

January café

At our first café in 2026 we were delighted to welcome the lovely ladies of Songbirds Ladies Choir (Market Harborough). We were treated to a wonderful performance of songs by ABBA, the Beatles and Neil Diamond, to name but a few and also enjoyed a singalong. What a great way to start the New Year.



Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 3rd February at 2pm

Dementia Café – Tuesday 17th February at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 9th February 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.

17 February

We are pleased to say that Paint Pottle will be joining us and showing us how to decorate a gift for Easter

17 March

The team from 'Everyone Active' will once again be leading us in an afternoon of sporting fun and games

21 April

We are pleased to welcome for the first time, singer Chris Hyde, who will be entertaining us with an afternoon of popular songs

19 May

The always popular Jo Coverson returns, for a wonderful afternoon of music, Zumba and fun

16 June

For the first hour of the afternoon, we look forward to welcoming Helen Braithwaite who is going to lead us in a chair yoga session. This will be followed by a delicious cream tea.

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

20 October

Favourite of Dementia Harbrough, Kerry Jean, returns to entertain us with an afternoon of music and song

17 November

Catherine Matthews will run a 'Christmas themed' craft afternoon

15 December

Christmas Party

Informal get togethers at Insomnia

Our next get-together at Insomnia café in Market Harbrough is at 2pm on Wednesday 11th February where you are welcome to join us for a free cup of tea or coffee, a cake and a chat.

**Why not come and join us for
a free coffee or tea, a cake
and a chat!**



**Wednesday 11th February
at 2.00pm
Insomnia, Market Harborough**

Local Admiral Nurse service closes

We are very disappointed to have to report that the local face-to-face Admiral Nurse clinics in Market Harborough and Kibworth have ended.

Families affected by dementia can still speak to an Admiral Nurse on Dementia

UK's national helpline. Please call 0800 888 6678 (Monday to Friday 9am – 9pm, Saturday and Sunday 9am – 5pm) or email helpline@dementiauk.org

They can also book a telephone or virtual appointment with an Admiral Nurse through Dementia UK's website. For more information or to book an appointment, please visit <https://www.dementiauk.org/information-and-support/how-we-can-support-you/book-a-virtual-appointment/>

Empatia Specialist Dementia Coaching - 10-Week Course

Amy Kerti of Empatia is running another 10-Week support course for family members supporting a loved one with dementia.

Amy says: "Supporting someone with dementia is complex, emotional, and often overwhelming. This structured, evidence-based 10-week course offers clear education, emotional support, and practical understanding to help you adapt without losing yourself.

The course covers dementia education, identity and adapting to change, communication and behaviour, emotional transitions, and long-term resilience. Each session builds on the last, so participants are encouraged to commit to the full programme."

- ✓ Starting 11th March | 10:30 am–12:30 pm
- ✓ Every Wednesday for 10 weeks
- ✓ Newcombe House, The Point, Market Harborough

£18 per session. A small group, limited places.

For more information contact Amy Kerti on:

Mobile: 07763 286169

Email: contact@empatiadementia.org

Website: www.empatiadementia.org

It's a Robert Smyth Academy Lock In

Every Year Robert Smyth Academy organise a 24-hour sponsored Charity sports event ("Lock in"). And this year they are generously raising money for Dementia Harborough.

The event involves around 160 14-19 year old students remaining in school

overnight and playing a variety of sports on rotation.

The students are mixed into teams and create their own name/banner etc and they compete over all the sports throughout the 24 hours. When not playing, the students will rest in the other sports hall. In 2026 the 'Lock in' takes place from Thursday 12th to Friday 13th February and although It's sure to be a tiring event for the students and teachers, it's a very inspiring occasion too. We are delighted to have been chosen as their nominated charity this year and can't wait to attend the event!

Help finding care – CHS Healthcare

Members who are thinking about care support might be interested in contacting CHS Healthcare.

They write: - “At CHS Healthcare, we’re here to support you and your loved ones in finding the perfect care placement, whether in a care home or with a trusted home care provider. Our friendly experts offer free, tailored advice to help you explore options that truly fit your unique needs and personal circumstances so you can make an informed care choice with confidence. We’ll be with you every step of the way, making sure you feel supported, informed, and never alone in the process.”

For more information visit www.carehomedselection.co.uk call 0808 175 3609 or email enquiries@chshealthcare.co.uk



Why CHS Healthcare?

With CHS, you don't have to face care decisions alone. We go beyond simply listing providers - we guide you through the entire process with compassion, knowledge and ongoing support.

- 4,000+ registered UK care providers
- Commissioned and trusted by the NHS
- Expert guidance throughout your journey
- Care advice and support service at no cost
- Continued support beyond your care placement
- Extensive care arrangements and tailored options

How we help you find the right care

From your very first phone call, we'll take you through the process with care, understanding and expert advice. You stay in control, we're simply here to support, guide and reassure you along the way. Here's how it works:

- 1. Start with a conversation**
Contact our friendly team - we're ready to listen.
- 2. Tell us what matters most**
We'll take the time to understand your personal needs, preferences, and any concerns - no rush, no pressure.
- 3. Meet your dedicated advisor**
You'll be introduced to your own care liaison advisor, someone who'll be by your side throughout your care placement journey.
- 4. Receive a personalised shortlist**
Based on your unique needs, we'll recommend care options we truly believe are the best fit.
- 5. Explore your options together**
We'll talk through each option with you, arrange visits or assessments, and answer all your questions.
- 6. We help put everything in place**
Once you've made your choice, we'll take care of the arrangements, so everything runs smoothly.

Start your care journey with confidence

Get in touch today. We are here to guide you every step of the way. Whether you need urgent support or are planning ahead, our expert team offers personalised advice tailored to your unique needs.

0800 175 3609
enquiries@chshealthcare.co.uk

www.carehomedselection.co.uk

Confidential in every care choice.

Council Tax reductions

Many people with dementia and those who live with them qualify for a Council Tax reduction or exemption that could be worth hundreds of pounds every year. This article by Dementia UK explains what you need to know about Council Tax discounts for people with dementia and how to apply if you are eligible.

www.dementiauk.org/information-and-support/financial-and-legal-support/council-tax-discount-for-people-living-with-dementia/

To speak to a dementia specialist Admiral Nurse about benefits or any other aspect of dementia, call our their free Dementia Helpline on 0800 888 6678 (Monday-Friday 9am-9pm, Saturday and Sunday 9am-5pm, every day except 25th December) or email helpline@dementiauk.org

If you are within the Harborough District Council area and want to apply, their website page is

www.harborough.gov.uk/info/20006/council_tax/445/council_tax_discounts/5 or call them on 01858 828282.

Harborough Musical Memory Box

Kyle Newman's singing sessions on the 3rd Thursday each month have switched from Harborough Theatre to the Roebuck Pub on Rockingham Road, Market Harborough LE16 7XY, at the new time of 10.30am – 12.00.

For details email 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 3RD THURSDAY 10.30AM - 12.00

FOR FURTHER DETAILS EMAIL: LMMBOX2018@GMAIL.COM

PHONE: KYLE NEWMAN 07736841558

SUGGESTED DONATION £5 PP

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

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