

## Resonate Now – May 2023

Hello everyone!

We hope you are well and enjoying the spring sunshine.

For this month's newsletter, we've been thinking about the positive benefits of being creative. For example, when we're absorbed in an activity we enjoy doing like drawing or making something, we tend to think less about what's worrying us and focus on the activity at hand. This in turn helps us to relax which can make a real difference to how we feel.

Creative activities such as writing, doing puzzles, listening to/playing music help to stimulate different areas of the brain. Connecting with other people whilst doing a creative activity can be great fun too and a brilliant way to lift the spirits. With that in mind, why not come along and try one of the many activities taking place in May? We'd love to see you!

### Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> May** in person at **Wigmore Hall** and **online (2<sup>nd</sup> & 16<sup>th</sup> May)**. **Please note: there is no session on Tuesday 30<sup>th</sup> May.** For info and timings, please get in touch with Shelley on **0300 030 7212**.

Our **Creative Space** art sessions usually take place on the second Monday of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. **Due to the Coronation bank holiday, our next session will be: Tuesday 9<sup>th</sup> May, 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](mailto:shelley@resonatearts.org)

**Music for Thought** at **Wigmore Hall** returns **Thursday 18<sup>th</sup> May – Thursday 22<sup>nd</sup> June**. Not been before? Come try our fun, interactive weekly sessions, listening to and making music with young artists from the Royal Academy of Music, guided by professional musicians. No musical experience necessary! **Places are very limited, advance booking is essential!** For more info or to book a place, call us on **0300 030 7212** or email [info@resonatearts.org](mailto:info@resonatearts.org)

Our next **Creative Movement** session takes place on **Monday 22<sup>nd</sup> May** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. **This is one week earlier than usual due to the bank holiday**. Gentle, playful movement (with balloons, shakers & scarves) 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](mailto: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 (note venue!)** on **Friday 26<sup>th</sup> May**. Enjoy music performed by Gaoyang Yang (violin), Rui Wu (piano) & Julia Ng (cello) from the Royal Academy of Music. **Tea and cake from 2.30pm, concert starts at 3pm.**

## Other News

### Coronation Bank Holiday Craft Workshops Saturday 6<sup>th</sup> May – Monday 8<sup>th</sup> May

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

Activities run daily from **11am – 1pm** and **2pm – 4pm** and are free with museum admission: £7 concession, carers go free.



Celebrate the Coronation of King Charles III with Royal-themed [scrapbooking workshops](#) plus a unique opportunity to experience the royal-themed collection up close and learn about previous coronations and royal souvenir objects in the 'Please Touch' object handling sessions. For more info, please call **020 7243 9611** or email [sara@museumofbrands.com](mailto:sara@museumofbrands.com)

### Carers Days Friday 19<sup>th</sup> May & Sunday 28<sup>th</sup> May

[Museum of Brands](#) also offer free museum entry for carers (paid or unpaid) every third Friday and fourth Sunday of the month. Call **020 7243 9611** for more information.

## 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](mailto: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 – May 2023

### Memory Café North K&C Wednesday 3<sup>rd</sup> May, 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](mailto:MAndrews@aukc.org.uk)

### Memory Café South K&C Wednesday 31<sup>st</sup> May, 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 (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.

### Carers Days Friday 19<sup>th</sup> May & Sunday 28<sup>th</sup> May (also see craft workshops on page 2)

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

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

Email [sara@museumofbrands.com](mailto:sara@museumofbrands.com) to book a place, or call **020 7243 9611** for more info.

### Reminiscence Sessions Tuesday 23<sup>rd</sup> May, 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](mailto:community@mcc.org.uk)

### Video and Tea Wednesday 24<sup>th</sup> May, 1:30pm – 4:30pm

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

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

### Songhaven Concert Saturday 27<sup>th</sup> May, 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](mailto:songhaven@songhaven.co.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](mailto:info@resonatearts.org)

