December 2026

November café

A huge thank you to Cathy her fellow teachers and wonderful pupils from Northampton Academy Creative Stream, for joining us at our Dementia Café today and delivering such a lovely creative session.

Everyone thoroughly enjoyed themselves and some beautiful decorations were created to hang on the Christmas tree. These will be fired and then given as gifts, making them an extra special keepsake for everyone involved.









Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 1st December at 2pm

Dementia Café – Tuesday 15th December at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 14th December at 2pm

What's on in 2026/27 - 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.

15 December
Christmas Party

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

16 February
JD Hylton will be joining us for the first time and guiding us in an afternoon of gentle exercise, finishing with a little relaxation session.

Informal get togethers at Insomnia

Due to the very busy schedule of events through December there will be no Insomnia get together this month but they will return in the new year.

Dancing Donation from Braybrooke Morris

Early in the summer we were really delighted when Braybrooke Morris Dancers contacted us to say that they had chosen us as their Charity of the Year.

Since then, they have been performing at local village fete's, festivals, and a wide range of local pubs raising money for Dementia Harborough.

It's been a hot and muggy summer so it can't have been easy, but the club have raised an amazing £200 which as always we are incredibly grateful for.

Thanks so much for your hard work and for choosing us in the first place and ……..keep on dancing!

Xmas Carol Service

Harborough Musical Memory Box have their Dementia Friendly and Relaxed Xmas carol service on Thursday December 17th from 2 – 3:30 pm at St Nicholas Church, Little Bowden

Contact Kyle Newman on 07871 501790 for further details.



Free care items

We have been approached by a lady who has kindly offered a number of items free of charge to anyone caring for someone with dementia:-

Alarmed pressure bed sensor system

Has 30 metre range. Pager unit has option of audio or vibration alarm or both. Used to detect when someone is getting out of bed. Very simple to use. In full working order.



Shower chair



Double bed guard rails





If anyone is interested in any of these items or has any questions please contact Marsha Day at marshamellow2000@hotmail.com Marsha has said that she is happy to deliver any of them locally.

Curve Theatre Trip

Our next theatre trip to the Dementia Friendly matinee Performance of Charlie & The Chocolate Factory takes place on Wednesday 16th December.

The trip is fully subscribed but if you would like to be added to the standby list or can't attend now please see Andy at Singing for Memories or Dementia Cafe, email at treasurer@dementiaharborough.org or leave a message on the Charity mobile 07594 649566

The coach departure times are

12:30 Market Hall Bus station, Market Harborough

12:45 The Square, Kibworth

13:00 Sainsbury's, Oadby

Dementia Friends Session

We are running a Dementia Friends training session on 19th January at the Market Harborough Congregational Church, Jubilee Hall from 12:00 -13:30.

There are a few places remaining and if you are interested, please email janmeredith@dementiaharborough.org and leave a message and a contact phone number.

If you'd like to know more about Dementia Friends see below
www.dementiafriends.org.uk

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