

Flintshire Sounds

Flintshire Sounds is a weekly musical experience for people over 65 with memory problems or dementia to come along to with their carers, family or friends.

People will be able to sing, play simple percussion instruments and be encouraged to move and dance wherever appropriate.

It is a chance to reminisce, make new friends, build new memories and enjoy a shared experience with carers, families and friends.

Memories matter!

Flintshire Sounds will be held at Llys Jasmine in Mold every Tuesday morning, Llys Eleanor in Shotton every Wednesday morning and in Holywell every Thursday morning from 10.30am - 12.00pm.

March 2016



Come and:

- ◆ Learn new songs & harmonies
- ◆ Sing favourite songs
- ◆ Move, dance, and perform
- ◆ Play instruments
- ◆ Reminisce and ENJOY with friends



Sessions are run by Flintshire County Council Social Services in conjunction with Mark Ellwood (Guitar School).

Refreshments are provided.

Make new memories, make new friends!

**For more information and to book places contact
Helen Yale on 01244 551400**

Email: helen.yale@flintshire.gov.uk

