

September 2025

August café

It was great to see so many people at our August cafe and to welcome back a good friend of Dementia Harborough, Catherine Matthews, for what was amazingly her 11th visit.

Catherine, who was joined by her daughter Isobel, led us in another wonderful art session, decorating ceramic mosaic style hanging shapes. Once we had finished painting our masterpieces, Catherine took them away to be glazed and fired. It was great fun and as you can see from the photos, the finished results were absolutely brilliant. What a talented and artistic group you all are.



Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 2nd September at 2pm

Dementia Café – Tuesday 16th September at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 8th September at 2pm

What's on in 2025

Here's our activity programme for the remainder of the year.

September 16th

A member of the Curve theatre will be joining us to run a music and dance workshop

October 21st

We hope you can join us for an afternoon of tea, coffee and of course cake, whilst enjoying playing a selection of handcrafted wooden table games with fellow members.

November 18th

The Market Harborough Flower Club will help us create wreaths for Christmas

THURSDAY 11th December

Christmas Party with festive entertainment by singer Yvette Healey

As well as the activities there will always be tea, coffee and biscuits and cake at our sessions and there is a chance to chat to your fellow members and our volunteers. It's a great way to get to know each other.

Informal get togethers at Insomnia

Our next informal gathering will be at Insomnia on Wednesday 24th September at 2pm.

For anyone who hasn't been before, it is a chance to relax, have a chat and get to know one another with the added bonus that the first drink and cake is on us!

Don't be put off if the scaffolding is still on the building. It is open and very peaceful inside.

We'd love to see you there.

CARE SUPPORT - The Importance of Early Planning – Free Advice and Information from local experts

“Home Instead, Empatia Specialist Dementia Coaching, and The Rainbow Care Group have joined forces to offer a free information day for anyone living with dementia, or other long-term conditions, and the families supporting and caring for them.

This event will provide valuable advice on understanding symptoms, where to find support, and how to make life, home, and social environments more comfortable and adaptable. Our expert teams will show you the services that might be helpful for you, guide you through practical steps to improve daily living and help you navigate the journey ahead with confidence.

At Newcombe House in Market Harborough on Tuesday, 30th September, between 11am & 2pm.

Come along to learn, connect, and find the support you need.”

Calling all carers across Leicestershire - recommissioning of the Carers Support Service

Leicestershire County Council's service for carers is currently provided by Voluntary Action South Leicestershire (VASL), Support for Carers <https://www.supportforcarers.org/> They support carers aged 18+ who look after, help, or support an adult. The Council are commissioning a new service for carers to start in Autumn 2026 and to help with this process they are keen to listen to carers' voices.

Whether or not you currently use Support for Carers, the Council would like to hear more about:

- What carers like about the current services provided by Voluntary Action South Leicestershire (VASL), Support for Carers
- What other services carers would like to see, for individuals to continue to care for their loved ones, so they can improve their services

If you are a Leicestershire carer or know someone who is a Leicestershire carer and would like to share your views and ideas, please complete a short survey

<https://forms.office.com/e/Jjtw26CRUF>

The survey will close on Wednesday 3 September 2025!

All responses will be reviewed and will feed into the new carers support services.

Admiral Nurse service – Market Harborough & Kibworth Clinics

The clinics offer free and confidential 45 minute face-to-face appointments with a dementia specialist admiral nurse, giving families facing dementia the opportunity to get the advice and support they need. Families are able to book an appointment themselves as they feel they need support. If you have any questions or would like more information on the clinics please get in touch with them; the contact details are below.

We are extremely lucky to have this resource available in our area and we have been told that funding is in place through to next year. However we assume that the service will only continue if there is seen to be sufficient demand to justify it. “Use it or lose it!”

Opening hours:

Market Harborough Medical Centre

Last Friday of every month, 10am-4pm

Old School Surgery, Kibworth

First Monday of every month 10am-4pm

To book an appointment visit www.dementiauk.org/mhboroclinics

For more information call 01858 451040 or email mhboroclinics@dementiauk.org

You can also contact the national Admiral Nurse Dementia Helpline for support with any aspect of dementia. Call 0800 888 6678 or email helpline@dementiauk.org

Harborough Musical Memory Box

Just a reminder about these meetings at Harborough Theatre Lounge every 3rd Thursday from 2.00pm to 3.30pm. If you or a loved one experience memory problems of dementia diagnosis, feel lonely or would benefit from a social, therapeutic group with singing and music, why not come along to sing and have fun?

Also, on Wednesday 10th September there will be a dementia-friendly and accessible showing of the film Sound of Music, with arrival at 12.45pm for film start

at 1.15pm. There will be two interval breaks and one free ice cream. Yes, you can sing along!

This is a FREE event but you will need to put your name down with Kyle and have a virtual 'ticket'. Donations on the day and there will be a raffle. The Auditorium is accessible by stairs and also a lift. There is ONE wheelchair space. There are accessible toilets too.

For details email LMMBox@gmail.com or phone Kyle Newman on 07736 841558.



Harborough
theatre



THE SOUND OF MUSIC

WEDNESDAY 10TH SEPTEMBER

AT HARBOROUGH THEATRE

ARRIVAL 12.45PM FOR FILM START 1.15PM

ACCESSIBLE AND DEMENTIA FRIENDLY

TWO INTERVAL BREAKS, WITH ONE FREE ICE CREAM!



YES, YOU CAN SINGALONG!



ITS **FREE**, BUT YOU MUST BOOK YOUR TICKET



CALL: KYLE NEWMAN 07736841558

OR EMAIL: LMMBOX2018@GMAIL.COM



Market Harborough
and the Bowdens Charity
changing people's lives

Leicester Musical Memory Box C.I.C. is registered as a Community Interest Company 11468520 (not for profit organization)

Dementia Harborough

Registered Charity No. 1167885

www.dementiaharborough.org

We regularly feature local services which may be of interest to our members. Any such mention does not constitute a recommendation by Dementia Harborough.

We are sending you this Newsletter because you have said that you would like to receive it. If you change your mind, please let us know by emailing membership@dementiaharborough.org or leaving a message on 07594 649566