

October 2021

Increasing Numbers at Our Meetings

It was good to see further people returning to our September meetings, and also to welcome quite a few new members who have heard about us in various ways.

If you know of anyone recently diagnosed in the Harborough District please ask them to get in touch. It would also be great to see more of our existing members when you feel confident to return. We continue to space the seating, provide hand gel and leave the doors open for improved ventilation.

Our meetings in October will be: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 5th October at 2pm

Dementia Café – Tuesday 19th October at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 11th October at 2pm

If any of you have the Dementia Harborough 2021 calendar, don't forget that this does not have the correct date for the Dementia Café at Jubilee Hall – it's now on the 3rd **Tuesday** each month.

We have also lined up some exciting events for the next few months: -

October Dementia Café at Jubilee Hall - Ukulele Band

November Dementia Café at Jubilee Hall – Pottery Activity

December – Xmas Party, Theatre Trip & Cinema Screening

See what happens at Singing for Memories

As many of our existing members already know, singing and music has been shown to often have a positive effect on people who have dementia. As the

memory diminishes and communication becomes more difficult music has the power to soothe, stimulate and bring to mind long-forgotten memories.

Our Singing for Memories sessions start with some basic breathing and gentle exercise to get everyone relaxed and ready to sing. There is a wide range of different music and songs, and the opportunity for people to choose what they'd like to sing. Half way through there is a break for a drink and a chat before going on to finish the afternoon's routine.

Now that we have restarted our monthly sessions we thought it would be a good time to share a video of our latest Singing for Memories meeting so that potential members can see what is involved. Some are concerned that they may expose a lack of talent, but they can be assured that none is required – it's all about participation and enjoyment!

You can watch the video on our website at www.dementiaharborough.org/singing-for-memories

We have plenty of space so come along and give it a go!

Monthly Carers Café - hosted by the Rotary Club

This Sunday, 3rd October - Waitrose in Market Harborough are closing their cafe from 1.30pm - 3pm so that unpaid carers can all meet up, have a relaxing time and a free cuppa or two!

It's a great chance to meet up with people who understand.

The 'cared for' can come along too.

Just turn up, you will be very welcome and the Rotary Club would love to see you.

Dementia Carers Count

Dementia Carers Count (DCC) has re-launched its flagship five-day walking event; Every Small Step 2021. The event will take place from Wednesday 13th to Sunday 17th October. Every Small Step celebrates the lives and contributions of the families and friends caring for someone with dementia in the United Kingdom.

Anyone can show their support by registering for the event online. Attendees can form walking groups or enjoy the challenge alone. For extra motivation there are specially recorded podcast episodes, featuring the voices of family carers, comedians, authors, dementia campaigners and more.

When you register there is an option to set a walking challenge for the five days – whether it's 100 or 10,000 steps – the aim is to reach a cumulative community step count of 700,000 steps each day: one for every family dementia carer in the UK.

Find more information and register for Every Small Step 2021:

<https://dementiacarers.org.uk/event>

Share your views about local Dental Services

Healthwatch Leicester and Healthwatch Leics regularly hear from people about their experiences of accessing NHS dental treatment.

They have been hearing from people about issues accessing dental services and getting treatment and want to hear from more people to build a better picture to share information with those who plan dental services across the area.

They are keen to understand more about your experiences of using dental services and would ask you to share your comments, views and experiences that you have on dentistry by using the following link:

<https://engagingcommunities.researchfeedback.net/s.asp?k=163092051784>

Market Harborough Crisis Café

The charity Turning Point has recently set up a new Support café for the Harborough District.

Are you struggling with your mental health? Feeling overwhelmed or unable to cope? Support is available through our Crisis Café drop in service.

We offer a safe space for those who are struggling as well as emotional support and 1:1 sessions where you can learn practical coping strategies.

No referral is needed, simply come along and visit us.

Location:

*The Symington Building
Adam and Eve Street
Market Harborough
LE16 7LT*

Wednesday 12pm-8pm

If you have news items to contribute?

Contact Andy Hartshorn via email newsletter@dementiaharborough.org

Dementia Harborough

Registered Charity No. 1167885

www.dementiaharborough.org

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