



Events and groups in Hammersmith & Fulham, December 2018

All the following events and weekly sessions are designed for or open to people with some memory loss or living with a dementia, and their carers

Monday 3rd December 10.15am-12.30pm Dance for Dementia with Rambert

Rambert, 99 Upper Ground, SE1 9PP. All abilities welcome, no previous dancing experience necessary. Wear loose clothing and soft-soled shoes. For info contact Sophie, 020 3053 3325 or sophieknowles@rambert.org.uk

Fridays 7th & 14th December 10.30am- 12.15pm Ballet Workshops, Arts 4 Dementia & ROH

Royal Opera House, Clore Studio, Bow St, London, WC2E 9DD. Sessions now full, call to be added on the waiting list- Arts4Dementia 020 7239 4954

Monday 10th December 2-4pm Rainbow Memory Café

Tavis House, 1-6 Tavistock Square. The LGBTQ café offers a safe place for people to gain peer support in a social environment. In Camden, but open to anyone. Contact Sally, 020 7239 0400 or sally.knocker@openingdoorslondon.org.uk in advance or for more info.

Tuesday 11th December 2pm-4pm Discover the Wallace Collection Manchester Square, W1U 3BN. Join the us for a festive themed workshop at the Wallace Collection. *Discover* is the Wallace Collection's programme for people living with the early stages of dementia and their friends and families. Tea & coffee provided. Booking essential: call Vanessa 020 7563 9577 or email community@wallacecollection.org

Thursday 13th December 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. For more info contact Alex on 020 8563 0001 or email hammersmith-fulham@alzheimers.org.uk

Saturday 15th December 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. For more info contact Alex on 020 8563 0001 or email hammersmith-fulham@alzheimers.org.uk

Saturday 15th December 3.30-4.45pm Songhaven concert at Lumen Church & Cafe

88 Tavistock Place, London, WC1H 9RS. A special 45 minute music concert (including seasonal singalongs) followed by afternoon tea with mulled wine and festive nibbles. Free, booking essential call 020 7278 1887 or visit www.songhaven.co.uk



Monday 17th December 10.30am -12.30pm Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. This month: *The Wizard of Oz* Join Dorothy, (Judy Garland) and Toto on their journey along the Yellow Brick Road to Emerald City. £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am + interval. Call for more info 0871 902 5731

Monday 17th December 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 or 020 7300 5839 for cancellations or to register interest in Resonate Arts allocation (numbers strictly limited) contact 020 7321 2702

Tuesday 18th December 3-4.30pm Hymns and Pimms Grosvenor Chapel, 24 South Audley Street, W1K 2PA. This month: Christmas. No need to book, just turn up. Contact Lis Hasted on 07910 451872 or lis.hasted@grosvenorchapel.org.uk

Tuesdays, weekly until 18th December 3-4.30pm Singing for the Brain®

Alzheimer's Society, St Vincent's House, 49 Queen Caroline Street, W6 9QH. For more info and to book your place, contact Alex on 020 8563 0001 or 07483 137 522 or email hammersmith-fulham@alzheimers.org.uk

Tuesdays weekly until 18th December 10.45am – 3pm Music and Movement at Age UK

Greyhound Road, 105 Greyhound Road W6 8NJ. A programme of music and movement groups, invitation to take part in as many or few as you choose:

10.45 – 11.45am Music for Memory – singing group

12pm – 1pm Movement to Music – dance and music with Dance West

1-2pm – Hot lunch served for £3

2-3pm – Love Music – Making your own Desert Island Disc playlists

For more information contact Peter on 0207 386 2657 or peter@ageukhf.org.uk

Important early January dates for your 2019 diary!

Monday 7th January Music Therapy at Royal Albert Hall starts back weekly 11.30am- 12.30pm

Tuesday 8th January Singing for the Brain starts back weekly 3-4.30pm

Friday 11th January Music for the Moment at St Marylebone Church, 2.30-4pm

***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***

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