

Events and groups in Kensington & Chelsea, October 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 1st October 1-3pm Memory Café North at St Peter's Church

Kensington Park Road, W11 2PN. **This month:** A visit from Opera Holland Park. A light lunch is provided, all welcome. Contact **Mandy** on 0203 1810002 or mandrews@aukc.org.uk

Tuesday 1st October 2.15-4pm Singing for the Brain® Alzheimer's Society Action Disability

Kensington & Chelsea, Whitstable House, Silchester Road, W10 6SB. Contact **Alex** 020 8563 0001 / 07483 137 522 or hammersmith-fulham@alzheimers.org.uk **NB last session till 29th October**

Monday 7th October 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 **Sally** in advance 020 7239 0400 or sally.knocker@openingdoorslondon.org.uk

Tuesday 15th October 10.30am-1.15pm Come and Sing! at Wigmore Hall

6 Wigmore Street, W1U 2BP. Join us for a lively singing session, refreshments included. Free but booking essential via **Julie** at Resonate Arts on 020 7321 2702 or julie@resonatearts.org

Tuesday 15th October 11am-1pm The Four Times of the Day at Leighton House Museum

12 Holland Park Road, W14 8LZ. A creative workshop exploring connections between visual art and music. Free, booking essential, contact **Java** on 079 7094 4400 or jana.haralova@rbkc.gov.uk

Monday 21st October 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. To book contact, access@royalacademy.org.uk or 020 7300 5732 or to register interest in **Resonate Arts'** allocation contact **Emma** on 020 7321 2702

Tuesday 22nd October 3-4.30pm Hymns and Pimms Grosvenor Chapel

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

Friday 25th October 2.30-4pm Music for the Moment Concert at St Marylebone Parish Church 17

Marylebone Rd, NW1 5LT. This month's recital is with pianist Francesco Orlando. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more information contact **Resonate Arts** on 020 7321 2702 or kathryn@resonatearts.org

Friday 25th October 1-3pm Memory 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. Contact **Mandy** on 0203 181 0002

Saturday 26th October 3-4.15pm Songhaven Concert at St Paul's Knightsbridge

32A Wilton Place, SW1X 8SH. Join us for a concert celebrating *BBC Music Day* followed by afternoon tea. Free, **booking essential** call 020 7201 9999 or visit www.songhaven.co.uk

Monday 28th October 11.30am- 2pm Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. **This month:** *Gentlemen prefer blondes* £4, carers free with CEA card. Free refreshments 11.30am, film 12pm plus interval. For more info 0871 902 5731

Monday 28th October 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 and the stories behind them. Free, to book call 020 7942 2000 or email bookings.office@vam.ac.uk

Tuesday 29th October 11am- 1pm (weekly until 26th Nov.) Life Drawing with The Studio Group

Leighton House Museum, 12 Holland Park Road, W14 8LZ. A new 5-week project, exploring life drawing. Booking essential: to enrol on the course please contact **Peggy** on 0777 578 4520 or creatingwithdementia@gmail.com

Wednesday 30th October 2-4pm Discover the Wallace Collection

Manchester Square, W1U 3BN. Experience the Wallace Collection through an interactive tour, object handling, and art and craft. This month's theme 'Eerie and Unusual' Tea & coffee provided. Booking essential, call **Vanessa** on 020 7563 9577 or community@wallacecollection.org

Weekly Sessions

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

99 Upper Ground, SE1 9PP. All abilities welcome, no previous dancing experience necessary. Wear loose clothing and soft-soled shoes. For information and **to enroll**, contact 020 3053 3325 or learning@rambert.org.uk

Mondays, weekly (14th, 21st, 28th) 1-2pm, Lunchtime concerts at St Peter's Church

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

Mondays, weekly 11.30am-12.30pm Music Therapy Royal Albert Hall Door 3, Kensington

Gore, SW7 2AP. Open group, no need to register. For more info contact **Jose** 07553 103599 or jose.alor@nordoff-robbins.org.uk

Tuesdays, weekly 2.15-4pm starting 29th October Singing for the Brain® NEW GROUP

Alzheimer's Society venue to be confirmed. **Alex** 020 8563 0001 / 07483 137 522 or hammersmith-fulham@alzheimers.org.uk

Wednesdays, weekly 11am-1pm Botanical Art Workshops

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. Booking essential, please contact **Mary** on 020 7286 5181 or sfm@ljs.org

*List compiled by **Resonate Arts**, an arts programme for people living with memory loss and dementia, who do not take responsibility for individual entries. **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 and Kensington & Chelsea**. Please contact **Emma** for more information or if you would like to be added to our mailing list: 020 7321 2702 / emma@resonatearts.org*