



Rainbow
Foundation

Impact Report

April 2024 - March 2025

OUR VISION, MISSION & VALUES

Operating since 1994, the Rainbow Foundation is an Ageing Well Centre of Excellence that works to improve the health and wellbeing of our communities through a range of interventions and services.

OUR VISION

An age friendly community in which people lead healthy fulfilling lives as engaged citizens.

OUR MISSION

To provide opportunities that empower people of all ages to retain as much independence as possible with an emphasis on rights, value and contribution.

OUR VALUES



passion



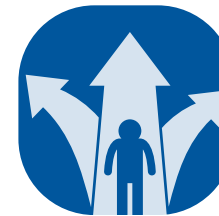
ambition



respect



dignity



opportunity



empowerment

Welcome from our CEO

This report marks our first full financial year under the new Charitable Incorporated Organisation (CIO) structure, while celebrating the charity's 31st year overall, following our merger with the original Unincorporated Charity.

Rainbow Foundation is proud to be recognised as a centre of excellence for ageing well. In the last year, we have reached over 7,000 people in person and continue to respond to need with flagship programmes like Active Futures and our holistic model for ageing well. Our organisational Social Return on Investment is £15.73, so for every £1 spent, £15.73 is generated in social value.

Our Journey

Following the merger from our former charity structure to the new CIO, we embraced a fresh rebrand, bringing a new look and stronger governance frameworks to support our future. While our appearance has evolved, our commitment remains unchanged: the same trusted services and dedicated staff continue to deliver excellence across our communities.

Looking Ahead

Thank you for joining us on this journey—as staff, volunteers, partners, and community members. Together, we will continue to create meaningful change and deliver services that make a real difference in people's lives.

Continuity and Innovation

This transition represents more than structural change; it is a foundation for innovation and resilience. We are building on decades of experience, learning from our COVID-19 response, and shaping new models that strengthen wellbeing and community capacity for the years ahead, while supporting our partners across health and social care.



 I'm delighted to present our Impact Report, reflecting on a year of transformation and achievement. 

Caroline Tudor-James
Chief Executive Officer



Health and Wellbeing Challenges

North East Wales has an ageing population living longer with poor health and complex conditions. Our programmes and services are designed to combat these risk factors by helping people keep healthier for longer, reduce the impact of long-term health conditions by supporting lifestyle changes, and maximise the quality of life for people with complex health needs and multiple long term conditions.

1 in 5

people in Wrexham
are over 64 years old
1/3 live in rural areas

1 in 4

older people
suffer isolation
and loneliness

50%

of people over 64
are in bad health

26%

of over 65s need help
with at least one
activity of daily living
* bathing, dressing, eating

1 in 14

over 65 are living
with Dementia *
* rate increases with age

60 yrs

Healthy Life Expectancy
for North East Wales*.
* reduction of 2.2
years since 2018

35%

of over 65s are
affected by frailty

26%

of mortality in North
Wales is due to
Cardiovascular Disease

63%

of adults are
classified as
overweight or obese

1 in 10

struggle with their
mental health

1 in 5

people are prescribed
antidepressants at
some point in their life

45%

reduction in bus
services since 2018,
impacting rural
communities

11%

people in Wales miss
essential journeys, like
medical appointments
due to lack of transport

> 8,000

people over 65
attend Wrexham
A&E every year

1 in 6

hospital admissions
become a delayed
transfer of care

Cost Savings

By applying the SROI framework, HACT and National TOM's Wales estimated the potential cost savings to the NHS and Social Care, and gains to the public as a result of activities and interventions delivered by the Rainbow Foundation.

Health Value - Impact on Physical Health by Outcomes Headlines

Cardiovascular Disease Risk Reduction	£162,050
Diabetes Risk Reduction	£118,668
Cancer Risk Reduction	£59,778
Falls Prevented	£1,207,076
Cognitive Function Maintained	£1,311,150

Health Value - Impact on Mental Health by Outcomes Headlines

Improvement in Life Satisfaction	£769,770
Reduction in loneliness and isolation	£742,513
Improving quality of life of carers	£559,927

Societal Value - Connected Resilient Communities Headlines

Reducing demand for NHS Appointments	£293,906
Reducing demand for residential care home stays	£396,195
Increased access to work & learning	£358,178

* estimated cost savings to the Health and Social Care system as a result of Rainbow Foundation interventions

**£8.5
million***

Health Value - Impact on
Improving Physical Health

£3,480,191

Health Value - Impact on
Improving Mental Health

£2,772,043

Societal Value - Connected
Resilient Communities

£1,996,738

Building Resilient Communities

through a community, asset and strengths-based approach

The Rainbow Foundation is embedded and trusted across our communities. We are a Real Living Wage employer, we invest locally, support local businesses, and operate with a place-based approach that prioritises community strengths and partnerships.



