



# SINGING FOR MEMORY

**Supporting people living with conditions affecting memory.**

Singing for Memory is a weekly fun and engaging singing session providing a friendly and stimulating social environment, for those living with dementia, together with their carers.

Singing for Memory is not only an enjoyable activity; it provides a way for people to express themselves and socialise with others in a fun and supportive group.

This engaging activity builds on the preserved memory for song and music in the brain.

Sessions are led by a professional singing leader skilled in music therapy.

**2.00pm every Monday**

Tea and biscuits are served from 2pm.  
Singing starts promptly at 2.30pm ending at 3.30pm.

**Brighton & Hove**

For booking and more information contact  
Vicki Davids on 07721 537 924 or [vicki.davids@jcare.org](mailto:vicki.davids@jcare.org)

**Starting  
23 Feb**