



## Resonate Now – January 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.

Happy New Year everyone!



We hope you're well and looking forward to enjoying lots more creative arts with us in 2025!

We are thrilled to announce that we won a **Health Equity Award** at the North West London Health Equity Summit in November. These awards celebrate individuals and organisations across North West London who are addressing the barriers that lead to health inequalities and obstruct fair access to healthcare.

We'd like to say a huge thank you to the whole of the Resonate Arts community for supporting us on our journey to grow and change, especially to David Truswell from the Black & Minority Ethnic Health Forum, our trustees and volunteers, artists and supporters, as well as the Health Equity team and Councillor Ketan Sheth for presenting us with the award. Congratulations to all the other [award winners](#) who are doing some incredible work!

### Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> January, 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 Street, W1U 2BP** on **Tuesday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> January** and also **online (via Zoom)** on **Tuesday 7<sup>th</sup> & 21<sup>st</sup> January**. For more info, please call Shelley on **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 17<sup>th</sup> January** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. Percussionist **Meadow Brooks** from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm.**

**Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 20<sup>th</sup> January, 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 7<sup>th</sup> January, 10.15am – 12pm: art & textiles workshop**

**Tuesday 14<sup>th</sup> January, 10.15am – 12pm: music & singing session**

**Tuesday 21<sup>st</sup> January, 10.15am – 12pm: sensory tour of the Royal Hospital Chelsea**

The Royal Hospital Chelsea, home of the Chelsea Pensioners, is launching a brand new **free** programme of 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 16<sup>th</sup> January, 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: Collage in Bloom** Tuesday 21<sup>st</sup> January, 2pm – 4pm Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN (**Free**)

Join artist Grace Holliday to create your own mixed-media collage, drawing inspiration from Jan van Huysum's *Flowers in a Vase*. Dementia-friendly workshop, carers & family welcome. **Booking essential!** Please call **020 7563 9577** or email: [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 – January 2025

### Memory Café South Tuesday 7<sup>th</sup> 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@candchealthcare.co.uk](mailto:marco.sepe@candchealthcare.co.uk)

### Memory Café North Wednesday 29<sup>th</sup> January, 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 from 7<sup>th</sup> January, 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.

### Sessions at Lord's Cricket Ground

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

**Music Session Tuesday 14<sup>th</sup> Jan, 1.30pm – 3pm** pop, folk & opera with singer Maciek O'Shea

**Reminiscence Session Tuesday 28<sup>th</sup> Jan, 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)

### Heart of Westminster – Age UK Westminster Memory Café Monday 20<sup>th</sup> 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. To book, call **07969 302517**, or email: [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk)

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

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

Watch a screening of the film 'Cat Ballou' 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**.

### Songhaven Concert – Burns Night Saturday 25<sup>th</sup> January, 3pm

Holy Cross Church, 98 Cromer Street, WC1H 8JU. Tel. **020 7278 6263** Dementia-friendly event.

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