

## Events and groups in Westminster, March 2020

*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 4<sup>th</sup> March 2.30-4.30pm Westminster Memory Café South at St James the Less**

4 Moreton St, Pimlico, SW1V 2QF. **This month:** Music and Dance Party with Graham. Free, no need to book, just turn up. Please note our **new venue**, if you would like support with directions, contact **Terezie** on 07540 502379 or [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)

### **Friday 6<sup>th</sup> March 2.30-4pm Music for the Moment Concert at St Marylebone Parish Church, 17**

Marylebone Rd, NW1 5LT. This month's recital is by the Academy Vocal Ensemble. Refreshments served from 2.30pm, concert at 3pm. Free and no booking required. For more information contact **Kathryn** at Resonate Arts on 020 7321 2702 or [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org)

### **Monday 9<sup>th</sup> March 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. Contact **Lucy** in advance 020 7239 0400 or [lucy.whitmore@openingdoorslondon.org.uk](mailto:lucy.whitmore@openingdoorslondon.org.uk)

### **Tuesday 10<sup>th</sup> March 1.30 – 3.30pm Sporting Reminiscence Session at Lord's Cricket Ground,**

Grace Entrance, St. John's Wood Road, NW8 8QN. Join activities offered by Sporting Memories Network and Open Age. Free to attend but booking is **essential**, contact **Yvonne** on 0207 616 8589 or [community@mcc.org.uk](mailto:community@mcc.org.uk)

### **Monday 16<sup>th</sup> March 11am-12.30pm InMind at Royal Academy of Arts**

Burlington Gardens entrance, 6 Burlington Gardens, W1S 3ET. Fully booked but contact [access@royalacademy.org.uk](mailto:access@royalacademy.org.uk) or 020 7300 5732 for cancellations, or to register interest in Resonate Arts' allocation contact **Julie** on 020 7321 2702 or [julie@resonatearts.org](mailto:julie@resonatearts.org)

### **Wednesday 18<sup>th</sup> March 2-4pm Discover the Wallace Collection, Manchester Square, W1U 3BN.**

Experience the Wallace through an interactive tour, object handling, and art and craft – this month's theme is Forgotten Masters – Indian Painting for the East India Company. Booking **essential**, call **Holly** on 020 7563 9577 or email [community@wallacecollection.org](mailto:community@wallacecollection.org)

### **Saturday 21<sup>st</sup> March 3-4.15pm Songhaven Concert at St Paul's Knightsbridge**

32A Wilton Place, SW1X 8SH. Join us for a concert and afternoon tea. Free, booking **essential**, call 020 7201 9999, email [knightsbridge@songhaven.co.uk](mailto:knightsbridge@songhaven.co.uk) or visit [www.songhaven.co.uk](http://www.songhaven.co.uk)

### **Monday 23<sup>rd</sup> March 11.30am-2.10pm Dementia Friendly Screening at Gate Cinema**

87 Notting Hill Gate, W11 3JZ. **This month:** *Little Women* Free tea and coffee from 11.30, film starts at 12pm. Tickets £4, accompanying carers free. Book in person at the Box Office or by phone on 020 7294 7908. \*NB there is a **Singing for the Brain** group before the film **10.15am – 11.30am**. Classes also run on Tuesdays in Westminster- please see [Weekly Sessions](#) for full info.

### **Wednesday 25<sup>th</sup> March 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 film, followed by home-made tea and ice-cream. £2 donation. Contact **Mary** via 020 7286 5181 [communitycare@ljs.org](mailto:communitycare@ljs.org)



**Resonate Arts**

### **Wednesday 25<sup>th</sup> March 2.30-4.30pm Westminster Memory Café North**

42 Westbourne Park Road, W25PH. **This month:** Visit from the Royal Parks. 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)

### **Monday 30<sup>th</sup> March 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. Free, booking **essential** 020 7942 2000 or [bookings.office@vam.ac.uk](mailto:bookings.office@vam.ac.uk)

**Tuesday 31<sup>st</sup> March 3-4.30pm Hymns and Pimms Grosvenor Chapel** 24 South Audley Street, W1K2PA. Contact **Father Richard Fermer** on 020 7499 1684 / [info@grosvenorchapel.org.uk](mailto:info@grosvenorchapel.org.uk)

## **MARCH WEEKLY SESSIONS**

---

### **Mondays weekly 11-11.45am Chair Yoga**

Penfold Community Hub, 60 Penfold Street, NW8 8PJ. £2 per session. Booking **essential** call on 020 3815 0033 or email [Penfoldhub@nhhg.org.uk](mailto:Penfoldhub@nhhg.org.uk)

### **Mondays, weekly (9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>) 1.30-3.30pm (B)old Words: Poetry for Dementia**

National Poetry Library, Level 5, Blue Side, Royal Festival Hall, Belvedere Road, London SE1 8XX. Explore the power of words on our eight-week poetry and creative writing programme. No experience is necessary. To find out more and reserve your free place, please contact **Emma** on 0207 921 4206 or [emma.nutland@southbankcentre.co.uk](mailto:emma.nutland@southbankcentre.co.uk)

### **Mondays, weekly 11.30am-12.30pm Music Therapy at Royal Albert Hall**

Door 3, Kensington Gore, SW7 2AP. Online referral required:

<https://www.nordoff-robbins.org.uk/make-a-referral/>. For more information contact **Nordoff Robbins** via 020 7267 4496 or [referrals@nordoff-robbins.org.uk](mailto:referrals@nordoff-robbins.org.uk)

### **Tuesdays, weekly (3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 31<sup>st</sup>) 3.15-5pm Singing for the Brain® Alzheimer's Society**

St Stephen's Church, 38-42 Rochester Row, SW1P 1LE. Contact **Alex** 020 8563 0001 / 07483 137 522 or [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.org.uk). Please note there is a Singing for the Brain group on **Monday 23<sup>rd</sup> March** 10.15am – 11.30am at **The Gate Picturehouse in Notting Hill** followed by a dementia friendly screening of Little Women (see above listing 23<sup>rd</sup> March)

### **Tuesdays, weekly , 1.30-3.30pm (B)old Voices: Singing for Dementia** Blue Room, Level 1, Royal

Festival Hall, Belvedere Road, London SE1 8XX Discover your potential through song, express yourself and make friends. No experience is necessary. To find out more and reserve your free place, please contact **Emma** on 0207 921 4206 or [emma.nutland@southbankcentre.co.uk](mailto:emma.nutland@southbankcentre.co.uk)

### **Wednesdays, weekly 11am-1pm Botanical Art Workshops Chelsea Physic Garden** 66 Royal

Hospital Road, SW3 4HS. Series of weekly art workshops. Booking essential for nine sessions, call **Peggy** on 0777 578 4520 [creatingwithdementia@gmail.com](mailto:creatingwithdementia@gmail.com)

*We recommend calling ahead if it is your first time attending an activity to discuss with the provider access requirements and support with travel plans.* List is compiled by **Resonate Arts**, a programme

for people living with memory loss and dementia, who do not take responsibility for individual entries. Contact **Terezie**, Dementia Advisor for Westminster 07540 502379, for dementia related enquiries.

Please contact **Julie** at Resonate Arts, for more information, or if you would like to be added to our mailing list: 020 7321 2702 / [julie@resonatearts.org](mailto:julie@resonatearts.org)



**Resonate Arts**