

# Thanks for the MEMORIES

Thanks for the Memories is a new project that aims to support people's mental and physical well-being through the joy of singing. We plan to meet once a month from March - October in the afternoon and the session will be free and open to all. A dementia friendly group for anyone to attend and to which all are welcome. You may be lonely and long to connect with people, or you may miss reminiscing about the past and singing old songs. Whatever your reason we look forward to meeting you.

**Where:** Amblecote Wordsley Methodist Church

**When:** 30th March and 27th April

**Time:** 15:30 for light refreshments followed by a time of sharing memories from 16:00 to 17:00

