



SERVICE BROCHURE

September 2024

Gwybodaeth hefyd ar gael yn Gymraeg



ABOUT US

The Rainbow Foundation is a multi award-winning charity that has been promoting healthy active ageing, good mental health and wellbeing whilst successfully tackling loneliness and isolation since 1994.

Our mission is to help 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 Executive Officer



SERVICE SUMMARY



4 Day Opportunities
promoting health, wellbeing, meaningful social contact and friendship

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

7 Dementia & Frailty Support
helping individuals, groups and organisations both at home and in the community

8 Rainbow Meals
delivering delicious and nutritious meals across the community

9 Volunteering
opportunities to make a difference and support the people in your local communities

11 Wrexham Rural Transport Scheme
Supporting people with limited mobility across Wrexham

12 Enhanced Social Prescribing
empowering people across Wrexham to take control of their health and wellbeing

13 Community Outreach
providing consistent support beyond Enhanced Social Prescribing.

14 Active Futures
a physical health and peer support programme to combat frailty & MSK conditions

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

18 Compassionate Cymru
End of life support across Wrexham

19 Rainbow Groups & Visiting Services
providing social and learning opportunities at our two centre locations in Penley and Marchwiell



DAY OPPORTUNITIES

Enhancing and developing relationships, and building self-confidence to enable people to better manage their health, wellbeing and self-care while combatting loneliness.

The Day Opportunities service operates from three Wellbeing Hubs, situated in Penley, Chirk and Marchwiell.

Our core offer includes:



exercise



great food



self-care



entertainment



friendship



“Coming to the centre has changed my life. I have good food and good company.”

Billy, aged 89

Wellbeing Hubs



Penley

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



Marchwiell

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



Chirk

Monday Tuesday & Thursday
9:30am - 3:00pm



transport available



We have **three minibuses** which not only serve our clients, allowing us to **provide transport to and from our hub locations**, but they also allow us to **plan day trips to local services and attractions**.

The service **combats frailty, promotes independent living, good nutrition, peer support and social capital**, whilst providing lots of opportunities for clients to **get involved in meaningful activities aligned the 5 Ways to Wellbeing**.



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



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Our Day Opportunities service accepts private clients and those funded via WCBC



DEMENTIA & FRAILTY SUPPORT

Rainbow's Dementia and Frailty Ambassador can support members of the community with:

Dementia Support



Dementia Advocacy; helping you be fully informed so you can make the right choices for you and ensuring that your voice is heard.



Dementia translation services, including support to use devices and techniques to help those with dementia to live independently.



Support families and carers to effectively communicate with people with advanced dementia.



Support and referrals to relevant services & groups.



Dementia friendly training for groups, organisations or individuals.

Frailty Support



Frailty assessments.

Falls prevention support and referrals to relevant services.



Support to become more active to reverse frailty and reduce the risk of falls.



Voice. Choice. Control.

Contact Hayley today and let her help you become an active participant in your care.



hayley.scott@therainbowfoundation.org.uk

01948 830730



HOME CARE & SUPPORT



care at home



support in the community



independence

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**.



transparency



personal care



unique service

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 peace of mind that their loved ones receive the high standards of care they deserve.



Arolygiaeth Gofal
Cymru
Care Inspectorate
Wales

“People receive person centred care from reliable and caring staff who know them well.”

Care Inspectorate Wales Inspection Report

“I don't know what I'd do without Rainbow”
Iris, Rainbow Care Client

Call us on 01948 830730
to find out more

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.

Our Home Care service is available across South Wrexham and accepts private clients and those funded via WCBC



bringing our
award-winning
service direct to
your
door



RAINBOW MEALS

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

A service to support older people in our local communities and those recovering from illness to help them to retain their independence.



Eating a healthy, balanced diet helps:



keep the body strong



reduce the risk of disease



increase cognitive function



delicious and nutritious



prepared fresh daily



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



can be adapted to meet dietary requirements



made with local butcher and greengrocer produce

£8.50

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

£12

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

Please order 24 hours in advance

Delivery available across South Wrexham. Contact us for a full list of villages we deliver to.

Delivered on Mondays, Wednesdays & Fridays



01948 830 730



VOLUNTEERING

Could you spare a few hours to support our communities?

