

## Resonate Now – March 2025

Please support our work by visiting our [online support page](#) or calling **0300 030 7212**.  
All donations are gratefully received and make a significant difference to our work.

**Hello everyone!**

We hope you're all keeping well.



We are delighted to share an article that's been published about our Cognitive Stimulation Therapy programme which we run in partnership with the V&A Museum and the Kensington, Chelsea and Westminster Memory Service.

Led by artist Zoe Gilmour, the programme includes activities, talks and tours with curators and librarians from across the V&A Museum who select themed objects from the collection "to challenge participants' cognitive skills through close-looking, discussion and/or handling".

Written by museum curator Catriona Gourlay, the piece is available to read online via Cambridge University Press: [Exploring Museums and Libraries as New Sites for Cognitive Stimulation Therapy](#).



## Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> March, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class, chair-based if needed. Please call Katie on **0300 030 7212**, or email: [info@resonatearts.org](mailto:info@resonatearts.org)

Our **Singing with Friends Choir** rehearsals take place **in person** at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesday 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> March** and also **online (via Zoom)** on **Tuesday 11<sup>th</sup> & 25<sup>th</sup> March**. For more info, call: **0300 030 7212** or [info@resonatearts.org](mailto:info@resonatearts.org)

**Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 17<sup>th</sup> March, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or [info@resonatearts.org](mailto:info@resonatearts.org)

**Music for the Moment** – our **free** dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on **Friday 21<sup>st</sup> March** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. **Cherry Ge** (piano), **Youngmin Lee** (violin) and **Michelle Choi** (flute) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm**, more refreshments afterwards.

## Other News

**Royal Hospital Chelsea – Wellbeing Tuesdays** Soane Stable Yard, Royal Hospital Chelsea, Royal Hospital Road, SW3 4SR (enter via Chelsea Gate)

**Tuesday 4<sup>th</sup> March, 10.30am – 11.30am: felting art workshop with Veronica**

**Tuesday 11<sup>th</sup> March, 10.30am – 11.30am: community singing with Ali & Christopher**

**Tuesday 18<sup>th</sup> March, 10am – 11.15am: community coffee & conversation morning**

**Tuesday 25<sup>th</sup> March, 10.30am – 12pm: sensory stroll around the Royal Hospital Chelsea**

The Royal Hospital Chelsea, home of the Chelsea Pensioners, is running a new programme of **free** weekly wellbeing sessions for people living with memory loss, carers and family. To book, call Marina: **020 7881 5493**, or [communityengagement@chelsea-pensioners.org.uk](mailto:communityengagement@chelsea-pensioners.org.uk)

**The Revellers Club at the Royal Albert Hall** Thursday 6<sup>th</sup> March, 10.30am – 12.15pm

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. For people living with dementia and their carers/supporters. **Booking essential!** Please call: **020 7959 0540**, or email: [engagement@royalalberthall.com](mailto:engagement@royalalberthall.com)

**Discover Edwardian Elegance at The King's Gallery** Every Tuesday 15<sup>th</sup> April – 20<sup>th</sup> May, 11am – 12.30pm The King's Gallery, Buckingham Palace, SW1A 1AA (Free)

Visit *The Edwardians* exhibition when it's closed to the public and enjoy insights from an art historian. Create your own artworks inspired by objects in the collection using a variety of visual arts practices and techniques. Six-week programme for people living with early-stage dementia or mild cognitive impairment and their companions. All materials provided, no experience required. To book, call: **020 3633 9954**, or email: [christina@artsfordementia.org](mailto:christina@artsfordementia.org)

## 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! Best wishes, Sofi, Sam, Shelley & Katie

You can contact **Resonate Arts** on: **0300 030 7212** or [info@resonatearts.org](mailto:info@resonatearts.org)

## Kensington & Chelsea event listings – March 2025

### Memory Café North K&C Wednesday 5<sup>th</sup> March, 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](mailto:MAndrews@aukc.org.uk)

### Memory Café South K&C Wednesday 26<sup>th</sup> March, 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](mailto: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](mailto:sfm@ljs.org) or **020 7286 5181** to register.

### Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Grace Gate)  
**Music Session Tuesday 18<sup>th</sup> March, 1.30pm – 3pm** Opera singer Maciek O'Shea involves the group in pop, folk & operatic numbers in the Lord's Cricket Ground Museum.

**Reminiscence Session Tuesday 25<sup>th</sup> March, 1.30pm – 3pm** Free session, join us for a friendly chat and refreshments. For more info, please call John on **020 7616 8604**, or email: [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.uk) or [community@mcc.org.uk](mailto:community@mcc.org.uk)

### Creative Workshop: Exploring Light & Colour Tuesday 25<sup>th</sup> March, 2pm – 4pm

Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN  
Join artist Grace Holliday to create collages with coloured acetate, drawing inspiration from the engraved glass in the Sixteenth Century Gallery. Dementia-friendly workshop, carers & family welcome. **Booking essential!** Call **020 7563 9577**/ [community@wallacecollection.org](mailto:community@wallacecollection.org)

### Video and Tea Wednesday 26<sup>th</sup> March, 1:30pm – 4:30pm

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA  
Watch a screening of the film '42<sup>nd</sup> Street' followed by tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. For info, please call: **020 7286 5181**.

### Songhaven Concerts Events restart in April 2025

Details online at: <https://songhaven.co.uk/liveconcerts/> or [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk)

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

We recommend contacting the provider in advance to book your place and discuss access needs

Contact **0300 030 7212** or [info@resonatearts.org](mailto:info@resonatearts.org)