

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

**NB Wednesday 28<sup>th</sup> March 2.30pm-4.30pm Westminster Memory Café North** An intimate performance and talk with Kristina Greally on baroque recorder at 42 Westbourne Park Road, W2 5PH. Free, no need to book, just turn up! **Call Mandy on 07540 502 379 for info**

**Wednesday 4<sup>th</sup> April 2.30pm-4.30pm Westminster Memory Café South** at Victoria Medical, 29 Upper Tachbrook Street, SW1V 1SN. Storybox: reminiscence arts session. For more info **call Mandy on 07540 502 379**

**Monday 9<sup>th</sup> April 2-4pm Rainbow Memory Café** Tavis House, 1-6 Tavistock Square. The new LGBTQ café offers a safe place for people to meet and gain peer support in a social environment. In Camden but open to anyone. For more info contact [sally.knocker@openingdoorslondon.org.uk](mailto:sally.knocker@openingdoorslondon.org.uk)

**Tuesday 10<sup>th</sup> April 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. **To book call Yvonne on 0207 616 8589.**

**Friday 20<sup>th</sup> April 2.30pm - 4pm Music for the Moment Concert** Wigmore Hall, 36 Wigmore Street, W1 2BP. This month's recital features Royal Academy of Music celloist Rebecca Mc Naught, and trumpeter Katherine Lodge. 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 21<sup>st</sup> April 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](http://www.songhaven.co.uk)**

**Monday 23<sup>rd</sup> April 10.30am Dementia Friendly Screening at Gate Cinema** 87 Notting Hill Gate, Kensington, W11 3JZ. Free tea, coffee and biscuits from 10.30 am, film at 11am with an interval. This month: *Gigi*. All tickets £4, carers go free with CEA card. For info **phone 0871 902 5731**

**Tuesday 24<sup>th</sup> April 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**

**Wednesday 25<sup>th</sup> April 2.30pm-4.30pm:** Westminster Memory Café North: 42 Westbourne Park Road, W25PH. Storybox: reminiscence arts session Free, no need to book, just turn up. For info call Mandy on 07540 502 379

**Wednesday 25<sup>th</sup> April 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue,** 28 St.John's Wood Road, NW8 7HA 'Bugsy Malone' 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](mailto:maryrossiter@outlook.com)

**Monday 30<sup>th</sup> April 1.30-2.15pm** West London Synagogue, 33 Seymour Pl, Marylebone, W1H 5AU. Part of **City of London Sinfonia** relaxed performance series, a 45-minute lunchtime concert, showcasing outstanding musicians in chamber music composed for wind instruments. £5 tickets; no booking fee. Limited mobility/wheelchair users receive a free companion seat. **To book visit [www.cls.co.uk](http://www.cls.co.uk) or call City of London Sinfonia 020 7621 2800**

**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 email [elaine.mcgregor@nordoff-robbins.org.uk](mailto:elaine.mcgregor@nordoff-robbins.org.uk)

**Tuesdays, weekly 3- 5pm Singing for the Brain at Alzheimer's Society Hammersmith and Fulham.**

St Vincent's House, 49 Caroline Street, W6 9QH. For anyone living in Westminster, Hammersmith & Fulham and K & C. Come together to share friendship, singing and refreshment. No need to book, just turn up. No experience necessary and sessions are FREE. For more info call Marcia 020 8563 0001.

**Thursdays weekly 11am- 1pm from 26<sup>th</sup> April Art Workshops at Saatchi Gallery,** Duke of York HQ, Kings Road, SW3 4RY. Five creative sessions exploring painting and drawing techniques. All refreshments and art materials provided. **To book, call Peggy on 0777 578 4520 or email [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*