Volunteering is a great way to **meet new people**, use **existing skills**, gain **experience** in your community and **have fun**.



a connection
to others



enhanced
wellbeing



fun &
fulfillment



We are incredibly proud to have achieved our Investing in Volunteers accreditation, proving how much we value our volunteers and our commitment to providing an outstanding volunteer experience.



VOLUNTEER WITH US AND MAKE A DIFFERENCE

We have a wide variety of volunteer roles available to suit any skill or interest, including:

- Community drivers
- Minibus drivers
- Social Group hosts & support
- Rainbow Meals drivers
- Catering assistants
- Singers
- Crafters
- Heritage & history volunteers
- Day Opportunities befrienders
- Welsh translators
- Chicken carers
- Community befrienders
- Fundraisers
- Leaflet distribution

If there is something else you think you could support us with, please let us know.

If you would like to find out more about volunteering and the roles we have available, please contact the team on **01948 830730** or email us at **volunteering@therainbowfoundation.org.uk**.

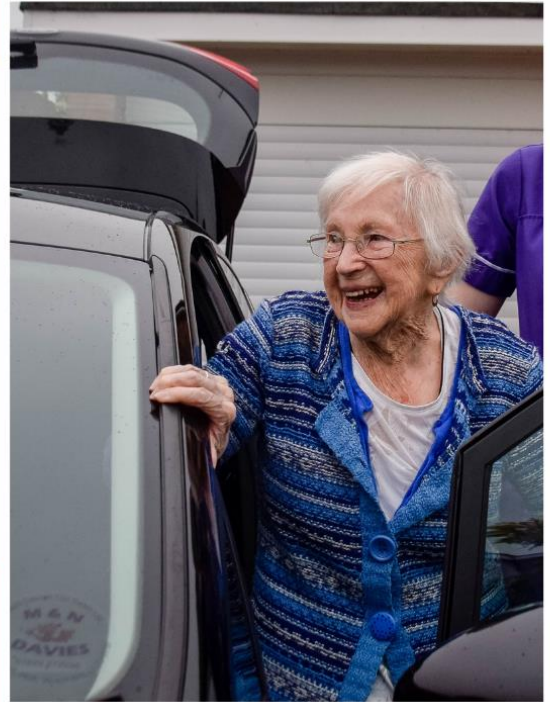




“Age doesn’t stop you wanting to do things, Rainbow has been a lifeline”



WREXHAM RURAL TRANSPORT SCHEME



The Wrexham Rural Transport Scheme is a small community-based service coordinated by The Rainbow Foundation at their main office in Penley and delivered by a small team of dedicated volunteers. They ensure journeys are provided for hospital and medical appointments for residents around South Wrexham.

The service is designed to help people with limited mobility and/or limited access to public transport get to and from essential medical appointments.



The service offers the security of a driver from the local community who has a Disclosure and Barring Service check and who is registered with our Volunteering Coordinator.

It may even be someone you already know and can enjoy a chat with on the way to and from your visit!



security



trust



support



Contact us today

01948 830242





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

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

An Enhanced Social Prescriber helps clients establish what matters to them and provide them with direct support to reach their health and wellbeing goals.

ENHANCED SOCIAL PRESCRIBING



Helping to improve your:



poor health & pain management



loneliness & isolation



low mood & anxiety



grief



financial worries



lifestyle changes & goal setting



Free to any adult across all of Wrexham who are registered with a Wrexham GP.

Finance & Employment

Social Isolation

Mental Health

(incl. anxiety, depression & low self esteem)

Life limiting conditions / chronic pain

Bereavement

Reasons for referral

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

Contact your GP for a referral today or email us at spt@therainbowfoundation.org.uk to self-refer



COMMUNITY OUTREACH SOCIAL PRESCRIBING

Our Community Social Prescribing Practitioners deliver community outreach services, providing consistent support beyond Enhanced Social Prescribing to enable you to remain independent, build resilience and make informed choices.

This service is free to all Wrexham residents who are aged 18 and above.



WE CAN HELP WITH



welfare rights support



multiple referrals



finance, housing & employment support



wellbeing support



Sarah Flaherty

Supporting you in your community

Our Community Outreach Social Prescribers can support you with a range of issues that may be impacting on your health and wellbeing.

They can help you to complete forms and applications, access the right support, help you navigate through services, or advocate on your behalf so that you get the help you need.



