

Resonate Now

August 2021

Hello

The summer months continue speeding by rather quickly and we are already in August! We have enjoyed the recent thrills of the football, tennis and now we have the Olympics to look forward to, so there has been plenty keeping us occupied on the TV and radio.

We had a lovely time in June and July with our online music sessions with the fabulous Wigmore Hall and Opera Holland Park. We have also visited Kensington Palace and the V&A Museum and held a memory café in Westminster with the Dementia Advisor Terezie. It has been wonderful for us to start seeing your delightful faces again – we've missed you! We are also in the process of welcoming new Creative Befrienders, these are our volunteer artists who support us at events and connect with people at home to chat and explore their creativity.

August is a rather special month in the London events calendar, as it marks the annual Notting Hill Carnival. We know that many of you are local to the Notting Hill area, so this month we include a feature on the colour, creativity and music that line the streets of West London each year (unfortunately not in 2021 due to covid measures).



Have you ever attended the Notting Hill Carnival? It is famous for its music, dancing and food, and is quite the spectacle!

We hope you are keeping well and as always we welcome you to get in touch for a chat to say hello or share any ideas.

Happy Resonating!

Julie and Jude

You can **contact Julie** on:

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Notting Hill Carnival

Notting Hill Carnival is a huge street festival that celebrates Caribbean culture and has been running since 1966. The event attracts up to 1 million people to the area each year and the roads are filled with elaborate floats, delicious food and performers wearing bright and colourful outfits.

Where does it happen?

This year, the festival is not taking place in person due to continued covid restrictions, but normally events run across Notting Hill, Ladbroke Grove, Westbourne Grove, Westbourne Park and Kensal Road.

If you live in one of these areas, you are probably very familiar with the sights, sounds and delicious smells that fill the atmosphere every August!

Costumes

The fabulous costumes are an intrinsic part of the carnival process and often designed months in advance. Performers can spend hours getting ready on the day, carefully putting on their sequins, jewellery, headpieces, and make up.

What do you think of these fabulous feathers attached to the gold headpiece on the right?



Music and dance

It wouldn't be the carnival without the fun atmosphere!

Why don't you create a bit of a party for yourself at home. Put on some tunes on the radio, do a gentle warm up to get your muscles feeling ready and then have a boogie – you can do this seated or standing!

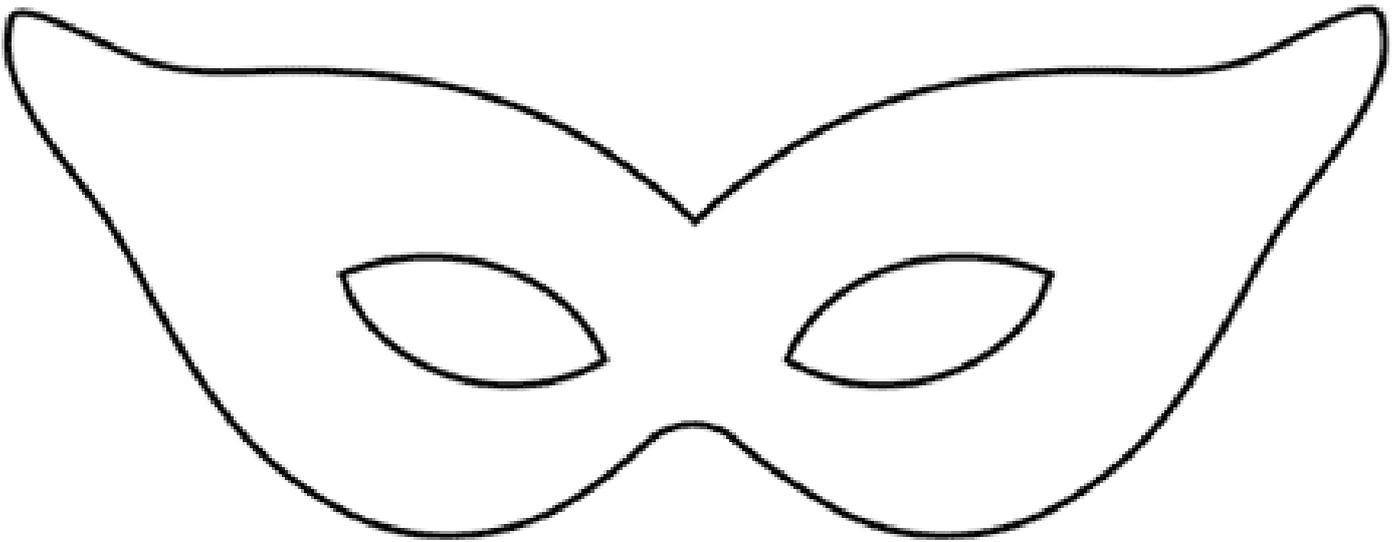
You can dance to any kind of music that you prefer, but if you would like to keep within the Carnival theme, then you might listen to Reggae, Meringue or Calypso.

Design a mask!

Why don't you have a go at making your own colourful mask at home? You can draw your own design or perhaps cut out the template below. You could also simply decorate this outline and display the page somewhere!

Why don't you try...

- Adding colour or pattern
- Writing playful words (*such as dance, rhythm, smile*)
- Sticking on items you might find at home such as card or tissue paper



Your mask may end up looking something like this! As modelled by some of our lovely Resonate community at previous events.

You could strike a pose with your mask and ask someone to take a picture of you. We'd love to see what you look like!



Copacabana Barry Manilow

Her name was Lola, she was a showgirl
With yellow feathers in her hair and a dress cut down to there
She would merengue and do the cha-cha
And while she tried to be a star
Tony always tended bar
Across the crowded floor, they worked from eight til four
They were young and they had each other
Who could ask for more?

At the copa (co) Copacabana (Copacabana)
The hottest spot north of Havana (here)
At the copa (co) Copacabana
Music and passion were always the fashion
At the copa they fell in love

What's On!

Memory Cafes in Westminster

North Westminster 42 Westbourne Park Road, W2 5PH

Monthly – Wednesday 25th August, 2.30pm-4.30pm

South Westminster St. James the Less Church, Vauxhall Bridge Road, Pimlico, SW1V 2PS

Monthly – Tuesday 17th August, 2.30pm-4.30pm

For Westminster residents, these sessions provide group based support for people living with dementia and memory loss as well as their families and supporters.

Places are limited due to covid restrictions and must be BOOKED IN ADVANCE, please **contact** Terezie 0754 050 2379 or Terezie.wickenden@londoncare.com

Individual visits to museums, galleries and exhibitions

Available Jun – Aug, 1.5 hour timeslots.

If you would like to visit a particular venue (such as the V&A museum or the Wallace Collection) and would like some friendly company on your visit, please contact Julie and I will aim to arrange for myself or a Creative Befriender to accompany you!

Please contact julie@resonatearts.org or call 0300 030 7212.