

Resonate Now

October 2021

Hello again

As we write this month's letter, we are finding it rather hard to believe that we are already in Autumn! We have lots to look forward to however, including our upcoming 'Silver Sunday' event, plus concerts and music projects starting within the next couple of months.

Do look at the final page for our full events listing.

In this letter we feature gardens, flowers...and fairies! September saw the postponed RHS Chelsea flower show take place, and you may have seen some of the coverage on TV, or perhaps have visited the show this year or previously.

Dahlias were a particular feature in the programme. Julie visited a lovely garden recently on a visit to the Lake District and saw the wide variety that grow (there are around 42 species). Here is a picture she took, it's a rather gorgeous colour!



Do you have a favourite place where you like to go and look at flowers? Do you ever draw them or take pictures? We recommend visiting the Rose Garden in Hyde Park, filled with lots of seasonal flower beds and rather interesting fountains!

Please do get in touch if you have anything you would like to share or any questions.

Best Wishes,

Julie and Jude

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



Celebrating creative gardening!

Living in London, many of us have limited access to our own outside space, but may have a balcony or small garden. No matter our living circumstances, it is always possible to get a little creative and explore growing our own herbs, flowers or vegetables at home. Fortunately, we are also lucky to have so many wonderful green spaces to explore, including Regent's Park, St James' Park and Hyde Park to name a few.



Balcony gardens

In this year's Chelsea Flower Show, designers were challenged with two new categories celebrating urban green spaces.

Here is an example of how one designer, Alexandra Noble, responded to the brief with her *Balcony of Blooms*, which "demonstrates that small spaces can be practical, productive and enchanting. Two trees provide a sense of enclosure, while a continuous green edge is planted with herbs for culinary and medicinal use".

Vertical gardening

For those with a little outdoor space, a simple planter on a balcony or wall can provide lots of opportunity for 'growing your own'.

You might want to start with herbs - thyme, rosemary, basil and sage are all great options that are easy to grow, and you can be imaginative with adding to homemade dishes in new ways!

If you have window boxes, they can be a handy way to grow some vegetables. Kale grows happily in pots and when you cut the leaves, they will simply regrow!



For more ideas on growing at home, you might want to visit the Kensington Gardens Allotment (behind the Serpentine Sackler Gallery).

It is open daily 10am-4pm and you can enjoy a walk round as well as speaking to their volunteers for tips and advice.



Whilst having a chat about gardening, Julie and Jude went on a delightful tangent about Flower Fairies, and the joy as a child (and adult!) of imagining fairies dancing around the garden and hiding in the woods. Did you read any books when you were younger by Cicely Mary Barker? The illustrations were very beautiful, as you can see below. Visit www.flowerfairies.com for more.



The Elderberry Fairy

Tread quietly:
O people, hush!
—For don't you see
A spotted thrush,
One thrush or two,
Or even three,
In every laden elder-tree?

They pull and lug,
They flap and push,
They peck and tug
To strip the bush;
They have forsaken
Snail and slug;
Unseen I watch them, safe and snug!

Resonate Arts Event listings - October 2021

Please note places for some 'in person' activities are limited due to ongoing covid safety measures. Do book your place in advance to secure your spot.

A4D Dabke Folk Dancing Fridays weekly, 8th Oct – 26th Nov, 10.30am – 12.00pm

The Abbey Centre, SW1P 3BU

Participants will dance together and explore the communal and celebratory folk dance of Dabke. Contact **Emily** 0203 633 9954 / Emily@arts4dementia.org.uk

Singing with Friends Online Tuesday 12th October, 1.30pm-2.30pm

Online (zoom)

Join our lovely choir to sing a range of folk, classical and contemporary songs. To book contact **Julie** 0300 030 7212 / julie@resonatearts.org

A4D Castles, Roses & Beyond Tuesdays weekly 28th Sept - 16th Nov, 10.30am-12.30pm

London Canal Museum, N1 9RT

An opportunity to visit the fascinating Canal Museum and discover the intriguing history of our canals. To book contact **Emily** 0203 633 9954 / Emily@arts4dementia.org.uk

Monthly Memory Cafes:

Providing group based support for people living with dementia and memory loss as well as their families and supporters.

Memory Café South Westminster Tuesday 5th Oct, 2.30pm-4.30pm

St. James the Less Church, Vauxhall Bridge Road, Pimlico, SW1V 2PS

Terezie 0754 050 2379 or Terezie.wickenden@londoncare.com

Memory Café North Kensington & Chelsea Wednesday 6th Oct, Time TBC

St. Peters Church, Notting Hill

Contact **Mandy** 020 8969 9105 / MAndrews@aukc.org.uk

Memory Café North Westminster Wednesday 27th Oct, 2.30pm-4.30pm

42 Westbourne Park Road, W2 5PH

Terezie 0754 050 2379 or Terezie.wickenden@londoncare.com

Memory Café South Kensington & Chelsea Wednesday 27th Oct, Time TBC

Chelsea Theatre, 7 World's End Place, SW10 0DR

Contact **Mandy** 020 8969 9105 / MAndrews@aukc.org.uk

For your diary

Music for the Moment Friday 5th November, 2.30-4pm

Wigmore Hall, 36 Wigmore Street, W1U 2BP

Join the MIZU Duo as they present an informal concert. Refreshments from 2.30pm, concert begins at 3pm. Where possible **please book** your free tickets in advance via Wigmore Hall Box Office, <https://bit.ly/3kMGc3C>. Tickets are available on the day.