



**FORGET  
ME NOT  
CHORUS**

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

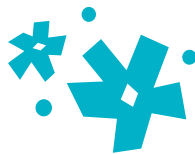
Our Zoom sessions take place every week, and are a relaxed, fun way to meet other people who know what it's like living with or alongside dementia.

Whether you're unable to travel or do not have an in person session near you, join us from the comfort of your own home.

Zoom can be accessed from most devices, and if you need a hand support is available.

And don't worry...  
we all mute when we sing!

Membership is free, and no referral is needed.



**Thursdays at 10:30am**

Contact Rachel

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