

## **May café**

It was great to see so many of you again for another fun afternoon of games and music as we welcomed back our friends from Harborough FM

Our next meetings are: -

### **At Jubilee Hall, Market Harborough**

Singing For Memories – Tuesday 7<sup>th</sup> June at 2pm

Dementia Café – Tuesday 21<sup>st</sup> June at 2pm

### **At The Well, Kibworth Beauchamp**

Dementia Café – Monday 13<sup>th</sup> June at 2pm

## **Dementia Café Activities Programme**

### **21 June**

Street party to celebrate Queen Elizabeth's Platinum Jubilee

### **19 July**

The very popular Ukulele Band will be here to entertain and play for us

### **16 August**

Cream Teas and quiz afternoon



Afternoon tea at Launde Abbey



On Thursday 12<sup>th</sup> May a group of about 30 of us made our way to Launde Abbey,

a substantial country house in east Leicestershire.

It turned out to be a dry and sunny afternoon, although the wind was a little fresh, which was a relief, as the day before it rained all day!!!

We began the afternoon strolling around the attractive landscaped gardens, walled garden, glasshouse and parkland, before regrouping to enjoy an afternoon tea, consisting of a selection of sandwiches, cakes and homemade scones with cream and jam, accompanied by a pot of tea or coffee.

The tea was delicious and was so generous, we all struggled to eat it all, so we were very kindly given doggy bags to take the remaining cakes etc home with us.

All in all it was a lovely way to spend the afternoon and our thanks to Launde Abbey for looking after us so well and to Ian for driving the Harborough Community bus.



### **Free passes to Harborough and Lutterworth Leisure Centres.**

Through Harborough District Council we have been given a number of free session passes for Harborough and Lutterworth Leisure Centres to distribute to people with dementia within the district.

The passes will be available to our members at our monthly meetings, but please note that they have an expiry date of 30<sup>th</sup> June.

Details of opening times and activities can be accessed by visiting the Harborough Leisure Centre website -

<https://www.everyoneactive.com/centre/harborough-leisure-centre/> or by phoning 01858 410115. NB. if you want to use the pass to visit the gym, you will need to do a free induction first.

You may also like to know that any carer who is attending the Leisure Centres to support someone does not have to pay for their activity. Harborough Leisure Centre are also part of the Support for Carers Passport scheme so people who have a Carers Passport can have a free drink in the café too -

<https://www.supportforcarers.org/what-we-offer/carers-passport>

### **Age UK Newsletter**

Age UK Leicester Shire & Rutland have the contract for Dementia Support Services with Leicester County Council. The full range of services can be found on

their website <https://www.ageuk.org.uk/leics/our-services/support-for-carers/home-respite/>

You may be interested in their comprehensive newsletter. The latest edition can be found at <https://www.ageuk.org.uk/wp-assets/contentassets/3247e4b8060e4cf5a6f66a7eba8c059a/dementia-support-newsletter-spring-2022.pdf>

Contact their office on 0116 223 7363 to be added to the mailing list for future editions.

## **Listening Books**

Listening Books is a charity which provides a postal and internet based audiobook service to over 100,000 UK residents who have a disability or illness that impacts their ability to read the printed word.

Their service is quick and easy to use and opens up the world of books for people with an illness or condition that impacts on their ability to read the printed word. This could be a specific learning difficulty such as dyslexia, a mental health condition like anxiety, a visual impairment, or a physical condition that makes it more difficult to hold a book, such as arthritis. They have a huge range of fiction and non-fiction titles.

For individuals, membership costs between £20-£45 per year. They can also offer a limited number of free memberships for those who would find the fee a barrier to joining the service. For more information visit their website <https://www.listening-books.org.uk/> or contact them on 020 7234 0522 / [support@listening-books.org.uk](mailto:support@listening-books.org.uk)

## **New Singing and Music Group in Market Harborough**

Many of you will know Kyle Newman who leads our Singing for Memories sessions each month.

She also runs her own new group in Market Harborough. This is aimed at people who may have memory problems, feel lonely or who would benefit from a social, therapeutic group with singing and music.

