

Resonate Now – April 2025

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 everyone!

We hope you're all keeping well.



Finally, it feels like spring is on its way and hopefully the warmer weather will be here very soon too!

If you fancy joining us for tea, chat and creative fun, we have spaces available at our monthly **Creative Space Art** group at Regent Hall on Oxford Street. Regulars say the experience is relaxing, calming

and they really enjoy the chance to chat to others. No experience required, just give us a call if you would like to try our next session on **Monday 28th April** – see details below.

Resonate Arts Events

Our **Singing with Friends Choir** have an open rehearsal at their **Spring Sharing** on **Tuesday 1st April** at **Wigmore Hall, 36 Wigmore St, W1U 2BP**. **Tea & coffee from 11am, rehearsal at 11.30am – very limited spaces, booking essential!** Choir restarts after Easter, **in person at Wigmore Hall on Tuesday 22nd & 29th April** and also **online (via Zoom) on Tuesday 22nd April**. For more info, please call: **0300 030 7212** or email: info@resonatearts.org

Our weekly **Creative Dance & Movement** sessions take place on **Monday 7th, 14th, 21st, 28th April, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class; chair-based. Please call Katie 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 on **Friday 25th April** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. Six students from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm**, more refreshments after.

Creative Space Art sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 28th April, 2pm – 3.45pm**. For more info and to book your free place, please contact Shelley on **0300 030 7212** or info@resonatearts.org

Other News

Royal Hospital Chelsea – Wellbeing Tuesdays Soane Stable Yard, Royal Hospital Chelsea, Royal Hospital Road, SW3 4SR (enter via Chelsea Gate)

Tuesday 1st April, 10.30am – 11.30am: fabric art workshop with Veronica

Tuesday 8th April, 10.30am – 11.30am: community singing with Ali & Christopher

Tuesday 15th April, 10am – 11.30am: community coffee & conversation morning

Tuesday 22nd April, 10.30am – 11.30am: sensory art workshop

Tuesday 29th April, 10.30am – 12pm: sensory stroll incl. a visit from their Therapy Dogs

Visit the Royal Hospital Chelsea, home of the Chelsea Pensioners, for a programme of **free** weekly 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

Art Wednesdays Wednesdays, 2pm – 3pm (online via Zoom)

Arts for Dementia run a weekly online arts session for people with early-stage dementia & their companions. For more info, call **020 3633 9954** or email: info@artsfordementia.org

Tea & Talks – London Zoo Tuesday 22nd April, 10.30am – 12.30pm

Community Space, London Zoo, Regent's Park, NW1 4RY (**£6, includes entry to the zoo**)

Activities include making enrichment for the animals, arts & crafts, quizzes; meeting a member of staff (a keeper, scientist or librarian). For people living with dementia. Tea & coffee provided. To book, call: **07966 294022**, or email: communityengagement@zsl.org

Creative Workshop: Watercolour in Motion Tuesday 29th April, 2pm – 4pm (free)

Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Taking inspiration from Jean-Honoré Fragonard's *The Swing*, join artist Grace Holliday to explore movement using watercolours and pastels. Dementia-friendly workshop, carers and family welcome. **Booking essential!** Call **020 7563 9577**/ community@wallacecollection.org

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! Best wishes, Sofi, Sam, Shelley & Katie

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

Westminster event listings – April 2025

Memory Café South Tuesday 1st 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 30th 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)

A supportive environment with activities to help maintain memory and mental function. For mild to moderate dementia. **Assessment required before joining**, please call **020 3004 5610** or email:

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 or **020 7286 5181** to learn more and to register.

Video and Tea Wednesday 23rd April, 1:30pm – 4:30pm

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

Watch a screening of the film 'Enchanted April' 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 26th April, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Details online at: <https://songhaven.co.uk/liveconcerts/> or songhaven@songhaven.co.uk

Heart of Westminster – Age UK Westminster Memory Café Monday 28th 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 Felia: **07462 344580**, or email: felia.inglis@ageukwestminster.org.uk

Sessions at Lord's Cricket Ground

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

Music Session April date to be confirmed Pop, folk & opera with singer Maciek O'Shea.

Reminiscence Session Tuesday 29th 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

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