



**FORGET
ME NOT
CHORUS**



Are you looking for support as you face the challenges of dementia?

Join our community!

Regular sessions offer a welcoming space to meet others who understand. The focus is on connection, joy, and friendship with no direct mention of dementia – just the chance to share uplifting moments together through song.

Coming to Llanelli from May 13th 2026!

Llanelli • Wednesdays 1.30–3.30pm

People Speak Up Arts, Health & Wellbeing Hub
Park Street Llanelli SA15 3YE




Contact 0800 654 6384 llanelli@forgetmenotchorus.com



As a family, we all came away with a spring in our steps. Everything about FMNC is so joyful.

What to expect

- A very warm welcome.
- A two-hour session with a gentle warm-up, plenty of singing, and a tea-and-chat break halfway through.



**We are in the moment.
No pressure, just singing. Bliss.**

Good to know

- Anyone living with or alongside all types and stages of dementia can join us - husbands and wives, parents and children, formal carers, and friends are all welcome.
- No formal diagnosis or referral is required.
- Sessions are free of charge.
- No singing experience is needed as music is taught by ear.
- All venues are fully accessible with nearby parking.

How to join

Contact your local session coordinator or call 0800 654 6384 and our team will look forward to welcoming you.

Our sessions are designed for those with dementia *and* those who love and care for them, so we ask that those with dementia join us with a family member or friend.

Not nearby? Join us online. Get in touch for more information.

Learn more at www.forgetmenotchorus.com
llanelli@forgetmenotchorus.com | 0800 654 6384
Registered charity number 1151812



**FORGET
ME NOT
CHORUS**



Ydych chi'n chwilio am help wrth wynebu heriau dementia?

Ymunwch â'n cymuned!

Mae sesiynau rheolaidd yn cynnig lle croesawgar i gwrdd ag eraill sy'n deall. Canolbwyntir ar gysylltiad, llawenydd a chyfeillgarwch heb sôn yn uniongyrchol am ddementia – dim ond y cyfle i rannu eiliadau calonogol gyda'n gilydd trwy gân.

Yn dod i Lanelli o 13 Mai 2026!

Llanelli • Dydd Mercher 1.30–3.30pm

Hwb Celfyddyd, Iechyd a Lles
Stryd Parc Llanelli SA15 3YE



Cysylltwch â 0800 654 6384 llanelli@forgetmenotchorus.com



Fel teulu, fe wnaethon ni i gyd adael mewn hwyliau da. Mae popeth am FMNC mor llawen.

Beth i'w ddisgwyl

- Croeso cynnes iawn.
- Sesiwn ddwy awr gyda sesiwn gynhesu ysgafn, digon o ganu, ac egwyl am de a sgwrs hanner ffordd drwodd.



**Rydyn ni yn y foment.
Dim pwysau, dim ond canu. Hyfryd.**

Da i wybod

- Gall unrhyw un sy'n byw gyda, neu ochr yn ochr â, phob math a cham o ddementia ymuno ni – mae croeso i wŷr a gwragedd, rhieni a phlant, gofalwyr ffurfiol, a ffrindiau.
- Does dim angen diagnosis nac atgyfeiriad ffurfiol.
- Mae'r sesiynau i gyd am ddim.
- Does dim angen profiad o ganu gan fod cerddoriaeth yn cael ei dysgu trwy'r glust.
- Mae pob lleoliad yn gwbl hygyrch gyda pharcio gerllaw.

Sut i ymuno

Cysylltwch â'ch cydlynnydd lleol neu ffoniwch 0800 654 6384 a bydd ein tîm yn edrych ymlaen at eich croesawu.

Mae ein sesiynau wedi'u cynllunio ar gyfer y rhai sydd â dementia a'r rhai sy'n eu caru ac yn gofalu amdany'n nhw, felly gofynnwn i'r rhai sydd â dementia ymuno â ni gydag aelod o'r teulu neu ffrind.

Ddim yn lleol? Ymunwch â ni ar-lein. Cysylltwch am ragor o wybodaeth.

**Dysgwch fwy ar www.forgetmenotchorus.com
llanelli@forgetmenotchorus.com | 0800 654 6384
Rhif cofrestru'r elusen 1151812**