

Dementia Action Week 2025

Monday 19 – Saturday 24 May

Join us in celebrating awareness, inclusion and support across
Westminster & Kensington and Chelsea.


CULTURE, WELLNESS & COMMUNITY EVENTS

Free small-group sessions all week. Inclusive and engaging for all.

Monday 19 May

Royal Opera House


10:30am - 11:30am History Walk with tour guides

 Royal Opera House Bow St, London WC2E 9DD - ground floor cafe

Tuesday 20 May


Opera Holland Park – Melodies & Memories

2:00pm – 4:30pm Interactive singing, recital, tour, and afternoon tea.

 Opera Holland Park Theatre. Ilchester Place, London W8 6LU


Westminster Abbey – Westminster Abbey Wander

9:00am A special early tour with refreshments.

 Meet at the West doors of Westminster Abbey

Royal Collections - The Edwardians: Age of Elegance.

1:45pm – 4:15pm Introductory talk with refreshments, followed by the exhibition.

 The King's Gallery, Buckingham Palace

National Army Museum – Hands-On History

2:00pm Explore artefacts and stories.

 National Army Museum Royal Hospital Road London SW3 4HT

Wednesday 21 May


Chair-Based Yoga for Wellbeing by Imperial College London

10:30am-1.00pm Focus on balance, breath, and calmness

 London Care 42 Westbourne Park Road, London W2 5PH


Victoria & Albert Museum – Closer Look Tour

11:00am A dementia-friendly tour to learn the stories behind some of the V&A's most fascinating objects.

 Digital Studio, V&A South Kensington, Cromwell Road, SW7 2RL



Booking & Enquiries

 020 3701 2862

 DAW.2025@homeinstead.co.uk



Resonate Arts - Chair-Based Creative Movement Session

11.00am Gentle, fun movement to music to promote wellbeing and self-expression.

Pepper Pot - 1A Thorpe Cl, London W10 5XL

Thursday 22 May

Royal Albert Hall – Dementia Aware Tour

10:00am-11.00am Welcoming and friendly tour of the Royal Albert Hall, followed by tea and cake.

Meet at Door 12, South Entrance

Nutrition Workshop with Imperial College London

10:30am-1.00pm Learn how food and brain health are connected.

LoveDay 2 Kensington Square, London W8 5EP

Saturday 24 May

Royal Albert Hall – Dementia Aware Tour (Repeat)

11:00am-12.00pm Welcoming and friendly tour of the Royal Albert Hall, followed by tea and cake.

Meet at Door 12, South Entrance

Booking & Enquiries

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Friday 23 May – Dementia Information Fair

The Small Hall, Kensington Town Hall – No Booking required for the Fair

1:30pm – 4:30pm

Hosted by Westminster & Kensington and Chelsea Dementia Action Alliance

Your one-stop hub of dementia support and services, featuring:

- 25+ information stalls from local organisations
- Talks from Dementia UK - Admiral Nurses
- Nutrition & wellbeing sessions by the Imperial College
- Legal & financial advice from Pathways Through Dementia
- Free health checks, including blood pressure screenings



Let's Talk Dementia

Whether you're living with dementia, supporting someone who is, or just want to learn – there is something for everyone. Join us for a week of inspiration, connection, and community support.



Royal Albert Hall



home instead.

