



Resonate Now – January 2023

Happy New Year! We hope you had a restful time during the festive season and were able to keep warm through all the snow and ice. We are really looking forward to seeing some of you soon at our sessions.

Supporting Resonate Arts in 2023 As we enter the new year, we'd like to take this opportunity to tell you more about our wonderful organisation and how you might be able to help us do more creative things with you.

Resonate Arts is a charity and as such is a non-profit making organisation. Our main focus is to work with people living with a dementia who live in Westminster or Kensington & Chelsea. We currently have 238 people registered with us, from a range of communities and backgrounds, who are interested in taking part in an arts activity.

As a small team of three staff we are very busy but we absolutely love the work we do with you and have lots of big ideas and ambition to do more, to grow the charity and what we can offer you.

The programme we offer is made possible through the support of various funders and donors; our main funder over the years has been the NHS. Other more recent funders include the Postcode Society Trust, London Community Foundation, The Gilbert Trust and The European Reminiscence Network.

Support us! The easiest way you can donate is through our [Kindlink](#) web page. Please feel free to share with friends and family!

<https://donate.kindlink.com/westminster-arts/2543>

If you're a regular online shopper, you can also raise money for us via [easyfundraising](#). They are partnered with over 7000 retailers who will donate to us every time you shop with them, at no extra cost to you! Set up a free account, choose Westminster Arts as your cause and go through the [easyfundraising.org.uk](https://www.easyfundraising.org.uk) website each time you want to make a purchase.

Alternatively, you can get creative and organise an activity to raise money. You could: do a sponsored walk, organise a cake sale or a raffle, create some greetings cards to sell, knit something beautiful to raise money... the list is endless, as is your creativity! We are always here to talk through any ideas you have – so please do get in touch.

Resonate Arts Events

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **St Marylebone Parish Church (not Wigmore Hall!)** on **Friday 27th January. Tea and cake from 2.30pm, concert starts at 3pm.** Cellist Josie Campbell and French Horn player Hannah Williams will be performing.

Our monthly **Creative Space** art sessions take place at **St Anne's Church in Soho** (55 Dean Street, W1D 6AF), on the second Monday of the month. Next session: **Monday 9th January**. Come along and enjoy some creative arts and conversation in a friendly atmosphere. **To book your free place**, contact Shelley on **0300 030 7212** or email: shelley@resonatearts.org

Our **Singing with Friends Choir** starts back on **Tuesday 10th January** in person at **Wigmore Hall** and **online**. Please call Shelley on **0300 030 7212** for more information.

Other News

Creative Workshop: Armour at the Wallace Collection Wednesday 18th January 2pm - 4pm
Join artist Caroline Dorset for a relaxed, dementia-friendly creative workshop at the Wallace Collection. The session will start with a tour of armour in the Collection, followed by the opportunity to handle replica armour and a creative session in the studio. Tea and coffee will be provided. No prior experience or knowledge necessary. To book, or for more info, please contact Holly on **020 7563 9577** or email: 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: **30th January 2023**) 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



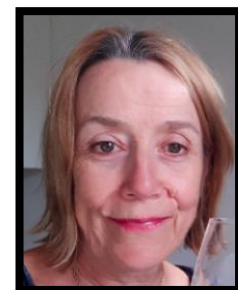
Sam Curtis
Director



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 – January 2023

Memory Café South Tuesday 3rd January, 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@candchealthcare.co.uk / Tel: **07783 166 398**.

Memory Café North Wednesday 25th January, 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@candchealthcare.co.uk / Tel: **07783 166 398**.

Maintenance Cognitive Stimulation Therapy (MCST) Weekly sessions restart late January 2023 New venue! Contact Clare Davies for more details on date, time and venue

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 (restarts 5th January, no session 29th December!)

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.

Songhaven Concerts

Sat 14th January, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Fri 27th January, 1.15pm Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. T. **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 or call the venue.

Heart of Westminster – Age UK Memory Café Monday 16th January, 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

Reminiscence Sessions Tuesday 24th January, 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

Video and Tea Wednesday 25th January, 1:30pm – 4:30pm

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