

Resonate Now – February 2024

Resonate Arts urgently needs donations!

Please visit our [online support page](#) or call **0300 030 7212** to see how to support us. All donations are gratefully received and make a significant difference to our work.

Hello everyone!



We hope you are keeping warm and well in spite of the chilly weather. While it may be frosty outside as we write this, it's the ideal time of year to enjoy a beautiful sunrise or sunset, to help lift your mood whether you are indoors or out. With the winter solstice firmly behind us and spring on the horizon, we can look forward to some longer, warmer days to come.

As the new year stretches out in front of us, we have been discussing our plans, projects and programmes for the year. As well as our choir at Wigmore Hall and our monthly concerts and art sessions, we are busy finalising our exciting new dance and creative movement class for you to come and try – see below. More Creative Befrienders will also be heading out this year to do creative arts activities with people at home. Here's to 2024!

Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place **in person at Wigmore Hall on Tuesday 6th, 20th & 27th February** and also **online via Zoom on Tuesday 6th & 20th February** (**please note: no session on 13th February**). For more info, please call Shelley on **0300 030 7212**.

Music for the Moment – our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on **Friday 16th February** at **Wigmore Hall** (**please note venue!**). Asaka Quartet (string quartet) from the Royal Academy of Music will be performing. **Tea and cake from 2.30pm, concert starts at 3pm**. Please note, this concert will be filmed and broadcast live on the internet (audience members will not be featured). If you can't make it, you can watch the livestream here: www.wigmore-hall.org.uk/16Feb24

Our **Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be **Monday 19th February, 2pm – 3.45pm**. To book a free place, please contact Shelley on **0300 030 7212** or email: shelley@resonatearts.org

New! Dance & Movement We are planning to start a new weekly dance and creative movement class in February. Details are still being confirmed at the time of press, so please contact Shelley for more info on **0300 030 7212** or email: shelley@resonatearts.org

Other News

Drawing with Holbein at The Queen's Gallery Tuesdays, 13th February – 19th March, 11am – 1pm The Queen's Gallery, Buckingham Palace, SW1A 1AA

Join Arts 4 Dementia and experts from The Royal Collection for a free 6-week tour of the Hans Holbein exhibition, including drawing workshops in the gallery focusing on a different theme, drawing or painting each week. Create your own Holbein-inspired artworks and learn how to draw and mark-make with a variety of materials. Light refreshments and materials will be provided. For people living with early stage dementia, mild cognitive impairment or memory challenges and their companions. **Last few spaces left!** To book, please call Arts 4 Dementia on **020 3633 9954** or email: emily@arts4dementia.org.uk

Relaxed Late Night Jazz: Jazz Orient Thursday 22nd February, doors 9pm, concert 9.45pm The Elgar Room, Royal Albert Hall, Kensington Gore, London SW7 2AP

Led by Baluji Shrivastav OBE, Jazz Orient celebrate Latin, jazz and Indian music and dance in this relaxed late-night performance. Suitable for people living with dementia. Pay what you can tickets, priced at: £2, £6 or £12. To book tickets, please call **020 7070 4410** or go to: www.royalalberthall.com/tickets/events/2024/relaxed-late-night-jazz-jazz-orient/

Creative Workshop: Armour Patterns Tuesday 27th February, 2pm – 4pm The Wallace Collection, Manchester Square, W1U 3BN

Join artist Caroline Dorset for a dementia-friendly creative workshop to find out more about armour in the Collection. Take inspiration from etched patterns to create your own embossed designs. Enjoy a relaxed afternoon with tea and coffee provided. Companions/ carers welcome. To book, contact **020 7563 9577** or community@wallacecollection.org

Our ever radiant faces....



Sofi Mogensen
Projects Manager



Sam Curtis
Director



Shelley Hastings
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 at one of our events.

Best wishes, Sofi, Sam & Shelley

You can contact **Resonate Arts** on: **0300 030 7212** or info@resonatearts.org

Westminster event listings – February 2024

Memory Café South Tuesday 6th 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@candhealthcare.co.uk

Memory Café North Wednesday 28th February, 2.30pm – 4.30pm

42 Westbourne Park Road, 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@candhealthcare.co.uk

Maintenance Cognitive Stimulation Therapy (MCST) Weekly sessions, please call for info

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT (**please note venue!**)

A supportive environment with activities to help maintain memory and mental function. For mild to moderate dementia. To join, please call **020 3004 5610** / 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 or **020 7286 5181** to learn more and to register.

Musicali Tea Thursdays 1st, 15th, 22nd, 29th February, 12pm – 2pm.

Holy Sepulchre London, The National Musicians' Church, entry via Holborn Viaduct, EC1A 2DQ

Free community café with tea, tales & tunes. Special guest artists from [Songhaven](#) on these dates.

Booking essential! Call **020 7236 1145** & leave a message, or book at: hsl.church/upcoming-events

Heart of Westminster – Age UK Memory Café Monday 19th 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. Call Jessica Thomas on **07462 337390** / jessica.thomas@ageukwestminster.org.uk

Sessions at Lord's Cricket Ground

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

Reminiscence Session Tuesday 27th February, 1.30pm – 3pm Friendly chat and refreshments.

Music Session February date to be confirmed Free music session with opera singer Maciek O'Shea – a mix of pop, folk & opera! To book, call: **020 7616 8604** / john.donegan@mcc.org.uk

Video and Tea Wednesday 28th February, 1:30pm – 4:30pm

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

Watch a screening of the film 'Passport to Pimlico' followed by a delicious tea and ice-cream.

No need to book, tickets £2 on the day. Wheelchair accessible. 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