Personal Assets

e.g. the knowledge, skills, talents and aspirations of individuals



Social Assets

e.g. relationships and connections that people have with their friends, family and peers



Community Assets

e.g. voluntary sector organisations, associations, clubs and community groups.



Neighbourhood Assets

e.g. physical places and buildings that contribute to health and wellbeing such as parks, libraries and leisure centres.

Lifelong learning is central to the Rainbow Foundation. We offer training with local partners and regularly assess community needs to support skill development. Older adults stay engaged, build skills, and contribute meaningfully to community life.



The Rainbow Foundation demonstrated exceptional cross-sector collaboration during COVID-19, ensuring resilience and continuity of care when communities needed it most.



NHS Confederation



The Rainbow Foundation was praised for stepping in where others could not, delivering outstanding health and wellbeing services and becoming a model of innovation.



The King's Fund

Service Model

Croeso i Welcome to
RainbowFoundation

Canolan Ragoriaeth Heneiddion Dda
Ageing Well Centre of Excellence for Wales

"Empowering Independence, Enhancing Wellbeing, Enriching Lives"

Our holistic model includes comprehensive support under one roof at each of our hubs, and a range of outreach programmes and services embedded in the wider community.

Providing rehabilitation, therapy, care and support, information, advice and activities to empower independence, enhance wellbeing and enrich lives.



5 AREAS OF SPECIALISM

Mental Health &
Positive
Behaviour Change

Frailty, Falls &
MSK Conditions

Dementia
Services &
Support

6 Ways to
Wellbeing

Future Care &
End of Life
Planning

10 SERVICE AREAS

our 5 areas of specialisms can be found across all 10 of our service areas

Day Opportunities

Care in the Community

Social Prescribing

(Talking Therapy / Lifestyle &
Mental Health Support)

Navigators

(Community Outreach ,
Dementia interpreter and
Future Care Planning)

Connectivity

(Community Transport
& Technology)

Rainbow Meals

Behaviour Change
Programmes
to Get Active

(Active Futures, Fit Futures &
Changing Habits)

Hub Services

(Showering /Chiropractist
/ Hairdresser /
Incontinence Support)

Volunteering

Groups

(Peer Support / Social Interest /
Dementia Focused Groups)

WHO Age Friendly Communities

WHO defines Age-Friendly Communities as places where people, services, and policies work together to help us age well. With eight key domains, the Rainbow Foundation's holistic model aligns to these principles, enabling older people to live healthy, active, and connected lives.



Outdoor Spaces and Building

Two Age-Friendly Hubs in Wrexham, redesigned for accessibility and inclusivity, with ongoing input from older people to ensure dementia and disability-friendly spaces.



Transportation

Rainbow Community Transport is a reliable accessible door-to-door transport for isolated older people in Wrexham. An essential lifeline for people with limited transport and high deprivation



Housing

Specialist staff provide complex, dementia, and end-of-life care. Our Integrated Care Model links home care with Rainbow Wellbeing Hubs for therapies, advocacy, social prescribing, and preventative support—addressing health needs holistically.



Social Participation

Inclusive activities that remove barriers and welcome all, with intergenerational programmes and diverse options like heritage events, art, singing, walking, lunch clubs, knitting, and Pilates.





Community and Health Care

Integrated Care at Rainbow combines clinical, social, and practical support for older adults. Through hubs, outreach, and home care, we deliver holistic services locally. Programmes like Active Futures, Fit Futures, and Social Prescribing boost health, reduce frailty, and promote independence.



Communication and information

Wellbeing Hubs in South Wrexham offer one-stop access to events, health advice, transport, digital skills, and wellbeing services. With specialisms in dementia, falls, future care planning bereavement to ensure up-to-date support.



Civil Participation and Employment

Lifelong learning is central to the Rainbow Foundation. We offer training with local partners and regularly assess community needs to support skill development. Older adults stay engaged, build skills, and contribute meaningfully to community life.



