

Events and groups in Hammersmith & Fulham, March 2018

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

Thursdays 8th and 22nd March 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. 22nd March – guest speaker from the charity Hestia to talk about their services.

Saturday 17th March 2- 4pm Saturday Café at St Vincent's

49 Queen Caroline Street, W6 9QH. For more info contact Jess on 020 8563 0001
This month Singing for the Brain trial session - for both people with dementia and their carers. There is a small charge of £2 per person.

Friday 16th March 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
This month features first year singers from Royal Academy of Music with Christopher Hann. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required.

Saturday 24th March 3pm Songhaven concert followed by afternoon tea

Lumen United Reformed Church, 88 Tavistock Pl, Kings Cross, WC1H 9RS. To book, call 020 7278 1887 or visit www.songhaven.co.uk
The programme will feature a broad range of songs, arias, duets and singalongs. Followed by Afternoon Tea in the Lumen Cafe. Free but booking is essential

Monday 26th March 10.30am Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. For information phone 0871 902 5731
Free tea, coffee and biscuits from 10.30 am, film at 11am with an interval. This month: *Love Me Tender*. All tickets £4, carers go free with CEA card.

Tuesday 27th March 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.

Mondays weekly 11.30am – 12:30pm Music Therapy at Royal Albert Hall

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

Tuesdays weekly 10am – 12pm Grow Well Gardening Course

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. Followed by carers only session 1-3pm.

Tuesdays weekly 10.45am 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 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!

Tuesday weekly 3 -5pm Singing for the Brain at Alzheimer's Society

St Vincent's House, 49 Caroline Street, W6 9QH. For more information call Marcia on 020 8563 0001 or email Marcia.Pentney@alzheimers.org.uk

For anyone living in Westminster, Hammersmith & Fulham and Kensington & Chelsea. Come together to share friendship, singing and refreshment. No need to book, just turn up. No experience necessary and sessions are free.

List compiled by Lucy Warren, Resonate Arts – an arts programme for people living with 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