



**FORGET  
ME NOT  
CHORUS**

**Are you looking for a group to support you as you face the challenges of dementia?**

**Join our community!**

Sessions take place every week, and are a relaxed, fun way to meet other people who know what it's like living with or alongside dementia. Membership is free, and no referral is needed.



**Cardiff South & Vale • Thursdays 6:30 – 8:30pm**

Elfed Avenue United Church, Elfed Avenue, Penarth CF64 3LX

**Contact Helen on 07508 010946 or [helen@forgetmenotchorus.com](mailto:helen@forgetmenotchorus.com)**

**Cardiff North • Tuesdays 6:30 – 8:30pm**

Thornhill Church Centre, Excalibur Way, Cardiff CF14 9GA

**Contact Sadie on 07581 009566 or [sadie@forgetmenotchorus.com](mailto:sadie@forgetmenotchorus.com)**

FMNC are not associated with the church or any other religious group, and simply hire the venue.

**Too far from home?**

Join us online from anywhere in the UK.

Contact [rachel@forgetmenotchorus.com](mailto:rachel@forgetmenotchorus.com) for more information.



Landsec Community Grant Funding

Registered Charity Number 1151812

**[www.forgetmenotchorus.com](http://www.forgetmenotchorus.com)**



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**North Wales • Saturdays 2 - 4pm**

Bodelwyddan Village Hall, Ronaldsway, Bodelwyddan, Rhyl LL18 5TE

**Contact Toby on 07841 359312 or [toby@forgetmenotchorus.com](mailto:toby@forgetmenotchorus.com)**

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## Find us here

Newport • Wednesdays 1 - 3 pm  
St Julian's Baptist Church, 33 Beaufort Road, Newport, NP19 7PZ  
Contact Jane on 07971 730435 or [jane@forgetmenotchorus.com](mailto:jane@forgetmenotchorus.com)

### Too far from home?

You can also join us from anywhere in the UK with FMNC online sessions. Contact [Rachel@forgetmenotchorus.com](mailto:Rachel@forgetmenotchorus.com) for more

information. We are not associated with the church or any other religious group, and simply hire the venue.

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## Ydych chi'n chwilio am grŵp i'ch cefnogi wrth i chi wynebu heriau dementia? Ymunwch â'n cymuned ni!

Mae ein cyfarfodydd yn cael eu cynnal bob wythnos, ac maent yn ffordd hamddenol a hwyliog o gwrrd â phobl eraill sy'n gwybod sut beth yw byw gyda dementia neu ochr yn ochr ag ef. Mae aelodaeth yn rhad ac am ddim ac nid oes angen atgyfeiriad arnoch.



## Dewch o hyd i ni yma

Casnewydd • Dydd Mercher 1 - 3 pm  
Eglwys y Bedyddwyr Sant Julian,  
33 Heol Beaufort, Casnewydd, NP19 7PZ  
Cysylltwch â Jane ar 07971 730435  
neu [jane@forgetmenotchorus.com](mailto:jane@forgetmenotchorus.com)



### Rhy bell o gartref?

Gallwch hefyd ymuno â ni o unrhyw le yn y DU gyda sesiynau ar-lein FMNC. Cyswylt â [rachel@forgetmenotchorus.com](mailto:rachel@forgetmenotchorus.com) am fwy o wybodaeth.

\*Sylwer nad yw FMNC yn gysylltiedig â'r eglwys nac unrhyw grŵp crefyddol arall, ac yn syml, yn llogi'r lleoliad.

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Rhif Elusen Gofrestredig 1151812

