

## **July café**

A great turn out to see the Happy Together Ukulele Band considering it was the hottest day EVER. Everyone enjoyed not only the fantastic band but also Ice Creams and Cool drinks, which went down very well indeed in the circumstances.

Our next meetings are: -

### **At Jubilee Hall, Market Harborough**

Singing For Memories – Tuesday 2<sup>nd</sup> August at 2pm

Dementia Café – Tuesday 16<sup>th</sup> August at 2pm

### **At The Well, Kibworth Beauchamp**

Dementia Café – Monday 8<sup>th</sup> August at 2pm

## **Dementia Café Activities Programme**

### **16 August**

Cream Teas and quiz afternoon

### **20 September**

We will be joined by our friends from Curve for a Dance activity

## **Alzheimer's Society - Benefits for people affected by dementia**

If you are living with dementia, or caring for someone with the condition, you may be eligible for some benefits if dementia affects your ability to work, or if you have extra costs because of it.

Alzheimer's Society knows that understanding which benefits you may be entitled to and how to claim can be a stressful experience. For more information go to [www.alzheimers.org.uk/get-support/legal-financial/benefits-dementia](http://www.alzheimers.org.uk/get-support/legal-financial/benefits-dementia) or if you'd like dementia support, please call their support line on 0333 150 3456.

### **Dementia Awareness Coffee Afternoon in Broughton Astley – 11<sup>th</sup> August**

This is being organised by the NHS, Broughton Astley Volunteer Group, Harborough District Council and other organisations, and will be held on Thursday 11th August from 2pm to 3.30pm at Broughton Astley Village Hall, Station Road, Broughton Astley, LE9 6PT.

It is an opportunity to find out about the support available for those living with dementia and to become involved with Broughton Astley's Dementia Friendly Community. Go along for a cuppa, to chat and share experiences in a friendly, relaxed environment. £1 donation for beverages.

### **State of Caring survey 2022**

As the UK's only national membership charity for carers, Carers UK is both a supportive community and a movement for change. For the past 50 years they have been driven by carers raising their voices together to call for change and seek recognition and support.

They are conducting a 'State of Caring' survey which is the UK's most comprehensive research into the lives and experience of carers. To find out more, and to complete the survey, go to [www.carersuk.org/news-and-campaigns/state-of-caring-survey-2022](http://www.carersuk.org/news-and-campaigns/state-of-caring-survey-2022). You can complete the survey until it closes on 11 September.

In this survey they will be asking you to tell them what life is like now, and what needs to change. Your responses will enable them to be more focused in our work and to communicate to decision makers what really matters to you.

They say this is the most extensive survey into carers' experiences in the UK. As a result, it may take 20-30 minutes to complete - so they suggest you grab a cuppa and get comfy!

## **Curve Theatre Trip - Billy Elliott**

A reminder for those on our next trip to Curve for Billy Elliott for the Dementia friendly performance on Thursday 11<sup>th</sup> August 2022 14:15 performance. The trip is now fully allocated but if you wish to be added to a cancellation list please email Andy at [treasurer@dementiaharborough.org](mailto:treasurer@dementiaharborough.org)

The Coach Pick up details are as follows

1. Market Hall Bus Station, Market Harborough Dep. 12:45
2. The Square, Kibworth approx. 13:00
3. Sainsburys, Oadby approx. 13:15

Please note there is a lift which we would encourage you to use if you have any mobility concerns as the steps on the coach can be quite steep.

## **Lightbulb Service**

The Lightbulb service helps support the residents of Leicestershire to remain safe and well in their own homes. Lightbulb brings together a range of support such as aids and adaptations, energy advice, home safety, home improvements and support with the transition from hospital to home.

For more information visit [www.lightbulbservice.org](http://www.lightbulbservice.org) or call 0116 272 7655

If you have news items to contribute? Contact Andy Hartshorn via email [newsletter@dementiaharborough.org](mailto:newsletter@dementiaharborough.org)

Dementia Harborough

Registered Charity No. 1167885

[www.dementiaharborough.org](http://www.dementiaharborough.org)

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 [admin@dementiaharborough.org](mailto:admin@dementiaharborough.org)

## Join our Board of Trustees

**We are currently looking to recruit additional Trustees. If you, or anyone you know, are interested please see below for more details.**

Dementia Harborough is based in Market Harborough and was formed in March 2011 to provide social activities for those newly diagnosed with dementia together with their carer. We provide a place where they can have fun together and jointly support each other.

In 2016 we became a fully registered Charity and now we run a range of activities for people affected by dementia, including monthly Dementia Café and Singing for Memories groups, and trips out to places of interest. All our activities are run by volunteers, and we have no paid staff. More information about our activities can be found on our website [www.dementiaharborough.org](http://www.dementiaharborough.org)

Together with [The Well, Kibworth](#) we also run a monthly Dementia Cafe in Kibworth Beauchamp.

We are seeking new people to join our board of trustees to fill vacancies which have arisen and to allow for succession planning. We are particularly keen to recruit members of the local community who have knowledge, experience and skills in at least one of the following:

- Dementia and dementia care and support
- Health and social care, in statutory, private or voluntary sectors
- Leadership and management
- ICT and web publishing
- Finance and accounting
- Business administration
- Events organisation
- PR and marketing
- Volunteer recruitment and support

In addition to our Annual General Meeting, Board meetings are held four times a year at a time to suit all board members. The Board is responsible for setting the strategy and policies of Dementia Harborough and ensuring that members and volunteers are well supported. Our trustees may also undertake specific roles which involve additional time commitments. All roles are voluntary.

To find out more about joining the Board, please contact our Chair Peter Hirst before 31<sup>st</sup> August 2022, by leaving a message on 07594 649566 or emailing [admin@dementiaharborough.org](mailto:admin@dementiaharborough.org) and indicating how you feel you might be able to contribute to our charity.