

Resonate Now – March 2026

One week and one chance to double your impact! Get ready to donate to support our Singing with Friends choir and spread more joy through music!



Our **Singing with Friends choir** brings joy, connection and purpose to many people living with dementia, their family members, carers and supporters. The choir combats isolation and lifts spirits. With your support, we can keep it going.

From **17th – 24th March**, we're taking part in **Big Give's Arts for Impact campaign** where funders match any donation you make to us, doubling

what we receive. Your support will help fund the choir, an incredible community of singers who meet at Wigmore Hall and online. Help us reach our £5,600 target, so we can provide 14 inspiring rehearsal sessions, accessible transport and friendly supportive staff. To donate and double your impact, [please click on this Big Give link from midday on 17th March](#) for details. For now, please make a note in your diary and spread the word to family & friends!

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 2nd, 9th, 16th, 23rd & 30th March, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle and playful movement class; chair-based. For more information, please call Katie on **0300 030 7212**, or email: info@resonatearts.org

Our weekly **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore Street, W1U 2BP** on **Tuesday 3rd, 10th, 17th & 24th March** and **online (via Zoom)** on **Tuesday 3rd & 17th March**. **Our Spring Sharing will take place at Wigmore Hall on Tuesday 24th March!** For more info and timings, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Our monthly **Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 16th March, 2pm – 3.45pm**. To book a free place, please call Shelley on **0300 030 7212**, or email: 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 20th March** at **St Marylebone Church, 17 Marylebone Road, NW1 5LT**. Pianist **William Shi** from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm**.

Other News

Wellbeing Sessions - Royal Hospital Chelsea, Royal Hospital Rd, SW3 4SR (via Chelsea Gate)
Tuesday 3rd March (art workshop) & 10th March (community singing), 10.30am – 11.30am
Tuesday 17th March, 10am – 12pm: coffee morning + a cappella group The Treblemakers
Tuesday 24th March, 10.30am – 12pm: mindful walk around the Hospital's grounds
Tuesday 31st March, 10.30am – 3pm: drop in any time for art, music and tours
Every Tuesday, 2.30pm – 3.15pm: seated movement with ex-ENB dancer, Alice Crawford

Free 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

Forget-Me-Nots: Sensory Craft Tuesday 3rd March & Thursday 19th March, 11am – 1pm
Chelsea Physic Garden, 66 Royal Hospital Road, Chelsea, London SW3 4HS (free)

With artist Grace Holliday, explore narratives of the gardens via sensory making inspired by collage, using paper, plants, paint & digital immersion. Dementia friendly, carers welcome.

Limited spaces – must book! Call **020 7352 5646**; learning@chelseaphysicgarden.co.uk

Kick off with a Verse Wednesdays 4th, 11th, 18th & 25th March, 2pm – 3.30pm and
Thursdays 5th, 12th, 19th & 26th March, 7pm – 8.30pm (free online sessions)

Practise relaxation skills and listen to a poem as a springboard for sharing, leading you to find your own words to describe your experience of caregiving. **For unpaid carers of a person living with dementia & former carers adjusting.** Email: karindenovellis@gmail.com

Creative Workshop: Springtime Sèvres Tuesday 24th March, 2pm – 4pm (free)

Meeting Room, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Discover the secrets of Sèvres porcelain and decorate your own spring-inspired ceramics with the help of artist Christine Covill. No experience needed. Dementia friendly, carers & companions welcome. **Please book on: 020 7563 9577**; 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

Westminster event listings – March 2026

Memory Café South Tuesday 3rd 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.

Call London Care Westminster on **020 7723 5425**, or email: marco.sepe@candhealthcare.co.uk

Memory Café North Wednesday 25th 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

Maintenance Cognitive Stimulation Therapy (MCST) Tuesdays, 2.30pm – 4pm

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

Activities provided by 'Visiting Angels' to help maintain memory & mental function in a supportive space. For people with early stage dementia. **Pre-assessment required**, please call **020 3004 5610** or email: 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 or **020 7286 5181** to learn more and to register.

Songhaven Concert Saturday 7th March, 3pm (doors open 2.30pm)

St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**. **Booking essential!**

Further info at: <https://songhaven.co.uk/liveconcerts/> or email: songhaven@songhaven.co.uk

Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Gate 6)

Music: Tuesday 10th March, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.

Reminiscence: Tuesday 31st March, 1.30pm – 3pm Friendly chat & refreshments session.

For more info, please call John on **020 7616 8604**, or email: john.donegan@mcc.org.uk

Heart of Westminster – Age UK Westminster Memory Café Monday 16th 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. To book, call **020 3004 5610**, or email: dementia@ageukwestminster.org.uk

Video and Tea Wednesday 25th March, 1:30pm – 4:30pm

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

Watch a screening of the film 'Butch Cassidy and the Sundance Kid' followed by tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. For info, please call **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