**‘Harborough Musical Memory Box’** will be on the 3rd Thursday each month 2-3.30pm at Harborough Theatre lounge, Church Square, Market Harborough LE16 7NB. Donations welcome. Refreshments included.

For more information or to find out about her other sessions please contact Kyle Newman on 07736 841558, email [Lmmbox2018@gmail.com](mailto:Lmmbox2018@gmail.com) or visit

[www.leicestermusicalmemorybox.co.uk](http://www.leicestermusicalmemorybox.co.uk)

There is also an upcoming fund raising evening for Leicester Musical memory Box, details below

### **Fundraising buffet night**

**Chef & Spice, 1 Andrewes St, Hinckley Road,  
Leicester LE3 5PG**

**Monday 27th June 2022 7 for 7.30pm**

*\* Raffle \* Bar\**

*\* Asian \* Chinese \* Teppanyaki grill \* Noodle bar \**

*\* Pizza \* Desserts \* Chocolate fountain! \**

£17 a ticket

Contact Christina/ Kyle

Phone 07752826228/ 07736841558

Or email [LMMBox2018@gmail.com](mailto:LMMBox2018@gmail.com)

### **Curve Theatre Trip**

#### **Maggie May**

A reminder for those on our next trip to Curve for MAGGIE MAY for the Dementia friendly performance on Thursday 9<sup>th</sup> June 2022 14:00 performance.

The Coach Pick up details are as follows (please note earlier times than normal due to the start time of the performance)

1. Market Hall Bus Station, Market Harborough Dep. 12:30
2. The Square, Kibworth approx. 12:45
3. Sainsburys, Oadby approx. 13:00

Please note there is a lift which we would encourage you to use if you have any mobility concerns as the steps onto the coach can be quite steep.

Please note that this performance is in the smaller Studio theatre at Curve and as our seats are on rows C, D and E there will be a few steps.

## Join our Board of Trustees

**We are currently looking to recruit additional Trustees. If you, or anyone you know, are interested please see below for more details.**

Dementia Harborough is based in Market Harborough and was formed in March 2011 to provide social activities for those newly diagnosed with dementia together with their carer. We provide a place where they can have fun together and jointly support each other.

In 2016 we became a fully registered Charity and now we run a range of activities for people affected by dementia, including monthly Dementia Café and Singing for Memories groups, and trips out to places of interest. All our activities are run by volunteers, and we have no paid staff. More information about our activities can be found on our website [www.dementiaharborough.org](http://www.dementiaharborough.org)

Together with [The Well, Kibworth](#) we also run a monthly Dementia Cafe in Kibworth Beauchamp.

We are seeking new people to join our board of trustees to fill vacancies which have arisen and to allow for succession planning. We are particularly keen to recruit members of the local community who have knowledge, experience and skills in at least one of the following:

- Dementia and dementia care and support
- Health and social care, in statutory, private or voluntary sectors
- Leadership and management
- ICT and web publishing
- Finance and accounting
- Business administration
- Events organisation
- PR and marketing
- Volunteer recruitment and support

In addition to our Annual General Meeting, Board meetings are held four times a year at a time to suit all board members. The Board is responsible for setting the strategy and policies of Dementia Harborough and ensuring that members and volunteers are well supported. Our trustees may also undertake specific roles which involve additional time commitments. All roles are voluntary.

To find out more about joining the Board, please contact our Chair Peter Hirst before 31<sup>st</sup> August 2022, by leaving a message on 07594 649566 or emailing [admin@dementiaharborough.org](mailto:admin@dementiaharborough.org) and indicating how you feel you might be able to contribute to our charity.

If you have news items to contribute? Contact Andy Hartshorn via email  
[newsletter@dementiaharborough.org](mailto:newsletter@dementiaharborough.org)

Dementia Harborough

Registered Charity No. 1167885

[www.dementiaharborough.org](http://www.dementiaharborough.org)

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  
[admin@dementiaharborough.org](mailto:admin@dementiaharborough.org)