

Events and groups in Westminster, April 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

Monday 1st April 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

Wednesday 3rd April 2.30pm-4.30pm Westminster Memory Café South

Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. **This month:** Dancing with Julie from Resonate Arts. No experience necessary, all abilities welcome. For more info call **Terezie** on 07540 502379 or terezie.wickenden@londoncare.co.uk

Monday 8th April 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 at sally.knocker@openingdoorslondon.org.uk

Tuesday 9th April 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

Friday 12th April 2.30-4pm Music for the Moment Concert Wigmore Hall

36 Wigmore Street, Marylebone, W1U 2BP. Recital by Amy Strachan (soprano) accompanied by Seungwon Lee (piano) 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 13th April 3-4.15pm Songhaven Concert at St Paul's Knightsbridge

32A Wilton Place, SW1X 8SH. Join us for a concert by mezzo-soprano Claire Eadington, tenor Samuel Jenkins, and pianist John Cuthbert followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Wednesday 17th April 2-4pm Discover the Wallace Collection

Manchester Square, W1U 3BN. Experience the Wallace Collection through interactive tours, discussion, object handling, and art and craft. Tea & coffee provided. Booking essential, call Vanessa on 020 7563 9577 or email community@wallacecollection.org

Monday 22nd April 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. **This month:** *The African Queen*
£4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. Call for more info 0871 902 5731

Wednesday 24th April 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue

28 St. John's Wood Road, NW8 7HA. **This month:** *There's No Business Like Show Business* Soup on arrival then the film, followed by home-made tea and ice-cream. £2 donation. For more information contact **Mary** via 020 7286 5181 or communitycare@ljs.org

Wednesday 24th April 2.30-4.30pm Westminster Memory Café North

42 Westbourne Park Road, W25PH. **This month:** Textiles, fabrics and reminiscence. Free, no need to book, just turn up. Call **Terezie** 07540 502379 terezie.wickenden@londoncare.co.uk

Monday 29th April 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. Free but fully booked contact events.lectures@royalacademy.org.uk or 020 7300 5839 for cancellations, or register interest in Resonate Arts' allocation with **Emma** on 020 7321 2702

NEW! Monday 29th April 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, entrance from Exhibition Road. Free, booking essential call 020 7942 2000 or email bookings.office@vam.ac.uk

Tuesday 30th April 3-4.30pm Hymns and Pimms Grosvenor Chapel

24 South Audley Street, W1K 2PA. No need to book, just turn up! Contact **Lis** on 07910 451872 or lis.hasted@grosvenorchapel.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

Tuesdays, weekly from 9th April 3-4.30pm Singing for the Brain® at St Peter's Church,

Opposite Stanley Gardens, Kensington Park Road, London W11 2PN. To book your place, contact **Alexandra** on 020 8563 0001 or 07483 137 522 (Monday – Thursday) or hammersmith-fulham@alzheimers.org.uk

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

Wood. Booking essential, please call 020 7286 5181 or sfm@ljs.org

List compiled by Emma at Resonate Arts 020 7321 2702, a programme for people living with memory loss and dementia and Terezie, Dementia Advisor for Westminster 07540 502379
Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham. Contact Resonate Arts for more info or to be added to the mailing list for any borough on 020 7321 2702 or emma@resonatearts.org