

Events and Things to Do in Westminster, September 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 5th September 2.30pm-4.30pm Westminster Memory Café South at Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN. Join us for a session with the Science Museum. Call **Terezie on 07540 502379 or 0203 219 0910** for more info

Saturday 8th September 3.30pm Songhaven concert followed by afternoon tea at Lumen United Reformed Church, 88 Tavistock Pl, WC1H 9RS. A 40 minute programme including a range of songs, arias, duets, and a singalong or two for good measure. Featuring Vivien Conacher (mezzo-soprano), Alistair Ollerenshaw (baritone), and Mina Beldimanescu (pianist) followed by afternoon tea. Free, booking is essential: **call 020 7278 1887 or visit www.songhaven.co.uk** (Please note that Lumen Cafe is closed for redecoration work during August)

Monday 10th September 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 11th September 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 17th September 11am – 12.30pm In Mind at Royal Academy of Arts, Burlington Gardens entrance, 6 Burlington Gardens, W1S 3ET. Tea, art making and conversation about art works. Free to attend. Booking for the next 3 months opens on 12th September, act fast to ensure your place! Contact events.lectures@royalacademy.org.uk or **020 7300 5839** or for a priority ticket (numbers strictly limited) contact **Kathryn on 020 7321 2702**

Thursday 20th September 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**

Mondays 24th September 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: *Bye Bye Birdie* **For info call 0871 902 5731**

Tuesday 25th September 3-4.30pm Hymns and Pimms Grosvenor Chapel, 24 South Audley Street, W1K 2PA. Looking at the achievements of the RAF as we mark the Battle of Britain. No need to book, just turn up. Suggested donation £4. For info **contact Lis Hasted on 020 7499 1684**

Wednesday 26th September 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue, 28 St. John's Wood Road, NW8 7HA. This month: *Meet Me in St Louis*. Soup on arrival, film followed by refreshments. £2, for info **contact Mary on 020 7286 5181 or maryrossiter@outlook.com**

Wednesday 26th September 2.30-4.30pm Westminster Memory Café North: 42 Westbourne Park Road, W25PH. Join us for a Science related session. Free, no need to book, just turn up. Call **Terezie on 07540 502379 or 0203 219 0910** for more info.

Friday 28th September 3pm, BBC Music Day at St Paul's, Knightsbridge, 2a Wilton Place, London SW1X 8SH. The 40-minute concert programme will be brimming with favourite melodies from the operatic stage, tunes from the classic musicals, and well-loved songs from the past. Performed by Eleanor Ross (soprano), Vivien Conacher (mezzo-soprano), and Benedict Lewis-Smith (pianist), followed by a relaxed and social afternoon tea. Free, booking is essential: **Call 020 7201 9999 or visit www.songhaven.co.uk**

Mondays weekly from 17th Sept. 11.30am-12:30pm Music Therapy at Royal Albert Hall Door 3, Kensington Gore, SW7 2AP. For more information **contact Elaine McGregor on 07553 103599 or elaine.mcgregor@nordoff-robbins.org.uk**

Tuesdays, weekly from 28th August- 20th November (Except 16th October) 2-4pm Singing for the Brain[®] St Stephen's Church, Rochester Row, Westminster, SW1P 1LE. For more information and to book your place, please contact Alexandra from the Alzheimer's Society 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

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