

## Events and groups in Westminster, July 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 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](mailto: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](mailto:elaine.mcgregor@nordoff-robbins.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](mailto:sfm@ljs.org)

**Wednesday 3<sup>rd</sup> July 2.30pm-4.30pm Westminster Memory Café South** Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. **This month: Join Laura from the Royal Parks.** Contact **Terezie** for more info on 07540 502379 or [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)

**Monday 8<sup>th</sup> July 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](mailto:sally.knocker@openingdoorslondon.org.uk)

**Tuesday 9<sup>th</sup> July 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](mailto:community@mcc.org.uk)

### **Wednesday 17<sup>th</sup> July 2.30-4.30pm Venue TBC \*Save the date\***

Resonate Arts in collaboration with Terezie, are delighted to invite you to a special event celebrating the people and places that make us feel good in the borough of Westminster. Join us for lovely food and gorgeous live music. For more details contact **Emma** on 020 7321 2702 or [emma@resonatearts.org](mailto:emma@resonatearts.org)

### **Thursday 18<sup>th</sup> July 2.30-4pm Music for the Moment Concert, Wigmore Hall**

36 Wigmore St, Marylebone, W1U 2BP. Recital by *FIGO*, an emerging chamber group from the Royal Academy of Music. FIGO uses either original or replica period instruments and their interpretation is shaped by 17th and 18th century performance practice and ideals. Refreshments served from 2.30pm, concert at 3pm. Free- tickets required, call **Wigmore Hall Box Office** on 020 79352141. For more information contact **Resonate Arts** on 020 7321 2702

**Monday 22<sup>nd</sup> July 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](mailto: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](mailto:emma@resonatearts.org)

**Wednesday 24<sup>th</sup> July 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: *Travel, the Countryside and Imagined Places*. Tea & coffee provided. Booking essential, call **Vanessa** on 020 7563 9577 [community@wallacecollection.org](mailto:community@wallacecollection.org)

**Wednesday 24<sup>th</sup> July 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue**  
28 St. John's Wood Road, NW8 7HA. **This month:** *Esio Trot*  
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](mailto:communitycare@ljs.org)

**Saturday 27<sup>th</sup> July 3-4.15pm Songhaven Concert at St Paul's Knightsbridge**  
32A Wilton Place, SW1X 8SH. Join us for a concert followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit [www.songhaven.co.uk](http://www.songhaven.co.uk)

**Monday 29<sup>th</sup> July 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema**  
87 Notting Hill Gate, Kensington, W11 3JZ. **This month:** *Pillow Talk* £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. For more info 0871 902 5731

**Monday 29<sup>th</sup> July 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, Exhibition Road. Free, booking essential 020 7942 2000 or email [bookings.office@vam.ac.uk](mailto:bookings.office@vam.ac.uk)

**Tuesday 30<sup>th</sup> July 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](mailto:lis.hasted@grosvenorchapel.org.uk)

**Wednesday 31<sup>st</sup> July 2.30-4.30pm Westminster Memory Café North** 42 Westbourne Park Road, W25PH. **This month:** *Visit from Museum of brands* Free, no need to book, just turn up. Contact **Terezie** on 07540 502379 or [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)

**\*\*Date for your diary\*\*** Resonate Arts' *Summer Soirée* on **Wednesday 14<sup>th</sup> August 3.30-5pm** at St Cuthbert's Centre, Earls Court. We'd love you to be there! More details to follow

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](mailto:emma@resonatearts.org)*