

## June café

### Seated Yoga

We couldn't do a full sun salutation or a downward dog but Helen from Bennd Yoga put us through our paces in the seated yoga session. It was enough of a workout to justify the lovely cream scones we had afterwards from Emerson & West - both the yoga and scones were a real treat and left us all very relaxed. Thanks Helen, we really enjoyed it and look forward to having you back again soon.





Our next meetings are: -

**At Jubilee Hall, Market Harborough**

Singing For Memories – Tuesday 7<sup>th</sup> July at 2pm

Dementia Café – Tuesday 21<sup>st</sup> July at 2pm

**At The Well, Kibworth Beauchamp**

Dementia Café – Monday 13<sup>th</sup> July 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.

### **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.

### **18 August**

The Market Harborough Flower Club will be joining us to demonstrate and help us create a floral work of art, with seasonal flowers.

### **15 September**

We are delighted to welcome back the Ukulele band to entertain us throughout the afternoon

### **Informal get togethers at Insomnia**

Our next get-together at Insomnia café in Market Harborough is at 2pm on Wednesday 15<sup>th</sup> July where you are welcome to join us for a free cup of tea or coffee, a cake and a chat.

### **Financial support when caring for someone with dementia**

The charity **Dementia Carers Count** [www.dementiacarers.org.uk/](http://www.dementiacarers.org.uk/) can provide advice and guidance about the financial support which is available. They write:-

"If you're looking after someone with dementia, you may be able to access some financial support. However, understanding what's available and how to access it isn't always straightforward.

Thanks to a grant from The National Lottery Community Fund, we've been able to create some new advice and guidance. Watch our new [video](#) on financial support for carers.

Our team can talk through your situation, provide personalised advice, and guide you through the benefits and support available. Our free Carer Support Line is open Monday to Friday, 9am–5pm, call us on 0800 652 1102 or request a call back via this [form](#)."

## Trip on the Rutland Belle 9th June 2026

Following last year's enjoyable trip to Rutland water, we embarked on our second trip aboard the Rutland Belle earlier this month. Despite some ominous looking clouds before we boarded, the weather did not let us down and we enjoyed a very pleasant cruise with a cream tea of fruit scones and jam and clotted cream accompanied by tea and coffee. The views were excellent for spotting ospreys and local points of interest as we sailed along the water and a good time was had by all.





## **Supporting Hydration In Dementia Care**

Another timely reminder from Amy Kerti at Empatia Dementia.

“As temperatures rise, one simple but often overlooked part of dementia care becomes increasingly important: **hydration**.”

For many people living with dementia, drinking enough fluid is not always straightforward. Reduced thirst recognition, memory difficulties, fatigue, swallowing challenges, low mood, fear of urgency, and reduced initiation can all make hydration difficult.

Sometimes what appears to be increasing confusion, agitation, fatigue, or withdrawal may actually reflect unmet physical need.

**Small relational changes can make a real difference.**

A few practical ways to support hydration in a more person-centred way:

💧 **Offer little and often** – smaller, regular drinks can feel less overwhelming than large glasses.

💧 **Use familiar drinks** – tea, squash, smoothies, soup, jelly, milkshakes, and fruit can all contribute.

💧 **Make it visible** – bright cups, clear glasses, straws, and drinks within sight can improve recognition.

💧 **Make it social** – sit together, have tea and chat, offer fluids during connection rather than instruction.

💧 **Have fun with it** – mocktails, favourite mugs, beer glasses, latte glasses, fruit slices, ice, or colourful straws can make drinking feel enjoyable rather than clinical.

💧 **Watch for subtle dehydration** – increased confusion, dry mouth, constipation, dizziness, darker urine, reduced appetite, sleepiness, or agitation.

Hydration is rarely just about “drinking more water.”

It is about understanding **routine, preference, environment, cognition, and personhood.**”

We know person-centred care is often found in the small things — noticing earlier, responding better, and understanding what matters to the person in front of us.

### **A Sailing Adventure For Charity – latest update**

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.

His goal is to sail 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 sailed up the east coast, to Orkney and Shetland, and is now making his way down the west coast of Scotland. His latest mooring on 22 June has been at the Isle of Jura in Scotland's Inner Hebrides, having covered a total of 1,338 nautical miles so far.

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](https://www.youtube.com/@SailingCaptainPaul)

Paul is using this challenge to raise funds for Alzheimer’s Research UK and he has been getting fantastic support at each stop so far. His Just Giving page [www.justgiving.com/page/sailingcaptainpaul](https://www.justgiving.com/page/sailingcaptainpaul) is showing that he has now raised £7,178 including Gift Aid towards his target of £15,000.

In aid of  
**ALZHEIMER'S  
RESEARCH UK** **FOR A  
CURE**



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, at 10.30am – 12.00.

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



**#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 aCommunity 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