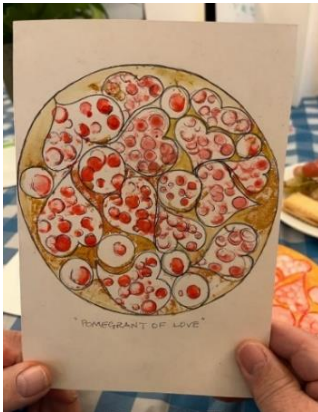


## Resonate Now – February 2023

Hello everyone!

We hope you are keeping warm and well in the chilly (and often wet!) weather we've been having lately. As January draws to a close, we've been reflecting on the subject of love...



February is traditionally the time of year when people might choose to celebrate their personal relationships by marking the occasion on St Valentine's Day. Love, however, is not so simple to define, nor is it represented by a single day in the calendar. It's all encompassing, comes in many shapes and forms (familial, platonic, romantic, divine... to name just a few) and is the very essence of who we are.

We've been thinking about the importance of love and the positive benefits we enjoy from sharing kindness, compassion, love and understanding towards our fellow human beings.

Love is a dominant theme in the creative arts, inspiring and captivating artists, musicians, poets, playwrights, dancers and many others throughout history, including you! Huge thanks to our Creative Space participants for the artwork – Tony for his brilliant Pomegranate of Love (above) and Parviz, who was inspired to paint this beautiful heart (right) in response to hearing Euron play the piano at a recent art session. Why not join us at our next Creative Space? We'd love to see you! Details below.



There are lots more joyous activities happening in February, give us a call to find out more!

### Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 7<sup>th</sup> 21<sup>st</sup>, 28<sup>th</sup> February** in person at **Wigmore Hall** and **online (7<sup>th</sup>, 21<sup>st</sup> February)**. **There are no sessions on Tuesday 14<sup>th</sup> February**. For more information, please call Shelley on **0300 030 7212**.

**New venue alert!** Our monthly **Creative Space** art sessions have moved to the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Sessions take place on the second Monday of the month. Next session: **Monday 13<sup>th</sup> February, 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](mailto:shelley@resonatearts.org)

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **Wigmore Hall** on **Friday 24<sup>th</sup> February** with harpist and Open Academy Fellow, **Esther Beyer**. **Tea and cake from 2.30pm, concert starts at 3pm.**

**Music for Thought at Wigmore Hall** will run **every Thursday throughout March** (timings tbc). Not been before? Why not join our fun, interactive sessions, listening to and making music with young artists from the Royal Academy of Music, guided by professional musicians. No musical experience necessary! **Places are very limited, advance booking essential**. Call us on **0300 030 7212** or email [info@resonatearts.org](mailto:info@resonatearts.org) to book a place.

## Other News

**Creative Workshop: Naturalistic Pottery in the Wallace Collection Thursday 9<sup>th</sup> February 2pm – 4pm** Join artist Caroline Dorset for a relaxed, dementia-friendly creative workshop exploring some unique examples of pottery in the Collection, including life-cast reptiles, water creatures and plants. There will also be a chance to experiment with plaster casting. Tea and coffee are provided. No experience or knowledge necessary. To book, or for more info, please contact Holly on **020 7563 9577** or email: [community@wallacecollection.org](mailto:community@wallacecollection.org)

The **V&A's** free dementia-friendly '**Closer Look**' tours take place on the **last Monday of the month at 2pm** (next one: **27<sup>th</sup> February**) 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](mailto: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 – February 2023

### **Memory Café South** Tuesday 7<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. Contact Dementia Advisor Saskia: [Saskia.Fentiman@candhealthcare.co.uk](mailto:Saskia.Fentiman@candhealthcare.co.uk) / Tel: **07783 166 398**.

### **Memory Café North** Wednesday 22<sup>nd</sup> February, 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](mailto:Saskia.Fentiman@candhealthcare.co.uk) / Tel: **07783 166 398**.

### **Maintenance Cognitive Stimulation Therapy (MCST)** Tuesdays, 3pm – 4.30pm (restarts 31<sup>st</sup> Jan)

#### **New venue! 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 Clare Davies on **07498 469 737** / [clare.davies@ageukwestminster.org.uk](mailto:clare.davies@ageukwestminster.org.uk)

### **Singing for the Mind** Every Thursday, 2pm (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 Concerts**

**Sat 18<sup>th</sup> February, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

**Fri 24<sup>th</sup> February, 1.15pm** Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. Tel. **020 7236 1145**

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

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

### **Heart of Westminster – Age UK Memory Café** Monday 20<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. Contact Clare Davies on: **07498 469 737** / [clare.davies@ageukwestminster.org.uk](mailto:clare.davies@ageukwestminster.org.uk)

### **Reminiscence Sessions** Tuesday 21<sup>st</sup> February, 1.30pm – 3.30pm (Entrance – Grace Gate)

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](mailto:community@mcc.org.uk)

### **Video and Tea** Wednesday 22<sup>nd</sup> February, 1:30pm – 4:30pm

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

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