

Resonate Now

May 2021

Hello again

This month is a rather exciting one, what with the onset of warmer weather and the further easing of restrictions from Monday 17th May (see pg. 4), we are feeling rather cheery in the Resonate office! It is also Dementia Action Week from 17th – 23rd May, which you can read more about on the next page.

We are currently planning in person happenings at museums and galleries later in the summer, alongside a series of **online music sessions** in June with Wigmore Hall and **opera sessions** with Opera Holland Park in July! Please let Julie know if you are interested in attending any of the above, more details in the following pages.

In previous letters we have mentioned a **poetry project** that has been taking place via phone, and this month we are delighted to share one of the poems written, with kind permission from one of our Resonate participants. Julie has also been travelling across London hand delivering **micro-mosaic boxes** to lovely people joining the V&A Museum phone and postal sessions. Right is a sneaky peek at one of them.



As always, do let us know what you are up to and feel free to get in touch.

Happy Resonating!

Julie and Jude

You can **contact Julie** on:
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julie@resonatearts.org



Listening Portraits

Poet Di Sherlock chatted with individuals over 2-3 phone calls, finding out about their history, interests and hobbies. In response, Di then wrote a poem for them based on their conversations. Here is an extract from one of the poems:

Marietta

“Too fussy”, she declares,
“or the wrong men.”
Deeper notes join the chime as
she powers on:
“Thank God I didn’t get married -
to look after him, give him breakfast,
wash his clothes and hear him snoring!”
We count our blessings.

Hearing the comment made by two
young girls
appalled my “sexy” trousers are on
“an old woman,” she peals again.
Then, with sudden fierceness and
impeccable logic,
“I am not a grandmother!
I’ll never accept that. I never got married!”

She is however a
great auntie
to her sister’s children’s children
in Northern California, a world away
from Quezon Province in the Philippines
where they grew up. No family now
to bring the sisters back.

Instead
she has found a wider family
in The High Faith.
Born a Roman Catholic
to not very practising parents
she now follows the nine-pointed star
of the Bah’á’í.
She’s visited the Holy Land
“so many times,” only two years ago
walked in the gardens
of the Bab Shrine in Haifa,
breathed the breath of roses, cactus flowers –
“Heavenly.”

Roses are a favourite,
with magnolia and sampaguita,
the national flower of her homeland.
A nosegay of the beloved three
fills sensual memory
with the desire of the hummingbird.

In her time she’s taught piano
“to help interested children.”
“Basic piano,” she says modestly, but it’s
twenty years of dedication
on her day off
to individuals “not all the same.”
“Some give up easily,” she chuckles.

On work days she was at The Met in the
catering department -
fifteen years of mopping and cleaning up –
“very hard.”
Now the only contact with the law comes
with the pandemic
which has closed her little restaurant
near St Cuthbert’s and the church itself.

To a woman who’s travelled
all over Europe, seen Paris a dozen times,
danced cha cha, tango, boogie-woogie
and “still can do line dancing”
the pandemic is “terrible.”
“I am 84 and need someone to talk to
Mercifully she still has choir -
“Not singing to entertain, not very serious,”
she protests
with an audible grin

In fact choir is imminent -
and there’s an issue with the bank.
The demands of the day
stop the talk that
tumbles
free and easy
as the waterfall at Villa Escudero.

Dementia Action Week

An initiative by the Alzheimer's Society, Dementia Action Week is taking place this year 17th – 23rd May 2021. Its aim is to promote awareness and understanding of dementia and improve the quality of life of everyone affected by it.

Alzheimer's Society are petitioning the Government this year to 'cure the care system', asking that every person living with dementia, and every carer, can get the support they need to stay happy, healthy and independent for as long as possible. For more information or to sign the petition visit <https://bit.ly/3wdzrer>

What's On – Dementia Action Week 21

Singing for the Brain

Online, Wednesday 19th May, 11.30am-12.30pm

A one-off online session led by two professional song leaders, we will enjoy old and new songs, along with special group performances from group members.

To book onto the session please follow the Event Brite link:

<https://www.smartsurvey.co.uk/s/M5YGYJ/>. Or please contact Bronte on 07593131903 or bronte.heath@alzheimers.org.uk

Dementia Awareness

Online, Wednesday 19th May, 10am-12.30pm (and every other month)

This session covers basic facts about dementia including risk factors, symptoms, types of dementia, diagnostic process and treatment.

This course will also cover an overview of dementia services in Westminster and support available locally. This session is suitable for people living with dementia, carers, professionals, volunteers. <https://bit.ly/3bql1Q9>

Drop-in: Age UK K&C Dementia Advisor stall

Kensington Central Library, Wednesday 19th May, 11am-2.30pm

Pop in for a chat, information and advice.

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

What's On! A summer of digital music and museum visits

Online - Music for Life: Blossom and Bloom

Friday 28 May 2021, 2-3.45pm (with a short break)

As part of Wigmore Hall's Learning Festival 2021: Connectivity

Sam Glazer and Zoe Palmer welcome people living with dementia and their families, friends and carers to join them for a creative online workshop. Artists, musicians and writers have always been inspired by the beauty of flowers. In this session, we will explore music, words and movement together, and arrange our own musical bouquet. For more information or **to book** a place, please email hjones@wigmore-hall.org.uk

Online - Music sessions with Wigmore Hall

Wednesday afternoons 2nd – 23rd June, exact timings TBC

Four afternoons of creative music making and conversation with wonderful musicians from Wigmore Hall and students from the Royal Academy of Music.

Online - Singing sessions with Opera Holland Park

Thursday afternoons, 1st – 29th July, exact timings TBC

Explore *The Marriage of Figaro* over 5 weeks of performances, singing and music making with the wonderful Young Artist singers from OHP.

Individual visits to museums, galleries and exhibitions

Available Jun – Aug, 1.5 hour timeslots.

If you would like to visit a particular venue (such as the V&A museum or the Wallace Collection) and would like some friendly company on your visit, please contact Julie and I will aim to arrange for myself or a Creative Befriender to accompany you!

For information on any of the above **please contact** julie@resonatearts.org or call 0300 0300 030 7212.

What's possible from Monday 17th May?

The government guidelines are changing from 17th May. Theatres, concert venues and cinemas are opening and you can now visit others indoors.

You can:

- Visit a friend indoors (up to 6 people or two households)
- Stay overnight at another residence
- Sit indoors at restaurants, pubs, cafes etc
- Hug close family (the advice is to keep it infrequent and brief, using personal judgment on when it may be appropriate)

Do keep wearing a mask and maintain social distancing where possible. We hope you enjoy starting to venture out a little more!