







SARAH
THORPE
IS OUR DEMENTIA CO-ORDINATOR
at St Andrew's Church Shifnal and
St Mary's Church Sheriffhales

- SOMEONE TO CHAT TO: You may value a conversation with Sarah if you have questions or concerns about memory loss or dementia, or if you are living with dementia or supporting someone who has dementia.
- SHARING INFORMATION: Sarah has information about local groups and resources available to people living with dementia and their families/carers. Have a word with her if you'd like to know more: she may be able to signpost you to something locally that's helpful.
- PRAYERS: Sarah prays for people living with dementia and their families/carers and ensures that they are prayed for regularly in our church services too.
- RAISING AWARENESS OF DEMENTIA: Sarah can run sessions for local groups that want to increase their understanding about dementia and turn their understanding into action.

Do get in touch!
Sarah Thorpe
0798 224 8949 sarah.thorpe121@gmail.com

Forget me not

FORGET-ME-NOT GROUP
at St Andrew's Church, Shifnal
for people affected by dementia

We meet once a month –
and there are other weekly activities
in church that you may enjoy too.

We enjoy each other's company,
sharing activities and refreshments.
We are committed to
staying in step as patterns change.



St Andrew's Church,
Church Street, Shifnal, TF11 9AB









FORGET-ME-NOT GROUP
at St Andrew's Church, Shifnal
3rd Thursday @ 2pm

We welcome to Forget-me-not anyone affected by memory loss or dementia, with their family, friends or carers.

We meet in St Andrew's Church, Church Street, Shifnal, TF11 9AB on the third Thursday of each month starting at 2.00pm.

Come and enjoy activities and refreshments. We welcome everyone, irrespective of beliefs. We are glad to support and encourage one another. Above all, we enjoy each other's company!

A warm welcome awaits you.
For more information, contact Sarah Thorpe on 0798 224 8949 or sarah.thorpe121@gmail.com

Forget-me-not runs once a month.
There are two other groups which run at St Andrew's Church week by week which are open to anyone and everyone – and both groups extend a warm welcome to people affected by dementia.

Open Door
Every Tuesday
10:30am – 12:30pm
All are welcome

Come to meet others, enjoy a cup of tea or coffee and share friendly conversation.
There's no charge for coming to Open Door.
Just come along and join in!

Chair Yoga, Tea and Chat
Wednesday lunchtime
12:30-1:30pm

Yoga with use of chair –
and it's suitable for wheelchairs too.
Join in with movements to music,
with time for a chat and a cuppa too.
40 minutes to exercise, 20 minutes to socialise.
It's £5 to come to this group.
For details and to book your place -
All Generations Yoga & Pilates on
https://www.allgenerationsyoga.co.uk/
or contact Michele Burton on
agyogaandpilates@gmail.com or 07970 731174