

Resonate Now – June 2025

One week and one chance to double your impact! Get ready to donate to support our Singing with Friends choir and spread more joy through music!



Our **Singing with Friends** choir brings joy, connection and purpose to many people living with dementia, their family members, carers and supporters. The choir combats isolation and lifts spirits. With your support, we can keep it going.

From **23 – 30 June**, we're taking part in **Big Give's Small Charity Week** campaign where funders match any donation you make to us, doubling

what we receive. Your support will help fund the choir, an incredible community of singers who meet at Wigmore Hall and online. Help us reach our £5,000 target, so we can provide 13 inspiring rehearsal sessions, accessible transport and friendly supportive staff. To donate and double your impact, [please visit our website](#) from **midday on 23rd June** for details. For now, please make a note in your diary and spread the word to family and friends!

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 2nd, 9th, 16th, 23rd & 30th June, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class; chair-based. For more info, please call Katie on **0300 030 7212**, or email: info@resonatearts.org

Our **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesday 3rd, 10th, 17th & 24th June** and also **online (via Zoom)** on **Tuesday 10th & 24th June**. For more info, please call Shelley on **0300 030 7212** or email: info@resonatearts.org

Creative Space Art sessions take place at the **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ**. Our next session will be **Monday 16th June, 2pm – 3.45pm**. For more info and to book your free place, please contact Shelley on **0300 030 7212** or 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 4th July** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. Hannah Runting (harp) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm, more tea afterwards!**
Please note: there is no concert in June.

Other News

Forget-Me-Nots Tuesday 3rd June, 1.30pm – 3.30pm

Chelsea Physic Garden, 66 Royal Hospital Road, SW3 4HS (free)

A restorative encounter with plants, plus creative activities incl. painting, clay modelling, pressed flower framing or herbal remedy making. Tea & coffee. For people with memory loss, carers & family. To book, call: **020 7349 6474** / learning@chelseaphysicgarden.co.uk

Creative Workshop: Exploring Light with Pastels Tuesday 24th June, 2pm – 4pm (free)

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

Join artist Jon Sleigh to explore how artists have created the illusion of light and experiment with pastels to create artworks full of light and shadow. Dementia-friendly, carers & family welcome. **Booking essential!** Contact: **020 7563 9577** or community@wallacecollection.org

Dementia-Friendly Gardening Event Wednesday 25th June, 10am – 12pm (free)

Penfold Community Hub, 60 Penfold Street, NW8 8PJ ([click here](#) for more event info)

Join the Dementia Care Navigators for an engaging potting event for people living with dementia, and carers, in Westminster. Connect with nature, stimulate the senses and enjoy a relaxing creative session, planting flowers and herbs. Aims to promote wellbeing, memory and social interaction in a joyful and supportive environment. All materials are provided and no gardening experience is necessary. **Limited spaces available, booking essential!**

Please call: **020 3884 9608 / 020 3884 9614**, or email: nhsnwl.hcldementia@nhs.net

Closer Look Tours at the V&A Monday 30th June (monthly till November), 2pm – 3.30pm

Art Studio, Learning Centre, V&A South Kensington, Cromwell Road, SW7 2RL (free)

Learn the stories behind some of the V&A's most fascinating objects. For people living with early-stage dementia, family and friends. **Booking essential!** Call: **020 7942 2000**, or book online at: www.vam.ac.uk/event/yM9eyQDWJY/dementia-friendly-closer-look-tour-2025

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 – June 2025

Memory Café South Tuesday 3rd June, 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 25th June, 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 mild to moderate dementia. **Pre-assessment required**, call **020 3004 5610** / dementia@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.

Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Grace Gate)

Music Session Tuesday 3rd June, 1.30pm – 3pm Pop, folk & opera with singer Maciek O'Shea.

Reminiscence Session Tuesday 24th June, 1.30pm – 3pm Friendly chat & refreshments session.

For more info, please call John on **020 7616 8604** or email: john.donegan@mcc.org.uk

Songhaven Concerts

Thurs 12th June, 12.15pm Holy Sepulchre London, Holborn Viaduct, EC1A 2DQ. Tel. **020 7236 1145**

Saturday 28th June, 3pm St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**

Details online at: <https://songhaven.co.uk/liveconcerts/> or email: songhaven@songhaven.co.uk

Heart of Westminster – Age UK Westminster Memory Café Monday 16th June, 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 Felia: **07462 344580**, or email: felia.inglis@ageukwestminster.org.uk

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

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

Watch a screening of the film 'Splash' 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