

## Resonate Now – May 2025

Please support our work by visiting our [online support page](#) or calling **0300 030 7212**  
All donations are gratefully received and make a significant difference to our work

**Hello everyone!**

We hope you're all keeping well.



The sun is shining, the birds are singing and the spring bulbs are out – at last! After what seems like a very long winter, we're happy to see that spring has finally sprung.

There are plenty of activities going on in May, including a range of cultural, wellness and community events to tie in with [Dementia Action Week](#), **Monday 19<sup>th</sup> May – Saturday 24<sup>th</sup> May**. Events include the **Dementia Information Fair** in

the Small Hall, Kensington Town Hall, Hornton Street, W8 7NX on **Friday 23<sup>rd</sup> May, 1.30pm – 4.30pm**. We look forward to seeing you there! For booking and enquiries, please contact Home Instead Westminster on **020 3701 2862**, or email: [DAW.2025@homeinstead.co.uk](mailto:DAW.2025@homeinstead.co.uk)

### Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesday 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> May** and also **online (via Zoom)** on **Tuesday 6<sup>th</sup> & 20<sup>th</sup> May**. **Please note: there is no session on Tuesday 27<sup>th</sup> May**. For more info, please call: **0300 030 7212** or email: [info@resonatearts.org](mailto:info@resonatearts.org)

Our weekly **Creative Dance & Movement** sessions take place on **Monday 12<sup>th</sup> & 19<sup>th</sup> May, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. **Please note: there are no sessions on the two May bank holidays**. Gentle, friendly and playful movement class; chair-based. Please call Katie on **0300 030 7212**, or email: [info@resonatearts.org](mailto:info@resonatearts.org)

**Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 19<sup>th</sup> May, 2pm – 3.45pm**. For more info and to book your free place, please contact Shelley on **0300 030 7212** or [info@resonatearts.org](mailto: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 30<sup>th</sup> May** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. Jayden Lamcellari & Milda Daunoraite (cello & piano), Lin Xu-Zhang (piano) and Sandrine Jones & Natalie Lo (flute & harp) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm, more tea after!**

## Other News

**Royal Hospital Chelsea – Wellbeing Tuesdays** Soane Stable Yard, Royal Hospital Chelsea, Royal Hospital Road, SW3 4SR (enter via Chelsea Gate)

**Tuesday 6<sup>th</sup> May, 10.30am – 11.30am: art workshop with Maxine**

**Tuesday 13<sup>th</sup> May, 10.30am – 11.30am: community singing with Ali & Christopher**

**Tuesday 20<sup>th</sup> May, 10am – 11.30am: special visit to the National Army Museum galleries** (meet outside the National Army Museum)

**Tuesday 27<sup>th</sup> May, 10.30 – 11.30am: sensory exploration of Soane Stable Yard & Museum**

Visit the Royal Hospital Chelsea, home of the Chelsea Pensioners, for a programme of **free** weekly 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](mailto:communityengagement@chelsea-pensioners.org.uk)

## Free dementia-friendly events at The Wallace Collection

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

**Tuesday 6<sup>th</sup> May, 10am – 11.30am** [Delusions of Grandeur](#) (Meeting Room)

Join educator Jon Sleight for a relaxed opening of this exhibition of over 40 new works by Sir Grayson Perry & 'outsider art'. Intricate handcrafted objects sit alongside digital creations, contrasting hours of manual labour with quick production. Carers or companions welcome.

**Sunday 25<sup>th</sup> May, 1pm – 1.25pm** [Mindful Looking](#) (Great Gallery)

Explore how a painting can be a focus for mindfulness practice. Notice colours and shapes to develop a closer connection with the artwork. For people living with dementia & carers.

**Tuesday 27<sup>th</sup> May, 2pm – 4pm** [Creative Workshop: Colour & Texture](#) (Learning Studio)

Taking inspiration from the wonderful costumes in their portraits, join artist Jon Sleight to create your own tactile collage. Dementia-friendly workshop, carers and family welcome.

**Booking essential for ALL events!** Call **020 7563 9577**, or [community@wallacecollection.org](mailto:community@wallacecollection.org)

## Our ever radiant faces....



**Sofi Mogensen**

**Projects Manager**



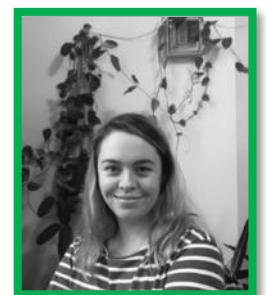
**Sam Curtis**

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

## Westminster event listings – May 2025

### Memory Café South Tuesday 6<sup>th</sup> 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@candchealthcare.co.uk](mailto:marco.sepe@candchealthcare.co.uk)

### Memory Café North Wednesday 28<sup>th</sup> 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@candchealthcare.co.uk](mailto:marco.sepe@candchealthcare.co.uk)

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

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

Activities to help maintain memory & mental function in a supportive space. For mild to moderate dementia. **Pre-assessment required**, 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 10<sup>th</sup> May, 3pm** Conway Hall, 25 Red Lion Square, WC1R 4RL. Tel. **020 7405 1818**

**Saturday 24<sup>th</sup> May, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

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

### Sessions at Lord's Cricket Ground

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

**Music Session Tuesday 13<sup>th</sup> May, 1.30pm – 3pm** Pop, folk & opera with singer Maciek O'Shea.

**Reminiscence Session Tuesday 27<sup>th</sup> May, 1.30pm – 3pm** Friendly chat & refreshments session.

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

### Heart of Westminster – Age UK Westminster Memory Café Monday 19<sup>th</sup> 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. To book, call Felia: **07462 344580**, or email: [felia.inglis@ageukwestminster.org.uk](mailto:felia.inglis@ageukwestminster.org.uk)

### Video and Tea Wednesday 28<sup>th</sup> May, 1:30pm – 4:30pm

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

Watch a screening of the film 'Carmen Jones' followed by a delicious 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](mailto:info@resonatearts.org)