

NEWSLETTER

THE FORGET ME NOTES PROJECT

Welcome to our newsletter!

The Forget Me Notes Project is an Edinburgh-based charity that uses music to build community and combat isolation in a variety of settings. We aim to use music to build an inclusive community where self-expression is encouraged and welcomed. Our project is built on dementia-friendly values and is open to all. We hope that this newsletter will provide a little more insight into what we do and the people involved.



Our Choirs

We currently run three choirs:

- **Zoom choir** - every Monday at 4pm (online)
- **Choir in the Park** - 1st & 3rd Thursday of every month at 1.45pm (Saughton Park)
- **Forget Me Notes Choir** - 2nd & 4th Thursday of every month at 4.00pm (Salvation Army Hall, Gorgie)

Dates and details of our choirs can be found on the [events](#) page on our website: www.forgetmenotes.org.uk

Focus on: Choir in the Park

On 18th January we were joined at Choir in the Park by young people from Broomhouse Primary School. They had prepared some songs to sing to us and even did some very impressive highland dancing (see photo). We had a wonderful time, which really showed how music provides a way for people to come together: a difference in age doesn't matter when you're all singing 'Donald where's your troosers!' We really value the link with Broomhouse Primary and look forward to their next visit.



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Music Memories sessions

Music Memories sessions use music and singing to help people tell their stories and express themselves. We deliver sessions in care homes and other community settings. We have a number of 'open' sessions where anybody is welcome to come and join in:

- **St. Bride's** - every Monday 10.45-11.45am
(St. Brides Centre, 10 Orwell Terrace, EH11 2DZ)
- **St. Cuthbert's** - 1st & 3rd Monday of the month 2.00-3.00pm
(St Cuthbert's Episcopal Church, Colinton Road, EH13 0BB)
- **Ashbrook** - 1st & 3rd Friday of the month 11.00-12.00
(Ashbrook, 492 Ferry Road, EH5 2DL)

Our Music Memories Project is constantly evolving and growing. Seeing staff and those cared for singing together demonstrates how music can enhance these relationships: staff providing care are offered a different way of seeing and interacting with people they are supporting, while those receiving care can find a sense of balance and power in these relationships that they may not find in other forms of communication. Come along to an open session if you can!

Together in Song

Together in Song is a monthly concert held at the Festival Theatre. We work in partnership with the team at Capital Theatres to run this as part of their Dementia Friendly Programme. Each month has a theme and often features interviews to help us get to know each other better. In October 2023 we were joined by the cast of Sister Act, including Lesley Joseph. We had a wonderful hour singing together and even made it on to [STV news](#)!

To find out more about coming to Together in Song, please visit www.capitaltheatres.com/whats-on/all-shows/dementia-friendly-together-in-song/2133

Future concerts will be held on **Friday 2nd February at 2pm & Friday 1st March at 2pm**



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Volunteer Spotlight

Forget Me Notes currently has 18 fabulous volunteers helping with our work in care settings and visiting people at home. Here, we meet **Catherine**.

Tell us about your life and what brought you to Edinburgh?

I grew up in Hong Kong. I have sung in choirs since primary school, and moved to Edinburgh to study Social Policy.

What was your favourite song when you were a child?

I loved the song 'Eternal Flame' and used to sit in front of the CD player and sing along.

How would you describe yourself in three words?

Eager-to-learn, reliable, small.

How did you hear about Forget Me Notes and why did you want to volunteer?

I saw the opportunity on Volunteer Edinburgh website. It looks like a meaningful project. I have considered a career in social care working with older people and thought this is an excellent opportunity to gain experience.

What's your favourite thing about volunteering, and what you have learned by being involved?

Having a good time playing piano duets together. The warmth of friendship. I didn't know that I could use my piano skills this way.

What are your future hopes or goals?

I just started a new job. I applied for a role in the health sector. I demonstrated my values and experience of volunteering for Forget Me Notes in my application and interview; I got the job! I hope to work to the best of my ability and gain new skills and knowledge.



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Fundraising

It wouldn't be possible to do many of these activities without our supporters and funders. This year we are pleased to be one of the charities of the year for the Co-op.

If you are a Co-op member you can nominate The Forget Me Notes Project and we will be given a grant. The size of grant will depend on the number of nominations received. If you wish to become a Co-op member you can do so online here: <https://membership.coop.co.uk/causes/77962>



Alternatively, you can click on "Choose a local cause", select the category "Mental wellbeing" and expand the radius to the maximum distance to find us. Thank you in advance if you choose to support us in this way! You can find more ways to support us on our [website](#).

Events

This summer we will be hosting a showcase in the form of a Cabaret Evening! 🎵

It will be an opportunity to invite existing and prospective funders to experience the community and wonder of Forget Me Notes for themselves. Keep an eye on our [website](#) and [Facebook](#) page for details!

Opportunities

Could YOU be one of our new Forget Me Notes Volunteers?

We are looking for more volunteers who would like to visit people living with dementia on a 1-1 basis, sharing music and stories. Training is planned for 11th and 18th March, please apply by 19th Feb. Find us listed on the [Volunteer Edinburgh](#) website or contact Elizabeth elizabeth@forgetmenotes.org.uk



THANK YOU for reading our newsletter!

You can use this QR code to make a donation to Forget Me Notes, or you can donate through our website: www.forgetmenotes.org.uk/donate