

## Events and groups in Westminster, March 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 5<sup>th</sup> March 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](mailto:hammersmith-fulham@alzheimers.org.uk)

**Wednesday 6<sup>th</sup> March 2.30pm-4.30pm Westminster Memory Café South** Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. **This month:** Important places in our lives. For more info call **Terezie** on 07540 502379 or [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)

**Friday 8<sup>th</sup> March 2.30-4pm Music for the Moment Concert St Marylebone Parish Church** 17 Marylebone Rd, NW1 5LT. Recital by *Academy Vocal Ensemble* 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](mailto:kathryn@resonatearts.org)

**Saturday 9<sup>th</sup> March 3-4.15pm Songhaven Concert at St Paul's Knightsbridge** 32A Wilton Place, SW1X 8SH. Concert by mezzo-soprano Claire Eadington and tenor Sam Jenkins with afternoon tea. Free, booking essential 020 7201 9999 or [www.songhaven.co.uk](http://www.songhaven.co.uk)

**Monday 11<sup>th</sup> March 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](mailto:sally.knocker@openingdoorslondon.org.uk)

**Tuesday 12<sup>th</sup> March 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)

**Monday 25<sup>th</sup> March 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema** 87 Notting Hill Gate, Kensington, W11 3JZ. **This month:** *My Sister Eileen* £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. Call for more info 0871 902 5731

**Monday 25<sup>th</sup> March 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](mailto:events.lectures@royalacademy.org.uk) or 020 7300 5839 for cancellations, or register interest in Resonate Arts' allocation with **Emma** on 020 7321 2702

**Wednesday 27<sup>th</sup> March 2-4pm Discover the Wallace Collection** Manchester Square, W1U 3BN. 'Exploring sculpture'. Tea & coffee provided. Booking essential: call **Vanessa 020 7563 9577** or email [community@wallacecollection.org](mailto:community@wallacecollection.org)

**NEW! Monday 25<sup>th</sup> March 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 Limited capacity Free, booking essential - call 0207 942 2000

**Tuesday 26<sup>th</sup> March 3-4.30pm Hymns and Pimms Grosvenor Chapel**

24 South Audley Street, W1K 2PA. **This month:** Carnival and Shrove Tuesday. 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 27<sup>th</sup> March 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue**

28 St. John's Wood Road, NW8 7HA. **This month:** *Casablanca*

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)

**Wednesday 27<sup>th</sup> March 2.30-4.30pm Westminster Memory Café North**

42 Westbourne Park Road, W25PH. **This month:** Nature through sensory experience. Free, no need to book, just turn up. Call **Terezie** 07540 502379 [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)

**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](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)

**Wednesdays 6<sup>th</sup> & 13<sup>th</sup> March 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](mailto: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](mailto: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](mailto:emma@resonatearts.org)*