

September 2022

August café

A great turn out for our Cream Tea where we were entertained once again by the wonderful Yvette Healey and it wasn't quite as warm as the previous café (thank goodness)

Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 6th September at 2pm

Dementia Café – Tuesday 20th September at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 12th September at 2pm

Dementia Café Activities Programme

20 September

We will be joined by our friends from Curve for a Dance activity, it is mobility appropriate so it will be suitable to also take part whilst seated if required.

18 October

Catherine Matthews will lead an art activity creating individual calendars for 2023

15 November

Christmas floral activity

Alzheimer's Society - Benefits for people affected by dementia

In case you missed this in last month's newsletter we have included it again due to the importance.

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 or if you'd like dementia support, please call their support line on 0333 150 3456.

Alzheimer's Society has updated their publication "Caring for a person with dementia: A practical guide"

This 188 page guide includes more information on coping when dementia brings changes in behaviour. There is a new chapter on providing personal care and staying well. The section on the later stage of dementia has been revised and expanded. Plus there is additional information on a person's rights as a carer and also local authority carers' cards.

To download, or order a printed copy, go to www.alzheimers.org.uk/get-support/publications-factsheets/caring-person-dementia-practical-guide

Anyone without internet access can ask us at one of our monthly meetings or leave us a message on 07594 649566, and we will order a copy for you.

You can find a full list of Alzheimer's Society's publications at www.alzheimers.org.uk/get-support/publications-factsheets/full-list

State of Caring survey 2022

This was also mentioned in last month's newsletter but as the survey is still open we included it again.

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 . 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

Everyone had a great time at the recent Curve Theatre trip. We were treated again to a fantastic singing and dance performance, together with the wonderful staff support. Although the return coach trip did take a little longer than anticipated!

If you have news items to contribute? Contact Andy Hartshorn via email newsletter@dementiaharborough.org

Dementia Harborough

Registered Charity No. 1167885

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

Join our Board of Trustees – closing date extended

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

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 31st October 2022, by leaving a message on 07594 649566 or emailing admin@dementiaharborough.org and indicating how you feel you might be able to contribute to our charity.