

## Dementia Harbourough Newsletter, March 2021



### Happy 10<sup>th</sup> Birthday Dementia Harbourough!

**MATT**



Dear Sir,  
Your stone circle will be delivered between 3,000BC and 2,000BC. Please make sure you are in to sign for it.

Courtesy of The Daily Telegraph

- Happy Birthday Dementia Harbourough!
- Dementia Café 10 Years Old
- Dementia Harbourough's History
- Covid Update
- Census 2021
- Entertainments, Theatre & The Arts
- Age UK running Dementia Support



**Normal Service Will Be Resumed As Soon As Possible – And could there be light on the horizon, at long last?** We continue to monitor and assess when we could safely resume our meetings and things are looking a little more hopeful. The Government's planned easing of lockdown in the coming weeks, together with the positive impact of the widespread vaccinations and reduced infection rates, will enable us to review the position. There is a possibility that venue preparations, e.g. hall sanitisation procedures, may have an impact once meeting are possible. Be patient, it will be a while before we know and there is no news yet. But keep an eye on the website for updates. Meanwhile, keep safe.



## **The Story of Dementia Harborough – 10 years 2011 to 2021** by Peter Hirst

The inspiration for Dementia Harborough came from Steve Kendal, together with his wife Jean. Steve's father, in his mid-80s, living with dementia, and independently from his slightly younger partner who was struggling to cope with the demands of the task. Their social isolation was increasing by the week. Steve spoke to carer groups, other carers and agencies, and identified that what was needed for them was a place where carer and cared-for could both attend. Somewhere where they could begin to address their crushing isolation and socialise, share experiences, listen to 'expert professionals', meet support agency workers, and come together to support each other emotionally.

Not one organisation was supporting both carer and cared-for – all the larger charities were mostly aimed at the carer. Local Authorities were cutting budgets and had no money for new initiatives, so Steve talked to interested parties to gain support for a dementia café which would address the identified needs. Volunteers funded a 3-month trial in Settling Rooms Coffee Bar based on a 2 hour meeting each month. A press and publicity campaign was launched, and, by March 2011, 25 couples were attending. It was clear that the trial had been overwhelmingly successful and that month the decision was made to form a charity 'Dementia Café Market Harborough'.

Numbers continued to grow and the group relocated to a bigger venue with better facilities – St Dionysius Church Hall on Coventry Road. A separate monthly Singing for the Memory group was added in September 2012 to build on the great benefits that can be had from music and song. Later that year an opportunity arose to develop a website for the charity and this was launched in 2013, together with a rebranding of the charity as 'Dementia Harborough'. Links were established with a community charity in Kibworth Beauchamp, The Well, which enabled an additional monthly Dementia Café to be started there. This extended the geographical reach of Dementia Harborough and also meant that more opportunities were available for members to meet.

By 2014 continued growth meant that another move was needed, this time to Jubilee Hall, where we still run our meetings in Market Harborough.

In 2015 Steve and Jean decided that it was time for them to move away from the area, and plans were put in place for the roles they had undertaken as Chair and Secretary respectively, to be split between the board of Trustees which they had

built around them. It was then that it was fully realised by the remaining Trustees just how much time Steve and Jean had committed to the charity!

2016 saw continued growth allowing us to formally register the charity with the Charity Commission, which has undoubtedly opened doors in terms of gaining donations and grants to fund our activities. Building on the firm foundations which had been laid, Dementia Harborough continued to flourish, with the three regular monthly groups being supplemented with drop-in weekly coffee mornings at Casa Nostra restaurant in Market Harborough, and a full programme of trips to events such as Curve Theatre for dementia-friendly performances of well-known musicals, and to other places of interest such as Bury St Edmunds Cathedral, the Black Country Living Museum, the British Motor Museum and Kelmash Gardens. We also hold a Christmas lunch at a local restaurant every year. By 2018/2019 our activities had grown to a scale where we had over 100 members, between them making a total of almost 2,000 attendances during the year!

