

Resonate Now – April 2026

Please support our work by visiting our [online support page](#) or calling **0300 030 7212**
All donations are gratefully received and make a significant difference to our work



Hello! How do you like to cheer yourself up? Our Creative Space Art group explored this question recently with artist Rhian Sutcliffe. Everyone made lists of the different things they do to cheer themselves up, then took their favourite lines and stencilled them onto tote bags to create a mural, inspired by the [Survival Techniques](#) mural project. Here's a selection of the wonderful inspired outcomes, as well as some brilliant advice, to carry into spring!

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 13th, 20th & 27th April, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. **Please note: there is no class on Easter Monday, 6th April**. Gentle and playful movement class; chair-based. For more info, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Our weekly **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore Street, W1U 2BP** on **Tuesday 14th, 21st & 28th April** and **online (via Zoom) on Tuesday 14th & 28th April**. **Please note: there is no session on Tuesday 7th April**. For more info and timings, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Our monthly **Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 20th April, 2pm – 3.45pm**. To book a free place, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Music for the Moment – our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes place next on **Friday 8th May** at **St Marylebone Church, 17 Marylebone Road, NW1 5LT**. **Liberty Quartet** (strings) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm**. **Please note: there is no concert in April**. For more info, please call **0300 030 7212**; email: info@resonatearts.org

Other News

London: Royal Reminiscence **Monday 30th March, Monday 27th April, 10.30am – 12.30pm**
The Royal Mews, Buckingham Palace, Buckingham Palace Road, SW1W 0QH (free)

A series of dementia-friendly events runs across the London Official Residences of The King from March till September. Each event includes a guided relaxed talk/tour and where possible a handling or craft activity, plus refreshments, chat and reminiscence about all things royal. Carers & family welcome. For more info, call **0303 123 7323** or [book online](#).

Wellbeing Sessions - Royal Hospital Chelsea, Royal Hospital Rd, SW3 4SR (via Chelsea Gate)

Tuesday 7th April, 10.30am – 11.30am: relaxed art workshop – design your own puzzle

Tuesday 14th April, 10.30am – 11.30am: joyful singing with Ali & Christopher

Tuesday 21st April, 10am – 12pm: play chess with children + tea with Chelsea Pensioners

Tuesday 28th April, 10.30am – 12pm: mindful & sensory walk around the hospital grounds

Free wellbeing sessions for people living with memory loss, carers, friends and family. To book, call Marina: **020 7881 5493**, or communityengagement@chelsea-pensioners.org.uk

Creative Workshop: In Bloom **Tuesday 28th April, 2pm – 4pm (free)**

Meeting Room, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Join artist Christine Covill to take a closer look at floral artworks in the galleries before creating your own vibrant prints inspired by your favourite flora. No experience needed, all materials provided. Dementia friendly, carers and companions welcome. **Booking essential:** please call **020 7563 9577**, or email: community@wallacecollection.org

Kick off with a Verse **Weds, 2pm – 3.30pm; Thurs, 7pm – 8.30pm (weekly online, not over Easter)** **For unpaid carers of a person living with dementia & former carers. Free!**

Practise relaxation skills and listen to a poem as a springboard for sharing, to help find your own words to describe your experience of caregiving. Email: karindenovellis@gmail.com

Our ever radiant faces....



Sofi Mogensen

Projects Manager



Sam Curtis

Director



Shelley Hastings

Projects Manager

Please do get in touch if you would like to book a place for any of our activity listings.

As always, we look forward to seeing you soon! Best wishes, Sofi, Sam & Shelley

You can contact **Resonate Arts** on: **0300 030 7212** or info@resonatearts.org

Westminster event listings – April 2026

Memory Café South Tuesday 7th April, 2.30pm – 4.30pm

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

Providing group-based support for people living with dementia and memory loss.

Call London Care Westminster on **020 7723 5425**, or email: marco.sepe@candhealthcare.co.uk

Memory Café North Wednesday 29th April, 2.30pm – 4.30pm

42 Westbourne Park Road, Bayswater, W2 5PH

Providing group-based support for people living with dementia and memory loss.

Call London Care Westminster on **020 7723 5425**, or email: marco.sepe@candhealthcare.co.uk

Maintenance Cognitive Stimulation Therapy (MCST) Tuesdays, 2.30pm – 4pm

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT (weekly group)

Activities provided by 'Visiting Angels' to help maintain memory & mental function in a supportive space. For people with early stage dementia. **Pre-assessment required**, please call **020 3004 5610**

or email: dementia@ageukwestminster.org.uk

Singing for the Mind Thursdays, 2pm – 4pm (weekly, excluding public holidays)

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Singing for the Mind is a stimulating, professionally-led, friendly and, above all, fun singing session for people with memory loss. Contact sfm@ljs.org or **020 7286 5181** to learn more and to register.

Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Gate 6)

Music: Wednesday 15th April, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.

Reminiscence: Tuesday 28th April, 1.30pm – 3pm Friendly chat & refreshments session.

For more info, please call John on **020 7616 8604**, or email: john.donegan@mcc.org.uk

Heart of Westminster – Age UK Westminster Memory Café Monday 20th April, 11am – 1pm

Salvation Army, Regent Hall, 275 Oxford Street, London, W1C 2DJ

Offering a relaxed, informal setting for people with dementia and their family, friends and carers to get together. To book, call **020 3004 5610**, or email: dementia@ageukwestminster.org.uk

Video and Tea Wednesday 22nd April, 1:30pm – 4:30pm

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Watch a screening of the film 'Stan and Ollie' followed by a delicious tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. For info, please call **020 7286 5181**.

Songhaven Concert Saturday 9th May, 3pm (doors open 2.30pm) **Note: no concert in April.**

St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**. **Booking essential.**

Further info at: <https://songhaven.co.uk/liveconcerts/> or email: songhaven@songhaven.co.uk

Listings produced by Resonate Arts for people living with dementia, their supporters & carers

We recommend contacting the provider in advance to book your place and discuss access needs

Contact **0300 030 7212** or info@resonatearts.org