

Events and groups in Hammersmith & Fulham, July 2018

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

Saturday 7th July 11.30am-5.30pm Parsons Green Fair

Parsons Green in Fulham

Monday 9th July 2-4pm Rainbow Memory Café

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

Tuesday 10th July 1.30 - 3.30pm Sporting Reminiscence at Lord's Cricket Ground

Grace Entrance, St. John's Wood Road, NW8 8QN. To book call Yvonne on 0207 616 8589. Free to attend but booking is essential. Sessions allow people to enjoy different areas of the ground and be in a friendly place to talk about sport, cricket, or whatever you wish.

Saturday 14th July 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. This month: guest speaker from Oral care; a qualified dentist, interested in helping the community with oral care

Monday 16th July 2.30pm - 4pm Music for the Moment Concert

Wigmore Hall, 36 Wigmore St, Marylebone, W1U 2BP. For more information contact Lucy on 020 7321 2702 or lucy@resonatearts.org This month's recital features Elen Roberts soprano and Ben Schilperoort bass-baritone. Refreshments 2.30pm, concert at 3pm. Free, no ticket required.

Thursday 19th July 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. This month a guest speaker from Hammersmith and Fulham council providing a talk about assisted technology

Tuesday 24th July 2pm-4pm Discover the Wallace Collection

Manchester Square, W1U 3BN. Booking essential: call Edwina 020 7563 9577 or email community@wallacecollection.org. To celebrate Richard Wallace's 200th birthday join us for a tour of our new exhibition 'Sir Richard Wallace: The Collector'. Tea & coffee provided.

Saturday 28th July 3pm Songhaven Concert followed by afternoon tea

Lumen United Reformed Church, 88 Tavistock Pl, Kings Cross, WC1H 9RS. Free but booking is essential. To book, call 020 7278 1887 or visit www.songhaven.co.uk

Monday 30th July 10.30am, film 11am Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. All tickets £4, carers free with CEA card. For info call 0871 902 5731. Free refreshments from 10.30 am, film at 11am with an interval. This month: *The Greatest Showman*.

Monday 30th July 11.30am – 12:30pm Music Therapy at Royal Albert Hall

Door 3, Kensington Gore, SW7 2AP. For more information contact Elaine McGregor on 07553 103599 or email elaine.mcgregor@nordoff-robbins.org.uk. Open group, no need to register.

Tuesday 31st July 3-4.30pm Hymns and Pimms

Grosvenor Chapel, 24 South Audley Street, W1K 2PA. For more information contact Lis Hasted on 020 7499 1684 Come together to share friendship, singing and refreshment. No need to book, just turn up. Suggested donation £4.

Mondays weekly 10.15am - 12:30pm Dance for Dementia with Rambert

99 Upper Ground, SE1 9PP (behind National Theatre). Booking essential contact rosie.jeffery@rambert.org.uk or 020 8630 0616. Each workshop comprises of warm-ups, partner and group exercises, dance and a chance to explore steps from Rambert's repertoire to stimulate movement memory. Wear loose and comfortable clothing.

Tuesdays weekly up to and inc 17th July 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@hcgga.org.uk Relaxed and meaningful supported community gardening courses for anyone who needs a little more support

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

Greyhound Road, 105 Greyhound Road W6 8NJ. For more information contact Peter on 0207 386 2657 or peter@ageukhf.org.uk 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 2.30- 4.30pm Singing for the Brain

Alzheimer's Society Hammersmith St Vincent's House, 49 Caroline Street, W6 9QH. For more information call Marcia 020 8563 0001/ Marcia.Pentney@alzheimers.org.uk

List compiled by Lucy warren, Resonate Arts, an arts programme for people living with memory loss and dementia: 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*