

Our Songs Our Stories



Join us for our **FREE** taster sessions of **Our Songs Our Stories**, an opportunity for people with Dementia and those who care for them to;

- get involved in music and arts activities led by professional creatives
- meet new people
- share new experiences

When?

10:30-12:30
Friday 25th October
Friday 8th November
Friday 22nd November

Where?

Denton Island
Community Centre
Denton Island
Newhaven BN9 9BA

To secure your **FREE** space please contact:
info@cultureshift.org.uk

“This is such an important group. It has so much value and has such a positive impact on our lives”



www.cultureshift.org.uk