

Resonate Now

March 2021

Hello!

This month there has been lots of talk of spring and daffodils and Julie has included a picture of these wonderful yellow flowers (spotted just outside her home) for those of you who might not have seen any yet.



With the announcement of the government's roadmap, we have begun thinking about the Resonate Arts roadmap, but also our own individual journey's out of lockdown. Who we might see, where we might go, what we might explore. We've shared more thoughts around this on the next page. Whilst there is still much unknown about the months ahead, we hope that with the better weather we can begin to start seeing each other more and offering small scale events.

Poet Di Sherlock has been writing poems for people in response to their phone conversations and we hope to share some of these with you going forwards. If you would like a poem written for you, let Julie know! We have also had some wonderful online music sessions, with conversations around the theme of windows. We share a poem the group wrote together on page 3.

Happy Resonating!

Julie and Jude

You can **contact Julie** on:
0300 030 7212 | 07483 433 616
julie@resonatearts.org

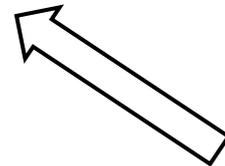


Resonating Roadmap

As more of us receive the vaccine (over 25 million!) and with cheerier weather on the way, we can begin to think about how we might start stepping outdoors again, perhaps exploring a little further away from our doorstep and meeting a friend for a walk or a picnic. We invite you to think about how you might safely start connecting with nature, friends, family and people - perhaps you could make a note of your plans below!

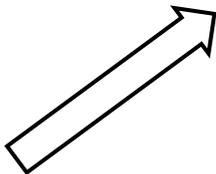
In June I would like to

Go to a coffee shop. Explore new green spaces.



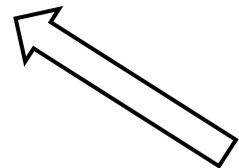
In May I would like to

Visit a museum or a gallery. Enjoy a picnic outdoors.



In April I would like to

Visit a shop. Call a family member. Do some gardening.



Next week I would like to

Go to the park. Walk with a friend. Look for cherry blossom.

Our windows

Written by our 'Music for Thought' group in March 2021, our six-week online project in partnership with Wigmore Hall and the Royal Academy of Music.

Sometimes we gaze out of the window and the views are just as they have always been...

The church so close it almost fills the pane.

The garden, blooming through the glass lovingly decorated by my husband.

The pillar of the BT tower looking down on the courtyard.

The panoramic view over London to one side, the greens of the heath to the other

Shifting skies, filled with energy and light.

But occasionally we draw back the curtains to find something unexpected...

Locking eyes with a deer; a brief moment before it glides away,

A fledgling kestrel perched on the windowsill,

A flurry of snow, frosting the grey pavement to unfamiliar white.

A spring bulb, daffodil or lilac, poking through the previously bare soil.

A cat sitting imperiously, surprised to see me,

The green flash of a parakeet, exotic in the grey London sky.

A curious horse wondering if there's anybody home.

What can you see out of your window?

- Perhaps you are overlooking a street and enjoy people watching as the crowds move by?
- Are there any trees waiting to grow their spring leaves?
- What do the shifting skies look like today?
- Perhaps there are birds that you can see and hear?

Raising funds to support Resonate Arts!

Westminster Arts (Resonate Arts) is registered with easyfundraising, which means you can raise FREE donations for us every time you shop online. Over 4,000 shops and sites will donate to us when you use easyfundraising for online shopping – and there is no extra cost for you. Your donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us.

It is completely FREE and only takes a moment. You can find our easyfundraising page at <https://bit.ly/3s52wXt>



Thank you so much. Happy shopping!

A song to celebrate the sunny days heading our way for Spring

Oh What a Beautiful Mornin'

There's a bright golden haze on the meadow,
There's a bright golden haze on the meadow,
The corn is as high as an elephant's eye,
An' it looks like it's climbin' clear up to the sky.

Oh what a beautiful morning,
Oh what a beautiful day,
I've got a wonderful feeling,
Everything's going my way.

A reminder that for support and advice and to sign up to regular news and information, you can contact the Dementia Advisors:

Westminster: **Terezie** - 07540 502379

Kensington & Chelsea: **Mandy** - 020 8969 9105