

## Events and Things To Do in Westminster, May 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*

**DEMENTIA AWARENESS WEEK 21<sup>st</sup> - 26<sup>th</sup> May!**

**Wednesday 2<sup>nd</sup> May 2.30pm-4.30pm Westminster Memory Café South** at Victoria Medical, 29 Upper Tachbrook Street, SW1V 1SN. An informal talk and creative arts session with the National Gallery. For more info **call Mandy on 07540 502 379**

**Monday 7<sup>th</sup> May 2-4pm Rainbow Memory Café** Tavis House, 1-6 Tavistock Square. The new LGBTQ café offers a safe place for people to gain peer support in a social environment. In Camden, open to anyone. Contact [sally.knocker@openingdoorslondon.org.uk](mailto:sally.knocker@openingdoorslondon.org.uk)

**Tuesday 8<sup>th</sup> May 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**

**Monday 21st May 2-4pm National Gallery tour and art session** Join in our very own 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](mailto:kathryn@resonatearts.org) or 020 7321 2702**

**Monday 21st May 2-3pm** Join our friendly book group for a **read aloud poetry session** – read or listen over a cup of tea. Porchester Centre opposite Paddington library entrance W25DU. For more info or to book **contact Kate Gielgud on 0207 641 8969 or [kgielgud@westminster.gov.uk](mailto:kgielgud@westminster.gov.uk)**

**Wednesday May 23rd 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue**, 28 St. John's Wood Road, NW8 7HA. This month: **'The Artist'** Soup on arrival, film followed by refreshments. £2, for info **contact Mary on 020 7286 5181 or [maryrossiter@outlook.com](mailto: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 **Booking essential contact [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org) or 020 7321 2702**

**Friday 25<sup>th</sup> May 2.30pm-4pm Music for the Moment Concert.** 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 Kathryn on 020 7321 2702 or [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org)**

**Saturday 26<sup>th</sup> May 3.30pm Songhaven concert.** Lumen United Reformed Church, 88 Tavistock Pl, Kings Cross, WC1H 9RS. Followed by afternoon tea in the Lumen Cafe. Free but booking is essential. Call **020 7278 1887** or visit [www.songhaven.co.uk](http://www.songhaven.co.uk)

**Monday 28<sup>th</sup> May 10.30am 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: *Carmen Jones* All tickets £4, carers free with CEA card. Info **0871 902 5731**

**Tuesday 29<sup>th</sup> 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 info **contact Lis Hasted on 020 7499 1684**

**Tuesday 29<sup>th</sup> May 2pm-4pm Discover the Wallace Collection** Manchester Square, W1U 3BN. A special tour of the collection on the theme of 'Portraits'. Tea & coffee provided. Booking essential - Call **Edwina 020 7563 9577** or email [community@wallacecollection.org](mailto:community@wallacecollection.org)

**Wednesday 30<sup>th</sup> May 2.30-4.30pm Westminster Memory Café North:** 42 Westbourne Park Road, W25PH. Simple model making with Royal Institute of British Architecture. Free, no need to book, just turn up. For info call **Mandy on 07540 502 379**

**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 from May 14<sup>th</sup> 10.15-12:30pm Dance for Dementia** with Rambert, 99 Upper Ground, SE1 9PP (behind National Theatre). Wear loose clothing, no experience necessary. Booking essential **contact [rosie.jeffery@rambert.org.uk](mailto:rosie.jeffery@rambert.org.uk) or 020 8630 0616**

**Tuesdays weekly up to and including 15<sup>th</sup> May, 3-5pm Singing for the Brain** at Alzheimer's Society Hammersmith and Fulham, St Vincent's House, 49 Caroline Street, W6 9QH. Share friendship, singing and refreshment. No need to book. For info call **Marcia 020 8563 0001**

**Thursdays weekly 11am-1pm til May 24<sup>th</sup> Art Workshops at Saatchi Gallery,** Duke of York HQ, Kings Road, SW3 4RY. Explore painting and drawing techniques. Refreshments and art materials provided. **To book, call Peggy 0777 578 4520** [creatingwithdementia@gmail.com](mailto:creatingwithdementia@gmail.com)

*List compiled by Kathryn Gilfoy and Emma Nutland, Resonate Arts, a programme for people living with memory loss and dementia: 020 7321 2702 and Westminster Dementia Adviser Mandy Andrews: 07540 502379*

*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*