

September 2026

August café

A huge thank you to Sharon and the ladies of the Market Harborough Flower Club for a wonderful afternoon creating beautiful summer floral arrangements. It was an amazing turnout for our afternoon, and we all enjoyed learning and producing beautiful floral centrepieces and the results were awesome.

Thank you to everyone involved for making it so special! Looking forward to the next time already.





Time for tea?

It was definitely time for another visit to Wistow Cafe Bistro and as before, we were delighted by the experience.

There were 41 of us in total but we were seated efficiently and quickly by Steph and her team and before you knew it, the treats started to arrive. We had sandwiches and crisps, the cake of our choice and the final piece was a lovely scone with clotted cream and strawberry jam.

There were a lot of bulging waistlines and plenty of smiles and many of the group took home their 'leftovers' to finish later.

It was a lovely sociable afternoon and we can't wait to visit Wistow again!







Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 1st September 2pm

Dementia Café – Tuesday 15th September at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 14th September 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.

15 September

We are delighted to welcome back the Ukulele band to entertain us throughout the afternoon

20 October

Favourite of Dementia Harborough, Kerry Jean, returns to entertain us with an afternoon of music and song

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 23rd September where you are welcome to join us for a free cup of tea or coffee, a cake and a chat.

Change to dementia support service across Leicestershire

From October 2026, the Alzheimer's Society will become the new dementia support service across Leicester, Leicestershire, replacing the current service provided by Age UK.

As with any service transition, there are likely to be questions over the coming months. If you have any concerns, please ring Age UK on 0116 223 7363 or the Alzheimer's Society on 0333 150 3456



Harborough
theatre



THE SOUND OF MUSIC

WEDNESDAY 9TH SEPTEMBER '26

at: **Harborough theatre**

Arrival 1.15pm for film start 1.45pm

Accessible and dementia friendly

Two interval breaks, with one free ice cream!

Yes, sing along!

Its **Free**, but you **must** book your ticket

call: Kyle Newman 07736841558

or email: LMMBox2018@gmail.com



donations to LMMB welcome, plus raffle



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

A Sailing Adventure For Charity – Final update

We are delighted to report that on 4 August Paul Smith has completed his single-handed fundraising voyage around the UK!

Paul left Lymington (New Forest) on 11 April. His trip took him anti-clockwise along the south coast, up the east coast as far as Shetland, before returning down the east coast of Ireland to the Scilly Isles, and then back to Lymington – a total distance of 2,048.5 nautical miles, taking 115 days.

His video diary can be seen on his YouTube video channel at www.youtube.com/@SailingCaptainPaul

Paul has used this challenge to raise funds for Alzheimer's Research UK and he received fantastic support at each stop along his route. His Just Giving page www.justgiving.com/page/sailingcaptainpaul shows that he has now raised £12,271 including Gift Aid towards his target of £15,000. He is continuing to raise funds, so if you are thinking of donating it's not too late!



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



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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