



FORGET  
ME NOT  
CHORUS  
(ALON)



Calon Chorus is open to anyone who has loved and lost someone with dementia.

Our friendly weekly sessions are free and take place at Canton Uniting Church on Thursdays 6:30–8:30pm. No singing experience is required.

*“Calon has hugely helped me in a way that nothing else has. It gives me a huge sense of wellbeing to be able to support other people and to benefit from their support”*

Come and join us!



Join our new community and share experiences and support...

Canton Uniting Church,  
Cowbridge Rd East, Cardiff, CF5 1LQ  
Thursdays 6:30–8:30pm

Contact FMNC –  
calon@forgetmenotchorus.com  
029 2236 2064

In partnership with

Cardiff & Vale  
**HealthCharity**  
**Elusenlechyd**  
Caerdydd a'r Fro

**ARTS**  
FOR HEALTH AND WELLBEING



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Mae Calon Chorus yn agored i unrhyw un sydd wedi caru a cholli rhywun â dementia.

Mae ein sesiynau wythnosol cyfeillgar yn rhad ac am ddim ac yn cael eu cynnal yn Eglwys Uno Treganna ar Ddydd Iau 6.30–8.30pm. Nid oes angen profiad canu.

*“Mae Calon wedi fy helpu’n aruthrol mewn ffordd nad oes dim byd arall wedi gallu gwneud. Mae’n rhoi ymdeimlad enfawr o les i mi allu cefnogi pobl eraill ac elwa ar eu cefnogaeth.”*

Dewch i ymuno â ni!



Ymunwch â'n cymuned newydd i rannu profiadau a chefnogaeth...

**Canton Uniting Church, Heol Ddwyreiniol  
y Bont-faen, Caerdydd, CF5 1LQ  
Thursdays 6:30–8:30pm**

Cysylltwch â FMNC –  
[calon@forgetmenotchorus.com](mailto:calon@forgetmenotchorus.com)  
029 2236 2064

Mewn partneriaeth a

