

Resonate Now – August 2023

Hello everyone!

We hope you are keeping well.



For the past year we've been recruiting more Creative Befriender volunteers to support participants with fun arts activities at home and creative trips out in the community. In July we invited our new recruits and current befrienders to get to know each other at a social event in the beautiful surrounds of St Peter's Church Notting Hill. We had a fun-filled evening together (including a surprise birthday celebration!) and our brilliant volunteer Creative Befrienders

pictured here are really looking forward to meeting some of you in the near future!

Resonate Arts Events

Our **Creative Space** art sessions take place on the second Monday of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be: **Monday 14th August, 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

Our **Singing with Friends Choir** takes a break in August. Next rehearsals are on **Tuesday 5th, 12th, 19th, 26th September** in person at **Wigmore Hall** and **online via Zoom (Tuesday 12th & 26th September)**. For more info, please get in touch with Shelley on **0300 030 7212**.

Our **Creative Movement** sessions restart on **Monday 25th September, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, playful movement (with balloons, shakers & scarves) for people living with dementia, their companions and carers. To book your free place, contact Shelley on **0300 030 7212** or shelley@resonatearts.org

Remembering Yesterday Caring Today (RYCT) Mondays, September – November 2023 (dates & times to be confirmed) Barrow Hill Village Club, 5 Allitsen Rd, London NW8 7BD

We're excited to announce that we'll be offering a series of 10 weekly two-hour creative reminiscence sessions on Monday afternoons for people living with dementia and a supporter/close relative. Sessions will be led by Caroline Baker from the European Reminiscence Network and will involve music, drama, drawing, singing, dancing and good conversation to create a light-hearted atmosphere for sharing memories and bringing families and people closer together. To register your interest, please contact Katie on **0300 030 7212** or email katie@resonatearts.org

Other News

Music Session at Lord's August date to be confirmed (contact John for more info)

Monthly music session with opera singer Maciek O'Shea in the historic Lord's Cricket Ground Museum. Maciek will be involving the group in a variety of pop, folk and operatic numbers. **Contact John Donegan on 020 7616 8604** or john.donegan@mcc.org.uk

Creative Workshop: Explore the Wallace Collection through Movement

Tuesday 22nd August, 2pm – 4pm The Wallace Collection, Manchester Square, W1U 3BN

Join artist Nikki Gardham for a dementia-friendly creative workshop exploring the theme of movement found in paintings at the Wallace Collection. Enjoy a relaxed afternoon with tea and coffee provided. Companions/carers welcome. To book, or for more information, please contact Holly on **020 7563 9577** or community@wallacecollection.org

Free Workshop at the Royal Mews Monday 25th September, 2pm – 4.30pm

The Royal Mews, Buckingham Palace Road, London, SW1W 0QH

A free interactive workshop for people living with dementia and their carers exploring the Royal Mews and its role in supporting historic royal events. A guided wander through the Mews will look at the historic carriages, followed by a handling session in their learning rooms. Includes tea and biscuits. Booking essential, please call: **0303 123 7324** or book online: www.rct.uk/whatson/event/1091375/Royal-Mews-Dementia-friendly-event

Our ever radiant faces....



Sofi Mogensen

Projects Manager



Sam Curtis

Director



Shelley Hastings

Projects Manager



Katie Turnbull

**RYCT 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

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

Westminster event listings – August 2023

Memory Café South Tuesday 1st August, 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@candhealthcare.co.uk / Tel: **07783 166 398**.

Memory Café North Wednesday 30th August, 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@candhealthcare.co.uk / Tel: **07783 166 398**.

Maintenance Cognitive Stimulation Therapy (MCST) Every Tuesday, 2.30pm – 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

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.

Songhaven Concerts

Saturday 19th August, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. T. **020 7201 9999**. Free concert, advance booking via the [Songhaven website](#) or email songhaven@songhaven.co.uk

Sunday 20th August, 3pm Outdoor Summer Concert, St George's Gardens, Bloomsbury WC1H 8HZ. Enjoy a free, dementia-friendly concert. No booking required, entry via Handel Street.

Heart of Westminster – Age UK Memory Café Monday 21st August, 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

Reminiscence Session Tuesday 22nd August, 1.30pm – 3.30pm (Entrance – Grace Gate)

Lord's Cricket Ground, St John's Wood Road, NW8 8QN. **See also the Music Session on page 2.**

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

Please book on **020 7616 8604** or email community@mcc.org.uk

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

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

Watch a screening of the film 'Mrs Harris Goes to Paris!' 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