



Resonate Now – December 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.



It was brilliant to see so many of you at the Resonate Arts Celebration Party in September! Our Singing with Friends choir was in fine voice; there was an inspiring film of our Creative Movement group; wonderful work from our art group and our Creative Befrienders and Befriendees; fun arts activities, lots of tea and cake, plus fabulous party music from guest Afrobeat band, Olamony. ✨ **We'd like to wish you all the best for the festive season!** ✨

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions are on **Monday 1st, 8th & 15th December, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Sessions start up again on **Monday 5th January 2026**. Gentle & playful movement class; chair-based. Please call Katie on **0300 030 7212**; info@resonatearts.org

Our weekly **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore Street, W1U 2BP** on **Tuesday 2nd, 9th & 16th December** and **online (via Zoom)** on **Tuesday 16th December**. Please join us for the choir's ✨ **Winter Sharing at Wigmore Hall on Tuesday 9th December, 12.15pm – 1pm** ✨ with refreshments after. For more info and timings, please call Shelley on: **0300 030 7212**, or email: info@resonatearts.org

Our monthly **Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 15th December, 2pm – 3.45pm**. To book a place, please call Shelley 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 – restarts on **Friday 23rd January 2026** with harpist Megan Humphries at **St Marylebone Parish Church, 17 Marylebone Rd, NW1 5LT**, from **2.30pm**.

Other News ✨

Wellbeing Sessions - Royal Hospital Chelsea, Royal Hospital Rd, SW3 4SR (via Chelsea Gate)

Mondays 1st, 8th & 15th December, 11.30am – 12.15pm: gentle seated movement to music

Tuesday 2nd December, 10.30 – 11.30am: relaxed Christmas card art

Tuesday 9th December, 10.30 – 11.30am: joyful, festive singing with Alistair & Christopher

Tuesday 16th December, 10.30am – 3pm: festive celebration – art workshops & concerts

Free 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

Gold Box Handling & Clay Workshops **Thursdays 4th, 11th & 18th December, 11am – 1pm**
V&A South Kensington, Cromwell Road, SW7 2RL (Free)

A series of Gilbert Collection workshops led by artist Katie Spragg. Session 1: looking at and handling gold boxes from the Gilbert Collection and exploring the work of current Artist in Residence, Ciara Neufeldt. Sessions 2 & 3: creative clay workshops. Pick up your fired work at a celebration event at the end of January. Dementia friendly, no experience needed.

Limited spaces – must book! Call **0203 949 4546**, or email Holly at: h.power@vam.ac.uk

Creative Workshop: Festive Prints **Tuesday 16th December, 2pm – 4pm (free)**

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

Join artist Marie-Thérèse Ross to explore scenes of celebration and create your own printed greetings card inspired by Fête Galante images. Dementia friendly, carers welcome.

Booking essential! Contact: **020 7563 9577**, or email: community@wallacecollection.org

Memory Café supported by ‘Visiting Angels’ **Tuesday 27th January 2026, 11am – 1pm**

St Mary’s Church, Bourne St, SW1W 8JJ (**Not on in Dec; see Age UK café, end of page 3***)

Informal, supportive environment where people living with dementia and their carers can socialise and connect for **free**. Tel. **020 3004 5610**; E. dementia@ageukwestminster.org.uk

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 – December 2025

Memory Café South Tuesday 2nd December, 2.30pm – 4.30pm

St James the Less Church, Vauxhall Bridge Road, Pimlico, SW1V 2PS

Memory Café North Wednesday 17th December, 2.30pm – 4.30pm

42 Westbourne Park Road, Bayswater, W2 5PH

Both cafés provide 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)

Activities to help maintain memory & mental function in a supportive space. For early stage

dementia. **Pre-assessment required**, call **020 3004 5610** / dementia@ageukwestminster.org.uk

Singing for the Mind Thursdays, 2pm – 4pm (weekly, 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.

Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Gate 6)

Music: dates to be confirmed, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera

Reminiscence Session: Tuesday 9th December, 1.30pm – 3pm Friendly chat & refreshments session. For more info, please call John on **020 7616 8604** or email: john.donegan@mcc.org.uk

Songhaven Concerts – Festive Events ✨

Thursday 11th Dec, 12.15pm Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. T. **020 7236 1145**

Saturday 13th Dec, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Saturday 20th Dec, 3pm Conway Hall, 25 Red Lion Square, WC1R 4RL. Tel. **020 7405 1818**

Further info at: <https://songhaven.co.uk/liveconcerts/> or email: songhaven@songhaven.co.uk

Heart of Westminster – Age UK Westminster Memory Café* Monday 15th Dec, 11am – 1pm

Salvation Army, Regent Hall, 275 Oxford Street, London, W1C 2DJ (✨ with children singing carols)

Offering a relaxed, informal setting for people with dementia and their family, friends and carers to get together. To book, call: **020 3004 5610**, or email: dementia@ageukwestminster.org.uk

Video and Tea Wednesday 28th January 2026, 1:30pm – 4:30pm (no film screening in December!)

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

Watch a screening of the film 'For Me and My Gal' 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**.

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

