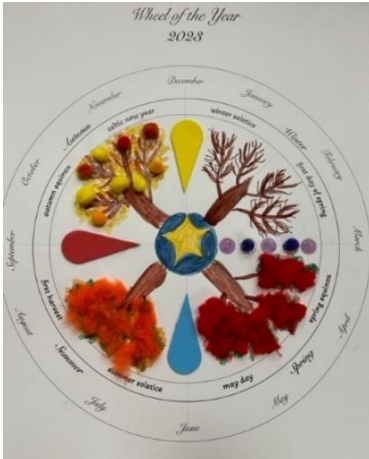


Resonate Now – March 2023

Hello everyone!

We hope you are keeping well and looking forward to the arrival of spring!



From bright yellow daffodils for St David's Day (1st) to the First Day of Spring (20th) and the beginning of British Summer Time (26th) – there is plenty to lift our spirits during March. Here's to the changing of the season!

The Wheel of the Year (beautifully illustrated here by our Creative Space participants) is most definitely turning with the promise of more daylight to come. We are eagerly awaiting warmer days, fragrant blossom on the trees, pops of colour appearing in our green spaces, sunshine and cheery bird song to wake us from winter hibernation.

If you would like to get out and about in March and sample some of our activities, give us a call! If you're unable to get out and would welcome a volunteer Creative Befriender to share arts activities with you at home, please get in touch. We are in the process of growing our team of Creative Befrienders to support people to access creative arts activities.

Finally, we're delighted to say that we're running a new monthly session of gentle creative movement led by an experienced theatre artist and yoga practitioner. Sessions are free and no experience is necessary. Please get in touch to book a place – see further details below.

Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 7th 14th, 21st, 28th March** in person at **Wigmore Hall** and **online (7th, 21st March)**. For more information, please call Shelley on **0300 030 7212**.

Our monthly **Creative Space** art sessions take place on the second Monday of the month and have recently moved to the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Next session: **Monday 13th March, 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 new **Creative Movement** sessions will be taking place on the last Monday of the month (except public holidays) at **Penfold Community Hub, 60 Penfold Street, NW8 8PG**. Next session: **Monday 27th March**. Gentle creative movement for people living with dementia, their companions and carers. **Please get in touch for timings and to book your free place**, contact Shelley on **0300 030 7212** or email: shelley@resonatearts.org

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **St Marylebone Parish Church** (**please note venue for March concert!**) on **Friday 31st March**. Enjoy music by Royal Academy of Music performers, **Lucine Musaelian** (viola da gamba & voice) and **Nathan Giorgetti** (viola da gamba & cello). **Tea and cake from 2.30pm, concert starts at 3pm.**

Other News

Creative Workshop: Portraits in the Wallace Collection Thursday 16th March 2pm – 4pm
Join artist Caroline Dorset for a relaxed, dementia-friendly creative workshop exploring a range of portraits and people in the Collection, followed by the opportunity to experiment with clay. Tea and coffee are provided. No experience or knowledge necessary. To book, or for more info, please contact Holly on **020 7563 9577** or community@wallacecollection.org

The **V&A's** free dementia-friendly '**Closer Look**' tours take place on the **last Monday of the month at 2pm** (next one: **27th March**) and are aimed at people living with early-stage dementia, their family and friends. Enjoy a cup of tea before heading to a gallery, where a guide will introduce the day's theme and objects and invite people to share their responses. Spaces are limited, **advance booking is essential**, via the [website](#) or call: **020 7942 2000**.

Our ever radiant faces....



Sofi Mogensen
Projects Manager



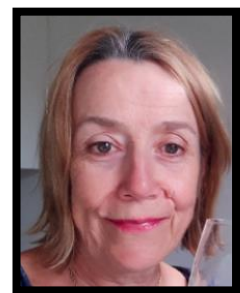
Sam Curtis
Director



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 – March 2023

Memory Café North K&C Wednesday 1st March, 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 22nd 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

Singing for the Mind Every Thursday, 2pm (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.

Carers Days Friday 17th March and Sunday 26th March

[Museum of Brands](#), 111 – 117 Lancaster Road, Notting Hill, W11 1QT

Free museum entry for carers (paid or unpaid) every 3rd Friday and 4th Sunday of the month.

Email sara@museumofbrands.com to book a place, or call **020 7243 9611** for more info.

Reminiscence Sessions Tuesday 21st March, 1.30pm – 3.30pm (Entrance – Grace Gate)

Lord's Cricket Ground, St John's Wood Road, NW8 8QN

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 22nd March, 1:30pm – 4:30pm

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

Watch a screening of the film 'Seven Brides for Seven Brothers' followed by a delicious tea & ice-cream. No need to book, tickets £2 on the day. For more info, contact **020 7286 5181**.

Songhaven Concert Saturday 25th March, 3pm

St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH

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

If it is your first time attending an activity, we recommend contacting the provider in advance to book your place. This will provide opportunity to discuss details around Covid-19 guidance, 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