

## Resonate Now – April 2023

Hello everyone! We hope you are keeping well and enjoying the longer spring days.

We thought we'd share some of the brilliant artwork from our Creative Space sessions over the past few months. Participants have been using bright inks to create landscapes and trying their hand at animation too – making their pictures come to life on the big screen!



If you fancy joining us at our next art session, please give us a call. Alternatively, send us a picture or poem of your own and we'll try to feature it in the newsletter. Post to: Resonate Arts, 12 Carlton House Terrace, London SW1Y 5AH, or email: [info@resonatearts.org](mailto:info@resonatearts.org)

### Resonate Arts Events

Our monthly **Creative Space** art sessions usually take place on the second Monday of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Due to the Easter break, our next session will be: **Monday 17<sup>th</sup> April, 2pm – 3.45pm**. Come along and enjoy some creative arts and conversation in a friendly atmosphere. For more info and to book your free place, contact Shelley on **0300 030 7212** or email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 18<sup>th</sup> and 25<sup>th</sup> April** in person at **Wigmore Hall** and **online (18<sup>th</sup> April)**. For more info and timings, please get in touch with Shelley on **0300 030 7212**.

Our new **Creative Movement** sessions take place on the last Monday of the month (except public holidays) at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Next session: **Monday 24<sup>th</sup> April**. Gentle, playful movement (with balloons, shakers & scarves) for people living with dementia, their companions and carers. Please get in touch for timings and to book your free place, contact Shelley on **0300 030 7212** or email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **St Marylebone Parish Church (please note venue!)** on **Friday 28<sup>th</sup> April**. Enjoy music performed by woodwind octet Polipetti, from the Royal Academy of Music. **Tea and cake from 2.30pm, concert starts at 3pm.**

## Other News

### Free Carers Day Craft Workshop Sunday 23<sup>rd</sup> April, 11am – 4pm

[Museum of Brands](#), 111 – 117 Lancaster Road, Notting Hill, W11 1QT

Create a royal collage inspired by Robert Opie's Royal Scrapbook, just in time for the Coronation of Charles III. All carers welcome, free entry to the museum is also included.

Email [sara@museumofbrands.com](mailto:sara@museumofbrands.com) or call **020 7243 9611** for more information.

The **V&A's** next dementia-friendly '**Closer Look**' tour takes place on **Monday 24<sup>th</sup> April at 2pm**. The tour is aimed at people living with early-stage dementia, their family and friends. Enjoy a cup of tea before heading to a gallery, where a guide will introduce the day's theme and objects and invite people to share their responses. Free entry, but spaces are limited.

**Advance booking is essential**, via the [website](#) or call: **020 7942 2000**.

### Portraits of Dogs: from Gainsborough to Hockney Tuesday 25<sup>th</sup> April 10.15am – 11.30am

Join artist Caroline Dorset for a relaxed, dementia-friendly tour of this exhibition exploring our devotion to dogs across the centuries, followed by tea and coffee. No other visitors will be in the exhibition space at this time. To book, or for more information, please contact Holly on **020 7563 9577** or [community@wallacecollection.org](mailto:community@wallacecollection.org)

## Our ever radiant faces....



**Sofi Mogensen**

**Projects Manager**



**Sam Curtis**

**Director**



**Shelley Hastings**

**Projects Manager**



**Katie Turnbull**

**Memory Group  
Project Manager**



**Jude Sweeting**

**Chair of Trustees**

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 at one of our events.

Best Wishes Sofi, Sam, Shelley, Katie and Jude

You can contact **Resonate Arts** on: **0300 030 7212** or [info@resonatearts.org](mailto:info@resonatearts.org)

Did you know you can support **Resonate Arts** by shopping online with [easyfundraising](#), which turns your shopping into free donations to our charity! You can also donate to us directly through [Kindlink](#).  
All donations are gratefully received and make a significant difference to our work.

## Westminster event listings – April 2023

### Memory Café South Tuesday 4<sup>th</sup> 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. Contact Dementia Advisor Saskia: [Saskia.Fentiman@candchealthcare.co.uk](mailto:Saskia.Fentiman@candchealthcare.co.uk) / Tel: **07783 166 398**.

### Memory Café North Wednesday 26<sup>th</sup> April, 2.30pm – 4.30pm

42 Westbourne Park Road, W2 5PH

Providing group-based support for people living with dementia and memory loss. Contact Dementia Advisor Saskia: [Saskia.Fentiman@candchealthcare.co.uk](mailto:Saskia.Fentiman@candchealthcare.co.uk) / Tel: **07783 166 398**.

### Maintenance Cognitive Stimulation Therapy (MCST) Every Tuesday, 3pm – 4.30pm

Penfold Community Hub, 60 Penfold Street, NW8 8PG

A supportive environment with activities to help maintain memory and mental function. For mild-moderate dementia. Call Jessica Thomas **07462 337390** [jessica.thomas@ageukwestminster.org.uk](mailto:jessica.thomas@ageukwestminster.org.uk)

### Singing for the Mind Every Thursday, 2pm (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](mailto:sfm@ljs.org) or **020 7286 5181** to learn more and to register.

### Songhaven Concerts

**Sat 15<sup>th</sup> April, 3pm** Lumen URC, 88 Tavistock Place, WC1H 9RS. Tel. **020 7833 1080**

**Fri 28<sup>th</sup> April, 1.15pm** Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. Tel. **020 7236 1145**

Enjoy a free, dementia-friendly 45-minute concert featuring classic songs from stage and screen. Please book via the [Songhaven website](#), email [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk) or call the venue.

### Heart of Westminster – Age UK Memory Café Monday 17<sup>th</sup> 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. Call Jessica Thomas on **07462 337390** / [jessica.thomas@ageukwestminster.org.uk](mailto:jessica.thomas@ageukwestminster.org.uk)

### Reminiscence Sessions Tuesday 18<sup>th</sup> April, 1.30pm – 3.30pm (Entrance – Grace Gate)

Lord's Cricket Ground, St John's Wood Road, NW8 8QN

Join these free monthly sessions for a friendly chat and light refreshments.

**Please book** on **020 7616 8604** or email [community@mcc.org.uk](mailto:community@mcc.org.uk)

### Video and Tea Wednesday 26<sup>th</sup> April, 1:30pm – 4:30pm

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

Watch a screening of the film 'The Admirable Crichton' followed by a delicious tea including ice-cream. No need to book, tickets are £2 on the day. For more info, contact **020 7286 5181**.

### 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](mailto:info@resonatearts.org)