

DEMENTIA
CO-ORDINATOR
ST ANDREW'S
CHURCH, SHIFNAL



- **SOMEONE TO CHAT TO:** You may value a conversation with Sarah if you have concerns about memory loss or dementia, or if you are living with dementia or supporting someone who has dementia.
- **SHARING INFORMATION:** Sarah has some information about local groups and resources available to people living with dementia and their families/carers. Have a word with her if you'd like to know more: she may be able to signpost you on to something locally that you would find helpful.
- **RAISING AWARENESS OF DEMENTIA:** Sarah can run "Dementia Friends" sessions for local groups that want to increase their understanding about dementia and turn their understanding into action.

Do get in touch!

Sarah Thorpe

0798 224 8949 sarah.thorpe121@gmail.com

You're warmly invited to
FORGET ME NOT TEA
at St Andrew's Church, Shifnal
3rd Thursday @ 3pm





We welcome to Forget-me-not anyone affected by memory loss or dementia, with their family, friends or carers.

**We meet in St Andrew's Church,
Church Street, Shifnal, TF11 9AB
on the third Thursday of each month
starting at 3.00pm.**

**We all enjoy sharing a lovely tea together –
come for a cuppa & cake!**

**Before that, we share hymns and prayers
and a Bible reading,
together with reminiscence/activities
on our theme for the month.**

We welcome everyone, irrespective of beliefs.

**We also support and encourage one another
by sharing questions and information
about memory loss and dementia.**

Above all, we enjoy each other's company!

A warm welcome awaits you.

**For more information, contact Sarah Thorpe
on 0798 224 8949 or sarah.thorpe121@gmail.com**