



Resonate Now – December 2022

Hello everyone!

As we move into December, we would like to take this opportunity to wish you all the best for the coming festive season. We shall be spreading Christmas cheer at our Singing with Friends Choir sharing event at Wigmore Hall – see info below. Why not come and join us?

We would also love to see you at our next concert at Wigmore Hall on Friday 2nd December, featuring singers from the Royal Academy of Music, Harriet Cameron and Tom Fesmer – further details below. We look forward to seeing you there!

Creative Corner

To bring a splash of colour to December, we are delighted to share some of the wonderful artwork to come out of our Creative Space workshops over the past few months, from gorgeous foam prints and collage to explorations in texture, colour and shadow.



If you fancy creating something to go in a future edition of our newsletter (a drawing, photo, painting or poem for example), please include your name and [email us](#) or post to: Resonate Arts, 12 Carlton House Terrace, London SW1Y 5AH. We'll do our best to feature it!

Resonate Arts Events

Our **Singing with Friends Choir** will be performing at our Christmas choir sharing event on **Tuesday 6th December** in the **Bechstein Room**, downstairs at **Wigmore Hall**. **This event has been rescheduled due to proposed train strikes the following week. Please call us for event timings and to reserve a place. Booking is essential as space is limited!**

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **Wigmore Hall** on **Friday 2nd December**. **Tea and cake from 2.30pm, concert starts at 3pm**. Vocalists Harriet Cameron (soprano) and Tom Fesmer (bass) will be performing. Please call us if you would like to come along to the event.

Our monthly **Creative Space** art sessions take place at **St Anne's Church** in **Soho**, on the second Monday of the month. Come and join us if you fancy having a go at some creative arts in a friendly atmosphere. Next session: **Monday 12th December**, call us to book a place.

Other News

Local unpaid carers can join **Carers Network's** exciting new **BizzyBox Lending Project** and borrow a fantastic range of activity products for free to enjoy at home with their loved one! These products have been specially designed to help people living with dementia, autism or a learning disability, or people recovering from a stroke or heart attack. They include puzzles, comfort pets, activity boards and hug buddies. To find out more, call **020 8960 3033**, email events@carers-network.org.uk, or visit one of their coffee mornings to see the products:

- **1st Monday of month, 10:30am – 12pm**, The Abbey Centre Wash House Café, 34 Great Smith Street, SW1P 3BU
- **3rd Tuesday of month, 10:30am – 12pm**, Church St Library, 67 Church St, NW8 8EU

The **V&A's** free dementia-friendly '**Closer Look**' tours take place on the **last Monday of the month at 2pm (not in December!)** and are 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. Spaces are limited, advance booking is essential, via the [website](#) or call: **020 7942 2000**.

Our ever radiant faces....



Sofi Mogensen
Projects Manager



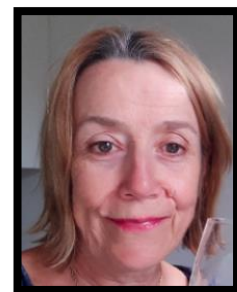
Sam Curtis
Director



Shelley Hastings
Projects Manager



Katie Turnbull
Artist



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](#), 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 – December 2022

Memory Café South Tuesday 6th December, 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 21st December, 2.30pm – 4.30pm (1 week earlier than usual!)

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, 2pm

Beethoven Centre, Third Avenue, W10 4JL

A supportive environment with activities to help maintain memory and mental function. For mild-moderate dementia. Call Clare Davies on **07498 469 737** / clare.davies@ageukwestminster.org.uk

Singing for the Mind Every Thursday, 2pm

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.

Reminiscence Sessions Tuesday 6th December, 1.30pm – 3.30pm

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

Songhaven Concerts

Sat 10th December, 3pm Lumen URC, 88 Tavistock Place, WC1H 9RS. Tel. **020 7833 1080**

Sat 17th December, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Enjoy a free, dementia-friendly 45-minute concert featuring classic songs from stage and screen.

Please book via the [Songhaven website](#), or email songhaven@songhaven.co.uk

Resonate Creative Space Monday 12th December, afternoon

St Anne's Church, 55 Dean Street, W1D 6AF

Come to our monthly meeting space for conversation and creative activity led by our associate artist. **To book your free place**, contact Shelley: **07483 320 510** / shelley@resonatearts.org

Heart of Westminster – Age UK Memory Café Monday 19th December, 11am – 12:30pm

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. Contact Clare Davies on: **07498 469 737** / clare.davies@ageukwestminster.org.uk

Video and Tea Wednesday 25th January, 1:30pm – 4:30pm (no session in December!)

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

Watch a screening of the film 'Bugsy Malone' 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

