

Events and groups in Westminster, January 2019

All of the following events and weekly sessions are designed for people with some memory loss or living with a dementia, and their carers

Wednesday 2nd January 2.30pm-4.30pm Westminster Memory Café South

Victoria Medical Centre 29 Upper Tachbrook Street, SW1V 1SN. Join us for a session exploring memory strategies and keeping your brain active. Call **Terezie** on 07540 502379 terezie.wickenden@londoncare.co.uk for more info

Friday 11th January 2.30-4pm Music for the Moment Concert St Marylebone Parish Church

17 Marylebone Rd, NW1 5LT. This month's recital is Royal Academy of Music student Imogen Morral (flute). Refreshments served from 2.30pm, concert at 3pm. Free - no ticket required. For more information contact **Kathryn** on 020 7321 2702 or kathryn@resonatearts.org

Saturday 12th January 3-4.15pm Songhaven Concert at St Paul's Knightsbridge

32A Wilton Place, SW1X 8SH. Join us for a concert by mezzo-soprano Clare McCaldin, bass-baritone Paul Sheehan and pianist Somi Kim followed by afternoon tea. Free, booking essential call 020 7201 9999 or visit www.songhaven.co.uk

Monday 14th January 2-4pm Rainbow Memory Café Tavis House 1-6 Tavistock Square, WC1H 9NA. This LGBTQ café offers a social environment and safe place for peer support. For more information contact **Sally** in advance at sally.knocker@openingdoorslondon.org.uk

Monday 21st January 11am-12.30pm InMind at Royal Academy of Arts

Burlington Gardens entrance, 6 Burlington Gardens, W1S 3ET. Tea, art making and conversation about art works. Free to attend. Fully booked but contact events.lectures@royalacademy.org.uk or 020 7300 5839 for cancellations, or to register interest in Resonate Arts allocation (numbers strictly limited) contact 020 7321 2702

Wednesday 23rd January 3-4.30pm Video & Tea @ The Liberal Jewish Synagogue

28 St. John's Wood Road, NW8 7HA. This month: *Swiss Miss* (Laurel and Hardy) Soup on arrival, film followed by refreshments. Suggested £2 donation. For more information, contact **Mary** on 020 7286 5181 or maryrossiter@outlook.com

Monday 28th January 10.15am-12.30pm Dance for Dementia with Rambert

99 Upper Ground, SE1 9PP. All abilities welcome, no previous dancing experience necessary. Wear loose clothing and soft-soled shoes. For information and to enroll, contact **Sophie**, 020 3053 3325 or sophieknowles@rambert.org.uk

Monday 28th January 10.30am-12.30pm Dementia Friendly Screening at Gate Cinema
87 Notting Hill Gate, Kensington, W11 3JZ. This month: Singin' in the Rain £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am plus interval. Call for more info 0871 902 5731

Tuesday 29th January 3-4.30pm Hymns and Pimms Grosvenor Chapel
24 South Audley Street, W1K 2PA. No need to book, just turn up. Contact Lis on 07910 451872 or lis.hasted@grosvenorchapel.org.uk

Wednesday 30th January 2.30-4.30pm Westminster Memory Café North 42 Westbourne Park Road, W25PH. Join us for a session exploring travelling through time and space. Free, no need to book, just turn up. Call Terezie on 07540 502379

Thursday 31st January 3.30pm Westminster Dementia Service User Forum, Maida Vale Library, Sutherland Ave, London W9 2QT. Join us for tea and coffee to discuss how services and the community could better support people living with dementia and their carers. The session is open to people with dementia and their carers. For more info please contact Terezie on 07540 502 379 or terezie.wickenden@londoncare.co.uk

Mondays, weekly from 7th January 11.30am-12.30pm Music Therapy at Royal Albert Hall, Door 3, Kensington Gore, SW7 2AP. Open group, no need to register. For more information contact Elaine on 07553 103599 or [email elaine.mcgregor@nordoff-robbins.org.uk](mailto:elaine.mcgregor@nordoff-robbins.org.uk)

Tuesdays, weekly from 8th January 3-4.30pm Singing for the Brain® Alzheimer's Society, St Vincent's House, 49 Queen Caroline Street, W6 9QH. To book your place, contact Alex on 020 8563 0001 or 07483 137 522 hammersmith-fulham@alzheimers.org.uk

Wednesdays, weekly from 9th January (expect 23rd January) 11am- 1pm Botanical Art Workshops at Chelsea Physic Garden 66 Royal Hospital Road, SW3 4HS. Booking is essential. Call Peggy on 0777 578 4520 or creatingwithdementia@gmail.com

Thursdays, weekly from 17th January 10am-1pm Royal Court Theatre Scriptwriting Project Sloane Square, Chelsea, SW1W 8AS. Arts4Dementia & Royal Court Theatre are delivering scriptwriting workshops with playwright Simon Longman. Free, no experience necessary. Please register with a companion on 0207 239 4954 or email admin@arts4dementia.org.uk

List compiled by Emma at Resonate Arts 020 7321 2702, a programme for people living with memory loss and dementia and Terezie, Dementia Advisor for Westminster 07540 502379
Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham. Contact Resonate Arts for more info or to be added to the mailing list for any borough on 020 7321 2702 or emma@resonatearts.org