

Resonate Now – August 2025

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're all keeping well.



Our Creative Befriender volunteer, Vivien, was recently nominated as a **Hidden Hero** – an initiative run by Marble Arch Partnership to celebrate people working behind the scenes in the local area. For the past two years, Vivien has been doing weekly visits to a lady living with dementia who has recently turned 100! They've enjoyed collaborating on a wide range of creative projects including painting, collage and colourful paper craft – read the article online at: <https://marble-arch.london/culture/hidden-heroes/>. Congratulations Vivien!

Resonate Arts Events

Our next **Creative Dance & Movement** takes place on **Monday 18th August, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Regular weekly sessions restart on **Monday 1st September, 2pm – 3.30pm**. Gentle & playful movement class; chair-based. For more information, please call Katie on **0300 030 7212**, or email: info@resonatearts.org

Creative Space Art takes place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 18th August, 2pm – 3.45pm**. For more info and to book your free place, please contact Shelley on **0300 030 7212** or email: info@resonatearts.org

Our **Singing with Friends Choir** has a break in August; rehearsals restart in person at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesday 16th, 23rd & 30th September** and **online (via Zoom) on Tuesday 23rd September**. For more information, 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 a break in August. Our next concert will be on **Friday 19th September** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**, from **2.30pm**.

Other News

Royal Hospital Chelsea – Wellbeing Tuesdays Soane Stable Yard, Royal Hospital Chelsea, Royal Hospital Road, SW3 4SR (enter via Chelsea Gate)

Mondays in August, 11.30am – 12.20pm: gentle seated exercise with Alice. Free to attend, but booking is required!

Tuesday 5th August, 10.30am – 11.30am: relaxed art workshop

Tuesday 12th August, 10.15am – 11am: community singing with Ali & Christopher

Tuesday 19th August, 10am – 12pm: community coffee morning in partnership with the Chelsea Heritage Quarter

Tuesday 26th August, 10.30am – 12pm: sensory exploration of the Royal Hospital buildings

Visit the Royal Hospital Chelsea, home of the Chelsea Pensioners, for a programme of **free** weekly wellbeing sessions for people living with memory loss, carers, friends and family. To book, call Marina: **020 7881 5493**, or communityengagement@chelsea-pensioners.org.uk

***NEW* Memory Café supported by ‘Visiting Angels’** Tuesday 26th August, 11am – 1pm
St Mary’s Church, Bourne Street, SW1W 8JJ (fully accessible building)

Informal, supportive environment where people living with dementia and their carers can socialise and connect for **free**. Activities organised by ‘Visiting Angels’. Light refreshments provided. For info & to book, call: **020 3004 5610**, or dementia@ageukwestminster.org.uk

Creative Workshop: Shape and Colour Tuesday 26th August, 2pm – 4pm (free)

Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Taking inspiration from Canaletto’s paintings, join artist Jon Sleight to create your own abstract piece using Canaletto’s colour palette. No experience necessary, all materials provided. Dementia friendly, carers and family welcome. **Please note: booking is essential!**
Contact: **020 7563 9577**, or email: community@wallacecollection.org

Our ever radiant faces....



Sofi Mogensen

Projects Manager



Sam Curtis

Director



Shelley Hastings

Projects Manager



Katie Turnbull

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! Best wishes, Sofi, Sam, Shelley & Katie

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

Westminster event listings – August 2025

Memory Café South Tuesday 5th August, 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: marco.sepe@candchealthcare.co.uk

Memory Café North Wednesday 27th August, 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: marco.sepe@candchealthcare.co.uk

Maintenance Cognitive Stimulation Therapy (MCST) Tuesdays, 2.30pm – 4pm

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT (weekly group)

Activities to help maintain memory & mental function in a supportive space. For early stage dementia. **Pre-assessment required**, call **020 3004 5610** / 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.

Heart of Westminster – Age UK Westminster Memory Café Monday 18th August, 11am – 1pm

Salvation Army, Regent Hall, 275 Oxford Street, London, W1C 2DJ (*see also new café on page 2)

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 – Grace Gate)

Music Session August date TBC, 1.30pm – 3pm Pop, folk & opera with singer Maciek O'Shea.

Reminiscence Session Tuesday 26th August, 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 27th August, 1:30pm – 4:30pm

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

Watch a screening of the film 'Genevieve' 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**.

Songhaven Concerts Please note, there are no concerts in August

Further info at: <https://songhaven.co.uk/liveconcerts/> or email: songhaven@songhaven.co.uk

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

