



## Events and groups in Westminster, December 2018

*All of the following events and weekly sessions are designed for people with some memory loss or living with a dementia, and their carers*

### **Monday 3<sup>rd</sup> December 10.15am-12.30pm Dance for Dementia with Rambert**

Rambert, 99 Upper Ground, SE1 9PP. All abilities welcome, no previous dancing experience necessary. Wear loose clothing and soft-soled shoes. For info contact Sophie, 020 3053 3325 or [sophieknowles@rambert.org.uk](mailto:sophieknowles@rambert.org.uk)

**Wednesday 5<sup>th</sup> December 2.30pm-4.30pm Westminster Memory Café South** at Victoria Medical Centre 29 Upper Tachbrook Street, SW1V 1SN. Join us for an arts and craft session. Call Terezie on 07540 502379 [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk) for more info

**Thursday 6<sup>th</sup> December 3.30-5pm Dementia Fair** 42 Westbourne Park Road, W25PH  
An opportunity for people living with a dementia and memory loss and carers to meet health and social care professionals and find out about local services. 020 3317 3666

**Fridays 7<sup>th</sup> & 14<sup>th</sup> December 10.30am- 12.15pm Ballet Workshops, Arts 4 Dementia & ROH**  
Royal Opera House, Clore Studio, Bow St, London, WC2E 9DD. Sessions now full, call to be added on the waiting list- Arts4Dementia 020 7239 4954

**Monday 10<sup>th</sup> December 2-4pm Rainbow Memory Café** Tavis House, 1-6 Tavistock Square, WC1H 9NA. This LGBTQ café offers a social environment and safe place for peer support. For more information contact Sally Knocker in advance at [sally.knocker@openingdoorslondon.org.uk](mailto:sally.knocker@openingdoorslondon.org.uk).

**Tuesday 11<sup>th</sup> December 2pm-4pm Discover the Wallace Collection** Manchester Square, W1U 3BN. Join the us for a festive themed workshop at the Wallace Collection. *Discover* is the Wallace Collection's programme for people living with the early stages of dementia and their friends and families. Tea & coffee provided. Booking essential: call Vanessa 020 7563 9577 or email [community@wallacecollection.org](mailto:community@wallacecollection.org)

**Saturday 15<sup>th</sup> December 3.30-4.45pm Songhaven concert at Lumen Church & Cafe**  
88 Tavistock Place, WC1H 9RS. A special 45 minute music concert (including seasonal singalongs) followed by afternoon tea with mulled wine and festive nibbles. Free, booking essential call 020 7278 1887 or visit [www.songhaven.co.uk](http://www.songhaven.co.uk)



**Monday 17<sup>th</sup> December 10.30am -12.30pm Dementia Friendly Screening at Gate Cinema**  
87 Notting Hill Gate, Kensington, W11 3JZ. This month: *The Wizard of Oz* Join Dorothy, (Judy Garland) and Toto on their journey along the Yellow Brick Road to Emerald City. £4, carers free with CEA card. Free refreshments from 10.30 am, film 11am + interval. Call for more info 0871 902 5731

**Monday 17<sup>th</sup> December 11am – 12.30pm InMind at Royal Academy of Arts**  
Burlington Gardens entrance, 6 Burlington Gardens, W1S 3ET. Tea, art making and conversation about art works. Free to attend. Fully booked but contact [events.lectures@royalacademy.org.uk](mailto:events.lectures@royalacademy.org.uk) or 020 7300 5839 for cancellations, or to register interest in Resonate Arts allocation (numbers strictly limited) contact 020 7321 2702

**Tuesday 18<sup>th</sup> December 3-4.30pm Hymns and Pimms** Grosvenor Chapel, 24 South Audley Street, W1K 2PA. This month: Christmas. No need to book, just turn up. Contact Lis Hasted on 07910 451872 or [lis.hasted@grosvenorchapel.org.uk](mailto:lis.hasted@grosvenorchapel.org.uk)

**Wednesday 19<sup>th</sup> December 2.30-4.30pm Westminster Memory Café North** 42 Westbourne Park Road, W25PH. Join us for a festive themed party! Free, no need to book, just turn up. Call Terezie on 07540 502379 or [terezie.wickenden@londoncare.co.uk](mailto:terezie.wickenden@londoncare.co.uk) for more info

**Tuesdays, weekly 3-4.30pm (From 4<sup>th</sup> December, no session 25<sup>th</sup>) Singing for the Brain®**  
Alzheimer's Society, St Vincent's House, 49 Queen Caroline Street, W6 9QH. For more info and to book your place, contact Alex on 020 8563 0001 or 07483 137 522 or email [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.org.uk)

**Important early January dates for your 2019 diary!**

Wednesday 2<sup>nd</sup> January Memory Café South at Victoria Medical Centre 2.30pm-4.30pm

Monday 7<sup>th</sup> January Music Therapy at Royal Albert Hall starts back weekly 11.30am- 12.30pm

Tuesday 8<sup>th</sup> January Singing for the Brain starts back weekly 3-4.30pm

Friday 11<sup>th</sup> January Music for the Moment at St Marylebone Church, 2.30-4pm

**List compiled by Emma at Resonate Arts, a programme for people living with memory loss and dementia and Terezie, Dementia Advisor for Westminster.**

**Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham. Contact Resonate Arts for more info or to be added to the mailing list for any borough on 020 7321 2702 or [emma@resonatearts.org](mailto:emma@resonatearts.org)**