

## Events and groups in and around Hammersmith & Fulham, January 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*

### **Thursdays 10<sup>th</sup> & 24<sup>th</sup> January 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.

**10<sup>th</sup> January** - Exploring Stigma with Jem Bhatt **24<sup>th</sup> January**- Peer Support. For more info contact **Alex** on 020 8563 0001 or email [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.org.uk)

### **Friday 11<sup>th</sup> January 2.30-4pm Music for the Moment Concert St Marylebone Parish Church**

17 Marylebone Rd, NW1 5LT. This month's recital features 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](mailto:kathryn@resonatearts.org)

### **Saturday 12<sup>th</sup> January 3-4.15pm Songhaven Concert at St Paul's Knightsbridge**

32A Wilton Place, SW1X 8SH. Join us for a concert by mezzo-soprano Clare McCaldin, bass-baritone Paul Sheehan and pianist Somi Kim followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit [www.songhaven.co.uk](http://www.songhaven.co.uk)

### **Monday 14<sup>th</sup> January 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](mailto:sally.knocker@openingdoorslondon.org.uk)

### **Saturday 19<sup>th</sup> January 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:** Exploring stigma around dementia, with Jem Bhatt from UCL. For more info contact **Alex** on 020 8563 0001 or email [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.org.uk)

### **Monday 21<sup>st</sup> January 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](mailto: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

### **Monday 28<sup>th</sup> January 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, contact **Sophie**, 020 3053 3325 or [sophieknowles@rambert.org.uk](mailto:sophieknowles@rambert.org.uk)

**Monday 28<sup>th</sup> January 10.30am -12.30pm Dementia Friendly Screening at Gate Cinema**  
87 Notting Hill Gate, Kensington, W11 3JZ. This month: Singin' in the Rain £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. Call for more info 0871 902 5731

**Mondays, weekly from 7<sup>th</sup> January 11.30am – 12.30pm Music Therapy at Royal Albert Hall**  
Door 3, Kensington Gore, SW7 2AP. For more information contact **Elaine** on 07553 103599. Open group, no need to register

**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](mailto:peter@ageukhf.org.uk)

**Tuesdays, weekly from 15<sup>th</sup> January 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](mailto:zoe@hcga.org.uk) Relaxed and meaningful supported community gardening courses for anyone who needs a little more support

**Tuesdays, weekly from 8<sup>th</sup> January 3-4.30pm Singing for the Brain<sup>®</sup> 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 or email [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.org.uk)

**Wednesdays, weekly from 9<sup>th</sup> January (expect 23<sup>rd</sup> January) 11am- 1pm Botanical Art Workshops at Chelsea Physic Garden** 66 Royal Hospital Road, London SW3 4HS. Booking is essential. Call **Peggy** on 0777 578 4520 or [creatingwithdementia@gmail.com](mailto:creatingwithdementia@gmail.com)

**Thursdays, weekly from 17<sup>th</sup> January 10am-1pm Royal Court Theatre Scriptwriting Project**  
Sloane Square, Chelsea, SW1W 8AS. *Arts4Dementia* & Royal Court Theatre are delivering scriptwriting workshops with playwright Simon Longman. Free, no experience necessary. Please register with a companion on 0207 239 4954 or email [admin@arts4dementia.org.uk](mailto:admin@arts4dementia.org.uk)

*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](mailto:emma@resonatearts.org)***