

## Resonate Now – February 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 keeping warm and well.



As it's cold outside, we thought we'd share some joyful images from our lovely Singing with Friends' Winter Sharing at Wigmore Hall in December. It was a celebration of autumnal and festive songs, poems and artwork from members of both our in-person and online choir. We were delighted to be joined by the Deputy Mayor of Westminster as our guest of honour, Councillor Patricia McAllister (seen here with Brent Councillor Ketan Sheth; Head of Music for Life at Wigmore Hall, Lydia Nickalls and Resonate Arts Chair, Jude Sweeting), who gave a heartfelt and moving speech praising the choir for their wonderful performance!

### Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> February, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class, chair-based if needed. Please call Katie on **0300 030 7212**, or email: [info@resonatearts.org](mailto:info@resonatearts.org)

Our **Singing with Friends Choir** rehearsals take place **in person** at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesday 4<sup>th</sup>, 11<sup>th</sup> & 25<sup>th</sup> February** and also **online (via Zoom)** on **Tuesday 4<sup>th</sup> & 25<sup>th</sup> February**. For more info, call: **0300 030 7212** or [info@resonatearts.org](mailto: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 14<sup>th</sup> February** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. **Małgorzata Zwierchowska** (viola) and **Eden Agranat Meged** (piano) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm**, more refreshments afterwards.

**Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 17<sup>th</sup> February, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or [info@resonatearts.org](mailto: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 4<sup>th</sup> February, 10.30am – 11.30am: felting art workshop with Veronica**

**Tuesday 11<sup>th</sup> February, 10.30am – 11.30am: community singing with Ali & Christopher**

**Tuesday 18<sup>th</sup> February, 10am – 11.15am: community coffee & conversation morning**

**Tuesday 25<sup>th</sup> February, 10.30am – 12pm: sensory stroll around the Royal Hospital Chelsea**

The Royal Hospital Chelsea, home of the Chelsea Pensioners, is running a brand new programme of **free** weekly wellbeing sessions for people living with memory loss, carers, friends and family. For more info and to book a place, please call Marina on **020 7881 5493** or email: [communityengagement@chelsea-pensioners.org.uk](mailto:communityengagement@chelsea-pensioners.org.uk)

**The Revellers Club at the Royal Albert Hall** **Thursday 6<sup>th</sup> February, 10.30am – 12.15pm**  
North Circle Bar, Royal Albert Hall, Kensington Gore, SW7 2AP

**Free** multi-arts project inspired by the Hall's eclectic and vibrant history. Mischief and merrymaking will be encouraged in a fun environment where music is key. For people living with dementia and their carers/supporters. **Booking essential!** Please call: **020 7959 0540**, or email: [engagement@royalalberthall.com](mailto:engagement@royalalberthall.com)

**Creative Workshop: Monoprinting** **Tuesday 25<sup>th</sup> February, 2pm – 4pm** Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN (**Free**)

Join artist Grace Holliday to create your own monoprints, drawing inspiration from the shapes and textures on Maiolica earthenware. Dementia-friendly workshop, carers and family welcome. **Booking essential!** Call **020 7563 9577/** [community@wallacecollection.org](mailto: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](mailto:info@resonatearts.org)

## Westminster event listings – February 2025

### **Memory Café South** Tuesday 4<sup>th</sup> February, 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@candchealthcare.co.uk](mailto:marco.sepe@candchealthcare.co.uk)

### **Memory Café North** Wednesday 26<sup>th</sup> February, 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)** 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](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 Concert – Valentine's Day Theme** Saturday 15<sup>th</sup> February, 3pm

St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. 020 7201 9999. Dementia-friendly event.

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

### **Heart of Westminster – Age UK Westminster Memory Café** Monday 17<sup>th</sup> February, 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 **07969 302517**, or email: [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@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** Tuesday 18<sup>th</sup> Feb, 1.30pm – 3pm pop, folk & opera with singer Maciek O'Shea

**Reminiscence Session** Tuesday 25<sup>th</sup> Feb, 1.30pm – 3pm Friendly chat & refreshments session.

For more info, please call John on **020 7616 8604** or email: [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.uk)

### **Video and Tea** Wednesday 26<sup>th</sup> February, 1:30pm – 4:30pm

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

Watch a screening of the film 'Leon the Pig Farmer' 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](mailto:info@resonatearts.org)