

December café

It was great to see so many of you at our Xmas party where we were entertained by the singer Lesley Shepherd, a quiz, raffle and again excellent catering from Emerson & Wests.

Here's a few photos





We hope you all had a good Xmas, and we look forward to welcoming you back in the New year.

Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 6th January at 2pm

Dementia Café – Tuesday 20th January at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 12th January 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.

20 January

What better way to begin the year, than with an afternoon of song, by the Songbirds Choir

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 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.

15 September

We are delighted to welcome back the Ukulele band to entertain us throughout the afternoon

20 October

Favourite of Dementia Harborough, 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

Dementia

HARBOROUGH

SUPPORT • ADVICE • FRIENDSHIP


**GOOD
AFTERNOON**

WHY NOT JOIN US FOR A

FREE

CUP OF COFFEE, TEA, A CAKE

AND A CHANCE TO CHAT!

YOU'LL BE VERY WELCOME!

2.00pm 14th January 2026

Insomnia,

Market Harborough

The hills were certainly alive with the sound of music at our recent visit to Curve, where we were once again treated to a wonderful performance on stage.

Off stage we were again looked after by the excellent Curve team and were treated to complimentary Ice creams at the interval, these little touches really adding to the trip.

At the end of the performance the cast came out for an informal meet and greet, another lovely touch for the audience. You can see some of the photos of our members meeting the cast below.







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.carehomedecision.co.uk call 0808 175 3609 or email enquiries@chshealthcare.co.uk



The advertisement features a photograph of hands being held gently. The CHS Healthcare logo is in the top right corner, with the tagline 'Part of Acadium Group'. The main heading is 'How we help you find the right care'. Below this, a six-step process is outlined: 1. Start with a conversation, 2. Tell us what matters most, 3. Meet your dedicated advisor, 4. Receive a personalised shortlist, 5. Explore your options together, and 6. We help put everything in place. A call to action box at the bottom right provides contact details: '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. +44 (0)808 175 3609 enquiries@chshealthcare.co.uk'. On the left, a dark blue box titled 'Why CHS Healthcare?' lists benefits: 4,800+ registered UK care providers, Care advice and support service at no cost, Commissioned and trusted by the NHS, Continued support beyond your care placement, Expert guidance throughout your journey, and Extensive care arrangements and tailored options. The website 'www.carehomedecision.co.uk' is at the bottom left, and 'Confidential in every care choice' is at the bottom right.

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.

- 4,800+ registered UK care providers
- Care advice and support service at no cost
- Commissioned and trusted by the NHS
- Continued support beyond your care placement
- Expert guidance throughout your journey
- Extensive care arrangements and tailored options

www.carehomedecision.co.uk

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.

+44 (0)808 175 3609
enquiries@chshealthcare.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

Admiral Nurse service – Market Harborough & Kibworth Clinics

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.

We are extremely lucky to have this resource available in our area and we have been told that funding is in place through to next year. However, we assume that the service will only continue if there is seen to be sufficient demand to justify it. “Use it or lose it!”

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 these 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 come along to sing and have fun?

For details email LMMBox@gmail.com or phone Kyle Newman on 07736 841558.

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