



FORGET-ME-NOT FILMS in Muxton

Where? St John's Church, Saltwells Drive,
Muxton, Shropshire, TF2 8RJ

When? 4th Thursday of every month
10am-12.30pm (film start at 10.30am)

What? Watch an old musical and enjoy tea and
cake together. Particularly suitable for those
living with dementia and their friends & family.

Cost? Free!

For more information, contact
Jo Lefroy on 01952 604281



SHIFNAL FORGET-ME-NOT

Questions or issues, any time? Speak to:
Sarah Thorpe, a member of St Andrew's
Church and Forget-me-not tea co-ordinator,
on 01952 463694 or 0798 224 8949 &
sarah.thorpe121@gmail.com.



You're warmly invited to
FORGET-ME-NOT TEA
at St Andrew's Church,
Shifnal

It's a get together for those living with
dementia and their carers to enjoy together.
Come to share songs & prayers, tea & cake!

**We meet in St Andrew's Church,
Church Street, Shifnal, TF11 9AB
on the third Thursday
of each month from 3.00-4.30pm.**

A warm welcome awaits you!
For more information,
speak to Sarah Thorpe on 01952 463694
or 0798 224 8949

Can you tell me more about Forget-me-not?

- We believe it is possible to live well with dementia.
- When we get together we share questions and information about dementia for support and encouragement.
- We know we can work together to help make Shifnal a more dementia-friendly community.
- We all enjoy sharing a lovely tea together – come for a cuppa & cake!
- Our songs and prayers are accessible and open to everyone, irrespective of beliefs.
- There's no charge made for coming to Forget-me-not: just come along!



How can I join in?

- **Come along to Forget-me-not!** Share tea and enjoy the afternoon.
- **Spread the word and invite others** - people who are living with dementia or caring for someone who is.
- **Volunteer to help at Forget-me-not** – for example by bringing cake or sandwiches, helping make the tea, leading our songs and prayers, giving someone a lift or welcoming people and including them at Forget-me-not.

Contact Sarah Thorpe

to know more, on 01952 463694 or 0798 224 8949 and sarah.thorpe121@gmail.com



- **Bring Something Simple:** We encourage people to bring along something to show others, simply as a way to get to know each other better – for example a photo or an object that means something special to you.
- **Mailing list** - Give Sarah Thorpe your name, address, phone number and email to join our mailing list. Then you'll get reminded about the next Forget-me-not.

Bind us together, Lord, bind us together
With cords that cannot be broken
Bind us together, Lord, bind us together, Lord,
Bind us together in love.

We are all in one boat,
Afloat in God's ocean of love,
Knowing that we're not alone
As we weather the storms of life.