Contact us to self refer
01948 830730



Welfare Rights and Income Maximisation



Cost of Living and Debt Management Support



Blue Badge Applications



Dealing with Multiple Care Needs or a New Diagnosis



Struggling to Care for Yourself or Someone Else



Home visits





Funded by
UK Government

ACTIVE FUTURES

STRENGTH & BALANCE

a FREE physical health and peer support programme to combat frailty & MSK conditions

ARE YOU

- aged 65 and over?
- at risk of a fall or have fallen in the past?
- living in the Wrexham area?
- nervous or anxious after a fall?
- preparing for an operation?

If you meet any of these criteria and are able to stand up from a chair and walk for 2 minutes with or without a walking aid, then you can self-refer to Active Futures.

Our **physiotherapist led** Active Futures **group exercise sessions** address:



musculoskeletal conditions



muscle strength



balance



postural stability



flexibility



heart and lung function



social connections

Meeting **twice a week for 12 weeks** at a **choice of 4 locations**, this programme is designed to enable participants to **remain active and independent** in their **homes**.

Join us in a **safe environment** while you learn about **preventing falls** and **staying healthy as we age**. Stay for a **coffee and chat** and enjoy some **peer support**.

Call us on **01948 830 730** to find out more and **refer yourself today** or email us at **activefutures@therainbowfoundation.org.uk**



Assessments at start of, and after 12 weeks, showed that participants had increased in strength and improved their balance.

- 100% improvement in standing from seated.
- 81% improved handgrip strength.
- 94% increased walking distance in 6 minutes.
- 87% increase in balancing.

RESULTS



Active Futures client Julia SAYS



My quality of life was getting worse and worse. I was in a lot of pain, I was having to use sticks, I was falling. I'd seen a surgeon and he said I needed multiple surgeries. I came on the [Rainbow Foundation's] 12 weeks programme and I was really impressed. I have increased confidence, I'm mobile again, no sticks in sight! Even the consultant, was absolutely amazed by how quickly I recovered.





COMMUNITY AGENTS

Providing free information, advice and support for over 50's in our local communities

HELPING WITH



improving your health and wellbeing



reconnecting you with your local community



connecting with others using digital technology



signposting to appropriate services



establishing local clubs & activities



Our Community Agent service offers direct support, advice and referrals, to support residents with:



Retaining independence (telecare, community alarms, OT assessments, home care)



Reduction in loneliness and social isolation (peer support groups and volunteering, befriending services and the widening of circle of care)



Health improvement (linking to local surgeries, community nursing teams, mental health teams and hospital discharge, pharmacies)



Areas supported:

- Brymbo
- Broughton
- Llay
- Gwersyllt
- Acton



Contact us today
01948 830242



communityagents@therainbowfoundation.org.uk





Funded by
UK Government

CHANGING HABITS

new pilot programme



DO YOU HAVE

- a BMI over 30
- High blood pressure
- Pre diabetic / diabetic
- High cholesterol

A 10 week health improvement programme

Working to improve people's emotional and physical wellbeing

Starting with a **full health check** both **before** and **after** the programme, your group will **meet twice weekly** for **10 weeks** to take part in **activity** and **learning sessions** allowing you to **take control of your health and wellbeing** and work towards a **healthier future**.

Changing Habits can help:



establish
positive habits



improve
mental health



improve
physical health



'protect' for
the future

Call us on **01948 830 730** to find out more or email us
at activefutures@therainbowfoundation.org.uk



COMPASSIONATE CYMRU

End of life support across Wrexham including Future Care Planning, Carers Support and Bereavement Groups.



YOUR RIGHT TO CHOOSE

Supporting you to communicate your goals and preferences as you plan for the future. This could include:



treatment preferences



Power of Attorney



end of Life wishes



will writing

Vulnerable people received more personalised care through a new scheme led by Betsi Cadwaladr University Health Board (BCUHB) to ensure people have all the important information they need with them when they are admitted or discharged from hospital.

Provided via the Rainbow Care Team and as part of the Rainbow Social Prescribing service.

40 CLIENTS CURRENTLY HAVE A RED BAG

RED BAG SCHEME

PROVEN BENEFITS

✓ Better and **more efficient information sharing** between families, care teams, emergency services and hospital teams.

✓ **More detailed information** shared.

