

## Events and groups in Westminster, May 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 1<sup>st</sup> May 2.30pm-4.30pm Westminster Memory Café South** Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. **This month:** *River Thames and Archaeology*. For more info call **Terezie** on 07540 502379 or [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)

**Friday 3<sup>rd</sup> May 2.30-4pm Music for the Moment Concert St Marylebone Parish Church** 17 Marylebone Rd, NW1 5LT. Recital by Megumi Tanimura (violin) from the Royal Academy of Music. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more information contact **Emma** on 020 7321 2702 or [emma@resonatearts.org](mailto:emma@resonatearts.org)

**Monday 13<sup>th</sup> May 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 14<sup>th</sup> May 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)

**Saturday 18<sup>th</sup> May 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 20<sup>th</sup> May 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 to attend. 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

**Tuesday 21<sup>st</sup> May 2-4pm Gamelan Workshop** Southbank Centre, Royal Festival Hall, Belvedere Road, SE1 8XX. Come to play on a beautiful Javanese percussion orchestra known as Gamelan. Booking essential, contact **Terezie** 07540 502 379 or email [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)

**Wednesday 22<sup>nd</sup> May 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue** 28 St. John's Wood Road, NW8 7HA. **This month:** *The Glenn Miller Story* 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 22<sup>nd</sup> May 2-4pm Discover the Wallace Collection** Manchester Square, W1U 3BN. Explore *Henry Moore: The Helmet Heads* and discover more about armour head pieces and

masks. Tea & coffee provided. Booking essential, call **Vanessa** on 020 7563 9577 or email [community@wallacecollection.org](mailto:community@wallacecollection.org)

**Monday 27<sup>th</sup> May 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema**

87 Notting Hill Gate, Kensington, W11 3JZ. **This month:** *Love Me or Leave Me* £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. For more info 0871 902 5731

**Monday 27<sup>th</sup> May 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 entrance, SW7 2PA. Free, booking essential on 020 7942 2000 or [bookings.office@vam.ac.uk](mailto:bookings.office@vam.ac.uk)

**Tuesday 28<sup>th</sup> May 3-4.30pm Hymns and Pimms Grosvenor Chapel**

24 South Audley Street, W1K 2PA. **This month:** *Gardens & Gardening*. 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 29<sup>th</sup> May 2.30-4.30pm Westminster Memory Café North 42 Westbourne Park Road, W25PH. This month: Architecture with RIBA. Free, no need to book, just turn up. Call Terezie on 07540 502379 or email [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)**

**Tuesdays, weekly (except 21<sup>st</sup>) 3-4.30pm Singing for the Brain® Alzheimer's Society**

Tuesday 7<sup>th</sup> at St Vincent's House, 49 Queen Caroline Street, W6 9QH. 14<sup>th</sup>, 28<sup>th</sup> May at St Peter's Church, Opposite Stanley Gardens, Kensington Park Road, London W11 2PN. 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)

**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 [sophie.knowles@rambert.org.uk](mailto:sophie.knowles@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. To book a place please contact **Mary** via 020 7286 5181 or [communitycare@ljs.org](mailto:communitycare@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 and Kensington & Chelsea**. 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)*