Respect and Social Inclusion

Older people co-design and deliver programmes like Active Futures, garden projects, and meal planning. They lead community activities and curate exhibitions, showcasing creativity and capability and have opportunities to volunteer..



Day Opportunities

Our Day Opportunities service brings people together to **combat frailty, loneliness and declining health**. We promote **independent living, good nutrition, building natural peer support and social capital**, whilst providing lots of opportunities for clients to **get involved in meaningful activities** aligned the **6 Ways to Wellbeing**.



transport



exercise



self-care



great food



meaningful
activities



friendship



community
connection



information
& advice

Attendees can expect to engage in:

Goose and Goslings, our intergenerational intervention developed in partnership with Mother Goose Nursery. Developing connections through activities that encourage movement, memory, shared learning and friendship.

Connect with the outdoors through our Hensioners project, with 6 hens living on site, and accessible community gardening.

Balanced Futures, our evidence-based daily exercise programme working to prevent falls and promote self-recovery from a fall.

Singing for the Brain, our weekly singing sessions, stimulating brain function and reducing age-related hearing decline.



67

clients supported
weekly

100%

of clients are over
the age of 75 years,
live with frailty and
have two or more
disabilities

100%

of clients
regained a sense of
belonging and a
sense of purpose

£1,279,432

Social Value created
to clients and
families

£38,000

average cost of
delayed escalation of
care to residential
and nursing care

“Without Rainbow, I would have just faded away”

Brenda's Journey from Isolation to Connection with The Rainbow Foundation



Brenda, 93, was married to Doug for 69 years. They did everything together, and his passing three years ago left her feeling lost and deeply lonely.

Despite having a supportive family, Brenda longed for companionship with people her own age and struggled with the silence that filled her home. “Doug wasn’t a big talker, but he was always there,” she recalls. “It was so quiet when I was on my own.”

For a year, Brenda withdrew from life, expecting that loneliness would define her remaining years. “I didn’t do anything for a year,” she says. “I think I was prepared to do nothing for the rest of my life.”

That changed when she was introduced to The Rainbow Foundation. Initially hesitant, Brenda was nervous about attending Day Opportunities. “I wasn’t sure I could do it, wasn’t even sure I wanted to,” she admits. “But I’m so glad I did.”

Now attending twice a week, Brenda enjoys a variety of activities including exercise, games, and quizzes. “Rainbow is so stimulating,” she says. “When I get home, I’m worn out—in a good way!”

She’s also formed meaningful friendships, including a close bond with Ellen, whom she met on her first visit. “It turned out our husbands knew each other through church. We just clicked.”

Brenda credits Rainbow with transforming her life.

“Without Rainbow, I think I would have just faded away. It’s given me purpose, laughter, and friendship.”



Independent by Design: Age-Friendly & Dementia-Friendly Hubs

We completed renovations at our two main sites, the Rainbow Centre in Penley, and Piercy Hall in Marchwiell to ensure they are accessible to all.

Key improvements include:

Redesigned Day Opportunities space

providing an environment that truly feels like a “home away from home”.

Fully accessible bathroom

with hoist and changing facilities, supporting complex personal care and post-hospital rehabilitation.

Dementia-friendly and age-friendly wayfinding

ensuring the hubs are safe, accessible and supportive for all.

Commercial-standard kitchen

enabling the expansion of our Rainbow Meals service to reach more people in need.

Physiotherapy and treatment space

providing a dedicated area for chiropody, hairdressing, and physiotherapy, designed with dementia in mind.

Upgraded car park & garden

with improved safety, capacity and additional disabled parking at the main entrance.

These enhancements ensure that both our Rainbow Care hubs in Penley and Marchwiell can continue to deliver safe, inclusive, and high-quality services, bringing care closer to home for those who need it most.



Hub Services

Greater access to services supporting self care

380

individuals
supported with
self-care



Hairdressing

Personal care matters for wellbeing, not just appearance. A simple haircut can boost confidence and lift spirits. With our newly refurbished treatment room, clients now enjoy a full salon experience without the need to travel, bringing comfort and dignity closer to home. Hairdresser Kerry visits our sites every week to provide this service.



Chiropody

Chiropody is vital for foot health—especially for people with diabetes—helping prevent infections, improve balance, and reduce falls and stay pain free. Because professional care can be costly, our sessions at the Rainbow Centre are subsidised to keep them affordable, so people can stay active, independent, and pain-free. Chiropodist Ray visits our sites every four to six weeks to provide this essential care to our local communities.



