

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

### **Wednesday 7<sup>th</sup> March 2.30pm-4.30pm Westminster Memory Café South**

An introduction to Mindfulness at Victoria Medical, 29 Upper Tachbrook Street, SW1V 1SN.

**For more info call Mandy on 07540 502 379 for info**

### **Monday 12<sup>th</sup> March 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 13<sup>th</sup> March 2pm-4pm Discover the Wallace Collection**, 'Rubens Rainbow

landscape'. Manchester Square, W1U 3BN. A tour of the collection. Tea & coffee provided.

Booking essential - **Call Edwina 020 7563 9577 or email [community@wallacecollection.org](mailto:community@wallacecollection.org)**

### **Tuesday 13<sup>th</sup> March 1.30pm-3.30pm Sporting Reminiscence Session 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 16<sup>th</sup> March 2.30pm - 4pm Music for the Moment** concert at St Marylebone Parish

Church, 17 Marylebone Road, NW1 5LT. A recital by 1<sup>st</sup> year singers from Royal Academy of Music. Refreshments served.

**For more information contact Kathryn on 020 7321 2702, [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org)**

### **Monday 19<sup>th</sup> March 11am – 12.30pm InMind at Royal Academy of Arts.**

Coffee and conversation about art works at Burlington House, Piccadilly, free to attend, booking required. **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**

### **Saturday 24<sup>th</sup> March 3pm Songhaven concert followed by afternoon tea**

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)**

**Monday 26<sup>th</sup> March 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 friends and carers. Free tea, coffee and biscuits from 10.30; film 'Love Me Tender' at 11am, with interval. £4, carers go free with CEA card. **0871 902 5731**

**Tuesday 27<sup>th</sup> March 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 info.**

**Wednesday 28<sup>th</sup> March 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue, 28 St. John's Wood Road, NW8 7HA 'Ethel and Ernest'** 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**

**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**

**Mondays, weekly, 11.30am – 12:30pm Music therapy group at the Royal Albert Hall.** Door 3, Kensington Gore, Kensington, London SW7 2AP. Open group, no need to register. **Contact Elaine McGregor on 07553 103599 or 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 more info call Marcia 020 8563 0001. 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

*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*