

Events and groups in Hammersmith & Fulham, September 2017

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

Thursday 14th September 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.

Saturday 16th September 2- 4pm Saturday Café at St Vincent's

49 Queen Caroline Street, W6 9QH. For more info contact Jess on 020 8563 0001.
Monthly social occasion for both people with dementia and carers, Small charge of £2/person.

Tuesday 19th September 3 – 5pm Making your Mark at Kensington Gardens

with The Royal Parks & Resonate Arts. The Magazine Stoneyard, W2 2AR.
Explore the history of the camouflage school and allotments in Kensington Gardens throughout WW1, and the works of art made by soldiers to send home to their loved ones. Booking is essential – call Lucy on 020 7321 2702 / lucy@resonatearts.org

Tuesday 26th September 3pm - 4.30pm Hymns and Pimms at Grosvenor Chapel

Grosvenor Chapel, 24 South Audley Street W1K 2PA, no need to book, just turn up!
Come together to share friendship, singing and refreshment. Suggested donation £4, call 020 7499 1684 for more info.

Thursday 28th September 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.

Friday 29th September 2.30pm - 4pm Music for the Moment concert at Marylebone

Parish Church. With students from Royal Academy of music, this month: vocal solos and duets. Refreshments served. Free, no need to book. For information contact Lucy on 020 7321 2702 or lucy@resonatearts.org

Mondays weekly from 18th 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 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

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.

Wednesdays weekly 1 – 4pm Fulham Lunch Club at Fulham Good Neighbours

70 Rosaline Rd SW6 7QT. Contact 020 7385 8850 for information

- Wednesday, 6th September —Board Games (1st Wednesday of the month)
- Wednesday, 13th September — Meet your local police—Munster SNT
- Wednesday, 20th September—Tea Dance at the Town Hall. We have only 20 tickets and you need to book in advance by calling 020 7385 8850.
- Wednesday, 27th September —Shared Reading Group Taster

Thursdays weekly 3-4pm Chair-based Exercise Group at Fulham Good Neighbours

70 Rosaline Rd SW6 7QT. Contact Chris on 020 7385 8850 for information. This gentle exercise class is flexible and tailored made to your abilities so why not give it a go! Free, no booking required.