Personal Care

Both hubs are fully accessible and designed for everyone, including those with physical support needs. Features include step-free access, wheelchair-friendly spaces, modern bathrooms with hoists and changing tables, accessible parking, and dementia-friendly design and wayfinding.

Shower and personal care facilities are available to our clients and the wider community, with support from our qualified care team if needed. Because everyone is entitled to dignity in personal hygiene.





Helping older people
regain their sense of worth.

RainbowFoundation



Rainbow
Foundation

Home Care

Developed in response to a lack of provision for home care across rural South Wrexham, the Rainbow Foundation is the only provider operating in the main villages and hamlets we serve.



“People’s wellbeing and sense of worth is greatly enhanced by all leaders and staff.”

CIW Inspector



Consistently scored a Q score of 4 for medications monitoring and completing medication tasks for clients



High client satisfaction with the service and continuity of care

During our most recent Care Inspectorate Wales (CIW) report, we were recognised for our **outstanding approach to integrated care and support**. Rainbow received an **excellent** rating for **wellbeing** with CIW highlighting our **unique model that blends home care with services like falls reduction, bereavement counselling, and day opportunities**—all delivered through our hubs in Penley and Marchwiel.

“ Rainbow is a model of excellence with home care integrated with the Rainbow Centre. As a house bound client, this extends to security and support, being part of the community and knowing help is not far away.”

Excellent
CIW Rating



8518

home visits completed
during the year

Quality Score 4

maximum quality score
for service delivered

£952,474

Social Value created to
the health and social
care system

Bevan Commission Exemplars

Comisiwn
Bevan
Commission

Testing Tomorrow's Reality Today

The Bevan Commission is Wales' leading health and care innovation body, shaping policy and practice to create a sustainable NHS. Each year, it selects Exemplar projects that test bold ideas to tackle system challenges and improve patient outcomes.

The Rainbow Foundation is proud to be chosen as an Exemplar for two pioneering projects, co-produced with people with lived experience and delivered in strong partnership with Social Finance, Betsi Cadwaladr University Health Board, and GP cluster leads.

In My Place

A combined Hospital Avoidance and Future Care Planning service, designed to reduce unnecessary admissions and ensure people die well in a place of their choice. Tackles system stressors; falls, long hospital stays, and over-medicalisation at end of life.

Uses an innovative Invest-to-Save Social Impact Bond model with support from Social Finance, aligning incentives and reducing risk for the Health Board. **Creating System Savings of £6.54m over 3 years.**



SCAN TO VIEW THE
ACADEMIC POSTER

Active Futures

Our award-winning programme tackles frailty, falls, and musculoskeletal conditions in older people. Combines a Social, Psychological and Physical support programme to drive behaviour change and improve long term physical and mental health in older people.

Social Return on Investment (SROI):
£14.02 for every £1 spent.

With a system value of £1.2 million



SCAN TO VIEW THE
ACADEMIC POSTER

Looking Ahead

We'll present our learning at the Senedd in January 2026, sharing how innovation, partnership, and co-production can transform care. These projects show what's possible when we test tomorrow's reality today.



Active Futures



musculoskeletal
conditions



muscle
strength



balance



postural
stability



flexibility



heart and lung
function



social
connections



Scan the QR Code to
watch Julia's story

When it comes to falls prevention, reversing frailty and managing chronic joint pain, the evidence is clear:

Dose, progression, and structure matter. Active Futures is a clinically informed, evidence-based rehabilitation programme. Delivered across a range of community settings in supportive environments.

Active Futures is available across North East Wales, and combines:

- ✓ **Progressive, multicomponent exercise** – targeting lower-limb and trunk strength, balance, gait, and dual-task activities.
- ✓ **Twice weekly structured sessions at sufficient intensity and volume** – evidence-based protocols
- ✓ **Qualified delivery** – trained staff who understand assessment, stratification, and progression.
- ✓ **Embedded COM-B behaviour change framework** - creating the motivation to sustain new habits long-term.
- ✓ **Educational training and Peer support** - to inform and embed lifestyle changes, and sustain engagement.
- ✓ **Community and asset-based** – delivered in local venues, helping participants build social connections in their own communities.
- ✓ **Social Prescribing and Transport** – to address barriers to engagement, wider determinants of health, and link to local opportunities

Impact

Proven to help individuals regain mobility and independence, whilst reducing pain and easing pressure on the NHS.

“Amazing groups, will get your life back on track.

