

Rainbow Newsletter



December 2019



'We wish you a Merry Christmas and a Happy New Year'

Welcome to our new and improved quarterly newsletter. It has been a busy few months for us at Over The Rainbow and we have some exciting things happening that we can't wait to share with you in the New Year. As we approach Christmas, we are preparing for our Christmas pub lunch outings, Christmas Carol singing with local schools, Christmas decoration and card making and of course our annual Christmas parties at each of our day clubs. Whilst we look forward to the festivities, please bear in mind that for some, this time of year might not be a happy time and may be quite a difficult time- why not show someone that you care with a small gesture- it could be something such as smiling and saying hello or offering to take someone to Christmas carol singing. One small act of kindness can really make a difference to someone's life.

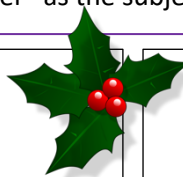
If you would like to receive our newsletter electronically then please send an email to info@overtherainbowcare.co.uk with 'Newsletter' as the subject line and we will add you to our mailing list

Launching early 2020

The Rainbow Carer's Club

A supportive community for carers of people living with dementia- to access advice, information, free support services and special events

Please look out for more information



Visit our website for more information about our services

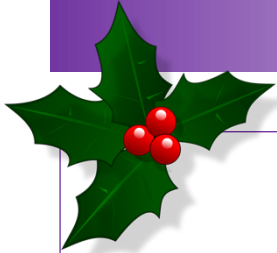
www.overtherainbowcare.co.uk



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Unit 4A Mercury Court
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HG5 8LF

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News



Meet Up Monday

We have now had the 1st anniversary of our wonderful partnership with the fantastic Wetherby in Support of the Elderly. Together we run the Meet Up Monday group at Wetherby Methodist Church. The sessions are a great success and are a real lifeline for people living with dementia and their carer's. Every Monday 1-4 we get together for activities and a light lunch. Sessions must be booked in advance as we have limited spaces



Community

We recently attended Hewitson Court in Knaresborough to run an afternoon activity session for the residents. It was such good fun and we hope to be back doing more activities there soon. We all enjoyed a reminiscence quiz, balloon volleyball and a sing along. We were made to feel very welcome ☺

If you know a community group that you think would benefit from one of our free activity sessions, please get in touch with our community champion Lee on **07375 964109**



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Over The Rainbow Care wins at Great British Care Awards

On Friday 22nd November, Natalie and Megan attended the Great British Care Awards for Yorkshire and Humber at York Railway Museum, nominated in two categories- The Dementia Carer Award and the Dignity in Care Award. It was a fantastic evening topped off by Natalie winning The Dementia Carer Award- now the second time it has been won by Over The Rainbow Care! Natalie will now go through to the National final in Birmingham in 2020

Announcement

The winners of our Fish and chips for two are Dorothy and David! We hope you enjoy 😊

Thank you to everyone that provided us with a feedback form

WINNER!!!



Activities



Here are some of the things we have been up to in the day clubs over the last few months



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Activity and quiz page



Christmas Quiz

1. Which Monarch made the first Royal broadcast?
2. Who wrote A Christmas Carol?
3. What meat is traditionally eaten on Christmas day?
4. Name all of Santas reindeer...
5. What birds are popular on UK Christmas cards?
6. According to UK traditions when should you have taken your decorations down by?
7. What gifts did the three wise men give to Jesus?

Check your answers in the next newsletter

What do you like the most about Christmas?



Please let us know on our Facebook page

Interesting facts

- The Christmas Tree that stands in Trafalgar Square each year is donated by Norway



- Eggnog was actually invented in England despite it being more popular in the USA

