

Events and Things to Do in Westminster, October 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. *This month features Silver Sunday events*

Wednesday 3rd October 2.30pm-4.30pm **Westminster Memory Café South at Victoria Medical Centre**, 29 Upper Tachbrook Street, SW1V 1SN. 'Staying safe at home and on the street'. Call Terezie on **07540 502379** terezie.wickenden@londoncare.co.uk for more info

Friday 5th October 1.30-2.30pm **Digital Drawing at RIBA**, 66 Portland Place, London, W1B 1AD. Discover more about the landmarks of London and try out new art skills at the *Royal Institute of British Architects* artist-led workshop as part of Silver Sunday. **Free, book with Emma on 020 7321 2702 or email emma@resonatearts.org**

Sunday 7th 12-4.30 **Silver Sunday at the Wallace Collection**, Hertford House, Manchester Square, W1U 3BN. Join us for tea and sandwiches before exploring the gallery, then turn pictures into music with Wigmore Hall musicians and students from the Royal Academy of Music **Free, booking essential on 020 7321 2702 or kathryn@resonatearts.org**

Monday 8th October 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 9th October 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**

Tuesday 9th October 3.30-5pm **Silver Sunday at The Science Museum with Resonate Arts** Exhibition Road, Kensington, SW7 2DD. Lively session exploring an object from their engineering collection. Free, booking essential, **contact Lucy on 020 7321 2702 lucy@resonatearts.org**

Friday 12th October 2.30-4pm **Music for the Moment Concert** St Marylebone Parish Church, 17 Marylebone Rd, NW1 5LT. This month's recital features the Czigany String quartet. Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more information **contact Kathryn on 020 7321 2702 or kathryn@resonatearts.org**

Saturday 13th October 3pm **Songhaven concert followed by afternoon tea at St Pauls, Knightsbridge**, 2a Wilton Place, London SW1X 8SH. A 40 minute "Silver" themed concert. The artists will be wearing concert dress with a touch of silver so feel free to join them! Refreshments. **Free, booking essential on 020 7201 9999 or www.songhaven.co.uk**

Monday 15th October 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

Tuesday 16th October 10.30am- 1.30pm **Come and Sing!** Wigmore Hall 6 Wigmore St, Marylebone, London W1U 2BP. Join us for a lively singing session, refreshments included. **Free but booking essential via Kathryn at Resonate Arts on 020 7321 2702 or kathryn@resonatearts.org**

Thursday 18th October 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

Saturday 20th October 3.30pm, Songhaven at the Bloomsbury Festival, Lumen Church 88 Tavistock Place, London, WC1H 9RS. The 40-minute concert and afternoon tea. **Tickets £8 (includes tea & cake)**. **Booking essential** - call **020 3108 1000** or www.bloomsburyfestival.org.uk

Mondays 22nd October 10.30am, film 11am -12:30pm Dementia Friendly Screening at Gate Cinema 87 Notting Hill Gate, Kensington, W11 3JZ. . *The Producers: 50th Anniversary Restoration* £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am+interval **0871 902 5731**

Wednesday 24th October 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue, 28 St.John's Wood Road, NW8 7HA. This month: *Brief Encounter*. Soup on arrival, film followed by refreshments £2 **contact Mary on 020 7286 5181** or maryrossiter@outlook.com for info

Tuesday 30th October 3-4.30pm Hymns and Pimms Grosvenor Chapel, 24 South Audley Street, W1K 2PA. This month's theme: the UK coastline and The Shipping Forecast. No need to book, just turn up. **Contact Lis Hasted on 07910 451872** or lis.hasted@grosvenorchapel.org.uk

Wednesday 31st October 2.30-4.30pm Westminster Memory Café North: 42 Westbourne Park Road, W25PH. Join us for a drumming workshop with Marlene. Free, no need to book, just turn up. Call **Terezie on 07540 502379** or terezie.wickenden@londoncare.co.uk for more info

Mondays weekly 10.15am-12:30pm Dance for Dementia Rambert, 99 Upper Ground, SE1 9PP. Refreshments; wear loose clothing. For info call 020 3053 3325 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

Tuesdays, weekly (except 16th October) 2-4pm Singing for the Brain® St Stephen's Church, Rochester Row, Westminster, SW1P 1LE. For more info and to book your place, contact **Alexandra on 020 8563 0001** or **07483 137 522** 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

Friday weekly 10.30am—12.15pm (except 19th October) Ballet Workshops at the Royal Opera House Clore Studio, Bow St WC2E 9DD. The workshops based on the company's Winter repertoire eg The Nutcracker. **Booking for all sessions essential with Arts 4 Dementia 020 7239 4954**

List compiled by 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