Love every session and make new like-minded friends.”

Gwyneth - Active Futures Participant

147

people attended the
12-week programme

1.62 days

average increase in
the number of days
an individual was
physically active for

SROI
of £14.02
generated in
health gains

96%

improvement in
functional physical
fitness

£1.2
million

savings to NHS and
Social Care systems

“making the impossible possible with the right support”



Jeffrey's Journey from Frailty to 10K Finisher with The Rainbow Foundation

70-year-old Jeffrey struggled to walk the length of his yard without the risk of falling. Today, he's a proud finisher of the Wrexham 10k, having raised funds for the Rainbow Foundation—the charity he credits with turning his life around.

Jeffrey's transformation began in October 2023 when he joined Rainbow's free Active Futures programme, designed to support older adults with frailty and musculoskeletal conditions. Through tailored physical exercises and peer support, Jeffrey gradually rebuilt his strength, balance, and confidence. Initially unable to walk long distances or bend and lift, he now not only completed a challenging 10k race but did so alongside Active Futures Community Lead Jane Bellis, who supported him every step of the way.

Cheered on by friends and fellow Rainbow Runners, Jeffrey crossed the finish line to applause and admiration—including from Wrexham Mayor Andy Williams, who called his achievement “extraordinary” and hailed him as “the ultimate victor.”

Since graduating from Active Futures, Jeffrey has continued his fitness journey through Rainbow's Fit Futures classes and is now exploring volunteering opportunities. Jane Bellis adds, “Jeffrey is an inspiration. His progress has been incredible, and he's a shining example of what's possible with the right support.”

Jeffrey was one of 11 Rainbow Runners who completed the race, raising over £1,000 to help older people across Wrexham lead active, fulfilling lives.

“This was such a great experience. I was determined to finish, and Jane kept me going. I wouldn't be here today without her and Jasmine”

Jeffrey's story is a powerful testament to resilience, community, and the life-changing impact of the Rainbow Foundation.



Fit Futures

Originally developed as a graduate class for Active Futures, Fit Futures has evolved into a community-based exercise class now open to adults aged 50 and over who want to improve their strength, balance, and overall well-being. Classes are designed to help reduce the impact of sarcopenia (muscle loss associated with ageing) and the risk of falls, while boosting independence and supporting healthy ageing.

Fit Futures offers progressive classes followed by Coffee and Connect Sessions. Participants attend once a week, but are encouraged to attend 2 classes a week, or to supplement classes with exercises at home.



Building Muscle Strength

Essential for independence and activity; low strength makes even daily tasks difficult, let alone meeting activity guidelines.



Primary Prevention

A focus on preventing ill-health rather than relying on late-stage treatments or quick fixes.



Evidence-Based Practice

Interventions tested on a small scale before wider rollout; real-world application is key.



Community Advantage

Strong communities make exercise accessible and sustainable.



Just Doing It

We know what works—success depends on the will to act and peer support to keep you going.



I think it was about 16 weeks and I kept saying to my husband “I can stand up and put my trousers on now, instead of having to hold on to something”. That’s how it started with him. He was looking at me thinking I fancy a bit of that and he comes with me now.



100

attending Fit Futures each week, with number growing

100%

showed improvement in function and strength

£992,600

in savings to NHS and social care systems

Fit Futures

is now available at venues across North East Wales

Whatever Moves You

because ageing well starts with moving more.

Ageing isn't about slowing down, it's about living fully. At the Rainbow Foundation, we're leading a campaign to normalise exercise for all ages, challenging the perception that frailty is inevitable. Movement is for everyone, everywhere, whether it's parkrun, a 10K, or kitchen dancing.

Why it matters

Movement builds strength, confidence, and independence. It connects communities and tackles loneliness while being a powerful antidote to ageism, showing that ageing can be vibrant and active.

Our approach

We start local, building on community assets and partnerships. As charity partner for Wrexham 10K with Adrenaline Sports, we're inspiring more runners every year. We're linking our positive interventions with Parkrun and grassroots initiatives to make movement an accessible part of everyday life—not just limited to our programmes, but as a larger culture for change.

Stories That Move Us

From Jeffrey, who went from struggling to walk his yard to completing the Wrexham 10K, to Val, who regained confidence and independence—we're proving that movement changes lives

Scaling Up

We're extending this approach across North East Wales, creating a ripple effect of positive ageing. Our award-winning work is shaping a future where communities embrace activity as a shared value.

