

## Resonate Now – July 2023

Hello everyone! We hope you are keeping well.



It was brilliant to meet lots of people at the One Westminster Volunteers' Fair in June. We were there to recruit more Creative Befrienders to support our participants with fun arts activities at home and trips out. Recently, our Creative Befriender Vivien has been supporting her befriender Maria to experiment with acrylic paint and collage. Maria produced this beautiful artwork (left) using sponge head brushes during their weekly sessions together.

We'd also like to share an excerpt from a lovely poem by Evelyn who took part in the recent Cognitive Stimulation Therapy programme run with our partner the V&A: *"The trips around the V&A were more than stimulating, they cleared a part of my brain, new pathways they were creating! From making jewellery boxes to looking at ceramics... I feel like my brain has got out of the muddy waters that it was stuck in, so all those negative thoughts I used to have are now in the bin! My life has changed and I now feel like I belong, with no more feeling like I'm doing a jigsaw puzzle underwater with blindfolds and goggles on. This is a group which help me with feeling so smart, and their name is the amazing Resonate Arts."* See the full version on our [website](#)!

### Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> July** in person at **Wigmore Hall** and **online via Zoom (Tuesday 4<sup>th</sup> July)**. There will also be a **Performance Sharing** on the main stage at Wigmore Hall on **Tuesday 18<sup>th</sup> July at 12pm** if you would like to join us. For more info, please get in touch with Shelley on **0300 030 7212**.

Our **Creative Space** art sessions take place on the second Monday of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be: **Monday 10<sup>th</sup> July, 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)

Our next **Creative Movement** session takes place on **Monday 31<sup>st</sup> July, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, playful movement (with balloons, shakers & scarves) for people living with dementia, their companions and carers. To book your free place, contact Shelley on **0300 030 7212** or [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

Our dementia-friendly **Music for the Moment** concert series, in partnership with the Royal Academy of Music, takes a break over the summer months and will return for the autumn term. The next concert will be on **Friday 13<sup>th</sup> October** at **St Marylebone Parish Church**.

## Other News

### **Music Session at Lord's Tuesday 11<sup>th</sup> July, 1.30pm (via Grace Gate, St John's Wood Road)**

In addition to their reminiscence sessions (see page 3), Lord's Cricket Ground is hosting a new monthly music session with opera singer Maciek O'Shea in the historic Lord's Cricket Ground Museum. Maciek will be involving the group in a variety of pop, folk and operatic numbers. For info, contact John Donegan on **020 7616 8604** or [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.uk)

### **Creative Workshop: Explore the Wallace Collection through Taste and Smell**

**Tuesday 18<sup>th</sup> July, 2pm – 4pm** The Wallace Collection, Manchester Square, W1U 3BN

Join artist Nikki Gardham for a dementia-friendly creative workshop exploring the theme of taste and smell found in paintings at the Wallace Collection. Enjoy a relaxed afternoon with tea and coffee provided. Companions/carers welcome. To book, or for more information, please contact Holly on **020 7563 9577** or [community@wallacecollection.org](mailto:community@wallacecollection.org)

### **Artspace Tuesdays, 25<sup>th</sup> July – 29<sup>th</sup> August, 2pm – 3.30pm (ends 4pm on final week)**

Sir John Soane's Museum, 13 Lincoln's Inn Fields, WC2A 3BP

Artspace is a 6-week project for people living with early-stage dementia and their carers, open to those living independently or in care homes. It includes exclusive tours of the museum and its collection, reflective art sessions, and complimentary tea and biscuits. Transport is available to those who would find it helpful. No previous experience required. To book your place, please call Tallulah on 020 7440 4253 or email: [tsmart@soane.org.uk](mailto:tsmart@soane.org.uk)

## Our ever radiant faces....



**Sofi Mogensen**

Projects Manager



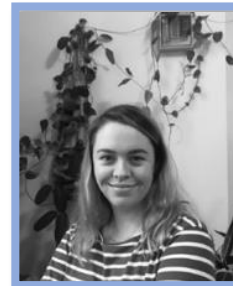
**Sam Curtis**

Director



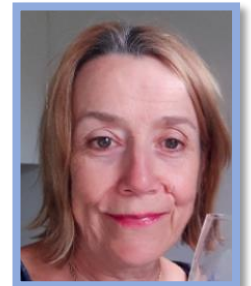
**Shelley Hastings**

Projects Manager



**Katie Turnbull**

Memory Group  
Project Manager



**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 – July 2023

### Memory Café South Tuesday 4<sup>th</sup> July, 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 26<sup>th</sup> July, 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) Every Tuesday, 2.30pm – 4.30pm

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 Jessica Thomas **07462 337390** [jessica.thomas@ageukwestminster.org.uk](mailto:jessica.thomas@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.

### Songhaven Concerts

**Friday 7<sup>th</sup> July, 1.15pm** Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. Tel. **020 7236 1145**

**Saturday 22<sup>nd</sup> July, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

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

Book via the [Songhaven website](#), call **020 7201 9999** or email [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk)

### Heart of Westminster – Age UK Memory Café Monday 17<sup>th</sup> July, 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](mailto:jessica.thomas@ageukwestminster.org.uk)

### Reminiscence Session Tuesday 18<sup>th</sup> July, 1.30pm – 3.30pm (Entrance – Grace Gate)

Lord's Cricket Ground, St John's Wood Road, NW8 8QN. **See also the Music Session on page 2.**

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 26<sup>th</sup> July, 1:30pm – 4:30pm

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

Watch a screening of the film 'Mamma Mia!' 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)