

## Events and Things To Do in Westminster: September 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 6<sup>th</sup> September 2.30pm-4.30pm:** Westminster Memory Café South: session on sleep at Victoria Medical Centre with Westminster Arts, 29 Upper Tachbrook Street, SW1V 1SN. Free, no need to book, just turn up! Call Mandy on 07540 502 379 for info

**Saturday 9<sup>th</sup> September 3pm:** Songhaven concert followed by afternoon tea. 'Almost like being in love' – a concert of popular favourites from the stage and screen. Hosted by mezzo-soprano Vivien Conacher with Dominic Walsh 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 11<sup>th</sup> September 11am – 12.30pm:** In Mind session 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

**Tuesday 19<sup>th</sup> September 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

**Tuesday 26<sup>th</sup> September 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 020 7499 1684 for more info

**Wednesday 27<sup>th</sup> September 2.30pm-4.30pm:** Westminster Memory Café North: 42 Westbourne Park Road, W25PH. Arts session with the Wallace Collection - no experience necessary, free, no need to book, just turn up! For info call Mandy on 07540 502 379

**Friday 29<sup>th</sup> September 2.30pm-4pm** Music for the Moment concert: vocal solos and duets. Free, no need to book. Refreshments served. Contact Kathryn at [kathryn@westminsterarts.org.uk](mailto:kathryn@westminsterarts.org.uk) or 020 7321 2702

**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. **Resuming on 18th September.** 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

