

## Events and Things To Do in Westminster, June 2018

*All of the following events and weekly sessions are designed for people with some memory loss or in the early stages of dementia, and their carers*

### **Creativity and Wellbeing Week 4th- 8<sup>th</sup> June!**

**Monday 4<sup>th</sup> June 2-4pm National Gallery tour and art session** Join in our very own bespoke tour within this wonderful collection and then have a go at collage-making in the art room over tea and cake. **Booking essential: contact [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org) or 020 7321 2702**

**Tuesday 5<sup>th</sup> June 10am -1pm Come and Sing!** a lively and fun taster singing session – no experience required. At Wigmore Hall, 36 Wigmore St, Marylebone, W1U 2BP **To book or for more info contact Kathryn on 020 7321 2702, [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org)**

**Wednesday 6<sup>th</sup> June 2-4pm Afternoon concert at Leighton House Museum** 12 Holland Park Road, W14 8LZ. Free, but limited spaces – to book contact Lucy on 020 7321 2702 / [lucy@resonatearts.org](mailto:lucy@resonatearts.org) Music and conversation with accordionist and Royal Academy of Music & Wigmore Hall performance fellow Iñigo Mikeleiz Berrade.

**Wednesday 6<sup>th</sup> June 2.30pm-4.30pm Westminster Memory Café South** at Victoria Medical, 29 Upper Tachbrook Street, SW1V 1SN. Chair yoga. Call Denise on 020 3905 6981

**Monday 11<sup>th</sup> June 2-4pm Rainbow Memory Café** Tavis House, 1-6 Tavistock Square. The new LGBTQ café offers a social environment and safe place for peer support. Contact [sally.knocker@openingdoorslondon.org.uk](mailto:sally.knocker@openingdoorslondon.org.uk) in advance or for more info

**Monday 11<sup>th</sup> June 2-4pm National Gallery tour and art session.** Join in our very own bespoke tour within the collection and then have a go at printmaking over tea and cake. **Booking essential contact [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org) or 020 7321 2702**

**Tuesday 12<sup>th</sup> June 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**

**Friday 15<sup>th</sup> June 2.30pm-4pm Music for the Moment Concert.** St Marylebone Parish Church, 17 Marylebone Rd, NW1 5LT. This month's recital features a baroque ensemble. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more info call **020 7321 2702** or contact [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org)

**Tuesday 19<sup>th</sup> June 2pm-4pm Discover the Wallace Collection** Manchester Square, W1U 3BN. Come and explore the rich armour collection and find out more about whom they were made for. Tea & coffee provided. Booking essential: call **Edwina 020 7563 9577** or email [community@wallacecollection.org](mailto:community@wallacecollection.org)

**Thursday 21<sup>st</sup> June 2-4pm Creative arts group with Carers Network and Resonate Arts** Beethoven Centre, Third Avenue W10 4JL. A group for carers of people living with dementia in Westminster and the person they care for. Features a breakout carer only session. Booking essential: **Carers Network on 020 8960 3033** or [events@carers-network.org.uk](mailto:events@carers-network.org.uk)

**Monday 25<sup>th</sup> June 10.30am, film 11am Dementia Friendly Screening at Gate Cinema** 87 Notting Hill Gate, Kensington, W11 3JZ. Free refreshments from 10.30 am, film at 11am with interval. This month: *There's no Business like Showbusiness* All tickets £4, carers free with CEA card. Info **0871 902 5731**

**Tuesday 26<sup>th</sup> June 3-4.30pm Hymns and Pimms** Grosvenor Chapel, 24 South Audley Street, W1K 2PA. Looking at the achievements of the RAF as we mark the Battle of Britain. No need to book, just turn up. Suggested donation £4. For info **contact Lis Hasted on 020 7499 1684**

**Wednesday 27<sup>th</sup> June 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue, 28** St.John's Wood Road, NW8 7HA. This month: 'Genevieve' Soup on arrival, film followed by refreshments. £2, for info **contact Mary on 020 7286 5181** or [maryrossiter@outlook.com](mailto:maryrossiter@outlook.com)

**Wednesday 27<sup>th</sup> June 2.30-4.30pm Westminster Memory Café North:** 42 Westbourne Park Road, W25PH. Chair yoga. Free, no need to book, just turn up. Call Denise on 020 3905 6981

**Saturday 30<sup>th</sup> June 3pm Songhaven concert followed by afternoon tea.** Hosted by mezzo-soprano Vivien Conacher featuring a broad range of songs, duets and singalongs, followed by afternoon tea. Lumen United Reformed Church, 88 Tavistock Pl, WC1H 9RS. Free, booking is essential: **call 020 7278 1887** or visit [www.songhaven.co.uk](http://www.songhaven.co.uk)

**Mondays weekly 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 McGregor on 07553 103599** or [elaine.mcgregor@nordoff-robbins.org.uk](mailto:elaine.mcgregor@nordoff-robbins.org.uk)

**Mondays weekly 10.15-12:30pm Dance for Dementia** with Rambert, 99 Upper Ground, SE1 9PP (behind National Theatre). Wear loose clothing. To book **contact Rosie on 020 8630 0616** or [rosie.jeffery@rambert.org.uk](mailto:rosie.jeffery@rambert.org.uk)

*List compiled by Kathryn Gilfoy and Emma Nutland, Resonate Arts, a programme for people living with memory loss and dementia: 020 7321 2702*

*Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham.*

*Please contact us if you would like to be added to the mailing list for any borough*