Resonate Now – November 2026

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 are all keeping well.

We kicked off the month of October with the Resonate Arts Celebration Party, where we had a wonderful time together filled with music, movement, flower crowns and fun! Our Singing with Friends Choir shared some songs with us (which included a couple of very special solos), and we ended the day with dancing! It was a great opportunity to catch up and be a little creative with one another, reminding us of the importance of community, connection and laughter shared over a cup of tea.

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Mondays 2nd, 9th, 16th, 23rd & 30th November, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle and playful movement class; chair-based. For more information, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Our weekly **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesdays 3rd, 10th, 17th and 24th November** and **online (via Zoom)** on **Tuesday 10th & 24th November**. For info and timings, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Our monthly **Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 16th November, 2pm – 3.45pm**. For more info and to book a free place, please call Shelley 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 20th November** at **Wigmore Hall, 36 Wigmore St, W1U 2BP (please note venue!)**. Flarra Duo (harp & flute) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm**. For more info, please call **0300 030 7212** or email: info@resonatearts.org

Other News

Wellbeing Sessions - Royal Hospital Chelsea, Royal Hospital Rd, SW3 4SR (via Chelsea Gate)
Tuesday 3rd November, 10.30am – 11.30am: creating an aromatic herb bag
Tuesday 10th November, 10.30am – 11.30am: joyful singing with Ali & Christopher
Tuesday 17th November, 10.30am – 12pm: coffee, conversation & cake – get to know the Chelsea Pensioners
Tuesday 24th November, 10.30am – 11.30am: sensory session
Tuesday 24th November, 1pm – 2pm: Dementia Friends Information session
Tuesday 10th & 24th Nov, 2.30pm – 3.15pm: seated movement to music (please book!)

Free wellbeing sessions for people living with memory loss, carers, friends and family. To book, call Marina: **07583 695301**, or communityengagement@chelsea-pensioners.org.uk

Inspire Opera Holland Park Community Concert **Thursday 19th November, 1pm – 1.45pm**
St Barnabas Church, 23 Addison Road, W14 8LH (**free**)
Monthly series of dementia-friendly concerts performed by singers from Opera Holland Park at various venues. Book online or you can just turn up on the day. Anyone with access needs is encouraged to book. For more info, please call Opera Holland Park: **020 3846 6222**.

Relaxed Tours at the Royal Albert Hall **Tuesday 24th November, 10.30am** (**free**)
Royal Albert Hall, Kensington Gore, SW7 2AP

Enjoy a 40-minute guided tour of the Royal Albert Hall plus tea & a sweet treat. Dementia-friendly, carers welcome. Book online, or call the **Box Office** on **020 7589 8212** and request the '**free** Relaxed Tour'. For more info, please email: engagement@royalalberthall.com

Our ever radiant faces….

Sofi Mogensen

Projects Manager

Sam Curtis

Director

Shelley Hastings

Projects Manager

Maria Huxstep

Ops & Systems Coordinator

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 & Maria

You can contact **Resonate Arts** on: **0300 030 7212** or **info@resonatearts.org**

Westminster event listings – November 2026

Memory Café South **Tuesday 3rd 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: Asha.Ali@londoncare.co.uk

Memory Café North **Wednesday 25th November, 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: Asha.Ali@londoncare.co.uk

Maintenance Cognitive Stimulation Therapy (MCST) **Tuesdays, 2.30pm – 4pm**
St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT (weekly group)
Activities provided by 'Visiting Angels' to help maintain memory & mental function in a supportive space. For people with early stage dementia. **Pre-assessment required**, please call **020 3004 5610** or email: dementia@ageukwestminster.org.uk

Singing for the Mind **Thursdays, 2pm – 4pm (weekly, 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.

Songhaven Concert (a tribute to Remembrance Sunday) **Saturday 14th November, 3pm**
St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**.
Booking essential! https://songhaven.co.uk/liveconcerts/; songhaven@songhaven.co.uk

Heart of Westminster – Age UK Westminster Memory Café **Mon 16th 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. To book, call **020 3004 5610**, or email: dementia@ageukwestminster.org.uk

Sessions at Lord's Cricket Ground
Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Gate 6)
Music: Tuesday 17th November, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.
Reminiscence: Tuesday 24th November, 1.30pm – 3pm Friendly chat & refreshments session.
For more info, please call John on **020 7616 8604**, or email: john.donegan@mcc.org.uk

Video and Tea **Wednesday 25th November, 1:30pm – 4:30pm**
The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA.
Watch a screening of the film 'Willy Wonka & The Chocolate Factory' plus 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**