We have worked collaboratively with local NHS teams, schools, charities and politicians to support our members and to educate and inform the wider community, and have given many presentations and Dementia Friends training courses. We also distribute a monthly newsletter with a circulation of over 200. All this has been rewarded with fantastic support from local businesses, organisations, charities and individuals who have donated the over the years, to an extent which now allows us to offer all our activities entirely free of charge to our members.

Our thanks also have to go to our tremendous band of Trustees and Volunteers who give so much of their time to enable us to offer our activities.

Sadly, the Coronavirus pandemic has meant that we haven't been able to meet up in our usual way since March 2020 but we have kept in touch with our members by our newsletters, by phone, and by distributing gifts such as puzzle books, art materials, jigsaw puzzles and afternoon teas.

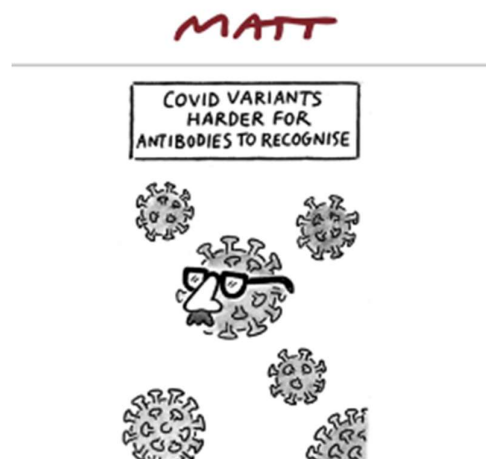
We have all really missed our members over the last year and are very much looking forward to restarting our activities as soon as it is safe to do so. Stay safe and we'll see you soon!



## Covid Update   HANDS – FACE – SPACE

From 8 March, people in England will see restrictions start to lift and the government's four-step roadmap offers a route back to a more normal life. For details, visit:

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>



Courtesy of The Daily Telegraph

- Step 1 - 8 and 29 March.
  - From March 8th people will be allowed to leave home for recreation and exercise outdoors with their household or support bubble, if they are eligible for one, or with one person from outside their household. Care home residents will also be allowed one regular visitor.
  - The 'stay at home' rule will end on 29 March but many restrictions will remain in place.
- Step 2 - not before 12 April
- Step 3 - not before 17 May
- Step 4 - not before 21 June



## Census 2021

As you may know, the national Census takes place every 10 years, and the next one is on Sunday 21 March. It's important to fill in your census questionnaire because it gives the government vital information, helps it plan future services, and its completion is required by law. You can complete your questionnaire online as soon as you get your access code by letter; however, if you are unable to get online the letter will explain how to get a paper copy of the form. This [leaflet](#) gives more information.



## **Entertainments, Theatre & The Arts**



### **Leicester Musical Memory Box**

Using music, singing and gentle seated exercise to help improve well-being and reduce social isolation during Covid-19 lockdown.

For further details on joining the Zoom-based sessions, please contact Kyle: 07736841558 or Christina: 07752826228.

- Monday afternoons: 2pm for a chat - 2.30-3.30pm for singing.
- Friday mornings: 10am for a chat - 10.30-11.30am for singing.

### **RSC - A Midsummer Night's Dream**

Live, online, 50-minutes long, performances set in a virtual midsummer forest, run from 12-20 March. Simply sit back and watch with a free Audience ticket (booking advisable). Visit: [www.dream.online](http://www.dream.online)



### **Dementia Support Services in Leicester City And Leicestershire**

Age UK Leicestershire & Rutland will take over the running of dementia support services in Leicester City and Leicestershire from 1 April 2021. Alzheimer's Society's current contract to deliver dementia support services in Leicester City, County and Hospitals ends on 31 March 2021.



If you have news items to contribute? Contact Keith Dobell on 07500 338336 or email him on [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) or phoning Keith on the above number.