

Events and groups in Westminster, August 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

Mondays, weekly (no session 26 August) 11.30am-12.30pm Music Therapy

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 2.15-4pm Singing for the Brain® Alzheimer's Society

Action Disability Kensington & Chelsea, Whitstable House, Silchester Road, London W10 6SB.

To book your place, contact **Alex** on 020 8563 0001 / 07483 137 522 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

Tuesday 6th August 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

Wednesday 7th August 2.30pm-4.30pm Westminster Memory Café South

Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN.

This month: *Music session with Twintubbs.* Contact **Terezie** on 07540 502379 or terezie.wickenden@londoncare.co.uk

Monday 12th August 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

Wednesday 14th August 3.30-5.30pm Resonate Arts' Summer Soirée

St Cuthbert's Centre, 51 Philbeach Gardens, Earl's Court, SW5 9EB.

We'd love you to join us for music, entertainment and delicious refreshments. To book your place contact Julie 020 7321 2702 or julie@resonatearts.org

Monday 19th August 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 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 or emma@resonatearts.org

Saturday 24th August 3-4.15pm Songhaven Concert at Lumen, Bloomsbury

88 Tavistock Place, London, WC1H 9RS.

Join us for a concert followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Monday 26th August 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ.

This month: *Grease* £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. For more info 0871 902 5731

Monday 26th August 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, booking essential 020 7942 2000 or email bookings.office@vam.ac.uk

Wednesday 28th August 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: *Fantastic Fashion at the Wallace Collection*. Tea & coffee provided. Booking essential, call **Vanessa** on 020 7563 9577 community@wallacecollection.org

Wednesday 28th August 2.30-4.30pm Westminster Memory Café North

42 Westbourne Park Road, W25PH.

This month: *An interactive music session* Free, no need to book, just turn up. Contact **Terezie** on 07540 502379 or terezie.wickenden@londoncare.co.uk

Wednesday 28th August 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue

28 St. John's Wood Road, NW8 7HA.

This month: *42nd Street 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

List compiled by **Resonate Arts**, a programme for people living with memory loss and dementia and **Terezie**, Dementia Advisor for Westminster 07540 502379.

Monthly listings are available in **Westminster and Kensington & Chelsea**. Contact **Resonate Arts** for more info or to be added to the mailing list for either borough on **020 7321 2702** or emma@resonatearts.org