

Events in Dementia Action Week 2018 in Westminster, Kensington & Chelsea and Hammersmith & Fulham

Monday 21st May 2-3pm Read aloud poetry session at Porchester Centre Queensway, W2 5HS. Read or listen over a cup of tea. For more info or to book contact Kate Gielgud on 0207 641 8969 or kgielgud@westminster.gov.uk

Monday 21st May 4-5pm Dementia Friends Session at Porchester Centre Queensway, W2 5HS. Come and learn about dementia and how you can make a difference. For more info or to book contact Kate Gielgud on kgielgud@westminster.gov.uk or call 0207 641 8969.

Monday 21st May 2-4pm National Gallery tour and art session Trafalgar Square, WC2N 5DN. A bespoke tour within this wonderful national collection and then get creative in the art room over tea and cake. Booking essential contact kathryn@resonatearts.org or 020 7321 2702

Monday 21st May (weekly) 11.30am–12:30pm Music Therapy at Royal Albert Hall Door 3, Kensington Gore, SW7 2AP. For more info contact Elaine on 07553 103599 or email elaine.mcgregor@nordoff-robbins.org.uk Open group, no need to register.

Tuesday 22nd May 3-4.30pm Hymns and Pimms Grosvenor Chapel, 24 South Audley Street, W1K 2PA. Come together to share friendship, singing and refreshment. No need to book, just turn up. Suggested donation £4. For more information contact Lis Hasted on 020 7499 1684

Tuesday 22nd May (weekly) 10.45am Music for Memory at Age UK Greyhound Road, 105 Greyhound Road W6 8NJ. For more information contact Peter on 0207 386 2657 or peter@ageukhf.org.uk A friendly meeting in which there is live music performed and singing is led and encouraged. Transport may be available. Free, no need to book.

Wednesday 23rd May 1.30-4.30pm Video & Tea @ The Liberal Jewish Synagogue 28 St. John's Wood Road, NW8 7HA. This month: *'The Artist'* - just come along – no need to book. Soup on arrival then a DVD – followed by a delicious tea including home-made ice-cream £2. For more info please contact Mary on 020 7286 5181 or maryrossiter@outlook.com

Thursday 24th May 2.30-4.30pm Royal Academy of Music Museum tour and concert Join us for this delightful tour of highlights from the collection, including demonstrations on the period instruments. Refreshments served. Booking essential contact kathryn@resonatearts.org or 020 7321 2702

Thursday 24th May 11am- 1pm Art Workshops at Saatchi Gallery Saatchi Gallery, Duke of York HQ, Kings Road, SW3 4RY. To book, call Peggy on 0777 578 4520 or email creatingwithdementia@gmail.com Five creative sessions exploring painting and drawing techniques. All refreshments and art materials provided.

Friday 25th May 2.30 - 4pm Music for the Moment Concert at St Marylebone Parish Church, 17 Marylebone Rd, NW1 5LT. This month's recital features Royal Academy of Music students on violin, piano, contrabass and percussion. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more information contact Lucy on 020 7321 2702 / lucy@resonatearts.org

Saturday 26th May 3.30pm Songhaven concert followed by afternoon tea Lumen United Reformed Church, 88 Tavistock Pl, Kings Cross, WC1H 9RS. The programme will feature a broad range of songs, arias, duets and singalongs. Followed by Afternoon Tea in the Lumen Cafe. Free but booking is essential. To book, call 020 7278 1887 or visit www.songhaven.co.uk

Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham. Please contact us if you would like to be added to our mailing list.