

Resonate Now – May 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 all keeping well.



At the end of March, our Singing with Friends choir came together at Wigmore Hall to share a selection of popular songs which they had been rehearsing during the spring term, including songs in different languages and a beautiful piece they had written together. With the support of a brilliant team of musicians and facilitators, it didn't take much to encourage the audience to join in too. We had lots

of fun with the vocal warm up, learnt some new songs and had a great time listening to and singing along with the choir. Come join us for more merriment in the month of May!

Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place **in person at Wigmore Hall on Tuesday 7th, 14th & 21st May** and also **online (via Zoom) on Tuesday 14th May (please note: there is no session on Tuesday 28th May)**. For more info, please call Shelley on **0300 030 7212**.

Due to the two bank holidays, there will be just two **Creative Dance & Movement** sessions in May on **Monday 13th & 20th May, 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, please call Katie 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 17th May** at **St Marylebone Parish Church (please note venue!)**. **Baci Quartet** (strings) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm, more refreshments at 4pm.**

Creative Space Art sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 20th May, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or shelley@resonatearts.org

Other News

Dementia Friendly Coffee Mornings

Monday 13th May, 12pm – 3pm **The Abbey Centre**, 34 Great Smith Street, SW1P 3BU

Wednesday 15th May, 10.30am – 1.30pm **London Care, Westbourne Park Day Centre**,
42 Westbourne Park Road W2 5PH

[Healthcare Central London \(HCL\)](#) is hosting a series of coffee mornings run by Dementia Care Navigators in collaboration with the CLH Training Hub. For people living with dementia and their carers to meet and socialise. Call **07720 208775**, or email: nhsnw1.hcldementia@nhs.net

Dementia Action Alliance: Support Info Event for Family Carers* **Monday 20th May, 1.30pm – 4.30pm**, Kensington Town Hall (Small Hall), Hornton Street, W8 7NX

Dementia Action Alliance is running an event for family carers to learn about dementia and dementia support in Westminster and Kensington & Chelsea. Local support services will be giving talks and running stalls. Free food & drinks! Contact: fred.mairet@homeinstead.co.uk

Royal Portraits: A Century of Photography **Tuesday 21st May, 1.45pm – 4.15pm**

The King's Gallery, Buckingham Palace, SW1A 1AA **Free entry**

Explore and engage with the Royal Photography exhibition in a quiet and relaxed atmosphere. Look at some of the most recognisable photos over tea and coffee. For people living with dementia and their support-givers. **Pre-booking essential!** Call **0303 123 7324**, or book at:

www.rct.uk/event/royal-portraits-a-century-of-photography-dementia-friendly-event-05-2024

Creative Workshop: Watercolour Painting **Tuesday 28th May, 2pm – 4pm**

The Wallace Collection, Manchester Square, W1U 3BN

Join artist Marie-Therese Ross for a dementia-friendly workshop, taking inspiration from paintings in the Collection. Explore still life paintings and experiment with watercolours in the studio. Enjoy a relaxed afternoon with tea and coffee provided. Carers and companions welcome. Free to book, call **020 7563 9577** or email: 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.

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 – May 2024

Memory Café South Tuesday 7th 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.

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

Memory Café North Wednesday 29th May, 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) Weekly sessions, please call for info

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT

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

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

Heart of Westminster – Age UK Memory Café May Café is CANCELLED!

Instead, you are warmly invited to join Age UK at the **Dementia Action Alliance: Support Info**

Event on **Monday 20th May** at **Kensington Town Hall, 1.30pm – 4.30pm**. ***See second listing on**

page 2 for more info. Call Jessica on **07462 337390**, or email: dementia@ageukwestminster.org.uk

Video and Tea Wednesday 22nd May, 1:30pm – 4:30pm

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

Watch a screening of the film 'There's No Business Like Show Business' followed by a delicious tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. Call: **020 7286 5181**.

Songhaven Concerts

Saturday 25th May, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Saturday 1st June, 3pm Conway Hall, 25 Red Lion Square, WC1R 4RL. Tel. **020 7405 1818**

Book online 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 – Grace Gate)

Reminiscence Session Tuesday 28th May, 1.30pm – 3pm Friendly chat and refreshments.

Music Session May 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

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