



WE'RE HERE TO HELP!

♪ Are you a **carer** or know of someone who may need a short **amount of time for themselves** and away from a caring role?

♪ At **Music for the Memory** we run fun, free with no obligation weekly singing sessions for the elderly or lonely, or for people who may be experiencing memory issues.

We are not a choir and our sole intention is to enjoy a fun filled hour of joyful singing and set us up well for the week ahead.

We also have some gentle seated or standing exercises and fortnightly we include a little quiz.

♪ **How we can support.**

♪ We can support by paying for a Personal Assistant of your choice who is accredited with the East Sussex County Council Support with Confidence Scheme. They will support the 'cared for' in joining us whilst the carer has some time for themselves.

♪ We can support people with memory issues, the elderly or lonely who may live by themselves, are unable to cope with technology or do not have a carer.

We can also loan user friendly computer tablets!

♪ If you are interested in finding out more about our free support service, please contact us by email or phone.

We'd love to hear from you and we know we can help.



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