

## Resonate Now – November 2023

Hello everyone! We hope you are keeping well.

We are very pleased to announce we have started working with the Mayor of London's Culture Team to deliver the Dementia Friendly Venues Charter! The Mayor of London has launched the world's first Dementia Friendly Venues Charter for cultural public spaces in a drive to ensure that every Londoner with dementia and their carers have a dementia-friendly cultural venue on their doorstep. As part of this work, we are running a pilot assessment of cultural venues that have been accredited as being dementia-friendly.

Resonate Arts participants are working with artist and facilitator Seiwa Cunningham to develop Mystery Shopper roles. They will visit and assess how accessible and welcoming the venue is before sharing their experiences and feedback to help venues with improving their offer for people living with dementia. We hope to share some results in 2024!

### Resonate Arts Events

**Music for Thought** at **Wigmore Hall** returns **Thursday 2<sup>nd</sup> – Thursday 30<sup>th</sup> November**. 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 almost full!** For more info, call **0300 030 7212** or email [info@resonatearts.org](mailto:info@resonatearts.org)

Our **Singing with Friends Choir** rehearsals take place **in person at Wigmore Hall on Tuesday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> November** and also **online via Zoom on Tuesday 14<sup>th</sup> & 28<sup>th</sup> November**. **Exciting advance news** – the choir's free **Christmas concert** will be held at **Wigmore Hall on Tuesday 12<sup>th</sup> December at 11am**. For more info, please call Shelley on **0300 030 7212**.

**Music for the Moment** – our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on **Friday 10<sup>th</sup> November** at **Wigmore Hall (please note venue!)**. Flautist Katie Taunton and pianist Jack Redman from the Royal Academy of Music will be performing. **Tea and cake from 2.30pm, concert starts at 3pm**. This concert will also be broadcast live over the internet: <https://www.wigmore-hall.org.uk/10Nov23>

Our **Creative Space** art sessions take place on either the second or third week of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be **Monday 13<sup>th</sup> November, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

Our next **Creative Movement** session takes place on **Monday 27<sup>th</sup> November, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, playful movement (with balloons, shakers & scarves) for people living with dementia, their companions and carers. To book your free place, contact Shelley on **0300 030 7212** or email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

## Other News

**A Closer Look Tours** **Monday 30<sup>th</sup> October & Monday 27<sup>th</sup> November, 2pm – 3.30pm**  
V&A South Kensington, Cromwell Road, SW7 2RL

A Closer Look Tours have restarted at the V&A, taking place on the last Monday of each month (excluding bank holidays). These 45-minute free tours are aimed at people living with early-stage dementia, their family and friends. Enjoy a cup of tea before heading to a gallery with an expert guide, where you can learn the stories behind some of the V&A's most fascinating objects. **Booking is essential**, via the [website](#) or call: **020 7942 2000**.

**Creative Workshop: Winter Colours** **Tuesday 14<sup>th</sup> November, 2pm – 4pm**

The Wallace Collection, Manchester Square, W1U 3BN

Join artist Luisa Rivera for a dementia-friendly creative workshop, taking inspiration from winter scenes found in the Wallace Collection and experiment with collaging. Enjoy a relaxed afternoon with tea and coffee provided. Companions/carers welcome. To book, or for more info, please contact Holly on **020 7563 9577** or [community@wallacecollection.org](mailto:community@wallacecollection.org)

**Music Session at Lord's** **November date to be confirmed** (contact John for more info)

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

Monthly music session with opera singer Maciek O'Shea in the historic Lord's Cricket Ground Museum. Maciek will be involving the group in a variety of pop, folk and operatic numbers. **Contact John Donegan on 020 7616 8604** or [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.uk)

## Our ever radiant faces....



**Sofi Mogensen**  
**Projects Manager**



**Sam Curtis**  
**Director**



**Shelley Hastings**  
**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 at one of our events.

Best wishes, Sofi, Sam & Shelley

You can contact **Resonate Arts** on: **0300 030 7212** or [info@resonatearts.org](mailto:info@resonatearts.org)

**Resonate Arts desperately needs donations!** Please visit our online [support page](#) to see how you can donate. All donations are gratefully received and make a significant difference to our work.

## Westminster event listings – November 2023

### Memory Café South Tuesday 7<sup>th</sup> 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.

Call London Care Westminster on **020 7723 5425** or email: [marco.sepe@candhealthcare.co.uk](mailto:marco.sepe@candhealthcare.co.uk)

### Memory Café North Wednesday 29<sup>th</sup> November, 2.30pm – 4.30pm

42 Westbourne Park Road, 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](mailto:marco.sepe@candhealthcare.co.uk)

### Maintenance Cognitive Stimulation Therapy (MCST) Every Tuesday, 2.30pm – 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](mailto:jessica.thomas@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

**Friday 3<sup>rd</sup> November, 1.15pm** Holy Sepulchre, Holborn Viaduct, EC1A 2DQ. Tel. **020 7236 1145**

**Saturday 4<sup>th</sup> November, 3pm** Holy Cross Church, 98 Cromer St, WC1H 8JU. Tel. **020 7278 6263**

**Saturday 11<sup>th</sup> November, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**. Free relaxed concerts, book via [Songhaven website](#) or email [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk)

### Heart of Westminster – Age UK Memory Café Monday 20<sup>th</sup> November, 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](mailto:jessica.thomas@ageukwestminster.org.uk)

### Reminiscence Session Tuesday 21<sup>st</sup> November, 1.30pm – 3.30pm (Entrance – Grace Gate)

Lord's Cricket Ground, St John's Wood Road, NW8 8QN. **See also the Music Session on page 2.**

Join these free monthly sessions for a friendly chat and light refreshments.

**Please book** on **020 7616 8604** or email [community@mcc.org.uk](mailto:community@mcc.org.uk)

### Video and Tea Wednesday 22<sup>nd</sup> November, 1:30pm – 4:30pm

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

Watch a screening of the films 'Father Christmas' & 'The Snowman' followed by a delicious tea & ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. 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](mailto:info@resonatearts.org)