

Events and Things To Do in Westminster, November 2017

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 1st November 2.30pm-4.30pm Westminster Memory Café South

Christmas Crafts session with Resonate Arts at Victoria Medical, 29 Upper Tachbrook Street, SW1V 1SN. No experience necessary, free, no need to book, just turn up!

Call Mandy on 07540 502 379 for info

Monday 13th November 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 or 020 7300 5839 to check late availability

Monday 13th November 2-4pm Rainbow Memory Café

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. Tavis House, 1-6 Tavistock Square.

Contact Sally Knocker for info at sally.knocker@openingdoorslondon.org.uk

Tuesday 14th November 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

Saturday 18th November 3pm Songhaven concert followed by afternoon tea.

A concert of popular operatic and musical theatre favourites hosted by Vivien Conacher (mezzo-soprano) and featuring special guest artists Lizzie Holmes (soprano), and Benedict Lewis-Smith (pianist). Followed by Afternoon Tea in the Lumen Cafe. Lumen United Reformed Church, 88 Tavistock Pl, Kings Cross, London WC1H 9RS.

Free but booking is essential; call 020 7278 1887 or visit www.songhaven.co.uk

Wednesday 22nd November 1.30am-4.30pm Video & Tea @ The Liberal Jewish

Synagogue, 28 St. John's Wood Road, NW87HA; "Coppelia" (Kirov Ballet) Delibes' ballet, the story of a magician toymaker and his living doll Coppelia. 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**

Friday 24th November 2.30pm-4pm Music for the Moment concert at Wigmore Hall, 36 Wigmore St, Marylebone, W1U 2BP. This month: Recital by Edward Edgcumbe in Ensemble/ 3 Parts Vied. Free, no need to book. **Contact Kathryn on 020 7321 2702 or kathryn@resonatearts.org for more information.**

Monday 27th November 10.30am Dementia Friendly Screening at Gate Cinema 87 Notting Hill Gate, Kensington, W11 3JZ. Phone - [0871 902 5731](tel:08719025731)
Screenings open to all but especially for people with dementia and their family, friends and carers. Join us for free tea, coffee and biscuits and a chance to socialise from 10.30am, film will begin at 11am. This month: *Sabrina* (130mins) All tickets £4, carers go free with CEA card.

Tuesday 28th November 3pm-4.30pm Hymns and Pimms come together to share friendship, singing and refreshment. Grosvenor Chapel, 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 29th November 2.30pm-4.30pm Westminster Memory Café North
Christmas Crafts session with the Resonate Arts 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 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**

List compiled by Kathryn Gilfoy, Resonate Arts- an arts initiative for people living with dementia 020 7321 2702, and Westminster Dementia Adviser Mandy Andrews 07540 502 379