

# Music & Memories

## *A Story in Stitch*

**Creativity** for the **Mind** in  
Camelford, Wadebridge and Bodmin



**12 February, 2.45-4.45pm**  
**Betjeman Centre, Wadebridge**  
**BSO Cake Concert**  
Opening Event

Come and join the Bournemouth Symphony Orchestra's Teatime Duo for conversations, afternoon tea and cake and music from the Baroque period to the present day. This event is specifically designed for people living with dementia and their carers – an opportunity to meet other people in a relaxed atmosphere.



**From 16 February, weekly**  
**Camelford, Wadebridge, Bodmin**  
**Creative workshops**  
See full details on reverse

Explore your memories through music at these informal creative sessions, led by Janie McDonald, on Thursdays, Fridays and Saturdays. Be inspired by the connections between your own memories and the music that you have loved throughout your life.



For information and booking please contact: Katy Luxton,  
Endelienta Community Project Coordinator, on **07866**  
**986839** or by email to **[katy@endelienta.org.uk](mailto:katy@endelienta.org.uk)**

# Music and Memories

## *A Story in Stitch*

'Music and Memories' offers creative workshop sessions to people in North Cornwall who are experiencing living with dementia or caring for someone with dementia. We welcome anyone who may be feeling lonely, isolated and missing the opportunity to share memories with others.

The workshops will start with a musical afternoon from the Bournemouth Symphony Orchestra Teatime Duo, an opportunity to meet other people, listen to music and enjoy afternoon tea.

Following that there will be creative workshops with Janie McDonald, weaving memories into colourful textiles. We will use photographs, colour, fabric and stitch to make a textile based artwork for you to keep. Join in with this enjoyable, creative process, relieving tension and calming the mind. No former experience of art or stitch needed. All materials provided.

### BSO Cake Concert:

12th February 2.45-4.45pm, Betjeman Centre, Wadebridge

### Creative Workshops:

- **Camelford (Camelford Hall, Clease Road)**

Weekly on Thursdays from 2-4pm

21st February, 28th February, 7th March, 14th March, 21st March, 28th March and 4th April

- **Bodmin (The One for All, Lanivet Community Centre)**

Weekly on Fridays from 10-12pm

22nd February, 1st March, 8th March, 15th March, 22nd March, 29th March and 5th April.

- **Wadebridge (The Betjeman Centre)**

Every other Saturday from 2-4pm.

16th February, 2nd March, 16th March, 30th March, 6th April, 20th April and 4th May.

Everyone welcome - bring a friend, a relative or a carer or come on your own. For information and booking please contact Katy Luxton, Endelienta Community Project Coordinator, on 07866 986839 or by email to [katy@endelienta.org.uk](mailto:katy@endelienta.org.uk).



Endelienta