

Events and groups in Kensington & Chelsea, November 2018

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

Tuesday 6th November 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: A visit from the Science Museum. A light lunch is provided, all welcome.

Friday 9th November 2.30-4pm Music for the Moment Concert at Wigmore Hall

36 Wigmore Street, Marylebone, W1U 2BP. This month's concert is a recital by *Meraki Duo*, with Meera Maharaj on flute and James Girling on guitar. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more information contact Lucy on 020 7321 2702 or lucy@resonatearts.org

Monday 12th November 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.

Tuesday 13th November 1.30-3.30pm Sporting Reminiscence at Lord's Cricket Ground

Grace Entrance, St. John's Wood Road, NW8 8QN. Free to attend, but booking is essential: call Yvonne on 0207 616 8589

Saturday 17th November 3.30-4.45pm Songhaven concert at Lumen Church & Cafe

88 Tavistock Place, London, WC1H 9RS. An uplifting 45-minute music concert followed by afternoon tea. Featuring performances by Sarah Labiner (soprano), Brad Cooper (tenor), and Panaretos Kyriatzidis (pianist). Free, booking essential call 020 7278 1887 or visit www.songhaven.co.uk

Monday 19th November 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 or 020 7300 5839 for cancellations, or to register interest in Resonate Arts allocation (numbers strictly limited) contact 020 7321 2702

Saturday 24th November 3-4.15pm Songhaven at St Paul's Knightsbridge

32a Wilton Place, London SW1X 8SH. Performances by Dominic Walsh (tenor), Bradley Travis (baritone), and John Cuthbert (pianist) followed by afternoon tea. Free, booking essential call 020 7201 9999 or email knightsbridge@songhaven.co.uk or visit www.songhaven.co.uk

Mondays 26th November 10.30am -12.30pm Dementia Friendly Screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. This month: *Modern Times* This comedic masterpiece finds the iconic Little Tramp (Charlie Chaplin) and orphan (Paulette Goddard) trying to contend

with the difficulties of modern life. £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am + interval. Call for more info 0871 902 5731

Friday 30th November 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 the Reader, a shared reading group. A light lunch is provided, all welcome.

Mondays weekly 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

Mondays weekly 11.30am – 12.30pm Music Therapy at Royal Albert Hall

Door 3, Kensington Gore, SW7 2AP. For more information contact Elaine McGregor on 07553 103599 or email elaine.mcgregor@nordoff-robbins.org.uk Open group, no need to register.

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

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

- **5th November** Myslek Piano Trio
- **12th November** Sara Stowe (Harpsichord) includes Arne, Couperin, Rob Keeley, Purcell & Stephen Montague
- **19th November** Dryads Duo: Carla Santos (Violin) Picado (Piano) Beethoven, Ton de Leeuw & Messiaen
- **26th November** Christopher Cromar (Organ)

Tuesdays weekly 2-4pm (last session 20th November) Singing for the Brain®

St Stephen's Church, Rochester Row, Westminster, SW1P 1LE. For more information and to book your place, please contact Alex from the Alzheimer's Society on 020 8563 0001 or 07483 137 522 hammersmith-fulham@alzheimers.org.uk

Friday weekly 10.30am- 12.15pm Ballet Workshops, Arts 4 Dementia & ROH

Royal Opera House, Clore Studio, Bow St, London, WC2E 9DD. The workshops will be based on the company's repertoire for Winter 2018. Sessions now full, call to be added on the waiting list- Arts4Dementia 020 7239 4954

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