

Resonate Now – October 2023

Hello everyone! We hope you are keeping well.



It was brilliant to see so many of you at our Summer Celebration in September! The event was a chance to get together and celebrate all the amazing creative things you've been doing over the past year. During the afternoon we had live piano music from Jonathan, art activities led by Georgia with guests embossing and decorating golden foils to fill our Summer Celebration Gallery, followed by the world premiere of our Creative Space film featuring fabulous artwork, song and spoken word from our participants.

There was also live music from our Singing with Friends choir; led by Issy, they performed a medley of songs from around the world, with wonderful solos from Rosalind, Marietta and Erlinda. The party vibe kept on going as choreographer Sheba got us up and moving with some brilliant dance moves from everyone on stage and in the audience. There was tea and cake aplenty and smiles and laughter filled the space. A huge thank you to everyone who came along and to all our amazing artists and Creative Befriender volunteers who helped make the day a truly memorable one. We can't wait till the next one!

Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 3rd, 10th, 17th, 31st October** in person at **Wigmore Hall** and **online via Zoom (Tuesday 10th & 31st October)**. **Please note, there is no session on Tuesday 24th October**. For more info, call Shelley on **0300 030 7212**.

Music for the Moment – our free dementia-friendly concert series in partnership with the Royal Academy of Music – restarts on **Friday 13th October** at **St Marylebone Parish Church (please note venue!)**, 17 Marylebone Road, NW1 5LT. This month, Royal Academy of Music vocalist Sophie Patterson (mezzo soprano) will be performing, accompanied by pianist Daniel Silcock. **Tea and cake from 2.30pm, concert starts at 3pm.**

Our **Creative Space** art sessions take place on the second Monday of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be **Monday 16th October, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or email: shelley@resonatearts.org

Our **Creative Movement** sessions restart on **Monday 30th October, 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 shelley@resonatearts.org

Other News

Music Session at Lord's Monday 16th October, 1.30pm – 3pm (see also Lord's on page 3)

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

Creative Workshop: Experiment with Printmaking Tuesday 17th October, 2pm – 4pm

The Wallace Collection, Manchester Square, W1U 3BN

Join artist Luisa Rivera for a dementia-friendly creative workshop, taking inspiration from autumnal scenes found in the Wallace Collection and experiment with printmaking. 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

Dementia-Friendly Film Screening Friday 27th October, 11am (refreshments 10.30am)

Fulham Road Picture House, 142 Fulham Road, SW10 9QR Reduced ticket price: **£5.30**.

Enjoy dementia-friendly film screenings without ads or trailers at Fulham Road Picture House. October's film will be [The Little Mermaid \(2023\)](#). Tickets include free tea and coffee and a chance to socialise before the film. Especially for people living with dementia and their family, friends and carers. Call **020 3750 1610** for more info and to book tickets.

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

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 – October 2023

Memory Café South Tuesday 3rd October, 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 London Care Westminster on **020 7723 5425** or email: enquiries@candchealthcare.co.uk

Memory Café North Wednesday 25th October, 2.30pm – 4.30pm

42 Westbourne Park Road, W2 5PH

Providing group-based support for people living with dementia and memory loss.

Contact London Care Westminster on **020 7723 5425** or email: enquiries@candchealthcare.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

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.

Songhaven Concerts

Friday 6th October, 1.15pm Holy Sepulchre, Holborn Viaduct, EC1A 2DQ. Tel. **020 7236 1145**

Saturday 28th October, 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

Heart of Westminster – Age UK Memory Café Monday 16th October, 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

Reminiscence Session Tuesday 24th October, 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

Video and Tea Wednesday 25th October, 1:30pm – 4:30pm

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

Watch a screening of the film 'The African Queen' followed by a delicious tea & ice-cream. No

need to book, tickets £2 on the day. Wheelchair accessible. 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

