

## Events and groups in Hammersmith & Fulham, October 2018

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

### **Thursdays 4<sup>th</sup> & 18<sup>th</sup> October 10.30am – 12pm Carers Peer Support Group**

49 Queen Caroline Street, W6 9QH. For more info contact Alex 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.

### **Monday 8<sup>th</sup> October 2-4pm Rainbow Memory Café**

Tavis House, 1-6 Tavistock Square. Contact [sally.knocker@openingdoorslondon.org.uk](mailto: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 9<sup>th</sup> October 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.

### **Thursdays 11<sup>th</sup> & 18<sup>th</sup> October 1.30-3.30pm Art Workshops at Fulham Palace**

Bishop's Avenue, Fulham, London SW6 6EA. Booking is essential. Call Peggy on 0777 578 4520 or email [creatingwithdementia@gmail.com](mailto:creatingwithdementia@gmail.com)

### **Friday 12<sup>th</sup> October 2.30-4pm Music for the Moment Concert**

St Marylebone Parish Church, 17 Marylebone Rd, NW1 5LT. This month's recital features the Czigany String quartet. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more information contact Lucy on 020 7321 2702 or [lucy@resonatearts.org](mailto:lucy@resonatearts.org)

### **Monday 15<sup>th</sup> October 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

### **Saturday 20<sup>th</sup> October 2- 4pm Saturday Café at St Vincent's**

49 Queen Caroline Street, W6 9QH. For more info contact Alex 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.

**Monday 22<sup>nd</sup> October 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. Free refreshments from 10.30 am, film at 11am with an interval. This month: *The Producers: 50<sup>th</sup> Anniversary Restoration* For info call 0871 902 5731

**Mondays weekly 10.15-12.30 Dance for Dementia with Rambert**

Rambert, 99 Upper Ground, SE1 9PP. Refreshments; wear loose clothing. For info call 020 3053 3325 [sophieknowles@rambert.org.uk](mailto:sophieknowles@rambert.org.uk)

**Mondays weekly 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](mailto:elaine.mcgregor@nordoff-robbins.org.uk)  
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. For more information contact Peter on 0207 386 2657 or [peter@ageukhf.org.uk](mailto:peter@ageukhf.org.uk) A friendly meeting in which there is live music performed and singing is led and encouraged. Free, no need to book.

**Tuesdays, weekly from 28th August 2-4pm 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 Alexandra from the Alzheimer's Society on 020 8563 0001 or 07483 137 522. [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.org.uk)

**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!

**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. Register for all sessions by calling Arts 4 Dementia on 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 / [lucy@resonatearts.org](mailto:lucy@resonatearts.org)***