

February café

'Easter on a Plate'

Easter came early at our last Cafe as the lovely Claire from the Paint Pottle visited to get us crafting. Our task (under Claire's supervision) was to decorate a plate with an Easter motif. It was a great success with our best turnout for quite some time, the results are there to be seen, and there was surprisingly little mess. A much-needed break for tea and biscuits allowed the plates to dry and we can't wait to see the finished articles when they are glazed and fired in a couple of weeks.





Our next meetings are: -

At Jubilee Hall, Market Harborough

Singing For Memories – Tuesday 3rd March at 2pm

Dementia Café – Tuesday 17th March at 2pm

At The Well, Kibworth Beauchamp

Dementia Café – Monday 9th March 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.

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

Informal get togethers at Insomnia

Our next get-together at Insomnia café in Market Harborough is at 2pm on Wednesday 11th March where you are welcome to join us for a free cup of tea or coffee, a cake and a chat.



Dementia Harborough – 15 years from 2011 to 2026!

As Dementia Harborough celebrates its 15th birthday this month, we thought it might be interesting, especially for our newer members, to look back over our achievements during that period.

Our inspiration came from our founder Steve Kendal, together with his wife Jean. Steve's father was living with dementia and Steve felt that a group was needed which provided activities for the person with dementia together with their carer, whereas other support organisations were focused on supporting the carer alone. After a successful 3 month trial at The Settling Rooms in Market Harborough the decision was made in March 2011 to form a charity 'Dementia Café Market Harborough'.

Numbers grew and the group relocated to a bigger venue with better facilities – St Dionysius Church Hall on Coventry Road. The separate monthly Singing for Memories group was added in September 2012 to build on the great benefits that can be had from music and song. Later that year an opportunity arose to develop a website for the charity, and this was launched in 2013, together with rebranding as 'Dementia Harborough'.

Links were established with a community charity The Well in Kibworth Beauchamp, which enabled an additional monthly Dementia Café to be started there. This extended the geographical reach of Dementia Harborough and also meant that more opportunities were available for members to meet.

By 2014 continued growth meant that another move was needed, this time to our current venue Jubilee Hall. Our charity was formally registered with the Charity Commission in 2016.

Building on the firm foundations which had been laid, Dementia Harborough continued to flourish, with the three regular monthly groups being supplemented with drop-in coffee mornings at a cafe in Market Harborough, and a programme of trips to places such as Curve Theatre for dementia-friendly performances of well-known musicals, and to other places of interest.

The Coronavirus pandemic meant that we weren't able to meet up in our usual way for over a year, but we kept in touch with our members by newsletters, phone calls, and by distributing gifts such as puzzle books, art materials, jigsaw puzzles and afternoon teas. Our 10th birthday in 2021 was marked by delivering specially made shortbread biscuits to our members. Later that summer we were proud to be one of the first groups to restart activities as soon as the rules allowed.

We have continued to work collaboratively with local NHS teams, schools, charities and other organisations to support our members and to educate and inform the wider community and have given many presentations and Dementia Friends training courses. We also distribute a monthly newsletter with a wide circulation. All this has been rewarded with fantastic support from local businesses, organisations, charities and individuals which allows us to offer all our activities entirely free of charge to our members.

Our thanks also have to go to our tremendous band of Trustees and Volunteers who give so much of their time. And of course, thanks to our members who make our get-togethers so much fun for everyone!

Empatia Specialist Dementia Coaching - 10-Week Course

Amy Kerti of Empatia is running another 10-Week support course for family members supporting a loved one with dementia.

Amy says: "Supporting someone with dementia is complex, emotional, and often overwhelming. This structured, evidence-based 10-week course offers clear education, emotional support, and practical understanding to help you adapt without losing yourself.

The course covers dementia education, identity and adapting to change, communication and behaviour, emotional transitions, and long-term resilience. Each session builds on the last, so participants are encouraged to commit to the full programme."

 Starting 11th March | 10:30 am–12:30 pm

- ✓ Every Wednesday for 10 weeks
- ✓ Newcombe House, The Point, Market Harborough

£18 per session. A small group, limited places.

For more information contact Amy Kerti on:

Mobile: 07763 286169

Email: contact@empatiadementia.org

Website: www.empatiadementia.org

Harborough Musical Memory Box

Kyle Newman's singing sessions on the 3rd Thursday each month have switched from Harborough Theatre to the Roebuck Pub on Rockingham Road, Market Harborough LE16 7XY, at the new time of 10.30am – 12.00.

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



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INCLUDING THOSE AFFECTED BY MEMORY PROBLEMS
SUCH AS DEMENTIA; LONELINESS OR CARER STRAIN.
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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



Leicester Musical Memory Box C.i.C. is registered as aCommunity 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