

NE Day Club

A warm, welcoming space where older adults aged 50+ can enjoy meaningful, structured days filled with companionship, community connection, and personalised support. Our clubs are designed to help people stay socially engaged, active, independent and connected in a safe and supportive environment.

We support a wide range of individuals including older adults experiencing loneliness or social isolation, people living with dementia or memory difficulties, adults with mental health challenges, individuals with reduced confidence or mobility, and those who would simply benefit from companionship and meaningful daytime support.

On offer at the club:

- Engaging, personalised activities including crafts, music, games, gentle exercise, reminiscence, community outings or simply socialising over a cup of tea
- Friendly, experienced staff – we maintain a high staff ratio of 1:4
- Specialist dementia-trained staff – our team has experience supporting individuals living with dementia, memory loss and cognitive changes.
- Nutritious home-cooked meals and refreshments (we cater for all dietary requirements)
- Support with personal care and medication where needed.

Booking essential – call 0191 406 8899 or email newcastle@therainbowcaregroup.com

Your first taster day is completely free

Full day cost £88.91

Last updated: July 18, 2026