

## April café

Our April cafe was filled with high spirits, nostalgia, and the universal language of music. This month, we were pleased to welcome, for the first time, Chris Hyde, whose performance turned the afternoon into a true celebration. Chris didn't just perform; he truly connected with our members, and the hall was buzzing from the very first chord.

The Big Finale: No afternoon of music is complete without the classic "Sweet Caroline," which had everyone tapping their feet and joining in with the chorus.

We look forward to welcoming Chris back again soon.



Our next meetings are: -

**At Jubilee Hall, Market Harborough**

Singing For Memories – Tuesday 5<sup>th</sup> May at 2pm

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

**At The Well, Kibworth Beauchamp**

Dementia Café – Monday 11<sup>th</sup> May 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.

### **19 May**

The always popular Jo Coverson returns, for a wonderful afternoon of music, Zumba and fun

### **16 June**

For the first hour of the afternoon, we look forward to welcoming Helen Braithewaite who is going to lead us in a chair yoga session. This will be followed by a delicious cream tea.

### **21 July**

For the first time, 'Leicester Taiko' will be joining us and running a workshop, so we can all have a try at taiko drumming.

## **Informal get togethers at Insomnia**

Our next get-together at Insomnia café in Market Harborough is at 2pm on Wednesday 13<sup>th</sup> May where you are welcome to join us for a free cup of tea or coffee, a cake and a chat.

## **Free Dementia Coaching Sessions for Dementia Harborough Members**

**There are still spaces on the free coaching sessions we have arranged with Amy Kerti from Empatia.....**

Amy is a trained dementia nurse and has a wealth of knowledge about the subject, which we believe will be very useful for anyone caring for someone with dementia.

The sessions are informal and each is about 2 hours long with a focus on providing you with practical skills and tips.

They are taking place on the 6th May, 20th May and 27th May.

If you would like to attend any of them or would like more information, please get in touch with Amy on 07763 286169 or email her at [contact@empatiadementia.org](mailto:contact@empatiadementia.org)

### **Living Well With Dementia**

Here is another event you may be interested in attending. Rainbow Care Group and Oadby & Wigston Borough Council are running an Information Event on Wednesday 20 May from 11am to 2pm at Freer Community Centre, Leicester Road, Wigston LE18 1HQ. Everyone is welcome to drop in and join them for a chat and to get information from local support services. For more information call 0116 340 0664.

# Living Well with Dementia Information Event

**Freer Community Centre, Leicester Road,  
Wigston LE18 1HQ**

**Wednesday 20th May 2026  
11am- 2pm**

**Everyone Welcome!**

Drop in and join us for a coffee and a chat and get  
information and advice from local support services



**For more information  
call: 0116 3400664**

## **Trip on the Rutland Belle 9th June 2026**

We are really looking forward to our trip to Rutland Water with afternoon tea aboard the Rutland Belle. For those travelling by coach the timings are as follows:

1.30pm Depart from the bus stop opposite Ash Tree Road on Glenn Road/A6 southbound, Oadby

1.45pm Depart Kibworth bus stop at the roundabout on the High St

1.55pm Depart Market Harborough bus station

3.00pm Arrive at Whitwell water park on Rutland Water

4-5pm Private Charter on the Rutland Belle with scones and tea and coffee

5.30pm Depart Whitwell

6.25pm Arrive Market Harborough bus station

6.40pm. Arrive Kibworth

6.50pm Arrive Ash Tree Road bus stop Oadby

For those making their own way to Whitwell water park, please ensure you arrive by 3.30pm. The coach has a toilet on board but there isn't a lift so everyone will need to use the normal entry steps.

Please note the trip is now full and we are running a waitlist. If you would like to go on the waitlist, please contact Jonathan on email [membership@dementiaharborough.org](mailto:membership@dementiaharborough.org) or call 07594 649566.

### **Clipston Women's Institute**

We were so pleased last year when Christina from Clipston WI got in touch to tell us that Dementia Harborough had been chosen as their charity of the year. Since then, these lovely people have been raising money by holding a Craft and Coffee Morning, singing Christmas Carols around the village and arranging raffles as well.

We were invited to attend their open meeting this month to tell the audience a little bit more about dementia in general and our work to help people in this area who have a diagnosis and their carers.

Imagine how delighted and surprised we were to also be presented with a cheque for over £800 as well as the lovely craft items the group had already given us which our members are still enjoying. Julia has taken over from Christina since last year, but the whole committee were there to present the cheque and celebrate with some cake and tea and coffee too.

Thanks once again to this lovely group. We really appreciate everything you do and couldn't continue without the tremendous support.



### **A Sailing Adventure For Charity**

A friend of our Trustee Peter Hirst has decided to challenge himself to raise funds for Alzheimer's Research UK while indulging his passion for sailing.

Paul Smith was well known in the Great Glen and Oadby area until his retirement 5 years ago, when he and his wife moved down to the south coast to enable Paul to pursue his love of ocean sailing – this was a bit hard in Leicestershire! He has now set himself the goal of sailing his yacht single-handed around Great Britain and Ireland, a voyage of around 2,500 miles which he is expecting will take 4 to 5 months.

Paul set off on 11 April from Lymington (the New Forest area) and so far has moored at Portsmouth, Eastbourne, Dover, Harwich, Lowestoft, Wells Next The Sea, and at the time of writing (27 April) he has just arrived at Grimsby. He has covered 351.7 nautical miles in 16 days and has already raised nearly £2,000.

If you have any interest in following his progress, he is documenting each step on his entertaining YouTube video channel at [www.youtube.com/@SailingCaptainPaul](http://www.youtube.com/@SailingCaptainPaul)

## **Harborough Musical Memory Box**

Kyle Newman's singing sessions on the 3<sup>rd</sup> Thursday each month are at the Roebuck Pub on Rockingham Road, Market Harborough LE16 7XY, from 10.30am – 12.00.

For details email [LMMBox@gmail.com](mailto:LMMBox@gmail.com) or phone Kyle Newman on 07736 841558.



# HARBOROUGH MUSICAL MEMORY BOX

A LEICESTER MUSICAL MEMORY BOX group

## #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 3<sup>RD</sup> THURSDAY 10.30AM - 12.00

FOR FURTHER DETAILS EMAIL: [LMMBOX2018@GMAIL.COM](mailto:LMMBOX2018@GMAIL.COM)

PHONE: KYLE NEWMAN 07736841558

SUGGESTED DONATION £5 PP

[WWW.LEICESTERMUSICALMEMORYBOX.CO.UK](http://WWW.LEICESTERMUSICALMEMORYBOX.CO.UK)



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

## 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](http://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](mailto:membership@dementiaharborough.org) or leaving a message on 07594 649566