



Gorffennaf -  
Hydref 2011

Sain Sir y Flint

Sain  
Sir y  
Flint

Flintshire  
Sounds

Flintshire Sounds

July to  
October 2011

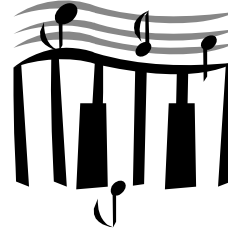


Flintshire Sounds is a weekly musical experience for people over 65 with memory problems or dementia to come along to with their carers, family or friends.

People will be able to sing, play simple percussion instruments and be encouraged to move and dance wherever appropriate.

It is a chance to reminisce, make new friends, build new memories and enjoy a shared experience with carers, families and friends.

Memories matter! Everyone taking part will receive a book of photographs and words - something that they can treasure as a reminder of an enjoyable experience.



Profiad cerddorol wythnosol i bobl dros  
65 oed â phroblemau cof neu ddemensia  
yw sesynau Sain Sir y Fflint, ac mae  
croeso i'w teulu, ffrindiau neu ofalwyr  
ddod draw gyda nhw.  
Caiff pobl gyflie i ganu, chwarae  
offerynnau taro sŷml ac fe'u hanogir i  
symud a dawnsio lle bo'n briodol.  
Mae hefyd yn gyflie i hel atgofion,  
gwneud ffrindiau newydd, creu atgofion  
newydd a mwynhau profiad ar y cyd  
gyda gofalwyr, teulu a ffrindiau.  
Mae atgofion yn bwysig! Bydd pawb sy'n  
cymyrd rhan yn derbyn llyfr o luniau a  
geiriau – rhywbeth i'w drysori a'u  
hatgoffa am brofiad plëserus.

28th Gortfennaf	1st Medi
4th Awst	25th Awst
11th Awst	18th Awst
22nd Medi	1st Medi
15th Medi	6th Hydref
8th Medi	13th Hydref

**Trefnynon:** Dydd Iau 10.30 -12.00

27 Gortfennaf	31 Awst
3 Awst	24 Awst
10 Awst	17 Awst
14 Medi	7 Awst
21 Medi	5 Hydref
28 Medi	12 Hydref

**Mynydd Isa:** Dydd Mèrcher 10.30 -12.00

**Dyddiadau Gortfennaf - Hydref 2011**

## Dates for July - October 2011

**Mynydd Isa:** Wednesday 10.30 -12.00

27th July	7th September
3rd August	14th September
10th August	21st September
17th August	28th September
24th August	5th October
31st August	12th October

**Holywell:** Thursday 10.30 -12.00

28th July	8th September
4th August	15th September
11th August	22nd September
18th August	29th September
25th August	6th October
1st September	13th October

Come and:



- ◆ Learn new songs & harmonies
- ◆ Sing favourite songs
- ◆ Move, dance, and perform
- ◆ Play instruments
- ◆ Reminisce and ENJOY with friends

Sessions are run by Flintshire County Council Social Services for Adults in conjunction with Mark Ellwood (Guitar School).

Refreshments are provided.

Make new memories, make new friends!

**For more information and to book places contact Sara Davies on 01352 702573**

Email: [Flintshiresounds@flintshire.gov.uk](mailto:Flintshiresounds@flintshire.gov.uk)

Dewch draw i:

- ◆ Ddysgu caneuon ac alawon newydd
- ◆ Canu eich hoff ganeuon
- ◆ Symud, dawnsio a pherfformio
- ◆ Chwarae offerynnau cerdd
- ◆ Hel atgofion a MWYNHAU gyda ffrindiau

Cynhelir y sesiynau gan Wasanaethau Cymdeithasol i Oedolion Cyngor Sir y Flint mewn cydwethrediad gyda Mark Ellwood (Ysgol Gitâr).

Darperir diodydd a lluniaueth ysgafn. Cyfle i wneud atgofion newydd, a gwneud ffrindiau newydd!

**Os hoffech gael rhagor o wybodaeth, neu os hoffech drefnu lle mewn sesiwn, ffoniwch Sara Davies ar 01352 702573**

E-bost: [Flintshiresounds@flintshire.gov.uk](mailto:Flintshiresounds@flintshire.gov.uk)