

Events and groups in Westminster, October 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 1st October 2.15-4pm Singing for the Brain® Alzheimer's Society

Action Disability Kensington & Chelsea, Whitstable House, Silchester Road, W10 6SB.

Contact **Alex** 020 8563 0001 / 07483 137 522 or hammersmith-fulham@alzheimers.org.uk

NB last session till new group starting weekly from 29th October at a different venue TBC

Wednesday 2nd October 2.30pm-4.30pm Westminster Memory Café South

Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. **This month** Visit from the

V&A Contact **Terezie** on 07540 502379 or terezie.wickenden@londoncare.co.uk

Sunday 6th October 2-4pm Songhaven Silver Sunday concert at St Pauls Knightsbridge

32A Wilton Place, SW1X 8SH. Join us for a special concert and tea. Free, **booking essential**

call 020 7201 9999, email knightsbridge@songhaven.co.uk or visit www.songhaven.co.uk

Monday 7th October 2-4pm Rainbow Memory Café Tavis House

1-6 Tavistock Square, WC1H 9NA. A monthly interest group for lesbian, gay, bisexual and trans people living with

dementia or concerned about their memory and their supporters. Contact **Sally** on 020

7239 0400 or email sally.knocker@openingdoorslondon.org.uk

Tuesday 8th October 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

Tuesday 15th October 10.30am-1.15pm Come and Sing! at Wigmore Hall

6 Wigmore Street, W1U 2BP. Join us for a lively singing session, refreshments included. Free

but booking essential via **Julie** at Resonate Arts on 020 7321 2702 or julie@resonatearts.org

Tuesday 15th October 11am-1pm The Four Times of the Day at Leighton House Museum

12 Holland Park Road, W14 8LZ. A creative workshop exploring connections between

visual art and music. Free, booking essential via **Java** on 07970944400

Saturday 19th October 3-4.30pm Songhaven concert at Lumen United Reformed Church

88 Tavistock Pl, Kings Cross, WC1H 9RS. Free (suggested donation £5) afternoon tea

provided. **Booking is essential** call 020 7833 1080 or email songhaven@songhaven.co.uk

Monday 21st October 11-12.30pm 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 access@royalacademy.org.uk or

020 7300 5732 for cancellations, or to register interest in Resonate Arts' allocation contact **Emma** on 020 7321 2702 or emma@resonatearts.org

Tuesday 22nd October 3-4.30pm Hymns and Pimms Grosvenor Chapel

24 South Audley Street, W1K 2PA. Hallowe'en and All Saints, a time for remembering loved ones. No need to book, just turn up. Contact **Father Richard Fermer** on 020 7499 1670 or email info@grosvenorchapel.org.uk

Wednesday 23rd October 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue

28 St. John's Wood Road, NW8 7HA. **This month:** *Quartet*. Soup on arrival then film, followed by home-made tea and ice-cream. £2 donation. Contact **Mary** via 020 7286 5181 communitycare@ljs.org

Friday 25th October 2.30-4pm Music for the Moment Concert St Marylebone Parish Church

17 Marylebone Rd, NW1 5LT. This month's recital is by pianist Francesco Orlando. Refreshments served from 2.30pm, concert at 3pm. Free - **no booking required**. For more information contact **Kathryn** at Resonate Arts on 020 7321 2702 or kathryn@resonatearts.org

Saturday 26th October 3-4.15pm Songhaven Concert at St Paul's Knightsbridge

32A Wilton Place, SW1X 8SH, followed by afternoon tea. Free, **booking essential** 020 7201 9999 www.songhaven.co.uk

Monday 28th October 10.30am-12.30pm Dementia Friendly Screening at the Gate Cinema

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

Monday 28th October 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

Wednesday 30th October 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 'Eerie and Unusual'. Tea & coffee. Booking essential, call **Vanessa** on 020 7563 9577 community@wallacecollection.org

Wednesday 30th October 2.30-4.30pm Westminster Memory Café North

42 Westbourne Park Road, W25PH. **This month:** Flute session with Imogen Morrall. Free, no need to book, just turn up. Contact **Terezie** on 07540 502379 or terezie.wickenden@londoncare.co.uk

Weekly Groups

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 020 3053 3325 or learning@rambert.org.uk

Mondays, weekly 11.30am-12.30pm Music Therapy, **Royal Albert Hall**, Door 3, Kensington Gore, SW7 2AP. Open group, no need to register. For more information contact **Jose** via 07553 103599 or jose.alor@nordoff-robbins.org.uk

Mondays, weekly (14th, 21st, 28th)1-2pm, Lunchtime concerts at St Peter's Church Kensington Park Road, W11 2PN. Free concerts, open to anyone.

*****New Weekly group starting Tuesday 29th October 11am- 1pm*****

Life Drawing with The Studio Group Leighton House Museum, 12 Holland Park Road, W14 8LZ. A new 5-week project, exploring life drawing. Booking is essential, to enrol on the course contact **Peggy** on 0777 578 4520 or email creatingwithdementia@gmail.com

Wednesdays, weekly 11am- 1pm Botanical Art Workshops Chelsea Physic Garden, 66 Royal Hospital Road, SW3 4HS. Booking essential call **Peggy** on 0777 578 4520 creatingwithdementia@gmail.com

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

We recommend calling ahead if it is your first time attending an activity to discuss with the provider any access requirements and for support with travel plans

*List compiled by **Resonate Arts**, a programme for people living with memory loss and dementia and **Terezie**, Dementia Advisor for Westminster 07540 502379, who do not take responsibility for individual entries.*

*Monthly listings are available in **Westminster and Kensington & Chelsea**. Contact **Resonate Arts** **020 7321 2702** or emma@resonatearts.org to be added to the mailing list/s.*