

Events and groups in Westminster, February 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

Wednesday 6th February 2.30pm-4.30pm Westminster Memory Café South

Victoria Medical Centre 29 Upper Tachbrook Street, SW1V 1SN. **This month:** A visit from the Science Museum. For more info call **Terezie** on 07540 502379
terezie.wickenden@londoncare.co.uk

Friday 8th February 2.30-4pm Music for the Moment Concert St Marylebone Parish Church

17 Marylebone Rd, NW1 5LT. This month's recital is Royal Academy of Music student's Hannah Gardiner (viola) and Melissa Youngs (clarinet). 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 February 3-4.15pm Songhaven Concert at St Paul's Knightsbridge

32A Wilton Place, SW1X 8SH. Join us for a concert by Alice Privett (soprano), Vivien Conacher (mezzo-soprano) and Chad Vindin (pianist) followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Monday 11th February 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

Wednesday 20th February 2-4pm Discover the Wallace Collection Manchester Square, W1U 3BN. Hear about the Wallace Collection's romantic side. Tea & coffee provided. Booking essential: call **Vanessa** on 020 7563 9577 or community@wallacecollection.org

Monday 25th February 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema 87 Notting Hill Gate, Kensington, W11 3JZ. This month: *Mammia Mia!: Here we go again! Sing-along* £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. Call for more info 0871 902 5731

Monday 25th February 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 (numbers strictly limited) contact 020 7321 2702

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

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

Wednesday 27th February 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue

28 St. John's Wood Road, NW8 7HA. This month: *Gentlemen Prefer Blondes*
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 27th February 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. Call **Terezie** on 07540 502379

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 **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

Tuesdays, weekly 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

Wednesdays, weekly 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

Thursdays, weekly 10am-1pm Royal Court Theatre Scriptwriting Project

Sloane Square, Chelsea, SW1W 8AS. Free, no experience necessary. Please register with a companion on 0207 239 4954 or email admin@arts4dementia.org.uk

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