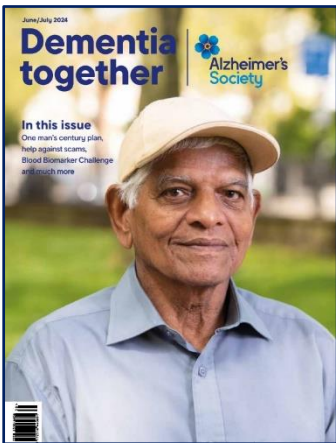


Resonate Now – July 2024

Resonate Arts urgently needs donations!

Please visit our [online support page](#) or call **0300 030 7212** to see how to support us. All donations are gratefully received and make a significant difference to our work.

Hello everyone! We hope you are all keeping well.



We were delighted to see one of our participants, Lal Kissoon, gracing the front cover of the June/July issue of *Dementia Together*, published by the Alzheimer's Society. Lal talks about growing up in South Trinidad, making the move to London and shares his own philosophy on life: "Dementia doesn't frighten me," he explains. "My target is to live to 100. I'm living my own life. Every day I write a list so I know to go to the bank, go shopping, meet a friend. I write everything in order and start my list. My day is a successful day. I never go to bed and think, 'I forgot to do something'." "When we are positive and hopeful, the world is ours." Visit alzheimers.org.uk to read the full article.

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 1st, 8th, 15th, 22nd & 29th July, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class, chair-based if needed. To book your free place, please call Katie on **0300 030 7212** or email: info@resonatearts.org

Our **Singing with Friends Choir** rehearsals take place **in person at Wigmore Hall** on **Tuesday 2nd, 9th & 16th July** and **online (via Zoom) on Tuesday 2nd & 16th July**. You are also very welcome to join us for our **Performance Sharing** on the **Main Stage** at **Wigmore Hall** on **Tuesday 9th July, 12.15pm – 1pm**. For more info, please call Shelley on **0300 030 7212**.

Creative Space Art sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 15th July, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or shelley@resonatearts.org

Music for the Moment – our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes a break over the summer, returning in the autumn. Our next concert will be on **Friday 4th October** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT (please note venue!)**. Performers from the Royal Academy of Music will be confirmed nearer the time. **Tea & cake from 2.30pm, concert starts at 3pm.**

Other News

The Revellers Club at the Royal Albert Hall Thursday 11th July, 10.30am – 12pm

North Circle Bar, Royal Albert Hall, Kensington Gore, SW7 2AP

Free multi-arts project inspired by the Hall's eclectic and vibrant history. Mischief and merrymaking will be encouraged in a fun environment where music is key. Monthly session (until December) for people living with dementia and their carers. **Limited places – advance booking essential!** Please call **020 7959 0540**, or email: engagement@royalalberthall.com

Forget-Me-Nots Wednesday 14th August, 1.30pm – 3.30pm

Chelsea Physic Garden, 66 Royal Hospital Road, SW3 4HS

Socialising and dementia-friendly activities for people living with memory loss, their family and carers. Weather permitting, outdoor activities include: painting, sharing stories, walking in the garden and spotting wildlife. Indoor activities include: clay modelling, pressed flower framing and herbal remedy making! Refreshments provided. To book, call: **020 7349 6474 / 020 7352 5646**, or email: learning@chelseaphysicgarden.co.uk

Closer Look Tours at the V&A Last Monday of the month (see info below), 2pm – 3.30pm

Art Studio, Learning Centre, V&A South Kensington, Cromwell Road, SW7 2RL

Explore a wide range of objects and artworks from different collections at the V&A with an expert guide. Tours last 45-60 minutes, plus refreshments on arrival. For people living with early-stage dementia, their family and friends. Free entry. **At time of press, tickets still available for 28th October & 25th November.** Book now on **020 7942 2000**, or via <https://www.vam.ac.uk/event/9QMbe8MPAJ/dementia-friendly-closer-look-tour-2024>

Our ever radiant faces....



Sofi Mogensen

Projects Manager



Sam Curtis

Director



Shelley Hastings

Projects Manager



Katie Turnbull

Projects Manager

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

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

Kensington & Chelsea event listings – July 2024

Memory Café North K&C Wednesday 3rd July, 1.30pm – 3.30pm

The Reed Day Centre, 28 Convent Gardens, off Kensington Park Road, W11 1NH
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 31st 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.

Video and Tea Wednesday 24th July, 1:30pm – 4:30pm

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA
Watch a screening of the film 'Meet Me in St Louis' followed by a delicious tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. Call: **020 7286 5181**.

Songhaven Concert Saturday 27th July, 3pm

St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH
Free relaxed concert, please book in advance via phone: **020 7201 9999**, via the website: <https://songhaven.co.uk/liveconcerts/> or email: songhaven@songhaven.co.uk for info.

Sessions at Lord's Cricket Ground

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

Reminiscence Session Tuesday 30th July, 1.30pm – 3pm Free session, come join us for a friendly chat and refreshments. For info, contact: **020 7616 8604** / community@mcc.org.uk

Music Session July date & time to be confirmed Opera singer Maciek O'Shea will involve the group in a variety of pop, folk and operatic numbers in the historic Lord's Cricket Ground Museum. For info, contact John on: **020 7616 8604**, or john.donegan@mcc.org.uk

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

