



## **Resonate Now – December 2023**

### **Resonate Arts desperately needs donations!**

Please visit our online [support page](#) or call **0300 030 7212** to see how to support us. [All donations are gratefully received and make a significant difference to our work.](#)

Hello everyone! We hope you are all keeping well. As December approaches, we would like to take this opportunity to wish you all the best for the coming season and invite you to our festive Singing with Friends choir sharing event at Wigmore Hall on **Tuesday 12<sup>th</sup> December at 12.15pm** – do come and join us if you can!

We are also delighted to share some of the inspiring artwork our participants have been busy making at our recent Creative Space workshops – weaving together brightly coloured fabrics in beautiful patterns using cardboard looms.



### **Resonate Arts Events**

**Music for the Moment** – our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on **Friday 1<sup>st</sup> December** at **St Marylebone Parish Church** (**please note venue!**). Callum Davis (tuba) and Mared Pugh-Evans (harp) from the Royal Academy of Music will perform. **Tea and cake from 2.30pm, concert starts at 3pm.**

Our **Singing with Friends Choir** rehearsals will take place **in person at Wigmore Hall** on **Tuesday 5<sup>th</sup> & 12<sup>th</sup> December**, please note there are no online choir sessions in December. The choir's free **Christmas choir sharing** will be held at **Wigmore Hall** on **Tuesday 12<sup>th</sup> December, 12.15pm – 1pm**. For more info, please call Shelley on **0300 030 7212**.

Our next **Creative Movement** session takes place on **Monday 11<sup>th</sup> December, 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 email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

Our **Creative Space** art sessions take place on either the second or third week of the month at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be **Monday 18<sup>th</sup> December, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or email: [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

## Other News

### **Creative Workshop: Festive Decorations** Wednesday 13<sup>th</sup> December, 2pm – 4pm

The Wallace Collection, Manchester Square, W1U 3BN

Join artist Lucy Ribeiro for a dementia-friendly creative workshop, taking inspiration from a merrymaking scene found in the Wallace Collection, to create your own festive decoration using felt. Tea and coffee will be provided. Companions/carers welcome. To book, or for more info, please contact Holly on **020 7563 9577** or [community@wallacecollection.org](mailto:community@wallacecollection.org)

### **Turtle Song** Mondays, 15<sup>th</sup> January – 11<sup>th</sup> March 2024, 10.30am – 12.15pm

The Recital Hall, Royal College of Music, Prince Consort Road, London SW7 2BS

Turtle Key Arts will be running a 9-week project on Monday mornings called **Turtle Song** – a singing and songwriting project for people living with dementia and their carers – in partnership with English Touring Opera and Royal College of Music. To sign up for free and get further info, please contact: 020 8964 5060 or email: [charlotte@turtlekeyarts.org.uk](mailto:charlotte@turtlekeyarts.org.uk)

### **Closer Look Tours at the V&A** Monday 29<sup>th</sup> January 2024, 2pm – 3pm **No December tour!**

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

Explore a wide range of objects and artworks from different collections at the V&A with an expert guide. These bespoke dementia-friendly tours last 45-60 minutes with refreshments on arrival. For people living with early-stage dementia, family and friends. To book, call: **020 7942 2000**, or via <https://www.vam.ac.uk/event/2bEgddj1/a-closer-look-tours-spring-2024>

## 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)

## Westminster event listings – December 2023

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

### **Memory Café North** Wednesday 20<sup>th</sup> December, 2.30pm – 4.30pm

42 Westbourne Park Road, 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](mailto:marco.sepe@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** Free, relaxed concerts

**Saturday 9<sup>th</sup> December, 3pm** Holy Cross Church, 98 Cromer St, WC1H 8JU. Tel. **020 7278 6263**

**Saturday 16<sup>th</sup> December, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**. Book online at <https://songhaven.co.uk/liveconcerts/> or email [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk)

### **Sessions at Lord's Cricket Ground**

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

**Reminiscence Session** Tuesday 12<sup>th</sup> December, 1.30pm – 3.30pm Friendly chat, tea & coffee.

**Music Session** December date to be confirmed Opera singer Maciek O'Shea will be involving the group in a variety of pop, folk and operatic numbers in the historic Lord's Cricket Ground Museum. For info and to book a free place, contact John: **020 7616 8604** or email [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.uk)

### **Heart of Westminster – Age UK Memory Café** Monday 18<sup>th</sup> December, 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)

### **Video and Tea** Wednesday 24<sup>th</sup> January, 1.30pm – 4.30pm (**There is no session in December!**)

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA. Tel: **020 7286 5181**

Watch a screening of the film 'On the Town' followed by a delicious tea & ice-cream. Tickets £2.

### **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)