

A Social Prescriber can help you establish what matters to you and provide you with direct support to reach your health and wellbeing goals.

We have successfully supported our clients through a wide variety of challenges including:

**Social  
Isolation**

**Mental  
Health**

(incl. anxiety, depression & low self esteem)

Life limiting  
conditions /  
chronic pain

**Finance &  
Employment**

**Bereavement**

**I can't tell you how  
helpful you have  
been, I feel so much  
better now, happier  
and more in control  
after your help**

feedback from client



**Social Prescribers can help improve your:**



poor  
health



loneliness



low  
mood



grief



financial  
worries



anxiety



A **fifth** of people who go to see their doctor have **social problems**



## connecting people

TO NON MEDICAL SOURCES OF SUPPORT IN THEIR COMMUNITIES

“It's been a lifeline for me, I felt I was really listened to and given the right support to be able to cope again.”

**We're leading the way to better wellbeing through providing practical and accessible Social Prescribing at all GP Surgeries across Wrexham.**

**A fifth of people who go to see their doctor have social problems which impacts their quality of life.**

**Delivered through a combination of talking therapy and signposting to support services, a Social Prescription can:**



**give you the tools and techniques to prioritise your health and wellbeing**



**give you the knowledge and confidence to take control of your long term health**

**Contact your GP for a referral today**



# COMMUNITY AGENTS

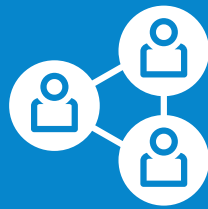
a free service

**Our Community Agent service supports over 50's across Wrexham.**

**TOGETHER, WE CAN HELP YOU:**



access  
services and  
support



reconnect with  
your local  
community



improve your  
mental health  
and wellbeing



strengthen  
community  
relationships  
& services

**Our Community Agents directly support clients with:**



income  
maximisation  
(benefit &  
debt support)

connecting  
with others  
using digital  
technology

signposting to  
appropriate  
services

applications  
and claims to  
access  
services

establish local  
clubs &  
activities

reducing  
social  
isolation





# Providing holistic support



Our Community Agents directly support our **Social Prescribers**.

They also work alongside social workers, occupational therapists, mental health workers, community nurses and other front-line health and social care services to provide you with the support you need.

## Last year our Community Agents

**helped  
with**

- falls prevention
- income maximisation
- retaining independence
- health improvement
- reduction in loneliness & social isolation

**raised £130,000  
in income  
maximisation**

**supported  
742 people**



# RAINBOW GROUPS

Our Rainbow Groups are a wonderful opportunity to meet friends - both old and new - in a warm and friendly environment



£7.50

## Rainbow Lunch Club

Why not join us for a two course lunch?

12pm - 2pm at - 1st Thursday at Penley

12pm - 2pm - 3rd Thursday at Marchwiel

## Rainbow Art Group

Come and show your artistic side!  
9:30am - 11:30am on Tuesdays at Penley Rainbow Centre



£6

## Knit, Natter & Crochet

Knit, crochet and laugh with friends. 10am - 12pm on Wednesdays at Penley



£2.50



## Peer Support Group for Carers



Meeting monthly on a Monday at Marchwiel Village Hall, our Peer Support Group for Carers is a safe space for people to share their experiences.



## Bereavement Support



A safe place to talk and support one another. 11am - 12:30pm the last Wednesday of the month at Marchwiel Village Hall

## Menopause Support Group



A safe place to meet and talk with people who understand how you feel. 6:30pm - 8pm the last Wednesday of the month at the Penley Rainbow Centre

**For the full list of our Rainbow Groups, please visit our website.**

**Booking for any of our groups is essential to ensure we comply with current Welsh Government Regulations.**

**To reserve your place please call us on 01948 830730.**





For more information on any of our services or for an informal chat please contact us today.

The Rainbow Foundation  
Whitchurch Road  
Penley  
Wrexham  
LL130GB

Tel: 01948 830730  
[www.therainbowfoundation.org.uk](http://www.therainbowfoundation.org.uk)

**Charity number: 1100479**

This brochure is available in Welsh on request