

NEWSLETTER

January / February 2026 – Happy New Year 🍾

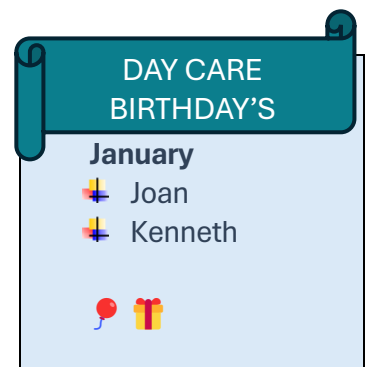
As a new year begins, January invites us to pause, breathe, and set gentle intentions for the months ahead. ❄️

In the quiet freshness of winter, we find strength in connection — through shared goals, renewed hope, and moments of mindful care. January at Betamindes is a time for fresh starts, steady growth, and nurturing well-being together 🌱

Frosted mornings and quieter days, January dawns in gentle ways. From shared smiles to moments of cheer, we welcome new beginnings, calm and clear.

So, here's to hope, both near and true. To kindness guiding all we do. At Betamindes, care lights the way, As fresh new goals greet each new day. ✨

The Betamindes Team 😊



What's Happening - Day Care

Our Day Care Service is now more flexible than ever! In addition to our full-day care, we now offer:

- **Half-Day Care** – Perfect for those who prefer a shorter visit or want to ease into our program.
- **Ad-Hoc Day Visits** – For when you just need occasional support, without a long-term commitment.

Whether you're looking for a few hours of social connection, structured activities, or simply a change of scenery, we're here to support you and your loved ones - on your schedule.

✨ **Flexible. Supportive. Tailored to your needs.**

Contact us to learn more or to book a trial visit!

✂️ **Need a trim or a treatment?**

Our Hairdresser and Chiropodist are available by appointment — book your slot today!

Activities & Events – Day Care & Community

🎉 **Activities & Events Corner** - *Staying active, connected, and having fun!*

Here's a look at what's happening this month:

🧠 **Monday – Mindful Mornings**

Gentle chair yoga, puzzles, and memory games to start the week with clarity.

Tuesday – Creative Afternoons

Join us for arts & crafts, card-making, or painting with music and laughter.

Wednesday – Music & Movement

Live music, sing-alongs, or dance therapy to lift spirits and energize the day.

Thursday – Games & Socials

Board games, bingo, or friendly quizzes, plus a cup of tea and conversation.

Friday – Film & Reminisce

Enjoy a classic film, followed by a group chat about favourite memories.

Coming to you in Day Care!

Therapeutic Sessions

Supporting emotional well-being, confidence, and personal development through guided activities.


Chinese New Year Celebration Days

A festive week of creativity, traditions, and joyful activities to welcome the Lunar New Year.

 February 10–14.

Valentine's Day Theme Days

Fun, friendship, and creative activities celebrating kindness and connection.

 February 12–14

Employee of the Month

January & February **Employee of the Month** voting is now open! 

Don't forget to submit your votes to the office or via care staff.

Show our superb carers how valued they are 😊

What's Happening - Home Care


Alongside our regular **home care services**, we offer **companionship calls, appointment transport and support, shopping & domestic help.**

Betamindes Companionship Support – All Year Round!

Need a few hours for yourself, some support for a family member, or just some company?

We can help, whether it's going shopping, grabbing a coffee, or simply having a chat at home.

We also provide transport for appointments, either in our cars, or we can support you using a taxi or public transport. We are here to help.

 **7 Days a Week – “If We Can, We Will!”**

Reach out today to explore how we can support you or your loved one.

We're here when you need us—because care should always feel personal.

Get in Touch



Call Us: 01270 668837

Email: info@betamindes.com