

January 2025

December café

We hope you enjoyed our Xmas party, theatre trip for My Fair Lady, Carol Service and have all had a good Xmas and New Year.

We look forward to seeing you again in 2025.

Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 7th January at 2pm

Dementia Café – Tuesday 21st January at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 13th January at 2pm

What's on in 2025

We have finalised the programme for most of the year for our Activity Programme. As a result, we thought we should give you a heads up on what is in store for the first 6 months to whet your appetite

January 21st

It's magic time again as Matthew Garrett entertains us with his unique blend of stage and close up magic.

Matthew is a member of the Inner Magic Circle an honour that only about 300 magicians worldwide share. He has performed all over the world and appeared on television in the UK on many occasions. Matthew will treat us to some of his favourite tricks which will leave you amazed and amused.

February 18th

Forget the winter Olympics and come along to try your hand at indoor curling. It's a game of fun and skill which has become very popular in the past few years. And even if you don't want to have a go yourself, you can cheer on your fellow members whilst enjoying a cup of tea and cake!

March 18th

Returning for her third visit, Suky will have you laughing as well as doing some gentle seated exercise. Laughter Yoga is designed to lift your mood and enhance physical well-being and based on our experience, it's sure to do both.

April 15th

Jo was a huge hit last year with her seated Zumba session which had everyone dancing and singing in their seats. With a mix of Latin and European music and her unique sense of fun and enthusiasm, Jo will quickly get you involved and motivated and will leave you energised and exercised.

May 20th

Kerry Jean is sure to get you singing along as she showcases songs from the 50's to the present day with her lively personality and professional repertoire. Kerry Jean is a regular for us and never fails to delight her audiences.

June 17th

The Happy Together Ukelele Band are one of our favourites and come equipped to play songs from the 1960's to the present day. They'll keep us entertained and involved and love to have the audience sing along too.

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.

Coffee Mornings

Our next coffee morning will be on at 14th Jan 10.30am at Insomnia in Market Harborough.

Everyone is welcome to come along and have a hot drink, a snack and a chat.

These events give you the chance to relax and get to know each other better (and the volunteers too) and are very informal.

Over the next few months we will be alternating the day between Tuesday and Wednesdays to see which are most convenient and so a few dates for your diary are 12 Feb and 11 March.

We look forward to seeing you there.

How to offer help to someone with dementia who doesn't want it

Do you know a person with dementia or memory problems who is refusing offers of help? It is common for someone living with dementia to not acknowledge that they are experiencing issues with their memory or other aspects of cognition, such as having difficulty holding conversations or carrying out [daily living tasks](#).

Alzheimer's Society have published this useful article with a few ways to support someone who may be in denial or lack insight about their situation. <https://www.alzheimers.org.uk/blog/how-offer-help-someone-dementia-who-doesnt-want-it>

Thurnby

If you are in or around the Thurnby area don't forget the new Memory Café on the last Thursday each month from 1.00pm to 3.00pm.

For more information contact Lizzie Berry at lizzie@thurnbychurch.com or on 07727 164979.



Come and join us at The Memory Cafe for a friendly, fun and supportive afternoon of activities, games, conversation and refreshments.

Every Last Thursday of the Month



2pm-3.30pm at Cafe Fifty Five

The Memory Cafe is a relaxed, social and non-judgemental group for those experiencing memory problems and their family members or care givers.

The Memory Café asks for a donation of £3 per person to help towards refreshments and activities. There is no need to book.



If you have any questions or for more information please contact Lizzie via
Lizzie@thurnbychurch.com
or 07727164979

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.



LEICESTER
MUSICAL
MEMORY
BOX

HARBOROUGH MUSICAL MEMORY BOX

DO YOU, OR YOUR LOVED ONE, EXPERIENCE MEMORY PROBLEMS OR DEMENTIA DIAGNOSIS,
FEEL LONELY OR WOULD BENEFIT FROM A SOCIAL, THERAPEUTIC GROUP WITH SINGING AND
MUSIC TO AFFECT WELLBEING?

COME ALONG TO SING, AND HAVE FUN WITH US AT:

HARBOROUGH THEATRE LOUNGE

CHURCH SQUARE, MARKET HARBOROUGH LE16 7NB

EVERY 3RD THURSDAY 2.00- 3.30P.M



FOR FURTHER DETAILS PLEASE EMAIL: LMMBOX2018@GMAIL.COM

OR CONTACT: KYLE NEWMAN 07736841558

DONATIONS PLEASE TO:

WWW.LEICESTERMUSICALMEMORYBOX.CO.UK



Leicester Musical Memory Box C.I.C. is registered as a
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www.dementiaharborough.org

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admin@dementiaharborough.org or leaving a message on 07594 649566