

## 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 17<sup>th</sup> May (see pg. 4), we are feeling rather cheery in the Resonate office! It is also Dementia Action Week from 17<sup>th</sup> – 23<sup>rd</sup> 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:  
0300 030 7212 | 07483 433 616  
[julie@resonatearts.org](mailto: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 17<sup>th</sup> – 23<sup>rd</sup> 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 19<sup>th</sup> 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](mailto:bronte.heath@alzheimers.org.uk)

#### Dementia Awareness

**Online**, Wednesday 19<sup>th</sup> 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 19<sup>th</sup> 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](mailto:hjones@wigmore-hall.org.uk)

### **Online - Music sessions with Wigmore Hall**

Wednesday afternoons 2<sup>nd</sup> – 23<sup>rd</sup> 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, 1<sup>st</sup> – 29<sup>th</sup> 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](mailto:julie@resonatearts.org) or call 0300 0300 030 7212.

## **What's possible from Monday 17<sup>th</sup> May?**

The government guidelines are changing from 17<sup>th</sup> 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!*