

Events and groups in Kensington & Chelsea, March 2020

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 3rd March 1-3pm My Memories Café North at St Peter's Church

Kensington Park Road, W11 2PN. **This month:** Chair Yoga. A light lunch is provided, all welcome. Contact **Mandy** on 0203 1810002 / mandrews@aukc.org.uk

Thursday 5th March 2.30-4.45pm Classical Concert and Afternoon Tea at HTB

Onslow Square, St Pauls, 44 Onslow Square, Kensington, SW7 3NX. Leia Zhu (Violin) and Kaoru Wada (Piano) Doors open at 2.30pm, concert 3pm.

Friday 6th March 2.30-4pm Music for the Moment Concert at St Marylebone Parish Church

17 Marylebone Rd, NW1 5LT. This month's recital is with Academy Vocal Ensemble. Refreshments served from 2.30pm, concert at 3pm. Free and no booking required. For more information contact **Kathryn** at Resonate Arts on 020 7321 2702 or kathryn@resonatearts.org

Monday 9th March 2-4pm Rainbow Memory Café Tavis House

1-6 Tavistock Square, WC1H 9NA. This is a monthly group meeting for lesbian, gay, bisexual and trans people living with dementia or concerned about their memory and their carers to come together for peer support, talks and social activities. Contact **Lucy** in advance 020 7239 0400 or lucy.whitmore@openingdoorslondon.org.uk

Tuesday 10th March 1.30 – 3.30pm Sporting Reminiscence Session at Lord's Cricket Ground

Grace Entrance, St. John's Wood Road, NW8 8QN. Join activities offered by Sporting Memories Network and Open Age. Free to attend but booking is **essential**, contact **Yvonne** on 0207 616 8589 or community@mcc.org.uk

Monday 16th 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. Fully booked but contact access@royalacademy.org.uk or 020 7300 5732 for cancellations, or to register interest in Resonate Arts' allocation contact **Julie** on 020 7321 2702 or julie@resonatearts.org

Wednesday 18th March 2-4pm Discover the Wallace Collection, Manchester Square, W1U 3BN.

Experience the Wallace through an interactive tour, object handling, and art and craft. Tea & coffee. Booking essential, call **Holly** on 020 7563 9577 or email community@wallacecollection.org

Saturday 21st March 3-4.15pm Songhaven Concert at St Paul's Knightsbridge

32A Wilton Place, SW1X 8SH. Join us for a concert and afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Monday 23rd March 11.30am-2.10pm Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, W11 3JZ. This month: *Little Women* Free tea and coffee from 11.30, film at 12pm. Tickets £4, accompanying carers free. Book in person at the Box Office or by phone on 020 7294 7908. *NB there is a **Singing for the Brain group before the film 10.15am – 11.30am**. Classes continue to run on Tuesdays in Westminster - see **Weekly Sessions** for full info

Friday 27th March 1-3pm My Memories Café South at Cremorne Club

Millman's Street, SW10 0BY. **This month:** A visit from the Royal Parks. A light lunch is provided, all welcome. Contact **Mandy** on 0203 1810002 / mandrews@aukc.org.uk

Monday 30th March 2-3.30pm A Closer Look tour at the Victoria and Albert Museum

Meeting Point: Sackler Centre, Exhibition Road, SW7 2PA. Join our specially trained Guides for a dementia-friendly tour of some of the V&A's most fascinating objects. Free, booking essential 020 7942 2000 or bookings.office@vam.ac.uk

Tuesday 31st March 3-4.30pm Hymns and Pimms Grosvenor Chapel

24 South Audley Street, W1K 2PA. No need to book, just turn up. Contact **Father Richard Fermer** on 020 7499 1684 or email info@grosvenorchapel.org.uk

MARCH WEEKLY SESSIONS

Mondays weekly 11am – 11.45am Chair Yoga Penfold Community Hub, 60 Penfold Street, NW8 8PJ £2 per session. Booking **essential** call on 020 3815 0033 or email Penfoldhub@nhhg.org.uk

Mondays, weekly (9th, 16th, 23rd, 30th) 1.30-3.30pm (B)old Words: Poetry for Dementia

National Poetry Library, Level 5, Blue Side, Royal Festival Hall, Belvedere Road, London SE1 8XX. Explore the power of words on our eight-week poetry and creative writing programme. No experience is necessary. To find out more and reserve your free place, please contact **Emma** on 0207 921 4206 or emma.nutland@southbankcentre.co.uk

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

Door 3, Kensington Gore, SW7 2AP. Online referral required: <https://www.nordoff-robbins.org.uk/make-a-referral/>. For more information contact **Nordoff Robbins** via 020 7267 4496 or referrals@nordoff-robbins.org.uk

Mondays, weekly (3rd, 10th, 24th) 1-2pm Lunchtime concerts at St Peter's Church

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

Tuesdays, weekly (3rd, 10th, 17th, 31st) 3.15-5pm Singing for the Brain® Alzheimer's Society St

Stephen's Church, 38-42 Rochester Row, SW1P 1LE. Contact **Alex** 020 8563 0001 / 07483 137 522 or hammersmith-fulham@alzheimers.org.uk. Please note there is a Singing for the Brain group on

Monday 23rd March 10.15am – 11.30am at The Gate Picturehouse in Notting Hill followed by a dementia friendly screening of *Little Women* (see above listing 23rd March)

Tuesdays, weekly, 1.30-3.30pm (B)old Voices: Singing for Dementia Blue Room, Level 1, Royal

Festival Hall, Belvedere Road, London SE1 8XX Discover your potential through song, express yourself and make friends. No experience is necessary. To find out more and reserve your free place, please contact **Emma** on 0207 921 4206 or emma.nutland@southbankcentre.co.uk

Wednesdays weekly 11am- 1pm Botanical Art Workshops Chelsea Physic Garden 66 Royal

Hospital Road, SW3 4HS. NEW series of weekly art workshops. Booking **essential** for nine sessions, call **Peggy** on 0777 578 4520 creatingwithdementia@gmail.com

We recommend calling ahead if it is your first time attending an activity to discuss with the provider any access requirements and for support with travel plans

Monthly listings are available in **Westminster and Kensington & Chelsea**. Please contact **Julie** for more information or if you would like to be added to our mailing list:

020 7321 2702 / julie@resonatearts.org