Resonate Now – October 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.

My name is Maria and I am absolutely delighted to introduce myself as Resonate Arts' new Operations & Systems Coordinator. I have a background working in the public sector with the Department of Health & Social Care, the NHS and Barnardo's. I am now very pleased to start this exciting new chapter with Resonate Arts. I will be working behind the scenes, helping to keep things running smoothly and making sure systems and processes work as effectively as possible.

I studied Fine Art at university and continue to grow in my painting practice outside of work, so naturally I was drawn to Resonate Arts because of the fantastic work it does to bring people together through creativity and the arts! I'm looking forward to attending the occasional event, meeting some of you and becoming part of this inspiring community.

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Mondays 5th, 12th, 19th & 26th October, 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 6th, 13th & 20th October** and **online (via Zoom)** on **Tuesday 6th & 20th October**. 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 19th October, 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 23rd October** at **St Marylebone Parish Church**, **17 Marylebone Road, NW1 5LT**. Singer **Alexis Jagger** 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 6th October, 10.30am – 11.30am: relaxed autumnal creative workshop
Tuesday 13th October, 10.30am – 11.30am: joyful singing with Ali & Christopher
Tuesday 20th October, 10.30am – 12pm: coffee, chat & cake with the Chelsea Pensioners
Tuesday 27th Oct, 10.30am – 11.30am: sensory session – what do my dreams smell like?
Tuesdays 13th & 27th Oct, 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

Relaxed Tours at the Royal Albert Hall **Tuesday 20th October, 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

Inspire Community Concert **Tuesday 20th October, 1.30pm – 2.15pm** (**free**)
St Philip's Church, Earls Court Road, W8 6QH. For more info, call Opera HP: **020 3846 6222**. Dementia-friendly concert with singers from Opera Holland Park. Book online or turn up.

Creative Workshop: Portraits in Print **Friday 30th October, 2pm–4pm** (**free**)
Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Join artist Caroline Dorset to look at some of the Collection's best known faces. Choose a favourite portrait and recreate it as a monoprint, rolling ink onto perspex and drawing into it to make a print of your own. No experience needed. Dementia friendly, carers welcome. **Booking essential**: book online or call **020 7563 9577**; community@wallacecollection.org

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 – October 2026

Memory Café South **Tuesday 6th 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.
Call London Care Westminster on **020 7723 5425**, or email: Asha.Ali@londoncare.co.uk

Memory Café North **Wednesday 28th October, 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 (celebrating Silver Sunday) **Saturday 10th October, 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

Sessions at Lord's Cricket Ground
Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Gate 6)
Music: Tuesdays 13th & 20th October, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.
Reminiscence: Tuesday 27th October, 1.30pm – 3pm Friendly chat & refreshments session.
For more info, please call John on **020 7616 8604**, or email: john.donegan@mcc.org.uk

Heart of Westminster – Age UK Westminster Memory Café **Monday 19th 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. To book, call **020 3004 5610**, or email: dementia@ageukwestminster.org.uk

Video and Tea **Wednesday 28th October, 1:30pm – 4:30pm**
The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA
Watch a screening of the film 'Turner & Hooch' 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**