

Events and groups in Hammersmith & Fulham, September 2018

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

Saturday 8th September 3pm Songhaven Concert followed by afternoon tea

Lumen United Reformed Church, 88 Tavistock Pl, Kings Cross, WC1H 9RS. A 40 minute programme including a range of songs, arias, duets, and a singalong or two for good measure. Featuring Vivien Conacher (mezzo-soprano), Alistair Ollerenshaw (baritone), and Mina Beldimanescu (pianist) followed by afternoon tea. Free but booking is essential. To book, call 020 7278 1887 or visit www.songhaven.co.uk

Monday 10th September 2-4pm Rainbow Memory Café

Tavis House, 1-6 Tavistock Square. Contact 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 11th September 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 13th and 27th September 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.

Saturday 15th September 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 17th September 11am – 12.30pm In Mind at Royal Academy of Arts, Burlington

Gardens entrance, 6 Burlington Gardens, W1S 3ET. Tea, art making and conversation about art works. Free to attend. Booking for the next 3 months opens on 12th September, act fast to ensure your place! Contact events.lectures@royalacademy.org.uk or 020 7300 5839 or to register priority booking contact Kathryn on 020 7321 2702

Monday 24th September 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. For info call 0871 902 5731. Free refreshments from 10.30 am, film at 11am with an interval. This month: *Bye Bye Birdie*

Friday 28th September 3pm BBC Music Day at St Paul's Knightsbridge

2a Wilton Place, SW1X 8SH. The 40-minute concert programme will be brimming with favourite melodies from the operatic stage, tunes from the classic musicals, and well-loved songs from the past. Performed by Eleanor Ross (soprano), Vivien Conacher (mezzo-soprano), and Benedict Lewis-Smith (pianist), followed by a relaxed and social afternoon tea. Free, booking is essential: Call 020 7201 9999 or visit www.songhaven.co.uk

Mondays weekly from 17th Sep 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
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 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

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!

Thursdays, weekly starting 13th September 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

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