

## Resonate Now – July 2025

Double your impact! Every donation made to Resonate Arts via our [Big Give support page](#) by 12pm on Monday 30 June will be matched. All donations gratefully received!

Hello everyone!

We hope you're all keeping well.

If I Could Go  
Anywhere...



We've recently put together a booklet of poems written by members of our monthly Creative Space Art group. During these art sessions, participants improvised with light, acetate, landscape and projections and talked about places they've been and places they would like to go. The poems in this booklet emerged from those conversations...

*If I could go anywhere I'd go back to Germany to see my grandparents, Where rivers stretch from the country to the town, I used to ice skate on the rivers, surrounded by trees, I can taste the fish, always fresh, my granny's cooking, I would feel warm and loved, full of energy, searching for adventure.*

Thank you to MC Wonderful for this beautiful poem. [Click here to read the poems online.](#)

## Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesday 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> July** and **online (via Zoom) on Tuesday 15<sup>th</sup> July**. You are also very welcome to join us on **Tuesday 8<sup>th</sup> July** at **12.15pm** for the choir's **Summer Sharing** on the **Main Stage** at **Wigmore Hall**, plus refreshments afterwards. For more info, please call Shelley on: **0300 030 7212**, or email: [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 4<sup>th</sup> July** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. Hannah Runting (harp) and Penelope Cairney-Leeming (flute) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm, more tea afterwards!**

Our weekly **Creative Dance & Movement** sessions take place on **Monday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> July, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle & playful movement class; chair-based. Call Katie on **0300 030 7212**, or [info@resonatearts.org](mailto:info@resonatearts.org)

**Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 21<sup>st</sup> July, 2pm – 3.45pm**. For more info and 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 1<sup>st</sup> July, 10.30am – 11.30am: mask-making art workshop**

**Tuesday 8<sup>th</sup> July, 10.15am – 11.30am: performance by the Chelsea Pensioner Singers followed by community singing with Ali & Christopher**

**Tuesday 15 July, 10am – 12pm: community coffee morning with Chelsea Heritage Quarter**

**Saturday 19 July, 10.30am – 12.30pm: clay workshop with artist Emily. **Booking essential!****

**Tuesday 22<sup>nd</sup> July, 10.30am – 12pm: sensory exploration of the Royal Hospital buildings**

**Tuesday 29<sup>th</sup> July, 10am – 4pm: dementia-inclusive open day with art workshops & music**

Visit the Royal Hospital Chelsea, home of the Chelsea Pensioners, for a programme of **free** weekly wellbeing sessions for people living with memory loss, carers, friends and family. To book, call Marina: **020 7881 5493**, or [communityengagement@chelsea-pensioners.org.uk](mailto:communityengagement@chelsea-pensioners.org.uk)

**Forget-Me-Nots Tuesday 1<sup>st</sup> July, 1.30pm – 3.30pm**

Chelsea Physic Garden, 66 Royal Hospital Road, SW3 4HS (**free**)

A restorative encounter with plants, plus creative activities incl. painting, clay modelling, pressed flower framing or herbal remedy making. Tea & coffee. For people with memory loss, carers & family. To book, call: **020 7349 6474** / [learning@chelseaphysicgarden.co.uk](mailto:learning@chelseaphysicgarden.co.uk)

**Creative Workshop: Flowers and Fantasy Tuesday 29<sup>th</sup> July, 2pm – 4pm (free)**

Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Join artist Jon Sleigh to create your own fantasy garden with clay, drawing inspiration from the wonderful still lifes in the Collection. No experience necessary, all materials provided.

Dementia-friendly, carers and family welcome. **Booking essential!** Contact: **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 – July 2025

### **Memory Café South Tuesday 1<sup>st</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.

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 30<sup>th</sup> July, 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, 2.30pm – 4pm**

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT (weekly group)

Activities to help maintain memory & mental function in a supportive space. For mild to moderate dementia. **Pre-assessment required**, call **020 3004 5610** / [dementia@ageukwestminster.org.uk](mailto:dementia@ageukwestminster.org.uk)

### **Singing for the Mind Thursdays, 2pm – 4pm (weekly, 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**

**Saturday 19<sup>th</sup> July, 3pm** Conway Hall, 25 Red Lion Square, WC1R 4RL. Tel. **020 7405 1818**

**Saturday 26<sup>th</sup> July, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Details online at: <https://songhaven.co.uk/liveconcerts/> or email: [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk)

### **Heart of Westminster – Age UK Westminster Memory Café Monday 21<sup>st</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. To book, call Felia: **07462 344580**, or email: [felia.inglis@ageukwestminster.org.uk](mailto:felia.inglis@ageukwestminster.org.uk)

### **Video and Tea Wednesday 23<sup>rd</sup> July, 1:30pm – 4:30pm**

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

Watch a screening of the film 'Breakfast at Tiffany's' 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**.

### **Sessions at Lord's Cricket Ground**

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

**Music Session July date TBC, 1.30pm – 3pm** Pop, folk & opera with singer Maciek O'Shea.

**Reminiscence Session Tuesday 29<sup>th</sup> July, 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)

### **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)