

July café

Our July Dementia Cafe was filled with energy and laughter as we welcomed Kate and Sam from Leicester Taiko for a fantastic interactive afternoon of taiko drumming. Members had the opportunity to have a go at playing the drums themselves, and everyone thoroughly enjoyed getting involved. It was a wonderful experience that brought smiles, encouraged participation, and created a fun and memorable atmosphere for all.





Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 4th August 2pm

Dementia Café – Tuesday 18th August at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 10th August 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.

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

Informal get togethers at Insomnia

Our next get-together at Insomnia café in Market Harbrough is at 2pm on Wednesday 12th August where you are welcome to join us for a free cup of tea or coffee, a cake and a chat.

New Defibrillator Installed at Market Harbrough Congregational Church

We're delighted that there is now a new publicly accessible defibrillator at Market Harbrough Congregational Church thanks to a partnership between Dementia Harbrough and the Church.

The idea came to us after we identified a lack of publicly available defibrillators in the area and at the same time, the Congregational Church had recognised the same need, prompting us to work together to improve access to this potentially life-saving equipment.

Dementia Harbrough funded the purchase of the defibrillator and its secure cabinet, while the Congregational Church has arranged for its installation and will take responsibility for its ongoing maintenance.

The defibrillator is now fully operational and has been registered on the national defibrillator database, enabling emergency services to direct callers to its location if it is needed.

Rev. Roo MacRae of Market Harbrough Congregational Church said:

"We are extremely grateful to Dementia Harbrough for funding this defibrillator. It is a valuable addition for everyone who uses our buildings and for the wider community. We all hope it is never needed but having it available could make a vital difference in an emergency."





Harborough
theatre



THE SOUND OF MUSIC

WEDNESDAY 9TH SEPTEMBER '26

at: **Harborough theatre**

Arrival 1.15pm for film start 1.45pm

Accessible and dementia friendly

Two interval breaks, with one free ice cream!

Yes, sing along!

Its **Free**, but you **must** book your ticket

call: Kyle Newman 07736841558

or email: LMMBox2018@gmail.com



donations to LMMB welcome, plus raffle



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



Come for a
**A BLOOMIN' BRILLIANT
SING AND WALK!**
at Leicester Botanical Garden
and Attenborough Arboretum

entrance on Glebe Road, LE2 2LD
(off Oadby Racecourse roundabout)

THURSDAY 27TH AUGUST

from **2.00 til 4.30pm**

Accessible and dementia friendly

Donations! welcome!

To **book** your place contact:

Kyle Newman on **07736841558**

or email: **LMMBox2018@gmail.com**



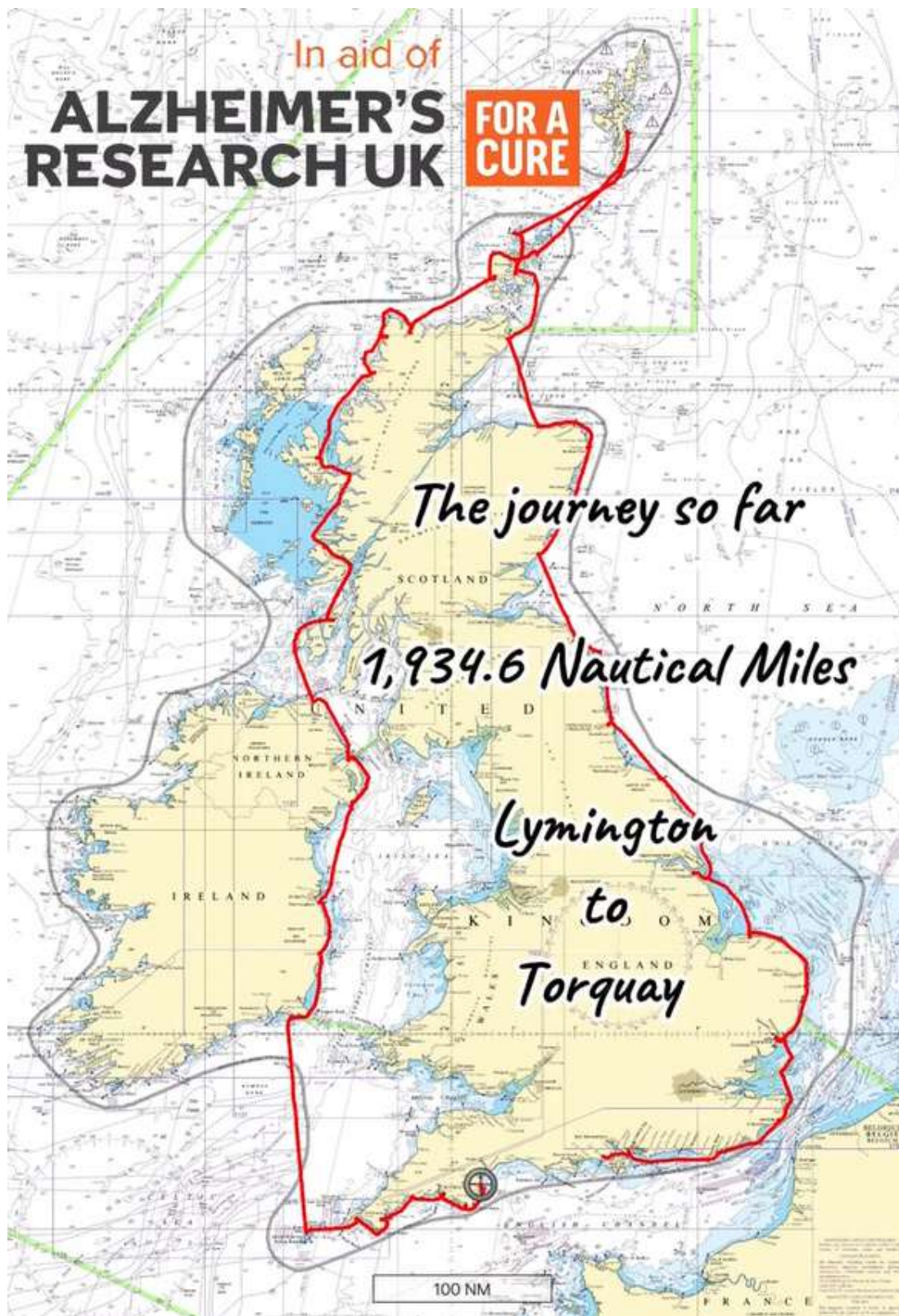
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A Sailing Adventure For Charity – latest update

Following on from the updates in previous newsletters, Paul Smith is currently (29 July) in Torquay having sailed single-handedly 1,934.6 nautical miles since leaving Lymington (New Forest) on 11 April. His anti-clockwise voyage has taken him round the south coast, then up the east coast as far as Shetland, before returning down the east coast of Ireland to the Scilly Isles, and then to Torquay.

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 now raised £9,200 including Gift Aid. He hasn't got far to go until he returns the Lymington and he would dearly love to reach his target of £15,000 by then, so if you are thinking of donating to this worthy cause please do so now!



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.



#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



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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