

March café

Curling, Cakes, Boccia and Birthdays

Spring was definitely in the air as we prepared for our indoor games afternoon with Active Harbourough on the 17th March. And, we were also excited to be celebrating the 15th birthday of Dementia Harbourough with a variety of cakes and biscuits. It so happened that there were just enough slices as we had a bumper turnout and everyone enjoyed playing both Indoor Curling and Boccia with the help of Luke and Tom. The cakes and a well-earned drink rounded off the afternoon nicely and we look forward to trying some more indoor games again next year.





Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 7th April at 2pm

Dementia Café – Tuesday 21st April at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 13th April 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 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

Braithewaite who is going to lead us in a chair yoga session. This will be followed by a delicious cream tea.

Informal get togethers at Insomnia

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

FREE DEMENTIA COACHING SESSIONS FOR DEMENTIA HARBOROUGH MEMBERS

Dementia Harborough have partnered with Empatia Specialist Dementia Coaching to offer a series of FREE supportive, educational and therapeutic sessions for people supporting a loved one living with dementia.

The sessions aim to give you practical and usable skills to apply to everyday situations and are conducted in small groups of no more than 8 people.

They are stand-alone modules, so you are welcome to book just one or more than one.

Dementia Education & Emotional Support Understanding dementia and its emotional impact

Wednesday 6th May 10.30 - 12.30
Wednesday 27th May 13.00 – 15.00

Identity & Adapting Sustaining identity alongside supporting a loved one

Wednesday 6th May 13.00 – 15.00
Wednesday 20th May 09.30 – 11.30

Planning Ahead Practical and emotional preparation

Wednesday 20th May 12.00 – 14.00
Wednesday 27th May 10.30 – 12.30

What the sessions cover:

Dementia Education & Emotional Support **Understanding dementia and its emotional impact**

This module provides a clear overview of dementia, including common symptoms, progression, and the impact on those supporting their loved one. It explores how different brain diseases lead to distinct cognitive changes and behaviours. We explore the experience of guilt and the effect it has on overall well-being, a common yet under-recognised emotion in people

Supporting a loved one with dementia. **Identity & Adapting Sustaining identity alongside supporting a loved one**

This module emphasises the importance of maintaining personal identity, roles and meaningful activities. Preserving identity is essential to sustaining the supportive role and maintaining balance within relationships. People identify both practical and perceived barriers and explore realistic ways to adapt early on reducing the risk of burnout, isolation and long-term health difficulties.

Planning Ahead **Practical and emotional preparation**

Our session combines practical guidance with therapeutic reflection. Topics include LPA, Advance Care Planning, driving, future care considerations and the Herbert Protocol. Addressing these early reduces uncertainty, supports safety and independence, and lowers the ongoing cognitive and emotional load for family members.

The sessions will take place at: Market Harborough Building Society Head Office Newcombe House, 16 The Point Rockingham Road Market Harborough LE16 7QU There is plenty of free parking on site.

For more information and to book please contact:

Amy Kerti Tel 07763 286169

Email contact@empatiadementia.org

Website www.empatiadementia.org

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.



HARBOROUGH MUSICAL MEMORY BOX

A LEICESTER MUSICAL MEMORY BOX group

#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 a Community 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