

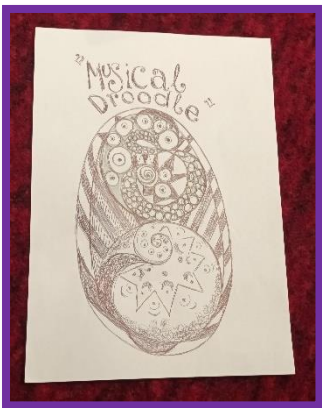
## Resonate Now – April 2024

### Resonate Arts urgently needs donations!

Please visit our [online support page](#) or call **0300 030 7212** to see how to support us. All donations are gratefully received and make a significant difference to our work.

Hello everyone

We hope you are well and enjoying the arrival of spring!



We thought we'd share this rather wonderful doodle that one of our participants Tony created during a recent music workshop. It's a happy reminder that artistic creativity doesn't have to exist in isolation, it can inspire or tap into multiple creative and sensory experiences – in this case, drawing while listening to live music.

Come experience this for yourself at some of our group activities. Our Singing with Friends choir enjoy creative movement as well as singing and listening to musicians. Live music is a key part of our art sessions too, thanks to our piano-player Euron. Or come and explore playful ways to boost energy levels and express yourself at our Creative Dance & Movement class – now weekly!

### Resonate Arts Events

Our new weekly **Creative Dance & Movement** sessions take place on **Monday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class, chair-based if needed. To book your free place, please contact Katie on **0300 030 7212** or email: [info@resonatearts.org](mailto:info@resonatearts.org)

**Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 15<sup>th</sup> April, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

Our **Singing with Friends Choir** rehearsals take place **in person at Wigmore Hall on Tuesday 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> April** and also **online via Zoom on Tuesday 16<sup>th</sup> & 30<sup>th</sup> April**. For more info, please call Shelley on **0300 030 7212**.

**Music for the Moment** – our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on **Friday 19<sup>th</sup> April** at **St Marylebone Parish Church (please note venue!)**. Mezzo soprano Mia Serracino-Inglott & pianist Daniel Silcock from the Royal Academy of Music will perform. **Tea & cake from 2.30pm, concert starts at 3pm.**

## Other News

### **Help Make the V&A More Dementia Friendly! Tuesdays 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> April, 2pm – 4pm**

The V&A South Kensington, Cromwell Road, London SW7 2RL

The V&A is redisplaying its Gilbert Galleries, featuring a beautiful collection of objects including gold and silver, miniatures and mosaics. They would love to hear from people living with dementia and their carers about what the V&A could do to create a meaningful and enjoyable visit to their new galleries. They will be holding three informal consultation workshops and as a thank you for your time, a **£50 voucher will be offered per person, per session. Booking essential!** Call Holly on **020 3949 4546** or email: [h.power@vam.ac.uk](mailto:h.power@vam.ac.uk)

### **Creative Workshop Tuesday 23<sup>rd</sup> April, 2pm – 4pm**

The Wallace Collection, Manchester Square, W1U 3BN

Join artist Caroline Dorset for a dementia-friendly creative workshop, exploring artworks in the Wallace Collection. Enjoy a relaxed afternoon with tea and coffee provided. Carers and companions welcome. To book, call **020 7563 9577** / [community@wallacecollection.org](mailto:community@wallacecollection.org)

### **The Revellers Club at the Royal Albert Hall Thursday 2<sup>nd</sup> May, 10.30am – 12pm**

North Circle Bar, Royal Albert Hall, Kensington Gore, SW7 2AP

An exciting new multi-arts project at the Royal Albert Hall! Taking inspiration from the Hall's eclectic and vibrant history, mischief and merrymaking will be encouraged in a fun and celebratory environment, enabling people living with dementia and their carers to try new activities together. Each standalone monthly session (April – December) will focus on a different art form/theme and music will be a key element. **Limited places, advance booking essential!** To book, call **020 7959 0540** or email: [engagement@royalalberthall.com](mailto:engagement@royalalberthall.com)

## Our ever radiant faces....



**Sofi Mogensen**

**Projects Manager**



**Sam Curtis**

**Director**



**Shelley Hastings**

**Projects Manager**



**Katie Turnbull**

**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 at one of our events.

Best wishes, Sofi, Sam, Shelley & Katie

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

## Westminster event listings – April 2024

### **Memory Café South** Tuesday 9<sup>th</sup> April, 2.30pm – 4.30pm (please note date!)

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@candchealthcare.co.uk](mailto:marco.sepe@candchealthcare.co.uk)

### **Memory Café North** Wednesday 24<sup>th</sup> 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@candchealthcare.co.uk](mailto:marco.sepe@candchealthcare.co.uk)

### **Maintenance Cognitive Stimulation Therapy (MCST)** Weekly sessions, please call for info

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT

A supportive environment with activities to help maintain memory and mental function. For mild to moderate dementia. To join, please call **020 3004 5610** / [dementia@ageukwestminster.org.uk](mailto:dementia@ageukwestminster.org.uk)

### **Singing for the Mind** Every Thursday, 2pm – 4pm (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**

**Saturday 6<sup>th</sup> April, 3pm** Conway Hall, 25 Red Lion Square, WC1R 4RL. Tel. **020 7405 1818**

**Saturday 27<sup>th</sup> April, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Book online at <https://songhaven.co.uk/liveconcerts/> or email: [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk)

### **Heart of Westminster – Age UK Memory Café** Monday 15<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)

### **Video and Tea** Wednesday 24<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 'Miss Potter' followed by a delicious tea and ice-cream.

No need to book, tickets £2 on the day. Wheelchair accessible. Contact: **020 7286 5181**.

### **Sessions at Lord's Cricket Ground**

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

**Reminiscence Session** Tuesday 30<sup>th</sup> April, 1.30pm – 3pm Friendly chat and refreshments.

**Music Session** April date & time to be confirmed Free music session with opera singer Maciek O'Shea – a mix of pop, folk & opera! To book, call: **020 7616 8604** / [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.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](mailto:info@resonatearts.org)