

July café

Anyone for Tennis....

To celebrate the end of Wimbledon, on the 15th July, we took a leaf out of the famous tournaments book.

In the first set, we were entertained by Richard who played some relaxing and beautiful guitar music, to get us all in the mood. The second set consisted of tea, coffee and enormous scones provided by Emerson & West. but the final set required some effort as there were a few games to play from balloon tennis to table games all inspired (albeit loosely) by Wimbledon.

We had a great afternoon, and we hope you did too. We didn't need much supper after the size of the scones!







Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 5th August at 2pm

Dementia Café – Tuesday 19th August at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 11th August at 2pm

What's on in 2025

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

August 19th

Catherine Matthews will lead us in an art activity

September 16th

A member of the Curve theatre will be joining us to run a music and dance workshop

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 13th August at 2pm.

For anyone who hasn't been before, it is 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!

Don't be put off if the scaffolding is still on the building. It is open and very peaceful inside.

CARE SUPPORT - The Importance of Early Planning – Free Advice and Information from local experts

“Home Instead, Empatia Specialist Dementia Coaching, and The Rainbow Care Group have joined forces to offer a free information day for anyone living with dementia, or other long-term conditions, and the families supporting and caring for them.

This event will provide valuable advice on understanding symptoms, where to find support, and how to make life, home, and social environments more comfortable and adaptable. Our expert teams will show you the services that might be helpful for you, guide you through practical steps to improve daily living and help you navigate the journey ahead with confidence.

At Newcombe House in Market Harborough on Tuesday, 30th September, between 11am & 2pm.

Come along to learn, connect, and find the support you need.”

The
Overstone
Arms

Pub and Dining

Dementia Club & Grub



A Monthly Gathering for Fun, Food, and Support

Join us at the Overstone Arms
Stringer's Hill, Pytchley, Kettering NN14 1EU



A welcoming, fun, and comfortable atmosphere.

Prizes for quizzes and bingo.

Specialist Dementia Nurse advice and support if you or your loved one has dementia.

Socialising & cognitive stimulation can help people to stay well for longer.

£15 for a main course, tea & coffee

Last Thursday of every month 2pm - 5pm

Join us at 2pm for the quiz, food at 3pm & Bingo at 4pm

For more information, contact the Overstone Arms on 01536 333542 or Empatia Specialist Dementia Coaching on 07763 286169 or contact@empatiadementia.org

www.theoverstonearmspytchley.co.uk

www.empatiadementia.org

Admiral Nurse service – Market Harborough & Kibworth Clinics

We are delighted to have been advised that the local clinics have secured funding for a further 12 months. The existing Admiral Nurse Sarah Cooper (nee Merrill) will be concentrating on other roles in the service, and her place will be taken by Fay Valentine.

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.

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 the 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 go along to sing and have fun?

Also, on Wednesday 10th September there will be a dementia-friendly and accessible showing of the film Sound of Music, with arrival at 12.45pm for film start at 1.15pm. There will be two interval breaks and one free ice cream. Yes, you can sing along!

This is a FREE event but you will need to put your name down with Kyle, and have a virtual 'ticket' . Donations on the day and there will be a raffle. The Auditorium is accessible by stairs and also a lift. There is ONE wheelchair space. There are accessible toilets too.

Email LMMBox@gmail.com or phone Kyle Newman on 07736 841558.



Harborough
theatre



THE SOUND OF MUSIC

WEDNESDAY 10TH SEPTEMBER

AT HARBOROUGH THEATRE

ARRIVAL 12.45PM FOR FILM START 1.15PM

ACCESSIBLE AND DEMENTIA FRIENDLY

TWO INTERVAL BREAKS, WITH ONE FREE ICE CREAM!



YES, YOU CAN SINGALONG!



ITS **FREE**, BUT YOU MUST BOOK YOUR TICKET



CALL: KYLE NEWMAN 07736841558

OR EMAIL: LMMBOX2018@GMAIL.COM



**Dementia
HARBOROUGH**
SUPPORT • ADVICE • FRIENDSHIP

**Creative
Harborough**
A celebration!



**Market Harborough
and the Bowdens Charity**
changing people's lives

Leicester Musical Memory Box C.I.C. is registered as a Community Interest Company 11468520 (not for profit organization)

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