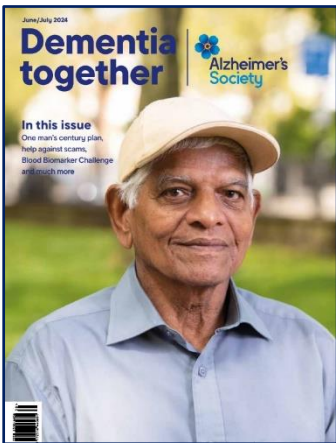


## Resonate Now – July 2024

### Resonate Arts urgently 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.



We were delighted to see one of our participants, Lal Kissoon, gracing the front cover of the June/July issue of *Dementia Together*, published by the Alzheimer's Society. Lal talks about growing up in South Trinidad, making the move to London and shares his own philosophy on life: "Dementia doesn't frighten me," he explains. "My target is to live to 100. I'm living my own life. Every day I write a list so I know to go to the bank, go shopping, meet a friend. I write everything in order and start my list. My day is a successful day. I never go to bed and think, 'I forgot to do something'." "When we are positive and hopeful, the world is ours." Visit [alzheimers.org.uk](http://alzheimers.org.uk) to read the full article.

### Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> July, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class, chair-based if needed. To book your free place, please call Katie on **0300 030 7212** or email: [info@resonatearts.org](mailto:info@resonatearts.org)

Our **Singing with Friends Choir** rehearsals take place **in person at Wigmore Hall** on **Tuesday 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> July** and **online (via Zoom) on Tuesday 2<sup>nd</sup> & 16<sup>th</sup> July**. You are also very welcome to join us for our **Performance Sharing** on the **Main Stage** at **Wigmore Hall** on **Tuesday 9<sup>th</sup> July, 12.15pm – 1pm**. For more info, please call Shelley on **0300 030 7212**.

**Creative Space Art** sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 15<sup>th</sup> July, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or [shelley@resonatearts.org](mailto:shelley@resonatearts.org)

**Music for the Moment** – our free dementia-friendly concert series in partnership with the Royal Academy of Music – takes a break over the summer, returning in the autumn. Our next concert will be on **Friday 4<sup>th</sup> October** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT** (**please note venue!**). Performers from the Royal Academy of Music will be confirmed nearer the time. **Tea & cake from 2.30pm, concert starts at 3pm.**

## Other News

### **The Revellers Club at the Royal Albert Hall Thursday 11<sup>th</sup> July, 10.30am – 12pm**

North Circle Bar, Royal Albert Hall, Kensington Gore, SW7 2AP

Free multi-arts project inspired by the Hall's eclectic and vibrant history. Mischief and merrymaking will be encouraged in a fun environment where music is key. Monthly session (until December) for people living with dementia and their carers. **Limited places – advance booking essential!** Please call **020 7959 0540**, or email: [engagement@royalalberthall.com](mailto:engagement@royalalberthall.com)

### **Creative Workshop: Ceramics Tuesday 30<sup>th</sup> July, 2pm – 4pm**

The Wallace Collection, Manchester Square, W1U 3BN

Join artist Marie-Therese Biek for a dementia-friendly workshop, taking inspiration from the Majorca ceramics on display. You'll have the chance to experiment with creating your own ceramic bowl or plate using air dry clay. Carers and companions welcome. Tea & coffee provided. Free entry, **booking essential: 020 7563 9577/** [community@wallacecollection.org](mailto:community@wallacecollection.org)

### **Closer Look Tours at the V&A Last Monday of the month (see info below), 2pm – 3.30pm**

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. Tours last 45-60 minutes, plus refreshments on arrival. For people living with early-stage dementia, their family and friends. Free entry. **At time of press, tickets still available for 28<sup>th</sup> October & 25<sup>th</sup> November.** Book now on **020 7942 2000**, or via <https://www.vam.ac.uk/event/9QMbe8MPAJ/dementia-friendly-closer-look-tour-2024>

## 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](mailto:info@resonatearts.org)

## Westminster event listings – July 2024

### Memory Café South Tuesday 2<sup>nd</sup> July, 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 31<sup>st</sup> July, 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](mailto:marco.sepe@candchealthcare.co.uk)

### Maintenance Cognitive Stimulation Therapy (MCST) Weekly sessions, please call for info

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT

A supportive environment with activities to help maintain memory and mental function. For mild to moderate dementia. To join, please call **020 3004 5610** / [dementia@ageukwestminster.org.uk](mailto: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](mailto:sfm@ljs.org) or **020 7286 5181** to learn more and to register.

### Songhaven Concerts

**Saturday 6<sup>th</sup> July, 3pm** Conway Hall, 25 Red Lion Square, WC1R 4RL. Tel. **020 7405 1818**

**Saturday 27<sup>th</sup> July, 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)

### Heart of Westminster – Age UK Memory Café Monday 15<sup>th</sup> July, 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 join, please call **020 3004 5610**, or email: [dementia@ageukwestminster.org.uk](mailto:dementia@ageukwestminster.org.uk)

### Video and Tea Wednesday 24<sup>th</sup> July, 1:30pm – 4:30pm

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

Watch a screening of the film 'Meet Me in St Louis' followed by a delicious tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. Call: **020 7286 5181**.

### Sessions at Lord's Cricket Ground

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

**Reminiscence Session Tuesday 30<sup>th</sup> July, 1.30pm – 3pm** Friendly chat and refreshments.

**Music Session July date & time to be confirmed** Free music session with opera singer Maciek O'Shea – a mix of pop, folk & opera! To book, call: **020 7616 8604** / [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.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](mailto:info@resonatearts.org)