

Resonate Now – May 2023

Hello everyone!

We hope you are well and enjoying the spring sunshine.

For this month's newsletter, we've been thinking about the positive benefits of being creative. For example, when we're absorbed in an activity we enjoy doing like drawing or making something, we tend to think less about what's worrying us and focus on the activity at hand. This in turn helps us to relax which can make a real difference to how we feel.

Creative activities such as writing, doing puzzles, listening to/playing music help to stimulate different areas of the brain. Connecting with other people whilst doing a creative activity can be great fun too and a brilliant way to lift the spirits. With that in mind, why not come along and try one of the many activities taking place in May? We'd love to see you!

Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 2nd, 9th, 16th & 23rd May** in person at **Wigmore Hall** and **online (2nd & 16th May)**. **Please note: there is no session on Tuesday 30th May.** For info and timings, please get in touch with Shelley on **0300 030 7212**.

Our **Creative Space** art sessions usually take place on the second Monday of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. **Due to the Coronation bank holiday, our next session will be: Tuesday 9th May, 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

Music for Thought at **Wigmore Hall** returns **Thursday 18th May – Thursday 22nd June**. Not been before? Come try our fun, interactive weekly sessions, listening to and making music with young artists from the Royal Academy of Music, guided by professional musicians. No musical experience necessary! **Places are very limited, advance booking is essential!** For more info or to book a place, call us on **0300 030 7212** or email info@resonatearts.org

Our next **Creative Movement** session takes place on **Monday 22nd May** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. **This is one week earlier than usual due to the bank holiday**. Gentle, playful movement (with balloons, shakers & scarves) 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

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **St Marylebone Parish Church (note venue!)** on **Friday 26th May**. Enjoy music performed by Gaoyang Yang (violin), Rui Wu (piano) & Julia Ng (cello) from the Royal Academy of Music. **Tea and cake from 2.30pm, concert starts at 3pm.**

Other News

Coronation Bank Holiday Craft Workshops Saturday 6th May – Monday 8th May

[Museum of Brands](#), 111 – 117 Lancaster Road, Notting Hill, W11 1QT

Activities run daily from **11am – 1pm** and **2pm – 4pm** and are free with museum admission: £7 concession, carers go free.



Celebrate the Coronation of King Charles III with Royal-themed [scrapbooking workshops](#) plus a unique opportunity to experience the royal-themed collection up close and learn about previous coronations and royal souvenir objects in the 'Please Touch' object handling sessions. For more info, please call **020 7243 9611** or email sara@museumofbrands.com

Carers Days Friday 19th May & Sunday 28th May

[Museum of Brands](#) also offer free museum entry for carers (paid or unpaid) every third Friday and fourth Sunday of the month. Call **020 7243 9611** for more information.

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

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 – May 2023

Memory Café South Tuesday 2nd May, 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 / Tel: **07783 166 398**.

Memory Café North Wednesday 31st May, 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 / 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

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 or **020 7286 5181** to learn more and to register.

Heart of Westminster – Age UK Memory Café Monday 15th May, 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

Reminiscence Sessions Tuesday 23rd May, 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

Video and Tea Wednesday 24th May, 1:30pm – 4:30pm

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

Watch a screening of the film 'Annie Get Your Gun' 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**.

Songhaven Concert Saturday 27th May, 3pm

St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH

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

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

