

## Events and Things To Do in Westminster, October 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 4<sup>th</sup> October 2.30pm-4.30pm Westminster Memory Café South**

Arts session with the Wallace Collection at Victoria Medical Centre with Westminster Arts, 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

### **Saturday 7<sup>th</sup> October 2:30pm Songhaven concert followed by afternoon tea.**

*“Love Knows No Distance”*: A concert of popular operatic and musical theatre favourites as well as some comic songs for good measure. Featuring special guest artists Dominic Walsh (tenor), Felix Kemp (baritone), and Chad Vindin (pianist) 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](http://www.songhaven.co.uk)

### **Monday 9<sup>th</sup> October 10.45am – 12.15pm Dance with Rambert & Wallace Collection**

Rambert dance company and Wallace collection are teaming up for two workshops on 9<sup>th</sup> and 16<sup>th</sup> October Together we will be looking at some of the beautiful paintings at the Wallace and bringing them to life through movement with dance. At **Wallace Collection** Manchester Square, W1U 3BN –Tea & coffee provided. Booking essential - email [community@wallacecollection.org](mailto:community@wallacecollection.org) or call Sarah 020 7563 9577

**Monday 9<sup>th</sup> October 2-4pm Rainbow Memory Café launch NEW!** 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](mailto:sally.knocker@openingdoorslondon.org.uk)

### **Tuesday 10<sup>th</sup> October 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

### **Wednesday 18<sup>th</sup> October 2pm-4pm Discover the Wallace Collection**

Manchester Square, W1U 3BN –Tea & coffee provided. Booking essential - email [community@wallacecollection.org](mailto:community@wallacecollection.org) or call Sarah 020 7563 9577

### **Monday 16<sup>th</sup> October 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 or to check late availability

**Monday 16<sup>th</sup> October 10.45am – 12.15pm Dance with Rambert & Wallace Collection**  
Rambert dance company and Wallace collection are teaming up for two workshops on 9<sup>th</sup> and 16<sup>th</sup> October Together we will be looking at some of the beautiful paintings at the Wallace and bringing them to life through movement with dance. At **Rambert** 99 Upper Ground, London SE1 9PP. Tea & coffee provided. Booking essential - [community@wallacecollection.org](mailto:community@wallacecollection.org) or call Sarah on 020 7563 9577

**Wednesday 25<sup>th</sup> October 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue**, 28 St. John's Wood Road, NW87HA. 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)

**Wednesday 25<sup>th</sup> October 2.30pm-4.30pm Westminster Memory Café North: 42** Westbourne Park Road, W25PH. Sleep workshop: free, no need to book, just turn up! For info call Mandy on 07540 502 379

**Friday 27<sup>th</sup> October 2.30pm-4pm Music for the Moment concert** at St. Marylebone Church. This month: Matthew Wilsher (Clarinet) and Lydia Caines (Violin). Free, no need to book. Contact Kathryn on 020 7321 2702 or [kathryn@westminsterarts.org.uk](mailto:kathryn@westminsterarts.org.uk) for more 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](mailto:elaine.mcgregor@nordoff-robbins.org.uk)

**Tuesdays, weekly, 3.30am – 5pm Singing for the Brain** (ends October 31<sup>st</sup>) at 42 Westbourne Park Road, W25PH. For more info please call 020 7561 4820 or email [islington@alzheimers.org.uk](mailto:islington@alzheimers.org.uk)

*List compiled by Kathryn Gilfoy, Westminster Arts' Resonate programme  
020 7321 2702, and Westminster Dementia Adviser Mandy Andrews  
07540 502 379*