

Events and groups in and around Hammersmith & Fulham, April 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

Monday 1st April 10.15am-12.30pm Dance for Dementia with Rambert

99 Upper Ground, SE1 9PP. All abilities welcome. Wear loose clothing and soft-soled shoes. For info and to enroll, contact **Sophie**, 020 3053 3325 or sophieknowles@rambert.org.uk

Thursdays 4th & 18th April 10.30am-12pm Carers Peer Support Group 49 Queen Caroline Street, W6 9QH. A fortnightly carers group hosted by Alzheimer's Society **4th April – Session with Resonate Arts 18th April-** Peer support. For more info contact **Alexandra** on 020 8563 0001 or email hammersmith-fulham@alzheimers.org.uk

Monday 8th April 2-4pm Rainbow Memory Café 1-6 Tavistock Square, Camden, 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

Tuesday 9th April 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

Friday 12th April 2.30-4pm Music for the Moment Concert Wigmore Hall 36 Wigmore Street, Marylebone, W1U 2BP. Recital by Amy Strachan (soprano) accompanied by Seungwon Lee (piano) from the Royal Academy of Music. Refreshments from 2.30pm, concert at 3pm. Free but ticket required, call **Wigmore Hall** box office on 0207 9352141

Saturday 13th April (due to bank holiday) 2-4pm Saturday Café at St Vincent's 49 Queen Caroline Street, W6 9QH. Come along to socialise and receive support in an informal environment over a cup of tea - for both people with dementia and their carers. **This month:** Visit from Green Doctors at Groundwork. For more info contact **Alexandra** on 020 8563 0001 or hammersmith-fulham@alzheimers.org.uk

Saturday 13th April 3-4.15pm Songhaven Concert at St Paul's Knightsbridge 32A Wilton Place, SW1X 8SH. Join us for a concert by mezzo-soprano Claire Eadington, tenor Samuel Jenkins, and pianist John Cuthbert followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Wednesday 17th April 2-4pm Discover the Wallace Collection Manchester Square, W1U 3BN. Experience the Wallace Collection through interactive tours, discussion, object handling, and art and craft. Tea & coffee provided. Booking essential, call Vanessa on 020 7563 9577 or email community@wallacecollection.org

Monday 22nd April 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. **This month:** The *African Queen* £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. Call for more info 0871 902 5731

Monday 29th April 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. Fully booked but contact events.lectures@royalacademy.org.uk or 020 7300 5839 for cancellations, or to register interest in Resonate Arts allocation (numbers strictly limited) contact **Emma** on 020 7321 2702

NEW! Monday 29th April 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. Free, booking essential call 020 7942 2000 or email bookings.office@vam.ac.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)

Tuesdays weekly 10.45 – 11.45am Music for Memory at Age UK

Greyhound Road, 105 Greyhound Road W6 8NJ. A friendly meeting in which there is live music performed and singing is led and encouraged. Free, no need to book. For more information contact **Peter** on 0207 386 2657 or peter@ageukhf.org.uk

Tuesdays, weekly 10am- 12pm Grow Well Gardening sessions

At Ravenscourt Park Glasshouses, Ravenscourt Park, Entrance by the café in the park. Contact **Zoe** on 07817 077 740 or zoe@hcga.org.uk Relaxed and meaningful supported community gardening courses for anyone who needs a little more support

Tuesdays, weekly 11am- 12pm Art Group at Fulham Good Neighbour Service

Rosaline Hall, 70 Rosaline Road, SW6 7QT. A weekly drop-in art group for over 60-year-olds. All materials are provided free of charge. Join us- no need to book! For more information call **Chris** on 020 7385 8850.

Tuesdays, weekly from 9th April 3-4.30pm Singing for the Brain® at St Peter's Church,

Opposite Stanley Gardens, Kensington Park Road, London W11 2PN. To book your place, contact **Alexandra** on 020 8563 0001 or 07483 137 522 or hammersmith-fulham@alzheimers.org.uk

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 Emma at Resonate Arts, an arts programme for people living with memory loss and dementia

Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham. Please contact us if you would like to be added to our mailing list

020 7321 2702 / emma@resonatearts.org