

## June café

It was lovely to see such a great turnout at our June cafe, when we celebrated Queen Elizabeth's Platinum Jubilee, with cake, fizz and songs. It was a really enjoyable afternoon. Many thanks to Yvette for providing the musical entertainment, who we look forward to seeing again at this month's Singing For Memories as Kyle is on holiday.





Our next meetings are: -

**At Jubilee Hall, Market Harborough**

Singing For Memories – Tuesday 5<sup>th</sup> July at 2pm (with Yvette)

Dementia Café – Tuesday 19<sup>th</sup> July at 2pm

**At The Well, Kibworth Beauchamp**

Dementia Café – Monday 11<sup>th</sup> July at 2pm

**Dementia Café Activities Programme**

**19 July**

The very popular Ukulele Band will be here to entertain and play for us

**16 August**

Cream Teas and quiz afternoon

**20 September**

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

## **Dementia Friends**

The Alzheimer's Society Dementia Friends campaign aims to raise awareness in the community of 5 key messages

1. Dementia is not a natural part of ageing
2. Dementia is caused by diseases of the brain
3. Dementia is not just about memory loss - it can affect thinking, communicating and doing everyday tasks
4. It is possible to live well with dementia
5. There is more to a person than the dementia.

Dementia Friends information sessions banish dementia myths and take about an hour. They are available free of charge. Please let your friends and family know about the campaign - it may help them support you, whether or not you're new to dementia.

For further information go online to [dementiafriends.org.uk](http://dementiafriends.org.uk) or speak to Jan Meredith at one of our cafe sessions, call Jan on 07970 829602 (leave a message) or email [janmeredith@dementiaharborough.org](mailto:janmeredith@dementiaharborough.org)

## **Age UK Newsletter**

Age UK Leicester Shire & Rutland have the contract for Dementia Support Services with Leicestershire County Council. The full range of services can be found on their website <https://www.ageuk.org.uk/leics/our-services/living-with-dementia/dementia-support-service-for-leicester-and-leicestershire/>

You may be interested in their comprehensive newsletter. The latest edition can be found at <https://www.ageuk.org.uk/wp-assets/contentassets/3247e4b8060e4cf5a6f66a7eba8c059a/dementia-support-newsletter-spring-2022.pdf>

Contact their office on 0116 223 7363 to be added to the mailing list for future editions.

## **Listening Books**

Listening Books is a charity which provides a postal and internet based audiobook service to over 100,000 UK residents who have a disability or illness that impacts their ability to read the printed word.

Their service is quick and easy to use and opens up the world of books for people with an illness or condition that impacts on their ability to read the printed word. This could be a specific learning difficulty such as dyslexia, a mental health condition like anxiety, a visual impairment, or a physical condition that makes it more difficult to hold a book, such as arthritis. They have a huge range of fiction and non-fiction titles.

For individuals, membership costs between £20-£45 per year. They can also offer a limited number of free memberships for those who would find the fee a barrier to joining the service. For more information visit their website <https://www.listening-books.org.uk/> or contact them on 020 7234 0522 / [support@listening-books.org.uk](mailto:support@listening-books.org.uk)

### **New Singing and Music Group in Market Harborough**

Many of you will know Kyle Newman who leads our Singing for Memories sessions each month.

She also runs her own new group in Market Harborough. This is aimed at people who may have memory problems, feel lonely or who would benefit from a social, therapeutic group with singing and music.

**'Harborough Musical Memory Box'** will be on the 3rd Thursday each month 2-3.30pm at Harborough Theatre lounge, Church Square, Market Harborough LE16 7NB. Donations welcome. Refreshments included.

For more information or to find out about her other sessions please contact Kyle Newman on 07736 841558, email [Lmmbox2018@gmail.com](mailto:Lmmbox2018@gmail.com) or visit [www.leicestermusicalmemorybox.co.uk](http://www.leicestermusicalmemorybox.co.uk)

### **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.

## 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.

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)