

Resonate Now

January 2021

Hello everyone

We hope you have had a restful festive break and we wish you a Happy New Year!

Whilst the start of this year has been difficult, it has also brought promising news of three vaccines which have been approved and are already being rolled out across GP's, pharmacies and vaccination centres. After several challenging months, we are sure this vaccine will be very welcomed by all, and we start to look forward to a brighter summer where we can begin to re-connect with our friends, families and activities which we all miss.

This month you will find:

- A beautifully illustrated activity from Melissa Youngs
- Further information on vaccines
- A fundraising update from our newly appointed Treasurer, Barbara Stephens
- A wonderful resource from the Wallace Collection, separately enclosed.

Wishing you a healthy and happy January as we look forward to the lighter spring days ahead. Meanwhile, keep **embracing the joy of a hot drink** on a cold winter's day, a **nutritious meal** in the evening and the feeling of **wrapping up warm with a good book** to read. Let us know if you have any other suggestions to keep the spirits lifted throughout this month and onwards!

Happy Resonating

Julie and Jude

You can **contact Julie** on:
0300 030 7212 | 07483 433 616
julie@resonatearts.org



Coffee Table Still Life

This month, Melissa Youngs, Open Academy Fellow with the Royal Academy of Music, who featured in our December letter, invites us to create a coffee table still life.

Melissa has drawn beautiful illustrations to accompany her suggestions. I hope you enjoy the drawings and the activity as much as we did!



Have a go at creating your own still life with objects on your coffee table...



Step 1

Collect some objects that you think would look good together. They could be anything, perhaps a teapot, a vase of flowers, some fruit, or even a pet!

Step 2

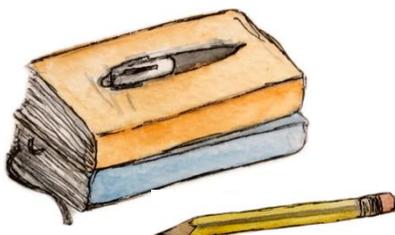
Organise them on the table. You could consider light and shade, grouping similar colours, and which objects are more important.

Step 3

Capture the creation. You could take a picture on a camera or phone, or even try drawing your still life.

We'd love to see what you come up with! Send your creations to:

julie@resonatearts.org



Vaccine update:

The government is aiming for everyone over 70 to be vaccinated by mid-February, but it may take longer. If you have not yet heard from your GP, you will be contacted within the next few weeks via telephone or letter. You do not need to call your GP if you haven't yet heard from them. Please note there a number of scams circulating at the moment by fraudsters pretending to work for the NHS.

Please follow the below advice to help you stay safe from scammers:

- do not reply to a text from an unfamiliar number or click on any links
- do not provide personal, card or bank details via phone or online
- do not make any payment for the vaccine – it is offered to you free of charge.

If you are in any doubt about whether someone could be fraudulently contacting you, and don't know what to do, ring your GP to confirm, but only do so if you feel it is necessary, as they are currently extremely busy.

Raising funds to support Resonate Arts!

'Resonate Arts' is a registered charity ('Westminster Arts' registered charity number 1025755) and we rely on raising money from a wide range of sources which enables us to cover our running costs and deliver our main projects. In addition, we are always delighted to receive voluntary donations and the proceeds of community fundraising activities.

This is an exceptionally difficult time and the climate for charities is uncertain. Our Treasurer, Barbara Stephens, will provide updates going forwards on how our fundraising plans are progressing and sharing ideas and suggestions for how you can get involved.

This month, we are featuring the **Co-op Community Fund** for which Resonate Arts has been chosen as a beneficiary in 2021. If you are a member of the Co-op you can support **Resonate Arts** simply by doing your shopping in stores and online!

The Co-op will donate money to the charity for every purchase made. You can register 'Resonate Arts' as your chosen charity by logging in to your account online or through our cause page – follow this link: <https://membership.coop.co.uk/causes/53944>

Fundraising through Kindlink

Resonate Arts is registered with the fundraising portal **Kindlink** which means that you can make one-off or repeated donations to the charity using your debit or credit card. Kindlink processes Gift Aid claims, so, if you are a taxpayer, your donations are increased by 25%. We have launched a £10,000 appeal to help combat the potential downturn in income caused by the Covid 19 pandemic. Even the tiniest of donations are helpful to us. As a small charity, all contributions make a difference!

<https://www.kindlink.com/fundraising/westminster-arts/resonatearts>

For more information, contact Barbara on 07774 935905 or barbara@resonatearts.org

What's On

Online

Dance for Dementia returns online **Mondays, 2-2.30pm**, running from now until 22nd March. To book your place **contact Dance West** projects@dancewest.co.uk

You can experience wonderful concerts from the comfort of your home with Songhaven at Home. You can **watch videos** here: <http://songhaven.co.uk/> Or sign up to their mailing list on their website to receive new recordings every 2-3 weeks.

Wigmore Hall are streaming live concerts on youtube and have a wealth of pre-recorded concerts **Find out more** here: <https://www.youtube.com/user/wigmorehall>

Offline

If you are interested in joining a non-digital project with Resonate Arts, or would like regular phone calls with a lovely volunteer Creative Befriender, please **contact Julie** 07483 433 616 or julie@resonatearts.org for more information.

A reminder that for support and advice and to sign up to regular news and information, you can contact the Dementia Advisors:

Westminster: **Terezie** - 07540 502379

Kensington & Chelsea: **Mandy** - 020 8969 9105