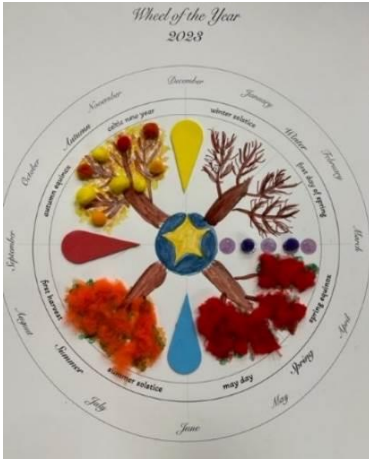


## Resonate Now – March 2023

Hello everyone!

We hope you are keeping well and looking forward to the arrival of spring!



From bright yellow daffodils for St David's Day (1<sup>st</sup>) to the First Day of Spring (20<sup>th</sup>) and the beginning of British Summer Time (26<sup>th</sup>) – there is plenty to lift our spirits during March. Here's to the changing of the season!

The Wheel of the Year (beautifully illustrated here by our Creative Space participants) is most definitely turning with the promise of more daylight to come. We are eagerly awaiting warmer days, fragrant blossom on the trees, pops of colour appearing in our green spaces, sunshine and cheery bird song to wake us from winter hibernation.

If you would like to get out and about in March and sample some of our activities, give us a call! If you're unable to get out and would welcome a volunteer Creative Befriender to share arts activities with you at home, please get in touch. We are in the process of growing our team of Creative Befrienders to support people to access creative arts activities.

Finally, we're delighted to say that we're running a new monthly session of gentle creative movement led by an experienced theatre artist and yoga practitioner. Sessions are free and no experience is necessary. Please get in touch to book a place – see further details below.

### Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 7<sup>th</sup> 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> March** in person at **Wigmore Hall** and **online (7<sup>th</sup>, 21<sup>st</sup> March)**. For more information, please call Shelley on **0300 030 7212**.

Our monthly **Creative Space** art sessions take place on the second Monday of the month and have recently moved to the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Next session: **Monday 13<sup>th</sup> March, 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 new **Creative Movement** sessions will be taking place on the last Monday of the month (except public holidays) at **Penfold Community Hub, 60 Penfold Street, NW8 8PG**. Next session: **Monday 27<sup>th</sup> March**. Gentle creative movement for people living with dementia, their companions and carers. **Please get in touch for timings and to book your free place**, contact Shelley on **0300 030 7212** or email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **St Marylebone Parish Church** (**please note venue for March concert!**) on **Friday 31<sup>st</sup> March**. Enjoy music by Royal Academy of Music performers, **Lucine Musaelian** (viola da gamba & voice) and **Nathan Giorgetti** (viola da gamba & cello). **Tea and cake from 2.30pm, concert starts at 3pm.**

## Other News

**Creative Workshop: Portraits in the Wallace Collection Thursday 16<sup>th</sup> March 2pm – 4pm**  
Join artist Caroline Dorset for a relaxed, dementia-friendly creative workshop exploring a range of portraits and people in the Collection, followed by the opportunity to experiment with clay. Tea and coffee are provided. No experience or knowledge necessary. To book, or for more info, please contact Holly on **020 7563 9577** or [community@wallacecollection.org](mailto: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: **27<sup>th</sup> March**) 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



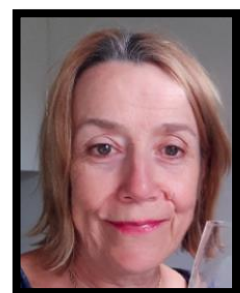
**Sam Curtis**  
Director



**Shelley Hastings**  
Projects Manager



**Katie Turnbull**  
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 – March 2023

### Memory Café South Tuesday 7<sup>th</sup> March, 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 29<sup>th</sup> March, 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, 3pm – 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 (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.

### Heart of Westminster – Age UK Memory Café Monday 20<sup>th</sup> March, 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 Sessions Tuesday 21<sup>st</sup> March, 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](mailto:community@mcc.org.uk)

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

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

Watch a screening of the film 'Seven Brides for Seven Brothers' followed by a delicious tea with ice-cream. No need to book, tickets are £2 on the day. For more info, contact **020 7286 5181**.

### Songhaven Concerts

**Sat 25<sup>th</sup> March, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

**Fri 31<sup>st</sup> March, 1.15pm** Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. Tel. **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](mailto:songhaven@songhaven.co.uk) or call the venue.

### 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)