



## Events and groups in Kensington & Chelsea, December 2018



*All of the following events and weekly sessions are designed for or open to people with some memory loss or living with a dementia, and their carers*

### **Monday 3<sup>rd</sup> December 10.15am-12.30pm Dance for Dementia with Rambert**

Rambert, 99 Upper Ground, SE1 9PP. All abilities welcome, no previous dancing experience necessary. Wear loose clothing and soft-soled shoes. For info contact Sophie, 020 3053 3325 or [sophieknowles@rambert.org.uk](mailto:sophieknowles@rambert.org.uk)

### **Thursday 6<sup>th</sup> December 3.30-5pm Dementia Fair** 42 Westbourne Park Road, W25PH

An opportunity for people living with a dementia and memory loss and carers to meet health and social care professionals and find out about local services. 020 3317 3666

### **Tuesday 11<sup>th</sup> December 1- 3pm My Memories Café North at St Peter's Church**

Kensington Park Road, W11 2PN. A festive party café with a light lunch included, all welcome. For more information contact Mandy at Age UK on 0203 1810002.

### **Thursday 6<sup>th</sup> December 3pm Classical Concert at HTB Onslow Square**

44 Onslow Square, Kensington, SW7 3NX. An afternoon celebration with a musical performance from Apollo5 followed by tea and cake. If you would like to attend, please do turn up on the day - there is no need to book in advance. **Doors open at 2.30pm.**

### **Fridays 7<sup>th</sup> & 14<sup>th</sup> December 10.30am- 12.15pm Ballet Workshops, Arts 4 Dementia & ROH**

Royal Opera House, Clore Studio, Bow St, London, WC2E 9DD. Sessions now full, call to be added on the waiting list- Arts4Dementia 020 7239 4954

### **Monday 10<sup>th</sup> December 2-4pm Rainbow Memory Café**

Tavis House, 1-6 Tavistock Square, WC1H 9NA. This LGBTQ café offers a social environment and safe place for peer support. For more information contact Sally Knocker in advance at [sally.knocker@openingdoorslondon.org.uk](mailto:sally.knocker@openingdoorslondon.org.uk).

### **Tuesday 11<sup>th</sup> December 2pm-4pm Discover the Wallace Collection**

Manchester Square, W1U 3BN. Join the us for a festive themed workshop at the Wallace Collection. *Discover* is the Wallace Collection's programme for people living with the early stages of dementia and their friends and families. Tea & coffee provided. **Booking essential:** call Vanessa 020 7563 9577 or email [community@wallacecollection.org](mailto:community@wallacecollection.org).

### **Friday 14<sup>th</sup> December 1-3pm My Memories Café South at Cremorne Clubroom**

Millman's Street, SW10 0BY. A festive party café with a light lunch included, all welcome. For more information contact Mandy at Age UK on 0203 1810002.



**Saturday 15<sup>th</sup> December 3.30-4.45pm Songhaven concert at Lumen Church & Cafe**  
88 Tavistock Place, London, WC1H 9RS. A special 45 minute music concert (including seasonal singalongs) followed by afternoon tea with mulled wine and festive nibbles. Free, booking essential call 020 7278 1887 or visit [www.songhaven.co.uk](http://www.songhaven.co.uk)

**Monday 17<sup>th</sup> December 10.30am -12.30pm Dementia Friendly Screening at Gate Cinema**  
87 Notting Hill Gate, Kensington, W11 3JZ. This month: *The Wizard of Oz* Join Dorothy, (Judy Garland) and Toto on their journey along the Yellow Brick Road to Emerald City. £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am + interval. Call for more info 0871 902 5731

**Monday 17<sup>th</sup> December 11am – 12.30pm InMind at Royal Academy of Arts**  
Burlington Gardens entrance, 6 Burlington Gardens, W1S 3ET. Tea, art making and conversation about art works. Free to attend. Fully booked but contact [events.lectures@royalacademy.org.uk](mailto:events.lectures@royalacademy.org.uk) or 020 7300 5839 for cancellations, or to register interest in Resonate Arts allocation (numbers strictly limited) contact 020 7321 2702

**Tuesday 18<sup>th</sup> December 3-4.30pm Hymns and Pimms** Grosvenor Chapel, 24 South Audley Street, W1K 2PA. This month: Christmas. No need to book, just turn up. Contact Lis Hasted on 07910 451872 or [lis.hasted@grosvenorchapel.org.uk](mailto:lis.hasted@grosvenorchapel.org.uk)

**Mondays weekly 1-2pm, Lunchtime concerts at St Peters Church**

Kensington Park Road, W11 2PN. Free concerts, open to anyone:

**3rd December** - Gabriela Demeterova (Violin) and Lynn Arnold (Piano)

*Dvorak, Saint-Saëns, Bach, Kreisler*

**10th December** - Jose Zalba-Smith (Flute) and Louisa Lam (Piano)

**Tuesdays, weekly 3-4.30pm (From 4<sup>th</sup> December, no session 25<sup>th</sup>) Singing for the Brain®**

Alzheimer's Society, St Vincent's House, 49 Queen Caroline Street, W6 9QH. For more info and to book your place, contact Alex on 020 8563 0001 or 07483 137 522 or email [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.org.uk)

**Important early January dates for your 2019 diary!**

Monday 7<sup>th</sup> January Music Therapy at Royal Albert Hall starts back weekly 11.30am- 12.30pm

Tuesday 8<sup>th</sup> January Memory Café North at St Peters Church 1-3pm

Tuesday 8<sup>th</sup> January Singing for the Brain starts back weekly 3-4.30pm

Friday 11<sup>th</sup> January Music for the Moment at St Marylebone Church, 2.30-4pm

*List compiled by Emma at Resonate Arts, an arts programme for people living with memory loss and dementia. Mandy Andrews, Dementia Advisor for Kensington and Chelsea, AGE UK Kensington and Chelsea, 0203 1810002 [MAndrews@aukc.org.uk](mailto:MAndrews@aukc.org.uk) Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham. Please contact Emma for more information or if you would like to be added to our mailing list: 020 7321 2702 / [emma@resonatearts.org](mailto:emma@resonatearts.org)*