

Monthly NEWSLETTER

October 2025

🍂 October Newsletter! 🍂

As the days get shorter and the air turns crisp, we're embracing the cozy season here at Betamindes.

A gentle reminder to keep warm, stay safe, and look out for each other as autumn settles in. 🍁

We're excited to welcome two wonderful new faces to the Betamindes family:

👤 **Jean Rathbone**, our new Care Manager, brings a *wealth of experience* and leadership.

👋 **Sarah Lynch**, our new Care Assistant, joins us with warmth and enthusiasm.

Please give them both a big Betamindes welcome! 🎉

Stay warm, stay safe, and enjoy the season of pumpkins and cosy cups of tea! 🍂 ☕

Warm regards,

The Betamindes Team 😊

What's Happening - Day Care

Now Offering Half-Day and Ad-Hoc Day Care Options!

We're excited to share that 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!

Hairdressing Appointments Available

Our lovely hairdresser **Jo** is available most **Tuesday and Wednesday afternoons** to help you look and feel your best.


If you'd like to book an appointment or learn more, please speak to a member of our team—we're happy to help!

Chiropody Services

We also offer visits from our professional **chiroprapist**, available **by appointment only**.

If you'd like to schedule a visit or find out more, please speak with a member of our team.

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 this October In Day Care!

 **Tuesday/Friday – Bingo Time!**

 **Friday 31st October- Halloween Time**

What's Happening - Home Care

 **Flexible Homecare Support—Here When You Need Us**

We understand that every individual's care needs are unique—and they can change over time.

That's why our **Homecare Services** are now more flexible and responsive than ever.

Whether you need:

- **Help with personal care, meals, medication, or companionship**
- **Short visits or extended hours**
- **Occasional or regular support**

We're here to provide the right level of care at the right time.

Our compassionate team is available to assist with a wide range of needs, from everyday tasks to more complex support. Whether it's a few hours a week or full-time help, we'll work with you to create a plan that fits your life.

 **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

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