

Events and Things to Do in Westminster, August 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 1st August 2.30pm-4.30pm Westminster Memory Café South at Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. Join us for a music and reminiscence session. Call **Terezie on 07540 502379 or 0203 219 0910** for more info.

Mondays 6th & 13th August 11.30am-12:30pm Music Therapy at Royal Albert Hall Door 3, Kensington Gore, SW7 2AP. Open group, no need to register. For more information **contact Elaine McGregor on 07553 103599 or elaine.mcgregor@nordoff-robbins.org.uk**

Monday 13th August 11am – 12.30pm In Mind at Royal Academy of Arts
Tea, art making and conversation about art works at Burlington House, Piccadilly, free to attend. Fully booked - contact **events.lectures@royalacademy.org.uk** or **020 7300 5839** or to check late availability or contact **Kathryn on 020 7321 2702**

Monday 13th August 2-4pm Rainbow Memory Café Tavis House, 1-6 Tavistock Square, WC1H 9NA. The new LGBTQ café offers a social environment and safe place for peer support. Contact **sally.knocker@openingdoorslondon.org.uk** in advance or for more info

Tuesday 14th August 1.30-3.30pm Sporting Reminiscence at Lord's Cricket Ground Grace Entrance, St. John's Wood Road, NW8 8QN. Free to attend, but booking is essential: **call Yvonne on 0207 616 8589**

Thursday 16th August 2-4pm Creative arts group with Carers Network and Resonate Arts
Beethoven Centre, Third Avenue W10 4JL. A group for carers of people living with dementia in Westminster and the person they care for. Features a breakout carer only session. Booking essential: **Carers Network on 020 8960 3033 or events@carers-network.org.uk**

Wednesday 22nd August 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue, 28 St. John's Wood Road, NW8 7HA. This month: *Whisky Galore*. Soup on arrival, film followed by refreshments. £2, for info **contact Mary on 020 7286 5181 or maryrossiter@outlook.com**

Thursday 23rd August 3.30-5.30pm Resonate Arts Summer Soirée, St Cuthbert's Centre, 51 Philbeach Gardens, Kensington, London SW5 9EB. We invite you to join us in celebrating summer with an afternoon of musical delights with special guests and afternoon tea. For friends of Resonate Arts and loved ones, free but places limited.

Please call Emma on 020 7321 2702 or email emma@resonatearts.org to book

Saturday 25th August 3.30pm Songhaven concert followed by afternoon tea. Hosted by mezzo-soprano Vivien Conacher 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**

Mondays 27th August 10.30am, film 11am -12:30pm Dementia Friendly Screening at Gate Cinema 87 Notting Hill Gate, Kensington, W11 3JZ. All tickets £4, carers free with CEA card. Free refreshments from 10.30 am, film at 11am with an interval. This month: *Mary Poppins (1964)* **For info call 0871 902 5731**

Tuesday 28th August 2pm-4pm Discover the Wallace Collection Manchester Square, W1U 3BN. *Discover* is the Wallace Collection's programme for people living with the early stages of dementia and their friends and families. Tea & coffee provided. Booking essential: **call Edwina 020 7563 9577 or email community@wallacecollection.org**

Wednesday 29th August 2.30-4.30pm Westminster Memory Café North: 42 Westbourne Park Road, W25PH. Trumpet mini concert and talk with Katie Lodge from Royal Academy of Music. Free, no need to book, just turn up. Call **Denise on 020 3905 6981 for more info**

Thursdays, weekly: Singing for the Mind at The Liberal Jewish Synagogue. Attendance by application only. For further information please call 020 7286 5181 or e-mail sfm@ljs.org

List compiled by Kathryn and Emma at Resonate Arts, a programme for people living with memory loss and dementia and Terezie, Dementia Advisor for Westminster

Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham. Please contact Resonate Arts for more information or if you would like to be added to the mailing list for any borough 020 7321 2702 emma@resonatearts.org