

## Events and Things To Do in Westminster, July 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 4<sup>th</sup> July 2.30pm-4.30pm Westminster Memory Café South** at Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. Interactive storytelling session with Emma from Resonate Arts. Call **Denise on 020 3905 6981** for more info

**Monday 9<sup>th</sup> July 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](mailto:sally.knocker@openingdoorslondon.org.uk) in advance or for more info

**Tuesday 10<sup>th</sup> July 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**

**Monday 16<sup>th</sup> July 2.30pm-4pm Music for the Moment Concert.** Wigmore Hall, 36 Wigmore St, Marylebone, W1U 2BP. This month's recital features soprano Elen Roberts and bass-baritone Ben Schilperoort. Refreshments served from 2.30pm, concert at 3pm. Free - ticket required. To book call **Wigmore Hall Box Office 020 7935 2141**

**Thursday 19<sup>th</sup> July 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](mailto:events@carers-network.org.uk)

**Tuesday 24<sup>th</sup> July 2pm-4pm Discover the Wallace Collection** Manchester Square, W1U 3BN. To celebrate Richard Wallace's 200<sup>th</sup> birthday join us for a tour of our new exhibition 'Sir Richard Wallace: The Collector'. Tea & coffee provided. Booking essential: call **Edwina 020 7563 9577** or email [community@wallacecollection.org](mailto:community@wallacecollection.org)

**Wednesday 25<sup>th</sup> July 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue**, 28 St. John's Wood Road, NW8 7HA. This month: 'Seven Brides for Seven Brothers'. Soup on arrival, film followed by refreshments. £2, for info contact **Mary on 020 7286 5181** or [maryrossiter@outlook.com](mailto:maryrossiter@outlook.com)

**Wednesday 25<sup>th</sup> July 2.30-4.30pm Westminster Memory Café North:** 42 Westbourne Park Road, W25PH. 'Staying safe at home and on the street.' Free, no need to book, just turn up. Call **Denise on 020 3905 6981** for more info

**Saturday 28<sup>th</sup> July 3pm 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](http://www.songhaven.co.uk)**

**Mondays 30<sup>th</sup> July 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: *The Greatest Showman* **For info call 0871 902 5731**

**Mondays 30<sup>th</sup> July 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](mailto:elaine.mcgregor@nordoff-robbins.org.uk)**

**Tuesday 31<sup>st</sup> July 3-4.30pm Hymns and Pimms** Grosvenor Chapel, 24 South Audley Street, W1K 2PA. This month's theme is travel. No need to book, just turn up. Suggested donation £4. For info **contact Lis Hasted on 020 7499 1684**

**Mondays weekly 10.15-12:30pm Dance for Dementia** with Rambert, 99 Upper Ground, SE1 9PP (behind National Theatre). Wear loose clothing. To book **contact Rosie on 020 8630 0616 or [rosie.jeffery@rambert.org.uk](mailto:rosie.jeffery@rambert.org.uk)**

**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](mailto:sfm@ljs.org)**

***List compiled by Kathryn Gilfoy and Emma Nutland, Resonate Arts, a programme for people living with memory loss and dementia: 020 7321 2702***

*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*