

Resonate Now – September 2022

Hello everyone!

We have been busy planning our autumn programme of activities and our end of summer celebration and we're really looking forward to seeing you soon at some of these events.

Creative Corner



This month we're sharing some of the creative artwork to come out of our Cognitive Stimulation Therapy programme at the V&A, a collaboration between the V&A, Resonate Arts and The Memory Service. In this particular session, participants had fun creating their own book inspired by some of the unusual art books brought along and presented by curators at the V&A's National Art Library.

"The thing that blew my mind [about the programme] was how much we covered and how we were allowed to see behind the scenes of the V&A. Made me feel I want to go more, especially the library session up in the roof, all the nooks and crannies, so exciting... Everything was so intriguing and stimulating, you go home and are thinking about it a lot." (participant feedback)



If you fancy creating something to go in a future edition of our newsletter (a drawing, photo, painting or poem for example), please include your name and [email us](#) or post to: Resonate Arts, 12 Carlton House Terrace, London SW1Y 5AH. We'll do our best to feature it!

Resonate Arts Events

Resonate Arts Summer Celebration! Thursday 8th September, 2pm – 4pm, St Peter's Church, Notting Hill. Join us for live music from participants, arts activities curated 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.

Our **Singing with Friends Choir** restarts in person on **Tuesday 6th September** at **Wigmore Hall** and the online choir restarts **Tuesday 13th September**. Following the heatwave last month, our **Singing with Friends Sharing** event at **Wigmore Hall** has been rescheduled to **Tuesday 20th September, 12pm – 2pm**. Please get in touch if you would like to come along.

The next dementia-friendly **Music for the Moment** concert, in partnership with the Royal Academy of Music, takes place at **St Marylebone Parish Church** on **Friday 30 September**. **Tea and cake from 2.30pm, concert starts at 3pm**. Flautist and RAM Open Academy Fellow **Jessica Scott** will be performing. Please call us if you would like to come to this event.

Silver Sunday at The Wallace Collection with Wigmore Hall, Sunday 2 October, 12pm – 3:30pm Join Resonate Arts and musicians from Wigmore Hall and the Royal Academy of Music for an afternoon of art, music making and discussion at the fabulous **Wallace Collection**. For people living with dementia and carers. Lunch provided. **Places are very limited, advance booking essential**. Call 0300 030 7212 or email: info@resonatearts.org

Music for Thought at Wigmore Hall every Thursday from 27th October – 17th November (afternoon timings tbc). Join our fun, interactive 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 very limited, advance booking essential**. Call us on 0300 030 7212 or email: info@resonatearts.org to book a place.

Other News

The **Museum of London Docklands** is running a 10-week series of award-winning life story/ reminiscence workshops for people living with dementia and their carers. **Remembering Yesterday, Caring Today (RYCT)** takes place on **Tuesdays from 30th August, 2pm – 4pm**. Call **020 7001 9844** for more information or email memories@museumoflondon.org.uk

Our ever radiant faces....



Jude Sweeting

Chair of Trustees



Sam Curtis

Director



Shelley Hastings

Projects Manager



Sofi Mogensen

Projects Manager



Katie Turnbull

Artist

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, Katie and Jude

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 – September 2022

Memory Café South Tuesday 6th 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 Dementia Advisor Saskia: Saskia.Fentiman@candhealthcare.co.uk / Tel: **07783 166 398**.

Memory Café North Wednesday 28th September, 2.30pm – 4.30pm

42 Westbourne Park Road, W2 5PH

Providing group-based support for people living with dementia and memory loss. Contact Dementia Advisor Saskia: Saskia.Fentiman@candhealthcare.co.uk / Tel: **07783 166 398**.

Maintenance Cognitive Stimulation Therapy (MCST) Every Tuesday, 2pm

Beethoven Centre, Third Avenue, W10 4JL

A supportive environment with activities to help maintain memory and mental function. For mild-moderate dementia. Call Clare Davies on **07498 469 737** / clare.davies@ageukwestminster.org.uk

Singing for the Mind Every Thursday, 2pm

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.

Reminiscence Sessions Tuesday 6th September, 1.30pm – 3.30pm

Lord's Cricket Ground, St John's Wood Road, NW8 8QN

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

Please book on **020 7616 8604** or email community@mcc.org.uk

Resonate Creative Space Monday 12th September, 2pm – 3.45pm

St Anne's Church, 55 Dean Street, W1D 6AF

Come to our monthly meeting space for conversation and creative activity led by our resident artist. To book your free place, contact Shelley: **07483 320 510** / shelley@resonatearts.org

Heart of Westminster – Age UK Memory Café Monday 19th September, 11am – 12:30pm

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. Contact Clare Davies on: **07498 469 737** / clare.davies@ageukwestminster.org.uk

Video and Tea Wednesday 28th September, 1:30pm – 4:30pm

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

Watch a screening of the film 'Calamity Jane' followed by a delicious tea including ice-cream. No need to book, tickets are £2 on the day. For more info, contact **020 7286 5181**.

Songhaven Concert Friday 30th September, 1.15pm

Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ (**note venue location!**)

Enjoy a free, dementia-friendly 45-minute concert featuring classic songs from stage and screen.

Please book via the [Songhaven website](#), call **020 7236 1145** or email songhaven@songhaven.co.uk

Listings produced by Resonate Arts for people living with dementia, their supporters & carers

If it is your first time attending any of the events above, we recommend contacting the provider in advance to book your place. This will provide opportunity to discuss details around Covid-19 guidance, access requirements, or for support with travel plans.

Contact **0300 030 7212** or info@resonatearts.org