

October café

What a lovely afternoon of entertainment at our October cafe, with Kerry Jean. She took us back to the swinging sixties for the first half of the afternoon, bringing back some wonderful memories with her fantastic performance. After a short break to enjoy tea, coffee and of course cakes, Kerry-Jean swapped her sixties style for her cowboy boots and treated us to a fabulous country and western set.

A wonderful afternoon of music, memories and fun, thoroughly enjoyed by everyone. Thank you, Kerry-Jean, for such a memorable afternoon.



Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 3rd November 2pm

Dementia Café – Tuesday 17th November at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 9th November at 2pm

What's on in 2026 - Dementia Cafe Activities Programme

As well as the activities there will always be tea, coffee, 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. Here's what's on in the next few months.

17 November

Catherine Matthews will run a 'Christmas themed' craft afternoon

15 December

Christmas Party

Informal get togethers at Insomnia

Our next get-together at Insomnia café in Market Harborough is at 2pm on Wednesday 25th November where you are welcome to join us for a free cup of tea or coffee, a cake and a chat.

Free care items

We have been approached by a lady who has kindly offered a number of items free of charge to anyone caring for someone with dementia:-

Alarmed pressure bed sensor system

Has 30 metre range. Pager unit has option of audio or vibration alarm or both. Used to detect when someone is getting out of bed. Very simple to use. In full working order.



Shower chair



Double bed guard rails



Over bed table



If anyone is interested in any of these items or has any questions please contact Marsha Day at marshamellow2000@hotmail.com Marsha has said that she is happy to deliver any of the above locally.

Coping as a carer when dementia progresses

Alzheimer's Society have published a useful article on this topic. They write:-
"As their dementia progresses, a person will need more help with their care. As a carer it can be difficult both physically and emotionally to deal with the changes. Find out more about the challenges you might face and read advice on how to cope."

The article can be found at www.alzheimers.org.uk/get-support/help-dementia-care/caring-dementia-progresses and covers:-

- Carers: looking after yourself
- Your emotional wellbeing as a carer for a person with dementia
- Your physical health as a carer
- Getting help and support as a carer
- Caring as dementia progresses

Harborough Twenty12 Lions

A huge thank you to the Harborough Twenty12 Lions!

September was an excellent month for us all as we received another fantastic donation.

The Harborough Twenty12 Lions held what is becoming an annual fundraising day for us in St Mary's Place.

On display were a talented group of musicians who played between 9am and 3pm whilst other members of their team were collecting donations along with some of our own trustees and volunteers.

Despite the slightly gloomy weather, we stayed dry and the Lions raised a fantastic £930 which will go towards the events and activities we put on.

A massive thank you to everyone at the Harborough Twenty12 Lions and our volunteers. We love your support and it means so much to us and our members!

Curve Theatre Trip

Our next theatre trip to the Dementia Friendly matinee Performance of Charlie & The Chocolate Factory takes place on Wednesday 16th December.

The trip is fully subscribed but if you would like to be added to the standby list or can't attend now please see Andy at Singing for Memories or Dementia Cafe, email at treasurer@dementiaharborough.org or leave a message on the Charity mobile 07594 649566

The coach departure times are

12:30 Market Hall Bus station, Market Harborough

12:45 The Square, Kibworth

13:00 Sainsbury's, Oadby

Change of provider - Dementia Support Service, Leicester and Leicestershire

As we reported previously, the Memory Advice & Dementia Support Service for residents of Leicester City and Leicestershire (not Rutland) has transferred from Age UK Leicester Shire & Rutland to Alzheimer's Society. This will continue to be a dedicated service supporting people living with dementia and their unpaid carers.

You can contact Alzheimer's Society using the details below:

Telephone: 0116 2316939

Email: LLRdementiasupport@alzheimers.org.uk

Website: www.alzheimers.org.uk/

We understand that the local Memory Cafes previously run by Age UK have been put on hold while their provision is being reviewed by Alzheimer's Society. We will update you when we have more news on this.

Harborough Musical Memory Box

Kyle Newman's singing sessions on the 3rd Thursday each month are at the Roebuck Pub on Rockingham Road, Market Harborough LE16 7XY, at 10.30am – 12.00.

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



#MUSIC IS POWERFUL!

**FOR ANYONE! JOIN US TO SING AND MAKE FRIENDS;
INCLUDING THOSE AFFECTED BY MEMORY PROBLEMS
SUCH AS DEMENTIA; LONELINESS OR CARER STRAIN.
BENEFIT FROM THE #POWEROFMUSIC!**

COME ALONG AND SING WITH US AT:

THE ROEBUCK PUB

ROCKINGHAM RD, MARKET HARBOROUGH. LE16 7 XY

EVERY 3RD THURSDAY 10.30AM - 12.00

FOR FURTHER DETAILS EMAIL: LMMBOX2018@GMAIL.COM

PHONE: KYLE NEWMAN 07736841558

SUGGESTED DONATION £5 PP

WWW.LEICESTERMUSICALMEMORYBOX.CO.UK



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

Contact Details

To enable us to keep you up to date could any member who has been coming

to Dementia Harborough for some time let Alison or Jonathan know if their contact number or email has changed since they joined us as some details seem to be out of date. Many thanks.

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