

## Rainbow Care Group - Specialist Dementia Day Services

Rainbow Care Group – Specialist Dementia Day Services provide a day support club for people living with dementia in Newcastle and Gateshead.

They have sessions at [Leazes Park](#) on Mondays and Wednesdays between 10am and 4pm, and [Metrocentre Community Hub](#) on Fridays between 10am and 4pm.

- Day trips
- Reminiscence
- Memory banks
- Quizzes
- Word games
- Balloon volleyball
- Reality orientation
- Painting
- Card making
- Seated exercises
- Sing alongs
- Theme days

sessions are suitable for 10 to 12 people. Lunch, snacks and refreshments are provided at the day club. All sessions are full day providing respite for carers. Transport is available.

You can book a free taster session to see if its right for you.

Last updated: July 14, 2025

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**Telephone:** 01914 068 899

**Website:** <https://therainbowcaregroup.com/dementia-care-newcastle-gateshead-central/>

**Email:** [newcastle@therainbowcaregroup.com](mailto:newcastle@therainbowcaregroup.com)

**Twitter:** <https://twitter.com/TheRainbowCare1>

**Facebook:** <https://www.facebook.com/otrcare/>

**Opening Hours:** Monday, Wednesday and Friday 10am to 4pm

**Cost:** There may be a cost to this service/support

**Address:**

Leazes Park  
Richardson Rd,  
Newcastle upon Tyne  
NE2 4BJ

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## Related Articles

[Dementia](#)

[Day centres and services](#)

[Dementia Friendly Newcastle](#)