



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.



Cardiff South & Vale • Thursdays 6:30 - 8:30pm
Elfed Avenue United Church, Elfed Avenue, Penarth CF64 3LX
Contact Sarah on **029 2236 2064** or sarah@forgetmenotchorus.com

Cardiff North • Tuesdays 6:30 - 8:30pm
Thornhill Church Centre, Excalibur Way, Cardiff CF14 9GA
Contact FMNC on **029 2236 2064** or hello@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.

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