Join the Movement

Whatever moves you—running, walking, cycling, dancing—every move matters. Together, we can build a Wales where ageing is visible, valued, and vibrant.



Changing Habits Pilot

During 2024-2025, in collaboration with Wrexham University, our Changing Habits for Life programme was piloted to support people with:

- a BMI over 30
- pre-diabetic or diabetic
- high cholesterol
- high blood pressure

The programme aimed to:

- Establish positive habits
- Improve mental health
- Improve physical health
- Protect for the future

Next Steps

If you are interested in hearing more about this project, please get in touch.

We would be interested in sharing our learning and exploring how the pilot could be expanded to support more people in 2026.

Results

Forming positive habits

- 100% are eating better and exercising more
- 87% of the group are sleeping better
- 100% of smokers joined the Quit Programme
- Alcohol Consumption has reduced for everyone who drinks alcohol

Improved mental health

- 50% had a reduction in stress levels
- 75% of the group are feeling more alert

Improved physical health

- 88% of the group have already lost weight
- 100% now exercise at least twice a week
- Cholesterol levels are improving
- BMI is moving in the right direction

Protect for the Future

- Overall results are reducing the risks of developing long term conditions.

Prifysgol Wrexham
Wrexham University



Scan the QR Code to
read Patricia's story



Scan the QR Code to
read Maria's story

Social Prescribing



Free to any adult across all of Wrexham who are registered with a Wrexham GP. A Social Prescriber provides talking therapy and helps clients identify what matters to them, providing direct support to reach their health and wellbeing goals.

Our Enhanced Social Prescribing service is funded by the Health Board. The service is delivered by a small team of mental health practitioners based at all GP surgeries across Wrexham



Working with patients to reduce health inequalities by addressing complex issues impacting their wellbeing.



Empowering patients to take control of their health and wellbeing, and supporting them as they develop the skills they need for a brighter future.



Supporting patients with the tools, coping mechanisms and strategies to manage low moods, stress, anxiety and depression.



Social Return on Investment

£ 1:22.87

for every **£1** spent **£22.87** in **social value** is generated based on **improvement in patients mental health & wellbeing.**

514

individuals
supported with in-
depth therapeutic
support

4.8 points

average SWEMWBS
improvement
demonstrating
significant mental
health gains

91%

of men who live in areas
of highest deprivation
showed most significant
improvement in mental
health

89%

of Primary Care
Professionals agreed
the service improved
patient care

£1,746,354

Social Value created
to local community
and the wider health
and social care system

Social Prescribing Outreach



Older people's mental health is often overlooked, and community support for bereavement and end-of-life planning is limited.

While death and loss are an inevitable part of the human condition, there is a stigma around planning for them. It is incredibly challenging to age while facing the loss of a loved one, especially when it feels like losing them twice due to dementia. As friends pass away and one's own health deteriorates, the world around older people can shrink, leading to loneliness and isolation. Our combined offer supports older people through these challenging times to re-engage with their communities and take greater control of their health and wellbeing.

The service has led to a reduction in health and social care services.

Bereavement Support

Our bereavement programme provides both 1-to-1 and group support across Wrexham.

27 individuals supported through personalised sessions and facilitated monthly peer groups.

Participants report reduced isolation, improved mental wellbeing, and greater resilience in navigating grief.

Dementia and Frailty Interpretation

Led by our Dementia and Frailty Ambassador, this service provides early intervention, home visits, and family education.

374 individuals have received this support.

Our ambassador supports clients and carers with practical tools, dementia-friendly communication strategies, and referrals to wider services. This work is essential in a region where dementia diagnoses have risen by 16.5% in the past decade.

Advance Care Planning

We empower individuals to make informed decisions about their future care and ensures people's wishes are understood and respected, reducing crisis admissions and enabling more people to die in their place of choice.

In 2023, only 27% of people in Wrexham died at home, despite 50-70% expressing this preference.

Our work is helping to close this gap.

Social Prescribing Outreach

Our social prescribing outreach service supports individuals to address the wider determinants of health through tailored 1-to-1 support and assistance with income maximisation, accessing services, and remaining independent

92 individuals
were supported

100% reported
improved wellbeing

Community Agents

Our Community Agents provide free information, advice and support for over 50's in our local community council areas of Brymbo, New Broughton, Llay, Gwersyllt and Acton.

