

Events and groups in Hammersmith & Fulham, October 2017

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

Thursday 5th October 2.30 – 4.45pm Classical Concert with afternoon tea

at Holy Trinity Brompton, 44 Onslow Square, SW7 3NX. This concert: Michael Bochmann – violin and Esther Cavett – piano. No need to book but get there early for a seat!

Thursdays 5th and 19th October 10.30am – 12pm Carers Peer Support Group

St Vincent's, 49 Queen Caroline Street, W6 9QH. For more info call 020 8563 0001
A fortnightly group providing a safe environment for carers to meet and share with others in a similar situation.

Monday 9th October 10.45am – 12.15pm Dance with Rambert & Wallace Collection

Rambert dance company and Wallace collection are teaming up for two workshops on 9th and 16th October Together we will be looking at some of the beautiful paintings at the Wallace and bringing them to life through movement with dance. At **Wallace Collection** Manchester Square, W1U 3BN –Tea & coffee provided. Booking essential - email community@wallacecollection.org or call Sarah 020 7563 9577

Saturday 21st October 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: William Morris society will share some of the beautiful textiles and prints from their collection. Refreshments provided, Small charge of £2/person.

Friday 27th October 2.30pm - 4pm Music for the Moment concert

at Marylebone Parish Church. With students from Royal Academy of music, this month: Matthew Wilsher (Clarinet) and Lydia Caines (Violin). Refreshments served. Free, no need to book. For information contact Lucy on 020 7321 2702 or lucy@resonatearts.org

Tuesday 31st October 3 – 4.30pm Hymns and Pimms at Grosvenor Chapel

South Audley Street, London W1K 2PA. Come together to share memories stimulated by singing, friendship and refreshments. No need to book, suggested donation of £1. Contact Lis Hasted on 020 7499 1684

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

Door 3, Kensington Gore, SW7 2AP. Contact Elaine McGregor 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, nearest entrance Paddenswick Rd. Call Zoe on 07817 077 740. Regular and meaningful supported community gardening courses. Carers only session 1-3pm.

Tuesdays weekly 10.45am Music for Memory at 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 11am – 12pm Nature in Art at Fulham Good Neighbours

70 Rosaline Rd SW6 7QT. Contact 020 7385 8850 for information. Free weekly drop-in art group for over 60s experimenting with drawing and painting techniques in a friendly and relaxed environment.

Tuesdays weekly 3.30 - 5pm Singing for the Brain at Ark Home Healthcare (until October 31st) 42 Westbourne Park Road, W2 5PH. Anyone living with dementia or affected by it who is a resident in the boroughs of Westminster, Hammersmith & Fulham and Kensington & Chelsea can attend. For more information or to confirm attendance, please contact Marianne 020 7561 4820 or email islington@alzheimers.org.uk

Wednesdays weekly 11am – 1pm Sporting Memories with Fulham Football Club

Age UK 105 Greyhound Road, W6 8NJ. Contact Peter peter@ageukhf.org.uk / 02073862657. A club for people who want to talk about their love of sport, their memories and meet others in a fun relaxed environment with hospitality provided. Run with Fulham FC it is designed to create a group of new friends and new social activities.

NEW! Sundays weekly 3 – 5pm Fulham Sunday Afternoon Tea

An afternoon tea for local older people. This is an informal gathering for people to chat, play board games or listen to music over a nice cup of tea and cake.

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