



**Free Service** for  
those with mild  
to moderate  
dementia and  
their carers



## Music for the Memory

A singing activity - No experience required  
All the old favourites

2 hour sessions held on  
alternate Monday mornings at  
The Emmanuel Centre, Harrier  
Lane, Battle, and  
Wannock Village Hall,  
Jevington Road, Polegate

Come and have tea, coffee,  
chat and a sing-along with  
us. It brightens our day – let  
us brighten yours too!

For more information call

Jackie – 07788 101518

Tricia – 07583 022562

[www.musicftmemory.wixsite.com/musicforthememory](http://www.musicftmemory.wixsite.com/musicforthememory)

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# Music for the Memory

A singing activity for people with dementia and their carers

## ABOUT US

Music for the Memory is a Charitable Incorporated Organisation (CIO), charity status pending, that offers group singing. The service replaced Singing for the Brain that was provided by the Alzheimer's Society but ceased at the end of March 2018 in East Sussex due to ESCC grant cuts.

Music for the Memory uses singing to bring together local people from all walks of life with any form of mild to moderate dementia together with their carers, in a friendly and fun activity. Singing stimulates brain activity and Music for the Memory enables people to express themselves, feel positive and make new friends. It is not necessary to have experience of singing nor to read music. Our leader, trained by the Alzheimer's Society, teaches new material together with well-known songs which evoke verbal and emotional memories. New songs are taught to help challenge and extend skills.

Currently, two groups meet on alternate Mondays at Battle and Wannock. The groups attract between 20-30 local people to both venues. The sessions last 1½ – 2 hours and include a refreshment break which offers the opportunity to socialise, share and discuss experiences and difficulties and will thus provide support to carers as well as the cared for person.

The service is free to attend, but a donation towards refreshments is requested.

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