Providing early intervention support, they help build age-friendly communities. Working with older people to ensure they remain active and engaged with their local areas. They do this by:



improving health and wellbeing



connecting with others using digital technology



reconnecting people with their local communities



signposting to appropriate services



establishing local clubs & activities



Areas supported:

Brymbo, New Broughton, Llay, Gwersyllt and Acton*

The Community Agents run a range of group sessions including a Reminiscence Club in Brynteg, a Craft Club in Acton and a Games Club in Llay alongside a number of coffee mornings and drop in advice clinics offering support.



* from July 2025 the Community Agent service also covers Coedpoeth

141

individual people supported

97

Community Events attended

1595

contacts made by attending local events to promote support services available

£2,176

£2176 worth of additional funding secured by Community Agents for local community events

Community Transport

Our Community Transport service helps people stay connected and independent by making journeys possible that might otherwise be out of reach. We support clients in getting to Rainbow groups and services, as well as essential activities and appointments within the wider community.



Rural Patient Transport Service

Ensuring people are able to attend critical GP, medical and hospital appointments



Rainbow Transport

Wrexham wide service enabling clients to access Rainbow services at our care hubs and in the wider community including Day Opportunities and Active Futures



Community Transport

Connecting people with their communities through days out including National Trust and shopping trips



170

people supported with community transport

4350

passenger journeys

14,836

miles of transport for hospital/medical appointments

54,994

miles of transport for wider access to services

£531,914

Social Value created to health and wellbeing

Rainbow Meals

SGÔR HYLENDID BWYD
FOOD HYGIENE RATING

0 1 2 3 4 **5**

DA IAWN
VERY GOOD



Eating a healthy, balanced diet plays a key role in keeping the body strong. Poor nutrition can lead to delirium, frailty, and increase the risk of developing a number of age-related diseases including disorders of impaired cognitive function.

Rainbow Meals provide a healthy balance of protein, carbohydrates and at least two vegetables each day; an important tool in maintaining good nutrition.

Social eating also plays a vital role in improving how we eat and what we eat. Sharing meals with others encourages better food choices, portion control, and a more enjoyable dining experience. Eating together can reduce feelings of isolation, boost appetite, and make healthy eating a positive, social habit rather than a chore.

203

individuals
supported through
day opportunities,
lunch clubs and
meals on wheels

8184

freshly cooked
meals created with
fresh and local
produce

1664

meals delivered to
the homes of
vulnerable frail
elderly people in
rural areas

**Social eating
promoted**

across our lunch
clubs, groups and
services

£442,585

Social Value created
to health and
wellbeing

Volunteering



Volunteering remains an important part of our work at Rainbow. Without the dedication of our volunteers, we simply couldn't reach and support as many people as we do. We value their commitment deeply, and in 2024 we proudly achieved Investors in Volunteering accreditation—demonstrating that we have strong systems in place to support every volunteer.



**132 volunteers spent
9,355 hours volunteering**

in return our volunteers gained:



a sense of
belonging



a connection
to others



enhanced
wellbeing



opportunity to
Give



£342,563

Social Value
created to the
wider community

100%

of volunteers felt
more connected to
others and their
communities

“ I now have something to plan for, a sense
of achievement and feel part of a team
who do valuable community services. ”

Brendan - Rainbow Volunteer



Scan the QR Code
for ITV news coverage

Penley Polish Heritage

The Penley Polish Heritage Project aimed to celebrate and preserve the unique history of Penley during and after World War II, focusing on the arrival and resettlement of Polish soldiers and their families. It explored the experiences of evacuees at Madras School and the role of American troops in establishing military facilities. The project has enhanced Wrexham's cultural and heritage offer, celebrated diversity, and created a lasting legacy for future generations.

Key achievements include the creation of a memorial garden and a commissioned sculpture, both serving as lasting tributes to heritage and resilience. Exhibitions at St Mary Magdalene Church and a major pop-up event attracted significant attention, gaining ITV Cymru Wales coverage and support from the Polish Consulate. Digital engagement exceeded 17,000 views, and schools are now planning to integrate project resources into their curriculum.

The project fostered local pride and strengthened community bonds. Volunteers gained new skills and a deeper sense of purpose, while the wider community developed a richer understanding of shared heritage. Creating connections that will inspire future generations.

Thanks to Heritage Lottery support, we are excited to be launching a walking tour and digitising oral histories during 2026-2028, ensuring the story is preserved, continues to grow, and engages even more people.

