

Events and Things To Do in Westminster, February 2018

All of the following events and weekly sessions are designed for people with some memory loss or in the early stages of dementia, and their carers

Wednesday 7th February 2.30pm-4.30pm Westminster Memory Café South

at Victoria Medical, 29 Upper Tachbrook Street, SW1V 1SN. Wilson from Royal Institute of British Architects: creating art inspired by architecture and the work of architects. Free, no need to book, just turn up! **Call Mandy on 07540 502 379 for info**

Monday 12th February 2-4pm Rainbow Memory Café

Tavis House, 1-6 Tavistock Square. The new LGBTQ Rainbow Memory Café offers a safe place for people to meet and gain peer support in a social environment. In Camden but open to anyone. **Contact Sally Knocker for more information - sally.knocker@openingdoorslondon.org.uk**

Monday 12th February 11am – 12.30pm InMind at Royal Academy of Arts.

Coffee and conversation about art works at Burlington House, Piccadilly, free to attend, booking required. **Fully booked - contact events.lectures@royalacademy.org.uk or 020 7300 5839 to check late availability or contact Kathryn on 020 7321 2702**

Tuesday 13th February 1.30pm-3.30pm Sporting Reminiscence Session at Lord's Cricket Ground, Grace Entrance, St. John's Wood Road, NW8 8QN.

Free to attend but booking is essential, to book call Yvonne on 0207 616 8589

Friday 23rd February 2.30pm - 4pm Music for the Moment concert at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT. A recital by students from Royal Academy of Music with Carambola Winds, Woodwind Quintet with Frances Leith. Refreshments served.

For more information contact Kathryn on 020 7321 2702, kathryn@resonatearts.org

Friday 20th February 10am -1pm Come and Sing! a lively and fun taster singing session – no experience required. At Wigmore Hall, 36 Wigmore St, Marylebone, W1U 2BP **To book or for more info contact Kathryn on 020 7321 2702, kathryn@resonatearts.org**

Saturday 24th February 3pm Songhaven concert followed by afternoon tea.

Hosted by mezzo-soprano Vivien Conacher featuring a broad range of songs, duets and singalongs. Followed by afternoon tea. Lumen United Reformed Church, 88 Tavistock Pl, WC1H 9RS. **Free, booking is essential; call 020 7278 1887 or visit www.songhaven.co.uk**

Monday 26th February 10.30am dementia friendly screening at Gate Cinema

87 Notting Hill Gate, Kensington, W11 3JZ. Screenings open to all but especially for people with dementia and their family, friends and carers. Join us for free tea, coffee and biscuits from 10.30 am and film will begin at 11am, with an interval. This month: 'The Band Wagon'
All tickets £4, carers go free with CEA card. **Phone - 0871 902 5731**

Tuesday 27th February 3-4.30pm Hymns and Pimms at Grosvenor Chapel: come together to share friendship, singing and refreshment. 24 South Audley Street W1K 2PA. No need to book, just turn up! Suggested donation £4. **Call Lis Hasted on 020 7499 1684 for more info.**

Wednesday 28th February 1.30am-4.30pm Video & Tea @ The Liberal Jewish Synagogue, 28 St. John's Wood Road, NW8 7HA 'Mamma Mia!' Meryl Streep leading a cast of women of all ages in the musical built around the songs of the hugely popular pop group ABBA. Just come along – no need to book. Soup on arrival then a DVD – followed by a delicious tea including home-made ice-cream £2.

For more info please contact Mary on 020 7286 5181 or maryrossiter@outlook.com

Wednesday 28th February 2.30pm-4.30pm Westminster Memory Café North

Introduction to Mindfulness at 42 Westbourne Park Road, W2 5PH. No experience necessary, free, no need to book, just turn up! **Call Mandy on 07540 502 379 for info**

Mondays, weekly, 11.30am – 12:30pm Music therapy group at the Royal Albert Hall.

Door 3, Kensington Gore, Kensington, London SW7 2AP. Open group, no need to register.

For more info please contact Elaine McGregor on 07553 103599 or email elaine.mcgregor@nordoff-robbins.org.uk

Tuesdays, weekly 3- 5pm Singing for the Brain at Alzheimer's Society Hammersmith and Fulham.

St Vincent's House, 49 Caroline Street, W6 9QH. For more information call Marcia 020 8563 0001. For anyone living in Westminster, Hammersmith & Fulham and Kensington & Chelsea. Come together to share friendship, singing and refreshment. No need to book, just turn up. No experience necessary and sessions are FREE

***List compiled by Kathryn Gilfoy, Resonate Arts 020 7321 2702 - an arts programme for people living with dementia (was Westminster Arts);
and Westminster Dementia Adviser Mandy Andrews 07540 502379***

*Monthly listings are available in Westminster, Kensington & Chelsea and Hammersmith & Fulham.
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