

Solihull *Memory Singers*



LAUNCHING 16 JANUARY 2025

Thursdays | Bi-weekly | 1pm-2.30pm
The Onward Club, 107 Helmswood Drive,
Chelmsley Wood, B37 7NS

To book a place or for further information please contact Sarah Riddell:
sriddell@armonico.org.uk or call 07722 632242

Supported by the Solihull Fairer Futures Fund



Singing has been proven to help people living with dementia to unlock memories and re-establish cognitive pathways. Sessions are led by specially-trained musicians, bringing people together in a fun, friendly and safe environment. Starting with relaxed refreshments, fun warm-ups, activity songs and variety of familiar tunes, sessions help build new friendships and boost confidence, helping people to feel more positive and supported.

The sessions are open to anyone living with dementia or other neurological conditions, but participants need to be accompanied by a carer.

Suggested donation **£5** per week
or whatever you can afford, carers go free

FIRST
SESSION
FREE!

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Volunteer with Armonico! Support our Solihull Memory Singers

Come and join our friendly and supportive team of volunteers who help make this joyful programme happen. Volunteers attend on a rota basis depending on their availability, helping to set up and clear away, as well as lending a hand during the sessions.

If you can help, please contact Sarah Riddell
by email sriddell@armonico.org.uk