

Events and groups in Hammersmith & Fulham, November 2018

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

Thursdays 1st, 15th & 29th November 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.

1st November: Discussion with a local GP re: carers' experiences with dementia and post-diagnostic care with an aim to improve this in the future

29th November: Discussion with Alzheimer's Society representative re: carers' thoughts on improving dementia friendly sports and leisure access

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

Friday 9th November 2.30-4pm Music for the Moment Concert

Wigmore Hall, 36 Wigmore Street, Marylebone, W1U 2BP. This month's concert is a recital by *Meraki Duo*, with Meera Maharaj on flute and James Girling on guitar. Refreshments served from 2.30pm, concert at 3pm. Free - ticket required: call Wigmore box office on 020 7935 2141 and to book a wheelchair space. For more information contact Lucy on 020 7321 2702 or lucy@resonatearts.org

Monday 12th November 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 13th November 1.30 - 3.30pm Sporting Reminiscence at Lord's Cricket Ground

Grace Entrance, St. John's Wood Road, NW8 8QN. 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. To book call Yvonne on 0207 616 8589.

Saturday 17th November 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 17th November 3.30-4.45pm Songhaven concert at Lumen Church & Cafe

88 Tavistock Place, London, WC1H 9RS. Featuring performances by Sarah Labiner (soprano), Brad Cooper (tenor), and Panaretos Kyriatzidis (pianist) followed by afternoon tea. Free, booking essential on 020 7278 1887 or www.songhaven.co.uk

Monday 19th November 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

Saturday 24th November 3-4.15pm Songhaven at St Paul's Knightsbridge

32a Wilton Place, London SW1X 8SH. Performances by Dominic Walsh (tenor), Bradley Travis (baritone), and John Cuthbert (pianist) followed by afternoon tea. Free, booking essential call 020 7201 9999 or email knightsbridge@songhaven.co.uk or visit www.songhaven.co.uk

Mondays 26th November 10.30am -12.30pm Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. This month: *Modern Times* This comedic masterpiece finds the iconic Little Tramp (Charlie Chaplin) and orphan (Paulette Goddard) trying to contend with the difficulties of modern life. £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am + interval. Call for more info, 0871 902 5731

Mondays weekly 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

Mondays weekly 11.30am- 12.30pm Music Therapy at Royal Albert Hall

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

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

Tuesdays, weekly 2-4pm (last session 20th November) Singing for the Brain® in Westminster

St Stephen's Church, Rochester Row, Westminster, SW1P 1LE. For more information and to book your place, please contact Alex from the Alzheimer's Society on 020 8563 0001 or 07483 137 522. hammersmith-fulham@alzheimers.org.uk

Friday weekly 10.30am- 12.15pm Ballet Workshops, Arts 4 Dementia & ROH

Royal Opera House, Clore Studio, Bow St, London, WC2E 9DD. The workshops will be based on the company's repertoire for Winter 2018, including *The Nutcracker*. Sessions now full, call to be added on the waiting list- Arts4Dementia 020 7239 4954.

List compiled by Lucy and 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