

Events and groups in and around Hammersmith & Fulham, March 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 5th March 3-4.30pm Singing for the Brain® Alzheimer's Society, St Vincent's House, 49 Queen Caroline Street, W6 9QH. To book your place, contact **Alex** on 020 8563 0001 or 07483 137 522 hammersmith-fulham@alzheimers.org.uk

Thursdays 7th & 21st March 10.30am-12pm Carers Peer Support Group 49 Queen Caroline Street, W6 9QH. A fortnightly group hosted by Alzheimer's Society providing a safe environment for carers to meet and share with others in a similar situation. **7th March –** Information session about *Open Age* **21st March-** Session from *The Reader* organisation. For more info contact **Alex** on 020 8563 0001 or email hammersmith-fulham@alzheimers.org.uk

Friday 8th March 2.30-4pm Music for the Moment Concert St Marylebone Parish Church 17 Marylebone Rd, NW1 5LT. Recital by *Academy Vocal Ensemble* from the Royal Academy of Music. 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

Saturday 9th March 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 and tenor Sam Jenkins. followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Monday 11th March 2-4pm Rainbow Memory Café 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

Tuesday 12th March 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

Saturday 16th March 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 Music therapist Fiona Robson. For more info contact **Alex** on 020 8563 0001 or hammersmith-fulham@alzheimers.org.uk

Monday 25th March 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema 87 Notting Hill Gate, Kensington, W11 3JZ. **This month:** *My Sister Eileen* £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. Call for more info 0871 902 5731

Monday 25th March 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

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 sophieknowles@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:email.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. We look at a different artist every week and then experiment with drawing and painting techniques in a friendly and relaxed environment. All materials are provided free of charge. Join us- no need to book! For more information call **Chris** on 020 7385 8850.

Wednesdays 6th & 13th March 11am- 1pm Botanical Art Workshops at 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. For more information and to book a place 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*