



Funded by
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The Rainbow
Foundation

ACTIVE FUTURES



A choice of 4 locations:

- Penley
- Marchwiel
- Acton
- Rossett

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 3 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



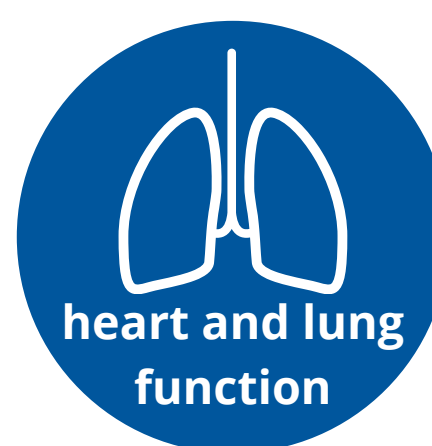
balance



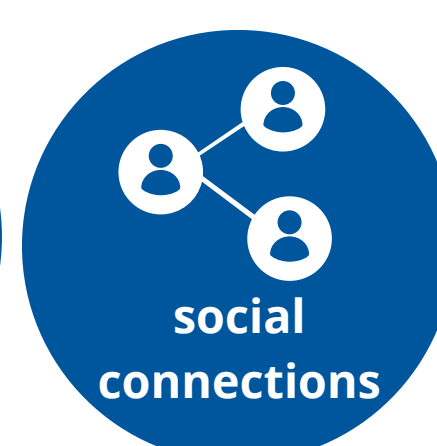
postural
stability



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 you to **remain active** and
independent in your **home**.

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**



RESULTS

Assessments at the start of the programme, and after
12 weeks, showed that participants have shown:

- improvements in strength and balance
- improvements to continence
- increase in distances walked
- improvement in pain management



activefutures@therainbowfoundation.org.uk

www.therainbowfoundation.org.uk

Charity number: 1199932

A choice of 4 locations

Our next Active Futures cohort begins in January 2025.

There are four locations to choose from with two classes each week. Please note that attendance at both classes for your location is mandatory to realise the full benefits of the Active Futures programme.



Penley Rainbow Centre

Mondays 10am - 11am & Wednesdays 1pm - 2pm

Whitchurch Road, Penley, LL13 0GB



Rossett Community Hub

Mondays 2pm - 3pm & Thursdays 2pm - 3pm

The Green, Rossett, Wrexham, LL12 0DS



Piercy Hall, Marchwiel

Tuesdays 11:30am - 12:30pm & Thursdays 10am - 11am

29 Piercy Avenue, Marchwiel, LL13 0RH



Acton Community Resource Centre

Wednesdays 10am - 11am & Fridays 2pm - 3pm

Overton Way, Wrexham, LL12 7LB

Before classes begin, participants will be assessed to collect baseline data and to ensure that the programme is suitable for them.

This will take place on the following dates:

- **Tuesday 17th December from 9:30am - 12.30pm at Piercy Hall in Marchwiel**
- **Wednesday 18th December from 12:30pm - 3:30pm at Penley Rainbow Centre**
- **Thursday 19th December from 9:30am - 12:30pm at Rossett Community Hub**
- **Friday 20th December from 12:30pm - 3:30pm at Acton Community Resource Centre**

Unable to attend this cohort?

If you are interested in our Active Futures programme but are unable to start in January, then please contact us to join our waiting list for future cohorts.

Contact us today on 01948 830730 to register your interest.



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