



## For Get Me Not Sundays

If you are like me, and many others, Sundays can be quiet and often alone times. Sundays can be the time when families meet together or friends are busying themselves for the coming week. Being alone at these times can be distressing and isolating, a time to dwell on the negatives. That's why I've decided to organise an informal get together on the first Sunday of each month.

If you're bereaved and or alone on a Sunday, pop in for a cuppa and chat, we might make one another a little brighter and ease the alone times.

Why not join us at '[The Forget me not Group](#)' for a cuppa, cake and chat?

[When](#) – First Sunday of the month {starting 6<sup>th</sup> Jan 2019}

[Time](#) - 2:00-4:00pm

[Where](#) – Holy Family Meeting Room, High Street, Bewdley

Lifts Available

For further Details Contact please contact the parish office

