

June café

At our last cafe we were treated to a great performance by the Happy Together Ukulele Band, one of our favourites!

Roger and the band played everything from the 1920's Sweet Georgia Brown to 2023's 'Flowers' by Miles Cyrus and Beyoncé's 'Texas Hold 'em'. And, there were plenty of hits from the 1960's and 70's too.

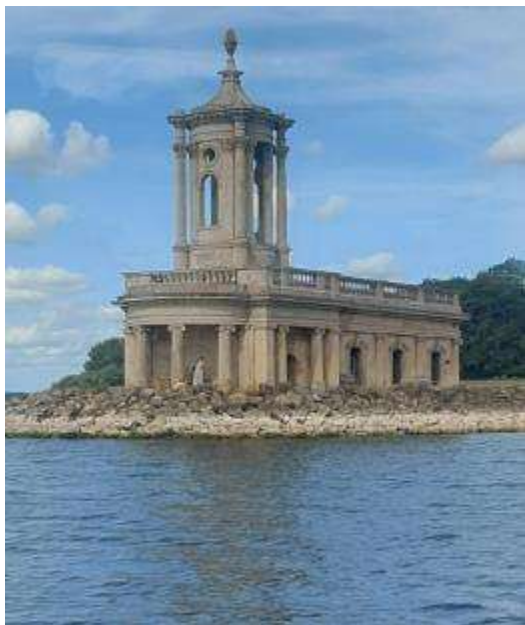
It was a scorching hot day so we treated everyone to an ice cream along with a refreshing drink.

Our thanks to all of the Band and we look forward to having them back again next year.

Rutland Belle trip

Our afternoon at Rutland Water was a truly relaxing escape. The highlight was definitely our cream tea aboard the Rutland Belle. As the boat cruised, we tucked into delicious fruit scones with clotted cream and jam, accompanied by tea and coffee. The views were great and the weather and wind were ideal. To top it all off, we were incredibly lucky to catch a glimpse of an osprey soaring gracefully overhead, a truly memorable moment that made the trip even more special.





Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 1st July at 2pm

Dementia Café – Tuesday 15th July at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 14th July at 2pm

What's on in 2025

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

July 15th

Please join us for a Wimbledon themed afternoon cream tea.

August 19th

Catherine Matthews will lead us in an art activity

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.

Hospital Discharge Grant 2025

<https://vasl.org.uk/news/carers/hospital-discharge-grant-2025/>

VASL are once again running the Hospital Discharge Grant scheme. This is a one-off grant for carers looking after residents in Leicestershire County who have been discharged from hospital in the last 2 weeks and since 3rd Feb 2025.

Eligibility:-

- Does the cared for person live within Leicestershire County and are they over 18?
- Have they been discharged from hospital in the last 2 weeks and since 3rd Feb 2025?
- Have they needed your help and support to keep them safe and cared for?

- Have you incurred any additional costs resulting from the discharge of the person you care for, from hospital? for example – cleaning, housework, short-term sitting service, carer's loss of income due to time off work

Carers can apply in any one of these ways:

- Completing the online application form here <https://www.supportforcarers.org/hospital-discharge-grant/> – to avoid delays please upload evidence, e.g. a photo or scan of the hospital discharge letter. They cannot proceed until they have seen this.
- Calling Support for Carers team on 01858 468543
- Emailing maureen@supportforcarers.org and The Support for Carers team will complete the application form on your behalf
- Speak to your health and social care professional who can help to complete the form on your behalf. They will need to upload evidence, e.g. a photo or scan of the hospital discharge letter.

Rural Health and Wellbeing Roadshows

During the month of June Dementia Harborough has been taking part in the Health and Wellbeing Roadshows around the Harborough District.

This event, funded by Leicestershire Partnership NHS Trust and hosted by VASL (Voluntary Action South Leicestershire) brought together various health/support service providers for the public to access all under one roof.

Visiting the villages of; Ullesthorpe, Husbands Bosworth, Tilton on the Hill, Billesdon, Medbourne and Great Easton.



Let's Talk About Parkinson's - FREE event at Oat Hill Mews Care Home

Care Uk are organising this event where you can meet Lisa Bray, a Parkinsons Local Advisor, and learn how you can improve life for a person affected by Parkinson's and understand the support that's available.

They will have complimentary refreshments on hand, including freshly baked cakes prepared by their chef.

Event: Let's Talk About Parkinson's

Date: Wednesday 23rd July

Time: 2pm - 4pm

Location: Oat Hill Mews Care Home, Leicester Rd, Market Harborough LE16 7BN

To register your interest please email lucy.armstrong@careuk.com with your name and contact details, or call her on 01858 894558

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?

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



LEICESTER
MUSICAL
MEMORY
BOX

HARBOROUGH MUSICAL MEMORY BOX

DO YOU, OR YOUR LOVED ONE, EXPERIENCE MEMORY PROBLEMS OR DEMENTIA DIAGNOSIS,
FEEL LONELY OR WOULD BENEFIT FROM A SOCIAL, THERAPEUTIC GROUP WITH SINGING AND
MUSIC TO AFFECT WELLBEING?

COME ALONG TO SING, AND HAVE FUN WITH US AT:

HARBOROUGH THEATRE LOUNGE

CHURCH SQUARE, MARKET HARBOROUGH LE16 7NB

EVERY 3RD THURSDAY 2.00- 3.30P.M



FOR FURTHER DETAILS PLEASE EMAIL: LMMBOX2018@GMAIL.COM
OR CONTACT: KYLE NEWMAN 07736841558



DONATIONS PLEASE TO:
WWW.LEICESTERMUSICALMEMORYBOX.CO.UK



Leicester Musical Memory Box C.I.C. is registered as a
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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

membership@dementiaharborough.org or leaving a message on 07594 649566