

Resonate Now – November 2022

Hello everyone!

We hope you are well and enjoying our autumn programme of events, including concerts, arts activities and music projects.

In September, our Singing with Friends Choir gave a fabulous performance on stage at the Wigmore Hall, part of the Hall's *Music for Life* partnership programme with the Royal Academy of Music and our first in-person sharing event for over two years! It was a joyous occasion filled with spirited performances (including a café scene, flower dancing, summer rain) and moving solos that left us with a warm glow inside. We were treated to some beautiful poetry readings from our online choir members too. A video of the performance is available to watch online, please get in touch for more information.



We were also part of an exciting partnership event at the Wallace Collection on 2nd October to celebrate Silver Sunday, the national day for older people. Musicians from the Royal Academy of Music and Wigmore Hall filled the galleries with glorious sounds while participants enjoyed an afternoon of art, music-making and discussion curated around the themes in Rubens' painting, *The Rainbow Landscape*.

“The variety of activities, the creative stimulation – the art, the music, the description of the painting, the museum itself – all of it was incredible.” (participant feedback)

Resonate Arts Events

Our **Singing with Friends Choir** continues in-person at **Wigmore Hall (1st, 8th, 15th, 22nd, 29th November)** and online (**8th and 22nd November**). Please get in touch with us if you would like to come along and join the choir.

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **Wigmore Hall on Friday 4th November. Tea and cake from 2.30pm, concert starts at 3pm. Kyan Quartet**, winners of the 2021 RAM Wolfe Wolfensohn String Quartet Competition, will be performing. Please call us to join the event.

Our monthly **Creative Space** art sessions take place at **St Anne's Church** in **Soho**, on the second Monday of the month. Come and join us if you fancy having a go at some creative arts in a friendly atmosphere. Next session: **Monday 14th November**, call us to book a place.

Other News

Workshop: Wax Reliefs at the Wallace Collection, Wednesday 16 November, 2pm – 4pm

Join artist Caroline Dorset for a dementia friendly creative workshop exploring the theme of wax relief miniatures. Includes a tour of the wax reliefs in the Wallace Collection and the chance to create your own wax relief in the studio. Tea and coffee provided. No experience required. To book, contact Holly on 020 7563 9577 or community@wallacecollection.org

The **V&A's** free dementia-friendly '**Closer Look**' tours are back! These take place on the **last Monday of the month at 2pm** and are aimed at people living with early-stage dementia, their family and friends. Enjoy a cup of tea before heading to a gallery, where a guide will introduce the day's theme and objects and invite people to share their responses. Spaces are limited, advance booking is essential, either via the [website](#) or call: 020 7942 2000.

Arts 4 Dementia run fun online art sessions for people with memory challenges and their companions. **Art Wednesdays** takes place **online every Wednesday, 2pm – 3pm (via Zoom)**. Guest hosts include artists and curators from the V&A, Science Museum and the Wallace Collection. To join, contact: emily@arts4dementia.org.uk or call 020 3633 5401.

Our ever radiant faces....



Sofi Mogensen
Projects Manager



Sam Curtis
Director



Shelley Hastings
Projects Manager



Katie Turnbull
Artist



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 – November 2022

Memory Café South Tuesday 1st November, 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 30th November, 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, 2pm

Beethoven Centre, Third Avenue, W10 4JL

A supportive environment with activities to help maintain memory and mental function. For mild-moderate dementia. Call Clare Davies on **07498 469 737** / clare.davies@ageukwestminster.org.uk

Singing for the Mind Every Thursday, 2pm

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.

Reminiscence Sessions Tuesday 1st November, 1.30pm – 3.30pm

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

Songhaven Concerts

Sat 12th November, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Fri 25th November, 1.15pm Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. T. **020 7236 1145**

Enjoy a free, dementia-friendly 45-minute concert featuring classic songs from stage and screen.

Please book via the [Songhaven website](#), or email songhaven@songhaven.co.uk

Resonate Creative Space Monday 14th November, afternoon

St Anne's Church, 55 Dean Street, W1D 6AF

Come to our monthly meeting space for conversation and creative activity led by our associate artist. To book your free place, contact Shelley: **07483 320 510** / shelley@resonatearts.org

Heart of Westminster – Age UK Memory Café Monday 21st November, 11am – 12:30pm

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. Contact Clare Davies on: **07498 469 737** / clare.davies@ageukwestminster.org.uk

Video and Tea Wednesday 23rd November, 1:30pm – 4:30pm

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

Watch a screening of the film 'The Wizard of Oz' 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**.

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

