



# The Rainbow Care Group

## Harrogate and District

### Welcome to the new edition of our newsletter

As we get in to summer, we are looking forward to some better weather so we can keep making the most of the outdoors. We are lucky that we have access to lots of beautiful outside space at our day clubs- whether that's exploring the countryside and woodlands at Sicklinghall or sat overlooking Knaresborough viaduct. Our groups have been enjoying lots of different activities over the last month including walks, pub lunches, cocktail making, various craft activities, baking, afternoon teas and dancing!

Summer is an exciting time for the sports fans among us too and we have activities planned around all major sports events. EURO 2024 - Wimbledon - The Olympics

The Rainbow Care Group turns 10 this summer and is celebrating the milestone this month with a birthday party at the Old Swan hotel in Harrogate. The service has supported hundreds of families living with dementia in the local area over the last 10 years



Please like and share our Facebook page

**The Rainbow Care Group- HQ**

We regularly post updates and photos from our groups.



# NEWS



## FREE Care Campaign!!

Every year, we offer free care to families in our local area. We have some availability left at some of our locations so if you know someone who would benefit from this fantastic offer then please get in touch with us and mention 'free month of care'. This offer is subject to availability so don't delay getting in touch.

We also offer a free taster day voucher to anyone wanting to come and try one of our day clubs. We have a variety of days with something for everyone across lots of interesting locations.



This voucher entitles you to a free taster day at one of our Specialist Dementia Day Care Clubs. To book a place or to find out more give us a call on

**01423 223454**

Or email us at [daycare@therainbowcaregroup.com](mailto:daycare@therainbowcaregroup.com)

**VOUCHER  
FREE TASTER  
DAY AT ONE  
OF OUR DAY  
CARE CLUBS**

This voucher entitles you to a free month of support at one of our Specialist Dementia Day Care Clubs

t. 01423 223454

## GIFT VOUCHER

- An amazing alternative to care homes
- Respite for carers
- Meaningful days
- Friendship and fun
- Days out and activities





# NEWS

## New day club venue



**Call us  
01423  
223454**

### Inspiring and enriching locations in our local community

In a pioneering move to enhance the way dementia care is delivered, we have launched a new day club at the Follifoot Riding Centre, just outside Harrogate. The club aims to offer therapeutic equine activities to individuals living with dementia, providing them with an opportunity to engage in once-loved pastimes.

Liam Hogg, General Manager at the Rainbow Care Group, expressed his excitement about the collaboration: "We are thrilled to be working with Follifoot Riding Centre. This partnership allows us to offer people living with dementia a chance to reconnect with beloved activities in a beautiful, rustic setting surrounded by horses. Our specialist day club staff will fully utilise the facilities, enabling club members to participate in meaningful equine-related activities, including horse and cart rides, which can significantly improve mental and physical health."

# NEWS

## The Rainbow Care Group is turning 10

We would love to see some of you at The Rainbow Ball to celebrate with us.

Tickets are still available for £60 per person

Please call us on 01423 223454 to book



Please join us for  
our tenth birthday party at...

# THE RAINBOW BALL

♡

The Old Swan Hotel, Harrogate  
Saturday 27th July  
18:30 – Late

Welcome drinks • Three course meal with coffee • Auction •  
Raffle • Speeches • An evening of entertainment with John  
Stiles • DJ and dancing



## Thank you

to Rossett high school students for coming to visit our Harrogate club and for gifting us some lovely potted plants for our front garden area.



# Community



## Friends of Rainbow Community Cafe Every Saturday 10am-1pm



**100A Knaresborough  
Road,  
HG2 7NN**

**Everyone welcome**– Join us for a selection of drinks and snacks in a warm, relaxed and dementia friendly environment  
Access support and advice from our team and other local organisations  
Meet new people and join in with activities

### Do you have a parent living with dementia?

Perhaps you would benefit from meeting others in a similar situation

Our aim is to provide a friendly space for group members to share experiences and to listen to invited experts who can offer practical help and support

For further information please get in touch on  
**01423 223454** or  
Email: [community@therainbowcaregroup.com](mailto:community@therainbowcaregroup.com)



A warm welcome awaits you at our  
self-support group on the  
**First Tuesday of Every Month**

**7.30pm** at 100A Knaresborough Road, Harrogate

At the front of Shaws Trailer Park. There are 5 car parking spaces and plenty of on street parking nearby

Supported by

**£3** donation to  
cover refreshments  
and activities





# Photos





## HARROGATE & DISTRICT VENUES

