



Resonate Now – January 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.



Happy New Year! We hope you are well and had a restful time during the festive season. We rounded off 2023 with a joyful concert of international and festive songs performed by our Singing with Friends Choir at Wigmore Hall with support from musicians from the Royal Academy of Music (pictured above), ending the year on a musical high! Looking ahead, we hope you will join us for more creative inspiration in 2024 at our group activity sessions (see below) or as part of our creative befriending service at home. Hope to see you very soon!

Resonate Arts Events (Please note: **Creative Movement** takes a break in January)

Our **Singing with Friends Choir** rehearsals take place **in person at Wigmore Hall on Tuesday 9th, 16th, 23rd & 30th January** and also **online via Zoom on Tuesday 9th & 23rd January 2024**. 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 19th January at St Marylebone Parish Church (please note venue!)**. Pianist Minsu Seo from the Royal Academy of Music will be performing. **Tea and cake from 2.30pm, concert starts at 3pm.**

Our **Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be **Monday 22nd January, 2pm – 3.45pm**. To book a free place, please contact Shelley on **0300 030 7212** or email: shelley@resonatearts.org

Music for Thought at **Wigmore Hall** returns **Thursdays, 25th January – 7th March**
Fun, interactive weekly sessions, listening to and making music with young artists from the Royal Academy of Music, guided by professional musicians. No musical experience needed. **Limited places, booking essential!!** Call **0300 030 7212** or email info@resonatearts.org

Other News

Turtle Song Mondays, 15th January – 11th March, 10.30am – 12.15pm

The Recital Hall, Royal College of Music, Prince Consort Road, London SW7 2BS

Turtle Key Arts will be running a 9-week project on Monday mornings called Turtle Song – a singing and songwriting project for people living with dementia and their carers – in partnership with English Touring Opera and Royal College of Music. To sign up for free and get further info, please contact: 020 8964 5060 or email: charlotte@turtlekeyarts.org.uk

Creative Workshop: Collage Portraits Tuesday 30th January, 2pm – 4pm

The Wallace Collection, Manchester Square, W1U 3BN

Join artist Caroline Dorset for a dementia-friendly creative workshop, taking inspiration from portraits in the Wallace Collection to create your own framed collage portrait. Enjoy a relaxed afternoon with tea and coffee provided. Companions/carers welcome. To book, or for more info, please contact Holly on **020 7563 9577** or community@wallacecollection.org

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. **Limited spaces!** To book, please call Arts 4 Dementia on 020 3633 9954 or email: emily@arts4dementia.org.uk

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 – January 2024

Memory Café South Tuesday 9th 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.

Call London Care Westminster on **020 7723 5425** or email: marco.sepe@candhealthcare.co.uk

Memory Café North Wednesday 31st January, 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) Every Tuesday, 2pm – 4pm (from 16th Jan)

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

A supportive environment with activities to help maintain memory and mental function. For mild to moderate dementia. If you would like to join the group, please call **020 3004 5610** between 10am – 2pm, or email: 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.

Songhaven Concerts Please note: **Songhaven Concerts** will be taking a break in January 2024.

Email songhaven@songhaven.co.uk for more info, or check: <https://songhaven.co.uk/liveconcerts/>

Heart of Westminster – Age UK Memory Café Monday 15th 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. Call Jessica Thomas on **07462 337390** / jessica.thomas@ageukwestminster.org.uk

Video and Tea Wednesday 24th January, 1:30pm – 4:30pm

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

Watch a screening of the film 'On the Town' followed by a delicious tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. Contact: **020 7286 5181**.

Sessions at Lord's Cricket Ground January dates and times to be confirmed (contact John)

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

Reminiscence Join free monthly reminiscence sessions for a friendly chat and light refreshments.

Music Session Free music session with opera singer Maciek O'Shea – a mix of pop, folk & opera!

To book, call John: **020 7616 8604** or email john.donegan@mcc.org.uk / community@mcc.org.uk

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

