



The Rainbow Care Group

Harrogate and District

WELCOME to the autumn edition of our newsletter

A poem by Bethan

As the nights draw in and the air gets colder, we're planning activities which are brighter and bolder.

From lighting sparklers and autumnal crafts, we'll protect our members from the chilly draughts.

We'll be foraging for leaves and all things for the season, we're different from other day care, for many reasons.



Please like and share our Facebook page

The Rainbow Care Group- HQ

We regularly post updates and photos from our groups.



Photos



NEWS

We are delighted to announce that our lovely Janet has been shortlisted as a finalist at The Great British Care Awards .

Janet is no stranger to these awards as she won the regional Dementia Carer award in 2022 and the national Dementia Carer award in 2023.



Janet works as a supervisor looking after our Sicklinghall farm day club and she takes great care in ensuring that our members have an amazing time when they spend the day with us. Janet is a much loved member of the team and everyone wishes her the best of luck! Janet will be attending an awards evening in November.

We offer FREE TASTER DAYS- please pass on the voucher below if you know someone who may benefit from our services



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

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

Community



Members of the Head Office team at The Rainbow Care Group recently participated in two valuable community engagement events focused on supporting those affected by dementia and educating their caregivers.

Our General Manager, Liam, attended a Staff Wellbeing Morning at Fountains Abbey, where he introduced our services and facilitated a Q&A session, providing a safe space for participants to ask questions about dementia. Additionally, Fountains Abbey staff had the opportunity to enhance their knowledge by signing up for further training and experience days with The Rainbow Care Group, enabling them to better assist visitors to the National Trust site who are living with dementia

Furthermore, we partnered with the Leeds Older People's Forum and the Leeds Rhinos Foundation at Headingley Stadium to celebrate International Day of Older People. These events not only strengthened our community connections but also reinforced our commitment to delivering exceptional care and support for individuals with dementia. We look forward to participating in more community events in the near future



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



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



Activity ideas for Autumn



Our members have decided on some of the following activities to be included in our October and November planners, we think theres some great ideas here!

**Pumpkin picking
and carving**

Pumpkin pie and soup making

Autumn wreathes

Toffee apple making

**Foraging leaves and acorns for Autumn
crafts**

Halloween party

Sparklers

Bonfire collages

Making the guy

Autumn walks

Great british bake off competition

Toasting marshmallows

Autumn activity

page

Wordsearch

PUMPKIN
AUTUMN
FUN
PIE
FIRE
LEAF
COLD
ACORN
FIREWORK

T	L	D	A	P	O	P	K
S	A	C	O	R	N	U	F
H	F	U	N	S	V	M	E
C	I	G	T	E	I	P	O
O	R	Q	L	U	C	K	T
L	E	A	F	E	M	I	Q
D	S	L	B	N	W	N	X
K	R	O	W	E	R	I	F

Quiz

1. In Autumn, do you turn the clocks forward or backwards?
2. What is another name for the autumnal season?
3. Which German festival is celebrated in Autumn?
4. Arachnophobia is a fear of what?
5. What is the technical name for the making and displaying of fireworks?
6. 90% of all fireworks originate from which country?
7. Guess the below anagram for a spooky Halloween word
NOT SLEEK

How many things can you think of associated with...



HARROGATE & DISTRICT VENUES