✓ **Improvement in clients care and treatment.** Evidenced **high demand for Advance Care Planning in the community.**



SUPPORT GROUPS

ACROSS WREXHAM


Our support groups provide a safe space for people to talk openly about their feelings while improving skills to cope with challenges. They effectively tackle loneliness, improve resilience and enable new connections to be made.

BEREAVEMENT 1 TO 1'S & SUPPORT GROUPS

Our Bereavement Support Groups provide a **safe space** for anyone experiencing **bereavement** where you can meet with peers that **understand how you are feeling**. You are free to talk as little or as much as you like in these **supported sessions**.



-  **Wellbeing Hub - Wrexham**
 - 1 to 1 appointments available
 - Call Lisa on 07947 937996 to book

-  **Piercy Hall - Marchwiel**
 - 4th Wednesday of the month • 11am - 1pm

-  **Gwersyllt Resource Centre**
 - 1 to 1 appointments available
 - Call Lisa on 07947 937996 to book

Contact us to book or to chat to our **Social Prescribing Team**

01948 830730

spt@therainbowfoundation.org.uk

CONTACT US


FIT FUTURES


A circuit exercise class for the over 50's


Meeting weekly, this 45 minute circuit exercise class is designed to keep both the mind and body strong. Are you aged 50 or over? Can you move between exercises independently?


If so, why not join us at one of our classes?


CALL US ON 01948 830730 TO BOOK


 Penley on Mondays
11:30am - 12:15pm

 Marchwiel on Tuesdays
10am - 10:45am

 Marchwiel on Tuesdays
1pm - 1:45pm

 Acton on Wednesdays
11:50am - 11:35am

 Acton on Wednesdays
12 noon - 12:45pm

 Chirk on Fridays
10am - 10:45am



SOCIAL GROUPS

AT OUR WELLBEING HUBS

Group activities and shared interest groups promote health and wellbeing by providing meaningful social contact. They offer access to new opportunities, learning, health promotion and provide support for people through difficult times.



Art Group

Come and show your artistic side!

9:30am - 11:30am on Tuesdays at Penley Rainbow Centre

Rainbow Lunch Clubs

Why not join us for a two course lunch?

12pm - 2pm at - 1st Thursday at Penley
12pm - 2pm - 3rd Thursday at Marchwiell



Knit Natter & Crochet

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

Rainbow Singers

Share the joy of singing in a group each Monday at the Penley Rainbow Centre from 4pm to 5pm

Our **Reminiscence Choir** also meets three weeks of the month in Penley and welcomes people living with dementia and other life limiting conditions and their carers.



Hot Ladies Menopause Support Group

Meeting the last Monday of every month from 6:30pm - 8pm at the Penley Rainbow Centre for people who are experiencing the effects of the menopause or perimenopause



Stans Shopping Trip

Join us every other Monday (except bank holidays) to take a trip to Stan's Superstore in St Martins where you can enjoy lunch and take a browse around the store.

Leaving Penley at 11:30am with various pick up points



Gentlemen's Brunch Club

Meeting on the second Thursday of the month at 10am for a short walk, the group then meet back at the Penley Rainbow Centre at approximately 10:45am for a social breakfast.



Pilates

Meeting Thursday each week from 6:15pm - 7:15pm at the Rainbow Centre in Penley, our Pilates class allows participants to strengthen their mind and body. £6 per class.



VISITING SERVICES

®

POST
OFFICE

Post Office Community Pop Up

Tuesdays from 2pm - 4pm at Penley Rainbow Centre
Wednesdays from 10am - 12pm at Piercy Hall in Marchwiel

Wrexham Library

The Wrexham Mobile Library Service is available at the Penley Rainbow Centre every 4 weeks from 1pm - 2pm.

You can contact the team on 07341 090921 / 01978 667286 or via email at ML@wrexham.gov.uk to reserve your books and book a slot for collection.



Hairdresser

Weekly at Penley on a Wednesday and Friday morning.
Please call Kerry on 07845 950425 to book.



Chiropodist

At Penley and Marchwiel every six weeks. Please contact the office on 01948 830730 for next available dates and to book





The Rainbow Foundation
Rainbow Centre Penley,
Whitchurch Road,
Penley, LL13 0GB



@therainbowfndn

Registered charity number 1199932

Care Inspectorate
Wales registered



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

01948 830730

info@therainbowfoundation.org.uk

www.therainbowfoundation.org.uk



this brochure is available in Welsh on request