

## Events and Things to Do in Westminster, November 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 7<sup>th</sup> November 2.30pm-4.30pm Westminster Memory Café South at Victoria Medical Centre** 29 Upper Tachbrook Street, SW1V 1SN. Join us to explore and share important events of our lives (please bring memorabilia). Call **Terezie on 07540 502379** [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk) for more info

**Friday 9<sup>th</sup> November 2.30-4pm Music for the Moment Concert at Wigmore Hall** 36 Wigmore Street, Marylebone, W1U 2BP. This month's concert is a recital by *Meraki Duo*, with Meera Maharaj on flute and James Girling on guitar. Refreshments served from 2.30pm, concert at 3pm. Free - ticket required: call Wigmore box office on 020 7935 2141 and to book a wheelchair space. For more info contact **Kathryn on 020 7321 2702** [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org)

**Monday 12<sup>th</sup> November 2-4pm Rainbow Memory Café Tavis House** 1-6 Tavistock Square, WC1H 9NA. The 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 13<sup>th</sup> November 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 15<sup>th</sup> November 1.45-3.45pm Creative arts group with Resonate Arts and Carers Network** Beethoven Centre, Third Avenue W10 4JL. A range of creative activities in a group for carers of people with dementia in Westminster and the person they care for, with a breakout carer only session. Booking essential: **020 8960 3033** or [events@carers-network.org.uk](mailto:events@carers-network.org.uk)

**Saturday 17<sup>th</sup> November 3.30-4.45pm Songhaven concert at Lumen Church & Cafe** 88 Tavistock Place, London, WC1H 9RS. Featuring performances by Sarah Labiner (soprano), Brad Cooper (tenor), and Panaretos Kyriatzidis (pianist) followed by afternoon tea. **Free, booking essential on 020 7278 1887** or [www.songhaven.co.uk](http://www.songhaven.co.uk)

**Monday 19<sup>th</sup> November 11am – 12.30pm InMind at Royal Academy of Arts, Burlington Gardens entrance**, 6 Burlington Gardens, W1S 3ET. Tea, art making and conversation about art works. Free to attend. Fully booked but contact [events.lectures@royalacademy.org.uk](mailto:events.lectures@royalacademy.org.uk) or **020 7300 5839** for cancellations, or to register interest in Resonate Arts' allocation (numbers strictly limited) contact **020 7321 2702**

**Saturday 24<sup>th</sup> November 3-4.15pm Songhaven at St Paul's Knightsbridge** 32a Wilton Place, London SW1X 8SH. Performances by Dominic Walsh (tenor), Bradley Travis (baritone), and John Cuthbert (pianist) followed by afternoon tea. Free, booking essential call 020 7201 9999 or email [knightsbridge@songhaven.co.uk](mailto:knightsbridge@songhaven.co.uk) or visit [www.songhaven.co.uk](http://www.songhaven.co.uk)

**Mondays 26<sup>th</sup> November 10.30am -12.30pm Dementia Friendly Screening at Gate Cinema 87** Notting Hill Gate, Kensington, W11 3JZ. This month: *Modern Times* This comedic masterpiece finds the iconic Little Tramp (Charlie Chaplin) and orphan (Paulette Goddard) trying to contend with the difficulties of modern life. £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am + interval **0871 902 5731**

**Tuesday 27<sup>th</sup> November 3-4.30pm Hymns and Pimms** Grosvenor Chapel, 24 South Audley Street, W1K 2PA. This month: Advent & Preparation for Christmas. No need to book, just turn up. **Contact Lis Hasted on 07910 451872 or [lis.hasted@grosvenorchapel.org.uk](mailto:lis.hasted@grosvenorchapel.org.uk)**

**Wednesday 28<sup>th</sup> November 2.30-4.30pm Westminster Memory Café North** 42 Westbourne Park Road, W25PH. Join us for a 'Magic Table' demonstration. Free, no need to book, just turn up. Call **Terezie on 07540 502379 or [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk)** for more info

**Wednesday 28<sup>th</sup> November 3-4.30pm Video & Tea @ The Liberal Jewish Synagogue, 28** St.John's Wood Road, NW8 7HA. This month: *The Snowman + Father Christmas*. Soup on arrival, film followed by refreshments. Suggested £2 donation. **Contact Mary on 020 7286 5181 or [maryrossiter@outlook.com](mailto:maryrossiter@outlook.com)** for info

**Mondays weekly 10.15am-12:30pm Dance for Dementia** Rambert, 99 Upper Ground, SE1 9PP. All abilities welcome, no previous dancing experience necessary. Wear loose clothing and soft-soled shoes. For info contact Sophie, 020 3053 3325 or [sophieknowles@rambert.org.uk](mailto:sophieknowles@rambert.org.uk)

**Mondays weekly 11.30am-12:30pm Music Therapy at Royal Albert Hall** Door 3, Kensington Gore, SW7 2AP. For info **Elaine McGregor 07553 103599 [elaine.mcgregor@nordoff-robbins.org.uk](mailto:elaine.mcgregor@nordoff-robbins.org.uk)**

**Tuesdays, weekly 2-4pm (last session 20<sup>th</sup> November) Singing for the Brain®** St Stephen's Church, Rochester Row, Westminster, SW1P 1LE. For more info and to book your place, contact **Alex on 020 8563 0001 or 07483 137 522 [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.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)**

**Friday weekly 10.30am—12.15pm Ballet Workshops at the Royal Opera House** Clore Studio, Bow St WC2E 9DD. The workshops based on the company's Winter repertoire, *The Nutcracker*. Sessions now full, call to be added on the waiting list- **Arts4Dementia 020 7239 4954**

*List compiled by 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. Contact Resonate Arts for more info or to be added to the mailing list for any borough on 020 7321 2702 or [emma@resonatearts.org](mailto:emma@resonatearts.org)*