

## Resonate Now – March 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.

Hello everyone!

We hope you are well and looking forward to spring. This month we bring you a burst of colour from our Creative Space art group who've been busy experimenting with collage, acetate, torches and a laminator! Here are some of the wonderful stained-glass-style pictures they've had fun making, creating light and joy during the winter months.



### Resonate Arts Events

**New!** Our weekly **Creative Dance & Movement** sessions take place on **Monday 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> March, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class, chair-based if needed. To book your free place, contact 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 on Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> March** and also **online via Zoom on Tuesday 5<sup>th</sup> & 19<sup>th</sup> March**. 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 next on **Friday 15<sup>th</sup> March** at **St Marylebone Parish Church (please note venue!)**. Harpists Bonnie Scott & Gina Gallacher from the Royal Academy of Music will be performing. **Tea and 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 **Monday 18<sup>th</sup> March, 2pm – 3.45pm**. To book a free place, please contact Shelley on **0300 030 7212** or email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

## Other News

### **Closer Look Tours at the V&A Monday 25<sup>th</sup> March, 2pm – 3pm**

Art Studio, Learning Centre, V&A South Kensington, Cromwell Road, SW7 2RL

Explore a wide range of objects and artworks from different collections at the V&A with an expert guide. These bespoke dementia-friendly tours last 45-60 minutes with refreshments on arrival. For people living with early-stage dementia, family and friends. To book, call:

**020 7942 2000**, or go to [www.vam.ac.uk/event/2bEgddj1/a-closer-look-tours-spring-2024](http://www.vam.ac.uk/event/2bEgddj1/a-closer-look-tours-spring-2024)

### **Creative Workshop: Ceramics Wednesday 27<sup>th</sup> March, 2pm – 4pm**

The Wallace Collection, Manchester Square, W1U 3BN

Join artist Caroline Dorset for a dementia-friendly creative workshop, taking inspiration from ceramics in the Collection with an opportunity to experiment with clay modelling. Enjoy a relaxed afternoon with tea and coffee provided. Companions/ carers welcome.

To book, please contact **020 7563 9577** or email: [community@wallacecollection.org](mailto:community@wallacecollection.org)

### **New! The Revellers Club at the Royal Albert Hall Thursday 4<sup>th</sup> April, 10.30am – 12pm**

North Circle Bar, The Royal Albert Hall, Kensington Gore, SW7 2AP

The Revellers Club is an exciting new multi-arts project at the Royal Albert Hall! Taking inspiration from the Hall's eclectic and vibrant history, mischief and merrymaking will be encouraged in a fun and celebratory environment, enabling people living with dementia and their carers to try new activities and create new memories together. Each standalone monthly session (April – December) will focus on a different art form/theme and music will be a key element of the club – making, listening or appreciating. **Limited places, advance booking essential!** To book, call **020 7959 0540** or email: [engagement@royalalberthall.com](mailto:engagement@royalalberthall.com)

## 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](mailto:info@resonatearts.org)

## Westminster event listings – March 2024

**Memory Café South** Tuesday 12<sup>th</sup> March, 2.30pm – 4.30pm (please note café dates!)

St James the Less Church, Vauxhall Bridge Road, Pimlico, SW1V 2PS

**Memory Café North** Wednesday 21<sup>st</sup> March, 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@candhealthcare.co.uk](mailto:marco.sepe@candhealthcare.co.uk)

**Maintenance Cognitive Stimulation Therapy (MCST)** Weekly sessions, please call for info

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT (please note venue!)

A supportive environment with activities to help maintain memory and mental function. For mild to moderate dementia. To join, please call **020 3004 5610** / [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.

### Songhaven Concerts

**Saturday 9<sup>th</sup> March, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

**Saturday 16<sup>th</sup> March, 3pm** Holy Cross Church, 98 Cromer St, WC1H 8JU. Tel. **020 7278 6263**

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

**Musicali-Tea** Thursdays 21<sup>st</sup> & 28<sup>th</sup> March, 12pm Holy Sepulchre London, The National Musicians' Church, Holborn Viaduct, EC1A 2DQ. Community café with special guest artists from [Songhaven](https://songhaven.co.uk).

**Booking essential!** Call **020 7236 1145** & leave a message, or <https://hsl.church/upcoming-events>

**Heart of Westminster – Age UK Memory Café** Monday 18<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)

### Sessions at Lord's Cricket Ground

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

**Reminiscence Session** Tuesday 26<sup>th</sup> March, 1.30pm – 3pm Friendly chat and refreshments.

**Music Session** March date & time to be confirmed Free music session with opera singer Maciek O'Shea – a mix of pop, folk & opera! To book, call: **020 7616 8604** / [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.uk)

**Video and Tea** Wednesday 27<sup>th</sup> March, 1:30pm – 4:30pm

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

Watch a screening of the film 'The Glen Miller Story' followed by a delicious tea and ice-cream.

No need to book, tickets £2 on the day. Wheelchair accessible. 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)