

Events and groups in Hammersmith & Fulham, January 2018

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

Thursdays 11th & 25th January 10.30am – 12pm Carers Peer Support Group

49 Queen Caroline Street, W6 9QH. For more info contact Jess on 020 8563 0001
A fortnightly group hosted by Alzheimer's Society providing a safe environment for carers to meet and share with others in a similar situation. Guest speakers TBC

Saturday 20th January 2- 4pm Saturday Café at St Vincent's

49 Queen Caroline Street, W6 9QH. For more info contact Jess on 020 8563 0001
Come along to socialise and receive support in an informal environment over a cup of tea - for both people with dementia and their carers. There is a small charge of £2 per person.

Monday 22nd January 10.30am Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. For more info phone - 0871 902 5731
Screenings open to all but especially for people with dementia and their family, friends and carers. Free tea, coffee and biscuits from 10.30am, film at 11am with an interval. This month: *How to Marry a Millionaire* (130mins) All tickets £4, carers go free with CEA card.

Friday 26th January 2.30pm - 4pm Music for the Moment Concert

St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT. For more information contact Lucy on 020 7321 2702 or lucy@resonatearts.org
With students from Royal Academy of music, this month: Mila Piano Trio, with Cliona NiChoileain. Refreshments served. FREE- no ticket required.

Tuesday 30th January 3 – 4.30pm Hymns and Pimms at Grosvenor Chapel

24 South Audley Street W1K 2PA. For more information call Lis on 020 7499 168
Come together to share friendship, singing and refreshment. No need to book, just turn up! Suggested donation £4.

Wednesday 31st January 10.30am – 12pm Dementia Carers Support Group

49 Queen Caroline Street, W6 9QH. Please call 020 8960 3033 for information.
Hosted by Carers Network and H&F Cognitive Impairment and Dementia Services.
New – First of 5 sessions to learn about and understand dementia, ask questions, support each other and take better care of yourself.

Mondays weekly from 8th 11.30am – 12:30pm Music Therapy at Royal Albert Hall
Door 3, Kensington Gore, SW7 2AP. For more info contact Elaine on 07967 696891 or email elaine.mcgregor@nordoff-robbins.org.uk
Open group, no need to register.

Tuesdays weekly 10am – 12pm Grow Well at Ravenscourt Glasshouses
Ravenscourt Park, entrance Paddenswick Rd, W6. Contact Zoe on 07817 077 740
Regular and meaningful supported community gardening courses. NB please call to check Winter opening times.

Tuesdays weekly from 9th Jan 10.45am Music for Memory
Age UK Greyhound Road, 105 Greyhound Road W6 8NJ. Contact Peter on peter@ageukhf.org.uk or 0207 386 2657
A friendly meeting in which there is live music performed and singing is led and encouraged. Transport may be available. Free, no need to book.

Tuesdays weekly from 2nd 11am – 12pm Nature in Art at Fulham Good Neighbours
70 Rosaline Rd SW6 7QT. For more information call 020 7385 8850
Free weekly drop-in art group for over 60s experimenting with drawing and painting techniques in a friendly and relaxed environment. All abilities welcome!

List compiled by Lucy Warren, Resonate Arts 020 7321 2702 lucy@resonatearts.org

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