

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

### **Monday 8th January 2-4pm Rainbow Memory Café**

**Tavis House, 1-6 Tavistock Square.** The new LGBTQ Rainbow Memory Café offers a safe place for people to meet and gain peer support in a social environment. In Camden but open to anyone. **Contact Sally Knocker for more information - [sally.knocker@openingdoorslondon.org.uk](mailto:sally.knocker@openingdoorslondon.org.uk)**

### **Wednesday 10<sup>th</sup> January 2.30pm-4.30pm Westminster Memory Café South**

at Victoria Medical, 29 Upper Tachbrook Street, SW1V 1SN. Chair yoga - no experience necessary, free, no need to book, just turn up!

**Call Mandy on 07540 502 379 for info**

### **Monday 22nd January 11am – 12.30pm In Mind at Royal Academy of Arts.**

Tea and conversation about art works at Burlington House, Piccadilly, free to attend. **Fully booked - contact [events.lectures@royalacademy.org.uk](mailto:events.lectures@royalacademy.org.uk) or 020 7300 5839 to check late availability or contact Kathryn on 020 7321 2702**

### **Monday 22<sup>nd</sup> January 10.30am dementia friendly screening at Gate Cinema**

87 Notting Hill Gate, Kensington, W11 3JZ. Screenings open to all but especially for people with dementia and their family, friends and carers. Join us for free tea, coffee and biscuits from 10.30 am and film will begin at 11am, with an interval. This month: 'How to Marry a Millionaire' (130mins) All tickets £4, carers go free with CEA card. **Phone - 0871 902 5731**

### **Wednesday 24<sup>th</sup> January 1.30am-4.30pm Video & Tea @ The Liberal Jewish**

**Synagogue, 28 St. John's Wood Road, NW87HA;** "Way Out West" *Classic comedy starring Stan Laurel and Oliver Hardy. In order for Stan and Ollie to travel to a fraternity convention in Chicago, which their wives have no interest in attending, Ollie feigns a disease which can only be cured by a long sea voyage.* 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)**

**Friday 26th January 2.30pm - 4pm Music for the Moment** concert at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT. With students from Royal Academy of music, this month: Mila Piano Trio. Refreshments served. **For more information contact Kathryn on 020 7321 2702 or [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org)**

**Tuesday 30<sup>th</sup> January 3-4.30pm Hymns and Pimms at Grosvenor Chapel:** come together to share friendship, singing and refreshment. 24 South Audley Street W1K 2PA. No need to book, just turn up! Suggested donation £4.  
**Call Lis Hasted on 020 7499 1684 for more information.**

**Wednesday 31<sup>st</sup> January 2.30pm-4.30pm Westminster Memory Café North**  
Chair yoga at 42 Westbourne Park Road, W2 5PH. No experience necessary, free, no need to book, just turn up! **Call Mandy on 07540 502 379 for info**

**Mondays, weekly, 11.30am – 12:30pm \*\*\*starts on 8<sup>th</sup> January\*\*\* Music therapy group at the Royal Albert Hall.** Door 3, Kensington Gore, Kensington, London SW7 2AP. Open group, no need to register. **For more info please contact Elaine McGregor on 07967 696891 or email [elaine.mcgregor@nordoff-robbins.org.uk](mailto:elaine.mcgregor@nordoff-robbins.org.uk)**

#### **NOTE**

- No Sporting Reminiscence session at Lords in January
- Next Songhaven concert is 24<sup>th</sup> February

*List compiled by Kathryn Gilfoy, Resonate Arts 020 7321 2702 - an arts initiative for people living with dementia; 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 our mailing list*