

Resonate Now – March 2026

One week and one chance to double your impact! Get ready to donate to support our Singing with Friends choir and spread more joy through music!



Our **Singing with Friends choir** brings joy, connection and purpose to many people living with dementia, their family members, carers and supporters. The choir combats isolation and lifts spirits. With your support, we can keep it going.

From **17th – 24th March**, we're taking part in **Big Give's Arts for Impact campaign** where funders match any donation you make to us, doubling

what we receive. Your support will help fund the choir, an incredible community of singers who meet at Wigmore Hall and online. Help us reach our £5,600 target, so we can provide 14 inspiring rehearsal sessions, accessible transport and friendly supportive staff. To donate and double your impact, [please click on this Big Give link from midday on 17th March](#) for details. For now, please make a note in your diary and spread the word to family & friends!

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 2nd, 9th, 16th, 23rd & 30th March, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle and playful movement class; chair-based. For more information, please call Katie on **0300 030 7212**, or email: info@resonatearts.org

Our weekly **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore Street, W1U 2BP** on **Tuesday 3rd, 10th, 17th & 24th March** and **online (via Zoom) on Tuesday 3rd & 17th March**. **Our Spring Sharing will take place at Wigmore Hall on Tuesday 24th March!** For more info and timings, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Our monthly **Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 16th March, 2pm – 3.45pm**. To book a free place, please call Shelley on **0300 030 7212**, or email: 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 20th March** at **St Marylebone Church, 17 Marylebone Road, NW1 5LT**. Pianist **William Shi** from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm**.

Other News

Wellbeing Sessions - Royal Hospital Chelsea, Royal Hospital Rd, SW3 4SR (via Chelsea Gate)
Tuesday 3rd March, 10.30am – 11.30am: relaxed art workshop, celebrating St David's Day
Tuesday 10th March, 10.30am – 11.30am: community singing with Ali & Christopher
Tuesday 17th March, 10am – 12pm: coffee morning + a cappella group The Treblemakers
Tuesday 24th March, 10.30am – 12pm: mindful walk around the Hospital's grounds
Tuesday 31st March, 10.30am – 3pm: drop in any time for art, music & tours (performance from the Chelsea Pensioner Singers at 1.30pm and ballet taster session at 2.15pm)
Every Tuesday, 2.30pm – 3.15pm: gentle seated movement to music with former English National Ballet dancer, Alice Crawford

Free wellbeing sessions for people living with memory loss, carers, friends and family. To book, call Marina: **020 7881 5493**, or communityengagement@chelsea-pensioners.org.uk

Forget-Me-Nots: Sensory Craft Tuesday 3rd March & Thursday 19th March, 11am – 1pm
Chelsea Physic Garden, 66 Royal Hospital Road, Chelsea, London SW3 4HS (free)

Join artist Grace Holliday to explore narratives of the gardens through sensory making inspired by the art of collage, including craft papers, plants, paint and digital immersion. No experience needed. Tea and coffee provided. Dementia friendly, carers welcome.

Limited spaces – book early! Call **020 7352 5646**; learning@chelseaphysicgarden.co.uk

Kick off with a Verse Wednesdays 4th, 11th, 18th & 25th March, 2pm – 3.30pm and
Thursdays 5th, 12th, 19th & 26th March, 7pm – 8.30pm (free online sessions)

Practise relaxation skills and listen to a poem as a springboard for sharing, leading you to find your own words to describe your experience of caregiving. **For unpaid carers of a person living with dementia and former carers adjusting.** Email: karindenovellis@gmail.com

Our ever radiant faces....



Sofi Mogensen

Projects Manager



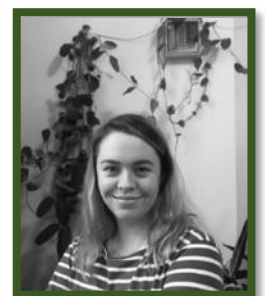
Sam Curtis

Director



Shelley Hastings

Projects Manager



Katie Turnbull

Projects Manager

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

Kensington & Chelsea event listings – March 2026

Memory Café North K&C Wednesday 4th 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

Memory Café South K&C Wednesday 25th 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

Art Wednesday Wednesdays, online via Zoom, 2pm – 3pm (free) Explore poetry & visual arts + some talks from guest museums and galleries. For people with early-stage dementia or mild cognitive impairment and carers. Call **020 3633 9954**; info@artsfordementia.org

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 Concert Saturday 7th March, 3pm (doors open 2.30pm; booking required)

St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**. For more info, please see: songhaven.co.uk/liveconcerts/ or email: songhaven@songhaven.co.uk

Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Gate 6)
Music: Tuesday 10th March, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.
Reminiscence: Tuesday 31st March, 1.30pm – 3pm Friendly chat & refreshments session.
For more info, please call John on **020 7616 8604**, or email: john.donegan@mcc.org.uk

Video and Tea Wednesday 25th March, 1:30pm – 4:30pm

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA
Watch a screening of the film 'Butch Cassidy and the Sundance Kid' followed by tea and ice-cream. No booking, tickets £2 on the day. Wheelchair accessible. For info: **020 7286 5181**.

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

