



Bright Adult Day Care

About Us

Are you or a loved one seeking a welcoming, enriching and safe place to spend the day?

At Bright Adult Day Care, we provide a warm and welcoming environment for adults who want to enjoy meaningful and enriching activities, in a friendly community.

Our focus is to enhance well-being, promote independence and deliver joy-filled experiences tailored to each individual's needs.

Why Choose us?

- We offer competitive rates and flexible scheduling to suit your needs.
- A safe and comfortable environment.
- Compassionate care.
- Opportunities for socialising.

Our experienced, friendly staff are dedicated to ensuring that each guest feels valued, respected and cared for.



Bright Adult Day Care

Hours of Operation

Day	Hours
Monday	9:00am - 5:00pm
Tuesday	9:00am - 5:00pm
Wednesday	9:00am - 5:00pm
Thursday	9:00am - 5:00pm
Friday	9:00am - 5:00pm
Saturday	Closed
Sunday	Closed



Bright Adult Day Care

Where Care, Companionship and Comfort come First!

Let us **BRIGHTEN** up your day
at Bright Adult Day Care

Bright Adult Day Care

Unit 6, Eastlands Court Business Centre
St. Peters Road, Rugby, CV21 3QP
01788 555006
info@brightadulthoodcare.co.uk

Bright Adult Day Care

www.brightadulthoodcare.co.uk



Who can benefit?

Elderly adults, seeking social interaction and activities.

Adults with disabilities who need day-time care.

Family or caregivers looking for a break or support.

Join Us Today!

We would love to meet you and your loved ones as you deserve the best care.

Let us be part of your journey!

Engaging Activities

We offer a variety of activities designed to stimulate the **mind, body and spirit**, including:

- Arts and Crafts
- Music Therapy
- Gentle Exercise
- Puzzles, Games & Social Events
- Yoga Classes
- Movie Afternoons & Storytelling
- Nature Talks

Nourishing Meals & Refreshments

We serve **hot, delicious, and nutritious meals** along with a variety of drinks to keep you refreshed and energised.

Bright Adult Day Care is more than just a place—it's a community where elders thrive in a supportive and friendly environment.

Meet our Caring Leadership



Karen Tait, our Care Centre Manager, brings a wealth of experience in Local Hospitals, Community Care, E.M.I., and Care Home Management, ensuring the highest quality of care and compassion for your loved ones.

Our Philosophy of Care

We believe that every guest deserves to be treated with the utmost care, love, and respect—the same we would expect for our own family members.

Our team is committed to delivering compassionate, high-quality care.

Contact us today to learn more or schedule a visit!

01788 555006