



# SINGING WITH SUSTENANCE



**Is your memory letting you down?**

**Are you caring for someone with memory problems?**

If your answer is 'yes' then why not come along and join our friendly group? Good company, a morning out and lunch.

We offer a safe and welcoming environment for those with memory problems and their carers, sing some songs, then share a light lunch together.

We meet on the third Thursday of each month at 11.00am

See [Church Diary](#) for date of next meeting

Trinity URC, Bowerham Road, Lancaster, UK

For more information or to book a place, please contact:

[secretary@lancastertrinityurc.org.uk](mailto:secretary@lancastertrinityurc.org.uk)

