

## Resonate Now – September 2023

Hello everyone!

We hope you are keeping well.



We were thrilled to hear our Singing with Friends Choir perform on the beautiful main stage at Wigmore Hall in July. Our online and in-person choirs came together for a performance sharing to showcase the pieces they've been working on this year.

We enjoyed a wonderful mix of songs from around the world, original poetry, solos, duos, creative movement and even some audience participation too. We can't wait for the next one!

### Resonate Arts Events

Our **Singing with Friends Choir** rehearsals take place on **Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> September** in person at **Wigmore Hall** and **online via Zoom (Tuesday 12<sup>th</sup> & 26<sup>th</sup> September)**. For more info, please get in touch with Shelley on **0300 030 7212**.

**Resonate Arts Summer Celebration! Thursday 14<sup>th</sup> September, St Peter's Church, Notting Hill.** Join us for live music and movement from our Singing with Friends choir, arts activities and a film created by our Creative Space group, delicious tea and cakes and the opportunity to catch up with friends old and new. **RSVP: spaces are very limited, booking essential, please call: 0300 030 7212.**

**Remembering Yesterday Caring Today (RYCT) Monday afternoons, 18<sup>th</sup> September – 20<sup>th</sup> November** at **Barrow Hill Village Club, 5 Allitsen Road, London NW8 7BD** A series of 10 weekly, 2-hour creative reminiscence sessions for people living with dementia and a supporter/close relative. Sessions will be led by Caroline Baker from the European Reminiscence Network and will involve music, drama, drawing, singing, dancing, conversation and sharing of memories to help bring people together. Spaces are limited, to register your interest, please call Katie on **0300 030 7212** or email [katie@resonatearts.org](mailto:katie@resonatearts.org)

Our **Creative Movement** sessions restart on **Monday 25<sup>th</sup> September, 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](mailto:shelley@resonatearts.org)

Our **Creative Space** art sessions usually take place on the second Monday of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. **Please note, there is no session in September** so our next session will be: **Monday 16<sup>th</sup> October, 2pm – 3.45pm**. To book your free place, contact Shelley on **0300 030 7212** or email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

## Other News

### **Music Session at Lord's Monday 4<sup>th</sup> September, 1.30pm – 3pm**

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)

### **Creative Workshop: Experiment with Watercolours Tuesday 19<sup>th</sup> September, 2pm – 4pm**

The Wallace Collection, Manchester Square, W1U 3BN

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

### **Free Workshop at the Royal Mews Monday 25<sup>th</sup> September, 2pm – 4.30pm**

The Royal Mews, Buckingham Palace Road, London, SW1W 0QH

A free interactive workshop for people living with dementia and their carers exploring the Royal Mews and its role in supporting historic royal events. A guided wander through the Mews will look at the historic carriages, followed by a handling session in their learning rooms. Includes tea and biscuits. Booking essential, please call: **0303 123 7324** or book online: [www.rct.uk/whatson/event/1091375/Royal-Mews-Dementia-friendly-event](http://www.rct.uk/whatson/event/1091375/Royal-Mews-Dementia-friendly-event)

## 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)

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 – September 2023

### **Memory Café South** Tuesday 5<sup>th</sup> September, 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](mailto:enquiries@candchealthcare.co.uk)

### **Memory Café North** Wednesday 27<sup>th</sup> September, 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](mailto: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](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 1<sup>st</sup> September, 1.15pm** Holy Sepulchre, Holborn Viaduct, EC1A 2DQ. Tel. **020 7236 1145**

**Saturday 23<sup>rd</sup> September, 3pm** Holy Cross Church, 98 Cromer Street, WC1H 8AL

**Saturday 30<sup>th</sup> September, 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 18<sup>th</sup> September, 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 19<sup>th</sup> September, 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 27<sup>th</sup> September, 1:30pm – 4:30pm

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

Watch a screening of the film 'Brigadoon' followed by a delicious tea including ice-cream. No need to book, tickets are £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](mailto:info@resonatearts.org)