

Resonate Now – July 2023

Hello everyone! We hope you are keeping well.



It was brilliant to meet lots of people at the One Westminster Volunteers' Fair in June. We were there to recruit more Creative Befrienders to support our participants with fun arts activities at home and trips out. Recently, our Creative Befriender Vivien has been supporting her befriender Maria to experiment with acrylic paint and collage. Maria produced this beautiful artwork (left) using sponge head brushes during their weekly sessions together.

We'd also like to share an excerpt from a lovely poem by Evelyn who took part in the recent Cognitive Stimulation Therapy programme run with our partner the V&A: *"The trips around the V&A were more than stimulating, they cleared a part of my brain, new pathways they were creating! From making jewellery boxes to looking at ceramics... I feel like my brain has got out of the muddy waters that it was stuck in, so all those negative thoughts I used to have are now in the bin! My life has changed and I now feel like I belong, with no more feeling like I'm doing a jigsaw puzzle underwater with blindfolds and goggles on. This is a group which help me with feeling so smart, and their name is the amazing Resonate Arts."* See the full version on our [website](#)!

Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 4th, 11th, 18th July** in person at **Wigmore Hall** and **online via Zoom (Tuesday 4th July)**. There will also be a **Performance Sharing** on the main stage at Wigmore Hall on **Tuesday 18th July at 12pm** if you would like to join us. For more info, please get in touch with Shelley on **0300 030 7212**.

Our **Creative Space** art sessions take place on the second Monday of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be: **Monday 10th July, 2pm – 3.45pm**. Come along and enjoy some creative arts and conversation in a friendly atmosphere. For more info and to book your free place, contact Shelley on **0300 030 7212** or email: shelley@resonatearts.org

Our next **Creative Movement** session takes place on **Monday 31st July, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, playful movement (with balloons, shakers & scarves) for people living with dementia, their companions and carers. To book your free place, contact Shelley on **0300 030 7212** or shelley@resonatearts.org

Our dementia-friendly **Music for the Moment** concert series, in partnership with the Royal Academy of Music, takes a break over the summer months and will return for the autumn term. The next concert will be on **Friday 13th October** at **St Marylebone Parish Church**.

Other News

Creative Workshop: Explore the Wallace Collection through Taste and Smell

Tuesday 18th July, 2pm – 4pm The Wallace Collection, Manchester Square, W1U 3BN

Join artist Nikki Gardham for a dementia-friendly creative workshop exploring the theme of taste and smell found in paintings at the Wallace Collection. Enjoy a relaxed afternoon with tea and coffee provided. Companions/carers welcome. To book, or for more information, please contact Holly on **020 7563 9577** or community@wallacecollection.org

Dementia-Friendly Film Screening Friday 28th July, 11am (refreshments from 10.30am)

Fulham Road Picture House, 142 Fulham Road, SW10 9QR Reduced ticket price: **£5.30**.

Fulham Road Picture House are running dementia-friendly film screenings on the last Friday of the month without ads or trailers. They screen a classic film, most often musicals, at a reduced rate. The July film will be [Bye Bye Birdie](#). Tickets include free tea and coffee and a chance to socialise beforehand. Open to all, but especially for people living with dementia and their family, friends and carers. Call **020 3750 1610** for more info and to book tickets.

Our ever radiant faces....



Sofi Mogensen

Projects Manager



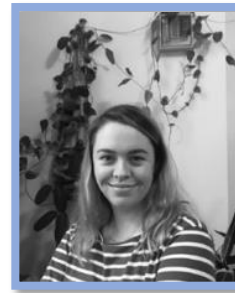
Sam Curtis

Director



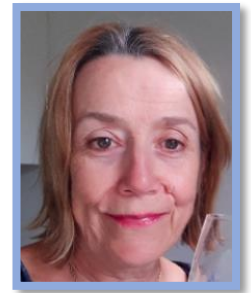
Shelley Hastings

Projects Manager



Katie Turnbull

**Memory Group
Project Manager**



Jude Sweeting

Chair of Trustees

Please do get in touch if you would like to book a place for any of our activity listings.

As always, we look forward to seeing you soon at one of our events.

Best Wishes Sofi, Sam, Shelley, Katie and Jude

You can contact **Resonate Arts** on: **0300 030 7212** or info@resonatearts.org

Did you know you can support **Resonate Arts** by shopping online with [easyfundraising](#), which turns your shopping into free donations to our charity! You can also donate to us directly through [Kindlink](#).
All donations are gratefully received and make a significant difference to our work.

Kensington & Chelsea event listings – July 2023

Memory Café North K&C Wednesday 5th July, 1pm – 3pm

St Peter's Church, Kensington Park Road, W11 2PN

Providing group-based support for people living with dementia and memory loss.

Contact **Mandy** in advance on **07508 341127** or MAndrews@aukc.org.uk

Memory Café South K&C Wednesday 26th July, 1pm – 3pm

Chelsea Theatre, 7 World's End Place, SW10 0DR

Providing group-based support for people living with dementia and memory loss.

Contact **Mandy** in advance on **07508 341127** or MAndrews@aukc.org.uk

Singing for the Mind Every Thursday, 2pm – 4pm (excluding public holidays)

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Singing for the Mind is a stimulating, professionally-led, friendly and, above all, fun singing session for people with memory loss. Contact sfm@ljs.org or **020 7286 5181** to register.

Songhaven Concerts

Fri 7th July, 1.15pm Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. Tel **020 7236 1145**

Sat 22nd July, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel **020 7201 9999**

Enjoy a free, dementia-friendly 45-minute concert with classic songs from stage and screen.

Book via the [Songhaven website](#), call **020 7201 9999** or email songhaven@songhaven.co.uk

Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Grace Gate)

Tuesday 11th July, 1.30pm Music Session with opera singer Maciek O'Shea in the historic Lord's Cricket Ground Museum. Maciek will be involving the group in a variety of pop, folk and operatic numbers. Contact John on **020 7616 8604** or john.donegan@mcc.org.uk

Tuesday 18th July, 1.30pm – 3.30pm Reminiscence Session Join these free monthly sessions for a friendly chat and light refreshments. Please book on **020 7616 8604** or email community@mcc.org.uk

Video and Tea Wednesday 26th July, 1:30pm – 4:30pm

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Watch a screening of the film 'Mamma Mia!' followed by a delicious tea including ice-cream. No need to book, tickets £2 on the day. For more info, contact **020 7286 5181**.

We recommend contacting the event provider in advance to book your place and to discuss any access requirements, or for support with travel plans

Listings produced by Resonate Arts for people living with dementia, their supporters & carers

Contact **0300 030 7212** or info@resonatearts.org

