

Events and groups in Kensington & Chelsea, January 2019

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

Tuesday 8th January 1-3pm My Memories Café North at St Peter's Church

Kensington Park Road, W11 2PN. For more information contact **Mandy** on 0203 1810002.

This month: Health and Wellbeing talk by Kate Nash. A light lunch is provided, all welcome.

Friday 11th January 2.30-4pm Music for the Moment Concert St Marylebone Parish Church

17 Marylebone Rd, NW1 5LT. Join us for a recital by Royal Academy of Music student Imogen Morrall (flute). Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required.

For more information contact **Kathryn** on 020 7321 2702 or kathryn@resonatearts.org

Saturday 12th January 3-4.15pm Songhaven Concert at St Paul's Knightsbridge

32A Wilton Place, SW1X 8SH. Join us for a concert by mezzo-soprano Clare McCaldin, bass-baritone Paul Sheehan and pianist Somi Kim followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Monday 14th January 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** in advance at sally.knocker@openingdoorslondon.org.uk

Monday 21st January 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. Fully booked but contact 020 7300 5839 for cancellations, or to register interest in Resonate Arts allocation (numbers strictly limited) contact 020 7321 2702

Friday 25th January 1-3pm My Memories Café South at Cremorne Clubroom

Millman's Street, SW10 0BY. For more info contact **Mandy** at Age UK on 0203 1810002.

This month: A visit from RIBA- Royal Institute of British Architects. A light lunch is provided, all welcome.

Monday 28th January 10.15am-12.30pm Dance for Dementia with Rambert

99 Upper Ground, SE1 9PP. All abilities welcome, no previous dancing experience necessary.

Wear loose clothing and soft-soled shoes. For information and to enroll, contact **Sophie**, 020 3053 3325 or sophieknowles@rambert.org.uk

Monday 28th January 10.30am -12.30pm Dementia Friendly Screening at Gate Cinema
87 Notting Hill Gate, Kensington, W11 3JZ. This month: Singin' in the Rain
£4, carers free with CEA card. Free refreshments from 10.30 am, film begins at 11am and includes an interval. Call for more info 0871 902 5731

Tuesday 29th January 3-4.30pm Hymns and Pimms Grosvenor Chapel
24 South Audley Street, W1K 2PA. No need to book, just turn up!
Contact **Lis** on 07910 451872 or lis.hasted@grosvenorchapel.org.uk

Mondays, weekly from 7th January 11.30am- 12.30pm Music Therapy at Royal Albert Hall
Door 3, Kensington Gore, SW7 2AP. Open group, no need to register. For more information contact **Elaine** on 07553 103599 or email elaine.mcgregor@nordoff-robbins.org.uk

Mondays, weekly 1-2pm, Lunchtime concerts at St Peters Church
Kensington Park Road, W11 2PN. Free concerts, open to anyone:
14th January - Marina Moore (Viola)
21st January- Lucy Baker (Violin) & Jakob Fichert (Piano)
28th January- Julian Jacobson & Mariko Brown (Piano 4 hands)

Tuesdays, weekly from 8th January 3-4.30pm Singing for the Brain® Alzheimer's Society,
St Vincent's House, 49 Queen Caroline Street, W6 9QH. To book your place, contact **Alex**
on 020 8563 0001 or 07483 137 522 or email hammersmith-fulham@alzheimers.org.uk

Wednesdays, weekly from 9th January (expect 23rd January) 11am- 1pm Botanical Art Workshops at Chelsea Physic Garden 66 Royal Hospital Road, London SW3 4HS. Booking is essential. Call **Peggy** on 0777 578 4520 or creatingwithdementia@gmail.com

Thursdays, weekly from 17th January 10am-1pm Royal Court Theatre Scriptwriting Project
Sloane Square, Chelsea, SW1W 8AS. *Arts4Dementia* & Royal Court Theatre are delivering scriptwriting workshops with playwright Simon Longman. Free, no experience necessary. Please register with a companion on 0207 239 4954 or email admin@arts4dementia.org.uk

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, 020 8960 8137 MAAndrews@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