



**FORGET
ME NOT
CHORUS**

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

Our 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.



MUSIC
IS JOY

WE ♥
MUSIC

Find us here

Newport • Wednesdays 1 - 3pm
Beaufort Centre, Newport NP19 7UB
Contact Jane on **07971 730435** or
jane@forgetmenotchorus.com



Too far from home?

You can also join us from anywhere in the UK with FMNC online sessions.
Contact hello@forgetmenotchorus.com for more information.