

Events and groups in Westminster, September 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 4th September 2.30pm-4.30pm Westminster Memory Café South

Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. **This month:** *A visit from Leighton House*. Contact **Terezie** on 07540 502379 or terezie.wickenden@londoncare.co.uk

Monday 9th September 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

sally.knocker@openingdoorslondon.org.uk

Tuesday 10th September 10am-6pm Memories Match at Lord's Cricket Ground

Grace Entrance, St. John's Wood Road, NW8 8QN. Watch the Middlesex v Durham County Championship match and join activities offered by Sporting Memories Network and Open Age. Gate opens at 10am, match begins at 11am. Free to attend but booking is **essential**, contact **Yvonne** on 0207 616 8589 or community@mcc.org.uk

Tuesday 17th September, 11am-1pm The Musical Mosaics, Leighton House Museum

12 Holland Park Road, London W14 8LZ. This workshop is inspired by Leighton's Arab Hall and aims to translate the rich and unique design of the room into a piece of music created by the participants. To book contact **Jana** jana.haragalova@rbkc.gov.uk or 079 7094 4400

Wednesday 18th September 2-4pm A visit to the Royal Mews, Buckingham Palace Road, SW1W

0QH. This interactive workshop will explore the Royal Mews and its role in supporting historic royal events. A guided wander through the Mews will look at the historic carriages, followed by a handling session in our learning rooms. **Please book** by calling 0303 123 7324

Monday 23rd September 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

Monday 23rd September 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema

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

Tuesday 24th September 3-4.30pm Hymns and Pimms Grosvenor Chapel

24 South Audley Street, W1K 2PA. **This month's theme:** *Harvest festival*. No need to book, just turn up. Contact **Lis** on 07910 451872 or lis.hasted@grosvenorchapel.org.uk

Wednesday 25th September 2.30-4.30pm Westminster Memory Café North

42 Westbourne Park Road, W25PH. **This month:** *A visit from the Southbank Centre*
Free, no need to book, just turn up. Contact **Terezie** on 07540 502379 or
terezie.wickenden@londoncare.co.uk

Wednesday 25th September 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue

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

Thursday 26th September 3-4.15pm Songhaven Concert at St Paul's Knightsbridge 32A Wilton

Place, SW1X 8SH. Join us for a concert celebrating *BBC Music Day* followed by afternoon tea.
Free, **booking essential** call 020 7201 9999 or visit www.songhaven.co.uk

Friday 27th September 2.30-4pm Music for the Moment Concert St Marylebone Parish Church

17 Marylebone Rd, NW1 5LT. This month's recital is with flautist Sally Palmer. 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

Monday 30th September 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 and the stories behind
them. Free, booking essential 020 7942 2000 or email bookings.office@vam.ac.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 020 3053 3325 or
learning@rambert.org.uk

Mondays, weekly (no session 16th September) 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

Tuesdays, weekly 2.15-4pm Singing for the Brain® Alzheimer's Society Action Disability
Kensington & Chelsea, Whitstable House, Silchester Road, W10 6SB. To book contact **Alex** on
020 8563 0001 / 07483 137 522 or hammersmith-fulham@alzheimers.org.uk

Wednesdays, weekly (no session 4 September) 11am- 1pm Botanical Art Workshops
Chelsea Physic Garden, 66 Royal Hospital Road, SW3 4HS. Booking is essential. Call **Peggy** on
0777 578 4520 or 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

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*