



**Heneiddio'n Dda  
yng Nghymru**

**Ageing Well  
in Wales**



<p><b>What is it</b></p>	<p><b>Musical Memories Choir</b></p> <p>A weekly singing group supporting people with dementia and their carers.</p>
<p><b>Where is it</b></p>	<p>West Cross, Swansea</p>
<p><b>Why is it interesting</b></p>	<p>A choir with a purpose, Musical Memories exists for people living with dementia and the people who care for them</p> <ul style="list-style-type: none"> <li>• Meet weekly, singing and socialising for an hour</li> <li>• Grown from 6 to 60 members in less than 18 months</li> <li>• Demonstrates that it is possible to live well with dementia</li> <li>• Perform widely at various events and public locations</li> <li>• Breaks the social stigma around dementia and old age</li> </ul>
<p><b>Who is involved</b></p>	<p>Red Café Community Project, with funding from the Lloyds Bank Foundation.</p>
<p><b>Benefits for older people</b></p>	<ul style="list-style-type: none"> <li>• The process of singing has benefit effect on communication, breathing relaxation and stress management for people living with dementia</li> <li>• Prevents social isolation, builds community and improves mental health and wellbeing</li> <li>• Shows that there is a quality of life after diagnosis of dementia, and that creativity lasts into older age</li> <li>• Supports carers</li> </ul>
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