


# NEWSLETTER

May 2026 

## Welcome to Our May Newsletter!

May has arrived, bringing brighter mornings, warmer days, and the feeling that summer is just around the corner. It's the perfect time to get outdoors, soak up some sunshine, and enjoy everything the season has to offer. This month is filled with uplifting moments, from celebrating May Day traditions to enjoying time in nature during National Walking Month. Whether you're taking part in activities, discovering something new, or simply relaxing with good company, May is all about fresh energy, wellbeing, and making the most of the longer, lighter days 

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.

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

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

## Activities & Events – Weekly

### **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.

### DAY CARE BIRTHDAY'S

#### May 2026

-  Millie
-  Patricia
-  Hazel
-  Janet
-  Joyce
-  Doreen

# Coming to you in Day Care!

## 🌸 Celebration Days – May 🌸

- **Throughout May – National Walking Month** 🚶 🚶  
Encourage gentle movement, chair exercises, or getting outdoors where possible.
- **Monday 4th May** – Early May Bank Holiday 🇬🇧 🌸
- **Friday 8th May** – VE Day GB 🎖️
- **Thursday 14th May** – Chippy Day 🐟 🍷
- **Friday 15th May** – International Day of Families 👨‍👩‍👧‍👦 ❤️
- **11th – 17th May** – Mental Health Awareness Week 🤝 🧠
- **18th – 24th May** – Dementia Action Week 🧠 🧠
- **Wednesday 20th May** – World Bee Day 🐝 🌸
- **Monday 25th May** – Spring Bank Holiday 🌞 🧑‍🚶

## What's Happening - Home Care

### Wrap-Around Care & Support from Betamindes Companionship Support 🌸

Planning a holiday but worried about a loved one at home?

Need some additional help on a regular basis, but don't know who to ask for help?

Just a few hours to take a breath of fresh air, or head out for lunch?

We're here to give you peace of mind while you take a well-earned break.

Whether you're away for a few days or longer, we provide wrap-around care and support, tailored to your family member's needs. If extra help is required, we're here to step in and ensure everything runs smoothly.

We offer:

- 🌸 Additional care calls
- 🌙 Waking or sleeping night support
- 💛 Companionship visits
- 📞 On-call help for extra reassurance

### Increased Care Hours & Additional Support 💛

Need a little extra help at home? We're here when you need us.

We offer **flexible support options** to help you or your loved one stay safe, comfortable, and independent at home. Whether it's short-term support or a more regular arrangement, we're happy to tailor care to individual needs.

Perfect for when you:

- 🌸 Need extra daily or weekly care hours
- 💛 Require additional support during recovery or illness
- 🌙 Would benefit from night-time reassurance
- 🚶 Want companionship and social support built into your routine
- 📞 Simply need a bit of extra help—just ask

Our friendly team is always here to step in and provide reliable, person-centred care whenever it's needed.

📞 **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.

Call Us: 01270 668837

Email: [info@betamindes.com](mailto:info@betamindes.com)