

May café

We had a fantastic turnout of members at our May cafe for a very special afternoon of entertainment!

Jo Coverson joined us to lead an energetic and lively session of seated Zumba, proving that you don't need to be on your feet to get into the groove. The upbeat music and rhythmic movements created a great atmosphere of fun to the room.

It was wonderful to see everyone so engaged, smiling, and clapping along. A huge thank you to Jo for bringing such infectious energy to our cafe and to all our members who joined in and made the afternoon so memorable!

Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 2nd June at 2pm

Dementia Café – Tuesday 16th June at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 8th June 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.

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.

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.

Informal get togethers at Insomnia

Our next get-together at Insomnia café in Market Harborough is at 2pm on Wednesday 24th June where you are welcome to join us for a free cup of tea or coffee, a cake and a chat.

Supporting Hydration in Dementia Care During Hot Weather

Thanks to Amy from [Empatia Dementia](#) for this article about keeping hydrated in the current hot spell.

As temperatures rise, one simple but often overlooked part of dementia care becomes increasingly important: **hydration**.

For many people living with dementia, drinking enough fluid is not always straightforward. Reduced thirst recognition, memory difficulties, fatigue, swallowing challenges, low mood, fear of urgency, and reduced initiation can all make hydration difficult.

Sometimes what appears to be increasing confusion, agitation, fatigue, or withdrawal may actually reflect unmet physical need.

Small relational changes can make a real difference.

A few practical ways to support hydration in a more person-centred way:

💧 **Offer little and often** – smaller, regular drinks can feel less overwhelming than large glasses.

💧 **Use familiar drinks** – tea, squash, smoothies, soup, jelly, milkshakes, and fruit can all contribute.

💧 **Make it visible** – bright cups, clear glasses, straws, and drinks within sight can improve recognition.

💧 **Make it social** – sit together, have tea and chat, offer fluids during connection rather than instruction.

💧 **Have fun with it** – mocktails, favourite mugs, beer glasses, latte glasses, fruit slices, ice, or colourful straws can make drinking feel enjoyable rather than clinical.

💧 **Watch for subtle dehydration** – increased confusion, dry mouth, constipation, dizziness, darker urine, reduced appetite, sleepiness, or agitation.

Hydration is rarely just about “drinking more water.” It is about understanding **routine, preference, environment, cognition, and personhood.**

Rosen Movement exercise and movement class in Smeeton Westerby

We have been made aware of this class which is run by a lady called Marzena Hunter at the Village Hall, Main Street, Smeeton Westerby LE8 0RT every Friday 09.30-10.30am to the end of June, restarting September.

Marzena writes: - “The Rosen Movement is a very gentle movement to the music, which is accessible to people of all ages and with wide variety of mobility level. It is based on simple, every day movements which help us to lubricate our joints, relax our muscles by releasing tensions, improves balance, flexibility and our cognitive capacity as well. We move in a small group in a circle, often holding hands to support each other. Because we are moving as a group, and to a beautiful music, often we have a lot of fun. The movement is gentle and effortless, which allows for inner self-awareness, bringing deep relaxation and a sense of wellbeing. The class duration is one hour.

Having experienced caring for my mum over the last three years, I understand the challenges and endeavours (mental, physical, emotional) many carers for the loved one(s) experience. For carers for people with Dementia, or any other carer, I would like to offer to any of them a free Rosen Method Movement class (normal price £5 per class).

Everyone is welcome, no need to book, just come as you are. Please come to the class 10-15 min prior to the start if possible and bring with you a yoga mat or a blanket as some movement will be on the floor.” Contact Marzena on marzena.hunter@outlook.com for more details

Financial support when caring for someone with dementia

The charity **Dementia Carers Count** www.dementiacarers.org.uk/ can provide advice and guidance about the financial support which is available. They write:-

“If you’re looking after someone with dementia, you may be able to access some financial support. However, understanding what’s available and how to access it isn’t always straightforward.

Thanks to a grant from The National Lottery Community Fund, we’ve been able to create some new advice and guidance. Watch our new [video](#) on financial support for carers.

Our team can talk through your situation, provide personalised advice, and guide you through the benefits and support available. Our free Carer Support Line is open Monday to Friday, 9am–5pm, call us on 0800 652 1102 or request a call back via this [form](#).”