36

heritage events
delivered, meeting
the project's target

3,850

visitors engaged,
exceeding the original
goal of 3,000

101

volunteers recruited
and trained to
support research,
exhibitions, and oral
history recording

17,143

Facebook views

6,308

secondary shares

£119,895

total funding
allocated £45,490
capital + £74,405
revenue

Community Groups



Community groups create spaces where people can come together, share interests, and build lasting friendships. Group activities play a vital role in promoting health and well-being by reducing isolation and fostering a sense of belonging.

These groups provide access to new opportunities for learning and personal growth, from creative workshops and exercise classes to cultural events and educational talks. They also serve as a platform for health promotion, helping participants stay informed and empowered to make positive lifestyle choices.



2968

attendances for
shared activities and
peer group sessions

**Promoting
6 ways to
wellbeing**

100%

reduction in loneliness
and a sense of greater
connection to
community

£149,714

Social Value created to
health and wellbeing

Importantly, community groups offer emotional support during challenging times. Whether someone is coping with bereavement, adjusting to life changes, or simply seeking companionship, these groups provide a safe and welcoming environment where people feel understood and supported.

By bringing people together, we strengthen social networks, improve mental health, and enhance overall quality of life. Meeting our mission to create vibrant, inclusive communities where everyone has the opportunity to thrive.

RISE

Driving Evidence, Impact & Learning

Why RISE?

In a climate of funding shortages and rising demand, charities must prove what works. Welsh policy increasingly prioritises outcomes, accountability, and social value—and RISE (Research, Impact, Social Value & Evaluation) is our answer.

What We Do

- **Measure Impact & Social Value:** Robust evaluation frameworks aligned to health and social care priorities.
- **Generate Insight:** Practical evidence to inform service design, strategic decisions, and best practice.
- **Embed Learning:** Continuous improvement cycles across programmes and teams.

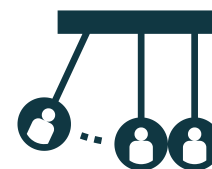
Why It Matters

RISE delivers evaluations that:

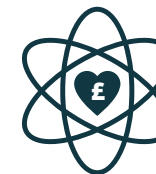
- Improves services and shapes new programmes based on local need.
- Strengthens reporting to show value for money and real-life impact.
- Supports clear decision-making and accountability for trustees and funders.
- Embeds learning across teams, building confidence and capability.



Research



Impact



Social Value



Evaluation

Our Approach

Credible, usable evidence—designed for real-world decisions, not just reports. We combine rigor with practicality, ensuring evaluation drives change.

We are proud to be:

- Named Overall Impact Award Winner at the 2023 GSK Impact Awards in partnership with The King's Fund in recognition of our sector-leading approach to evidence and impact.
- Members of the Vivensa Research Academy and
- Social Value UK accredited, reinforcing our commitment to evidence and accountability.

Support from RISE?

RISE is now sharing its expertise beyond the Rainbow Foundation, to support organisations to strengthen impact and influence policy. Delivered on a not-for-profit basis, our support is ethical, affordable, and proportionate.

Awards and Accreditations



Best Mental Health Support Service - Winner 2024

The Rainbow Foundation has been selected as the winner of Best Mental Health Support Service as part of the Mental Health and Wellbeing Wales Awards in 2024.

The awards recognise positive mental health and wellbeing in communities.

Investors in Volunteering, 2024

In 2024 we achieved our Investing in Volunteers (IiV) accreditation. This UK Quality Standard consolidates our work to prove and improve the effectiveness of our work with volunteers, our commitment to providing an outstanding volunteer experience and demonstrates how much we value our Rainbow volunteers.



Social Value UK, 2024

In 2024 the Rainbow Foundation joined Social Value UK as an organisational Member. Social Value UK is a movement of people and organisations committed to meaningful measurement, management and creation of social value, and who believe this has the power to create sustainable change and influence decision-making.

Collaborative Working

thank you to the following organisations for your ongoing support



Funded by
UK Government



Partneriaeth Gymunedol
De Sir Ddinbych
South Denbighshire
Community Partnership



**Brymbo
Community
Council**



Gwersyllt Community Council
Llay Community Council



Your support in 2024–2025 helped us keep vital services running, created new opportunities, and ensured that people in our communities were not alone or isolated.

Together, we're making a real difference.



Rainbow Centre, Penley, LL13 0JP



www.rainbowfndn.org.uk



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@rainbowfndn

Gwybodaeth hefyd ar gael yn Gymraeg

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