

Events and groups in Kensington & Chelsea, March 2019

All of the following events and weekly sessions are designed for people with some memory loss or living with a dementia, and their carers

Tuesday 5th March 1-3pm My Memories Café North at St Peter's Church

Kensington Park Road, W11 2PN. **This month:** Celebrate *International Women's Day* with Resonate Arts & guest speaker Barbara Gorna. Hear all about the life of Emily Wilding Davison and her commitment to the Suffragette movement. A light lunch is provided, all welcome. For more information contact **Mandy** on 0203 1810002.

Tuesday 5th March 3-4.30pm Singing for the Brain® Alzheimer's Society, St Vincent's House, 49 Queen Caroline Street, W6 9QH. To book your place, contact **Alex** on 020 8563 0001 or 07483 137 522 hammersmith-fulham@alzheimers.org.uk

Friday 8th March 2.30-4pm Music for the Moment Concert St Marylebone Parish Church 17 Marylebone Rd, NW1 5LT. Recital by *Academy Vocal Ensemble* from the Royal Academy of Music. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more information contact **Kathryn** on 020 7321 2702 or kathryn@resonatearts.org

Saturday 9th March 3-4.15pm Songhaven Concert at St Paul's Knightsbridge 32A Wilton Place, SW1X 8SH. Concert by mezzo-soprano Claire Eadington and tenor Sam Jenkins, plus afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Monday 11th March 2-4pm Rainbow Memory Café Tavis House 1-6 Tavistock Square, WC1H 9NA. This LGBTQ café offers a social environment and safe place for peer support. For more information contact **Sally** in advance, sally.knocker@openingdoorslondon.org.uk

Tuesday 12th March 1.30pm-3.30pm Sporting Reminiscence Session at Lord's Cricket Ground, Grace Entrance, St. John's Wood Road, NW8 8QN. Free to attend but booking is essential, to book call Yvonne on 0207 616 8589 or community@mcc.org.uk

Thursday 21st March 2.30-4.45pm Classical Concert with Afternoon Tea at HTB Onslow Square - St Pauls, 44 Onslow Square, Kensington, SW7 3NX. Doors open at 2.30pm concert starts promptly at 3pm followed by homemade cakes. Concert featuring Derek Paravicini on piano with Adam Ockelford. No need to book, but get there early for a seat!

Friday 22nd March 1-3pm My Memories Café South at Cremorne Clubroom Millman's Street, SW10 0BY. **This month:** A visit from the Wallace Collection. A light lunch is provided, all welcome. For more info contact **Mandy** at Age UK on 0203 1810002.

Monday 25th March 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema 87 Notting Hill Gate, W11 3JZ. **This month:** *My Sister Eileen* £4, carers free with CEA card. Free refreshments from 10.30am, film 11am plus interval. Call for more info 0871 902 5731

Monday 25th March 11am-12.30pm InMind at Royal Academy of Arts Burlington Gardens entrance, 6 Burlington Gardens, W1S 3ET. Tea, art making and conversation about art works. Contact events.lectures@royalacademy.org.uk or 020 7300 5839 for cancellations, or to register interest in **Resonate Arts'** allocation contact **Emma** on 020 7321 2702

NEW! Monday 25th March 2-3.30pm A Closer Look tour at the Victoria and Albert Museum Join our specially trained Guides for a dementia-friendly tour of some of the V&A's most fascinating objects and the stories behind them. Meeting Point: Sackler Centre, Limited capacity - Free, booking essential - call 0207 942 2000

Tuesday 26th March 3-4.30pm Hymns and Pimms Grosvenor Chapel

24 South Audley Street, W1K 2PA. This month: Carnival & Shrove Tuesday. No need to book, just turn up! Contact **Lis** on 07910 451872 or lis.hasted@grosvenorchapel.org.uk

Mondays weekly 10.15am-12.30pm Dance for Dementia with Rambert

99 Upper Ground, SE1 9PP. All abilities welcome. Wear loose clothing and soft-soled shoes. For info and to enroll, contact **Sophie**, 020 3053 3325 or sophieknowles@rambert.org.uk

Mondays, weekly 11.30am-12.30pm Music Therapy at Royal Albert Hall,

Door 3, Kensington Gore, SW7 2AP. Open group, no need to register. For more information contact **Elaine** on 07553 103599 or [email elaine.mcgregor@nordoff-robbins.org.uk](mailto:elaine.mcgregor@nordoff-robbins.org.uk)

Mondays, weekly 1-2pm, Lunchtime concerts at St Peters Church

Kensington Park Road, W11 2PN. Free concerts, open to anyone:

4th March - Pavel Ralev (Guitar)

18th March - Galliarda Ensemble

11th March - Jaga Klimaszewska (Violin),
Sasha Grynuik (Piano)

25th March - Tom Pickles (Cello) Charles
Matthews (Piano)

Wednesdays 6th & 13th March 11am- 1pm Botanical Art Workshops at Chelsea Physic

Garden 66 Royal Hospital Road, SW3 4HS. Booking is essential. Call **Peggy** on 0777 578 4520 or creatingwithdementia@gmail.com

Thursdays, weekly 2-4pm Singing for the Mind at The Liberal Jewish Synagogue St John's

Wood. For more information and to book a place please call 020 7286 5181 or sfm@ljs.org

List compiled by **Emma** at Resonate Arts, an arts programme for people living with memory loss and dementia. **Mandy**, Dementia Advisor for Kensington and Chelsea, AGE UK Kensington and Chelsea, 020 8960 8137 MAndrews@aukc.org.uk

Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham. Please contact Emma for more information or if you would like to be added to our mailing list: 020 7321 2702 / emma@resonatearts.org