Trip on the Rutland Belle 9th June 2026

We are really looking forward to our trip to Rutland Water with afternoon tea aboard the Rutland Belle. For those travelling by coach the timings are as follows:

1.30pm Depart from the bus stop opposite Ash Tree Road on Glenn Road/A6 southbound, Oadby

1.45pm Depart Kibworth bus stop at the roundabout on the High St

1.55pm Depart Market Harborough bus station

3.00pm Arrive at Whitwell water park on Rutland Water

4-5pm Private Charter on the Rutland Belle with scones and tea and coffee

5.30pm Depart Whitwell

6.25pm Arrive Market Harborough bus station

6.40pm. Arrive Kibworth

6.50pm Arrive Ash Tree Road bus stop Oadby

For those making their own way to Whitwell water park, please ensure you arrive by 3.30pm. The coach has a toilet on board but there isn’t a lift so everyone will need to use the normal entry steps.

Please note the trip is now full and we are running a waitlist. If you would like

to go on the waitlist, please contact Jonathan on email membership@dementiaharborough.org or call 07594 649566.

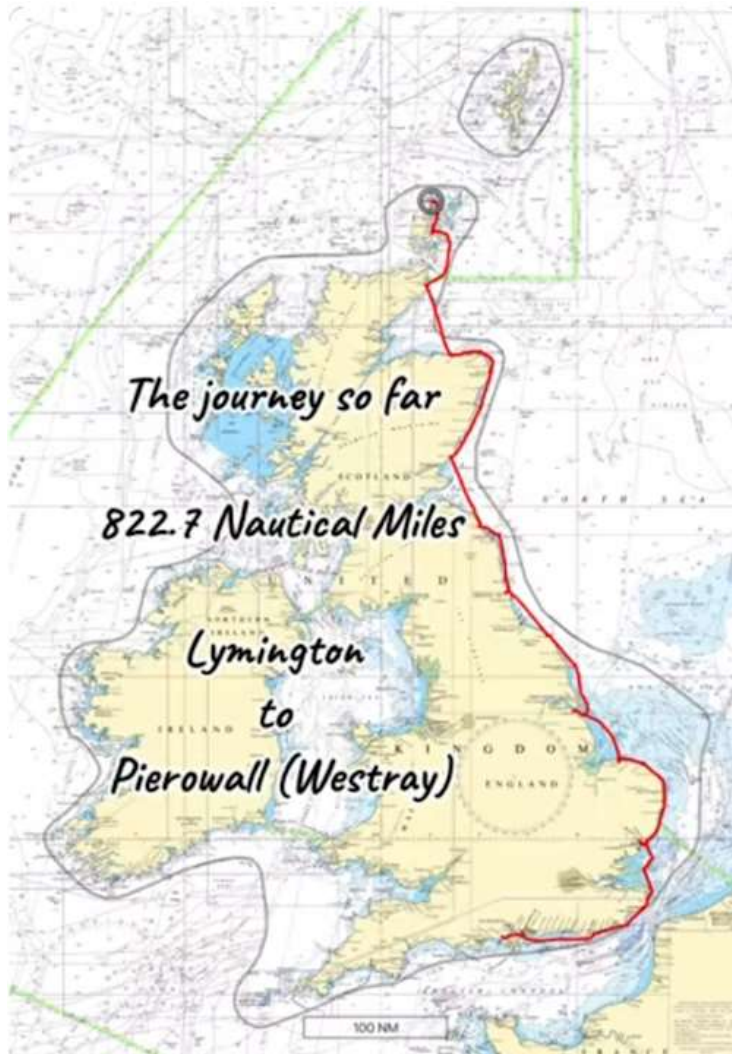
A Sailing Adventure For Charity – latest update

As reported last month Paul, a friend of our Trustee Peter Hirst, is challenging himself to raise funds for Alzheimer's Research UK while indulging his passion for sailing by sailing his yacht single-handed around Great Britain and Ireland, a voyage of around 2,500 miles which he is expecting will take 4 to 5 months.

Paul set off on 11 April from Lymington (the New Forest area) and has travelled 822.7 nautical miles to reach Westray, one of the Orkney Islands. Today (27 May) he set off at 4am on the next step, an 85 nautical mile, 17 hour, passage to Shetland.

If you have any interest in following his progress, he is documenting each step on his entertaining YouTube video channel at www.youtube.com/@SailingCaptainPaul

Paul is using this challenge to raise funds for Alzheimer's Research UK and he has been getting fantastic support at each stop so far. His Just Giving page www.justgiving.com/page/sailingcaptainpaul is showing that he has raised £6,485 including Gift Aid towards his target of £15,000.



Harborough Musical Memory Box

Kyle Newman's singing sessions on the 3rd Thursday each month are at the Roebuck Pub on Rockingham Road, Market Harborough LE16 7XY, at 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!

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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