

Events and Things To Do in Westminster: August 2017

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 2nd August 2.30pm-4.30pm: Westminster Memory Café South: creative arts workshop at Victoria Medical Centre with Westminster Arts, 29 Upper Tachbrook Street, SW1V 1SN. No experience necessary, free, no need to book, just turn up! Call Mandy on 07540 502 379 for info

Saturday 12th August: 3pm: Songhaven concert followed by afternoon tea. 'I have dreamed', a 40 minute concert inspired by the night, lullabies and dreams, performed by Vivien Conacher (mezzo-soprano) and Nazan Fikret (soprano) and Berrak Dyer (pianist). Lumen United Reformed Church, 88 Tavistock Pl, Kings Cross, London WC1H 9RS. Free but booking is essential; call 020 7278 1887 or visit www.songhaven.co.uk

Tuesday 15th August 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

Wednesday 16th August 2pm-4pm: Discover the Wallace Collection 'Land and Sea' - Manchester Square, W1U 3BN –Tea & coffee provided. Booking essential - email community@wallacecollection.org or call Sarah 020 7563 9577

Monday 21st August 11am – 12.30pm: In Mind session at Royal Academy of Arts. Tea and conversation about art works at Burlington House, Piccadilly, free to attend. Fully booked - contact events.lectures@royalacademy.org.uk or 020 7300 5839 or to check late availability

Monday 21st August 2.30pm-4pm Music for the Moment mini-concert and talk at Handel and Hendrix in London, 25 Brook Street, Mayfair, London W1K 4HB. NB Entrance in Brooks Mews. An exploration of Baroque chamber music on the recorder with Kristina Grealley. Limited spaces - free, but booking essential. Refreshments served. Contact Kathryn at kathryn@westminsterarts.org.uk Or 020 7321 2702

Wednesday 23rd August 1.30am-4.30pm: Video & Tea @ The Liberal Jewish Synagogue, 28 St. John's Wood Road, NW87HA. 'The 39 Steps' - 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 30th August 2.30pm-4.30pm: Westminster Memory Café North: 42 Westbourne Park Road, W25PH. Drama and movement with Westminster Arts - no experience necessary, free, no need to book, just turn up! For info call Mandy on 07540 502 379

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. ***NB sessions on 7th & 14th August before summer break; resuming on 18th September.*** For more info please contact Elaine McGregor on 07967 696891 or email elaine.mcgregor@nordoff-robbins.org.uk

Tuesdays, weekly, 3.30am – 5pm Singing for the Brain **starting 15th August** (ends October 31st) at 42 Westbourne Park Road, W25PH. For more info please call 020 7561 4820 or email islington@alzheimers.org.uk

List compiled by Kathryn Gilfoy, Westminster Arts' Resonate programme 020 7321 2702, and Westminster Dementia Adviser Mandy Andrews 07540 502 379

