

September café

At our September Cafe we welcomed Emily from the Curve. Emily expertly led us as we rock and rolled, discoed and even had a go at the Charleston, before winding down to 'What a wonderful world'

The afternoon finished with a refreshing drink and selection of cakes, which were well deserved after our exertions. Thanks, Emily, for such a great, fun afternoon.'

Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 7th October at 2pm

Dementia Café – Tuesday 21st October at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 13th October at 2pm

Singing for Memories 7th October

Some of you may know that Kyle is taking a well-earned break so will not be available on the 7th October. Whilst Kyle is sunning herself and having a deserved rest, we have arranged for Yvette Healey to entertain us instead.

Yvette has performed for us a number of times over the years and will be singing songs from the shows and hits from the 60's and 70's, and we know she hopes you will join in with her!

What's on in 2025

Here's our activity programme for the remainder of the year.

October 21st

We hope you can join us for an afternoon of tea, coffee and of course cake, whilst enjoying playing a selection of handcrafted wooden table games with fellow members.

November 18th

The Market Harborough Flower Club will help us create wreaths for Christmas

THURSDAY 11th December

Christmas Party with festive entertainment by singer Yvette Healey

As well as the activities there will always be tea, coffee and 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.

Informal get togethers at Insomnia

Our next informal gathering will be at Insomnia on Wednesday 15th October at 2pm.

For anyone who hasn't been before, it's a chance to relax, have a chat and get to know one another with the added bonus that the first drink and cake is on us!

We'd love to see you there.

Curve Theatre Trip

Our next theatre trip to the Dementia Friendly matinee Performance of The Sound Of Music takes place on Tuesday 16th December.

The trip is now fully subscribed but if you would like to be added to the standby list or can't attend now please see Andy at Singing for Memories or Dementia Cafe, email at treasurer@dementiaharborough.org or leave a message on the Charity mobile 07594 649566

The coach departure times are

12:45 Market Hall Bus station, Market Harborough

13:00 The Square, Kibworth

13:15 Sainsbury's, Oadby

Two local events coming soon, which may be of interest to our members:-

Both these events are being held at the Market Harborough Building Society Community Hub, Newcombe House, 16 The Point, Rockingham Road, Market Harborough LE16 7QU.

11.00am – 2.00pm, Tuesday 30th September.

Care Support - The Importance of Early Planning. This free event is being run by Home Instead, Rainbow Care Group, VASL and Empatia Dementia

Drop in or book using the QR code in the poster, or call Home Instead on 01858 540317 for more information.



home instead.

Care Conversations

Early Planning

11.00 - 2.00 30th September 2025



Market Harborough Building Society, The Point,
Rockingham Road, LE16 7QU

CARE SUPPORT - The importance of Early Planning

Free advice & information from local experts

Free blood pressure checks



Drop in or book via
the QR code



01858 540317

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contact@empatiadementia.org

A 10 week course 10.30am to 12.30pm each Wednesday starting 21 October.

This course is being run by Empatia Dementia and gives family members practical strategies, emotional support, and expert guidance — all drawn from advanced dementia clinical and academic experience.

The cost is £12 per session. Spaces are limited - contact Amy Kerti at contact@empatiadementia.org or call her on 07763 286169 for more information or to reserve a place.

A flyer for a dementia coaching course. The background is a light blue and white abstract design. On the left, there is a faded image of a woman with long dark hair, Amy Kerti, speaking. On the right, there is a circular logo with three stylized figures holding hands. The text is arranged in a clean, modern layout with various font weights and colors (blue, black, and white) to highlight different sections.

Empatia Specialist Dementia Coaching

Developing & Sustaining Resilience when Supporting Someone you Love with Dementia

About Amy, Your Course Leader,
As a Dementia Specialist Nurse, I've supported countless families over the years. This course draws on my clinical, psychological, and academic expertise, shaped by leading Admiral Nursing services, lecturing at universities, and training both professionals and families affected by dementia.

An Introduction to Dementia

Start Date: 21st October, 10:30 to 12:30
Duration: 10 weeks
Group Size: Only 12 places for comfort & quality
Price: £12 per session (this year only)
Location: Newcombe House, 16 The Point, Rockingham Road, Leics, Market Harborough. LE16 7QU

Contact Amy today to reserve a limited space,
contact@empatiadementia.org
07763 286169
www.empatiadementia.org

Modules:

1. **Emotional Support & Dementia Education** – Understand the neuroscience and the unique emotions of supporting a loved one with dementia.
2. **Identity & Adapting** – Stay yourself and help your loved one stay themselves.
3. **Communication & Behaviour** – Respond to challenges and keep connection alive.
4. **Transitions** – Be ready for changes, big and small.
5. **Resilience & Sustainability** – Protect wellbeing and plan for the future.

Admiral Nurse service – Market Harborough & Kibworth Clinics

The clinics offer free and confidential 45 minute face-to-face appointments with a dementia specialist Admiral Nurse, giving families facing dementia the opportunity to get the advice and support they need. Families are able to book an appointment themselves as they feel they need support. If you have any questions or would like more information on the clinics please get in touch with them; the contact details are below.

We are extremely lucky to have this resource available in our area and we have been told that funding is in place through to next year. However, we assume that the service will only continue if there is seen to be sufficient demand to justify it. “Use it or lose it!”

Opening hours:

Market Harborough Medical Centre

Last Friday of every month, 10am-4pm

Old School Surgery, Kibworth

First Monday of every month 10am-4pm

To book an appointment visit www.dementiauk.org/mhboroclinics

For more information call 01858 451040 or

email mhboroclinics@dementiauk.org

You can also contact the national Admiral Nurse Dementia Helpline for support with any aspect of dementia. Call 0800 888 6678 or email helpline@dementiauk.org

Harborough Musical Memory Box

Just a reminder about these meetings at Harborough Theatre Lounge every 3rd Thursday from 2.00pm to 3.30pm. If you or a loved one experience memory problems of dementia diagnosis, feel lonely or would benefit from a social, therapeutic group with singing and music, why not come along to sing and have fun?

For details email LMMBox@gmail.com or phone Kyle Newman on 07736 841558.

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

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 or leaving a message on 07594 649566