

Resonate Now – March 2025

Please support our work by visiting our [online support page](#) or calling **0300 030 7212**
All donations are gratefully received and make a significant difference to our work

Hello everyone!

We hope you're all keeping well.



We are delighted to share an article that's been published about our Cognitive Stimulation Therapy programme which we run in partnership with the V&A Museum and the Kensington, Chelsea and Westminster Memory Service.

Led by artist Zoe Gilmour, the programme includes activities, talks and tours with curators and librarians from across the V&A Museum who select themed objects from the collection "to challenge participants' cognitive skills through close-looking, discussion and/or handling".

Written by museum curator Catriona Gourlay, the piece is available to read online via Cambridge University Press: [Exploring Museums and Libraries as New Sites for Cognitive Stimulation Therapy](#).



Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 3rd, 10th, 17th, 24th & 31st March, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle, friendly and playful movement class, chair-based if needed. Please call Katie on **0300 030 7212**, or email: info@resonatearts.org

Our **Singing with Friends Choir** rehearsals take place **in person** at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesday 4th, 11th, 18th & 25th March** and also **online (via Zoom)** on **Tuesday 11th & 25th March**. For more info, call: **0300 030 7212** or info@resonatearts.org

Creative Space Art sessions take place at the **Salvation Army, Regent Hall, 275 Oxford Street, W1C 2DJ**. Our next session will be on **Monday 17th March, 2pm – 3.45pm**. To book your free place, please contact Shelley on **0300 030 7212** or info@resonatearts.org

Music for the Moment – our **free** dementia-friendly concert series in partnership with the Royal Academy of Music – takes place on **Friday 21st March** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. **Cherry Ge** (piano), **Youngmin Lee** (violin) and **Michelle Choi** (flute) from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm**, more refreshments afterwards.

Other News

Royal Hospital Chelsea – Wellbeing Tuesdays Soane Stable Yard, Royal Hospital Chelsea, Royal Hospital Road, SW3 4SR (enter via Chelsea Gate)

Tuesday 4th March, 10.30am – 11.30am: felting art workshop with Veronica

Tuesday 11th March, 10.30am – 11.30am: community singing with Ali & Christopher

Tuesday 18th March, 10am – 11.15am: community coffee & conversation morning

Tuesday 25th March, 10.30am – 12pm: sensory stroll around the Royal Hospital Chelsea

The Royal Hospital Chelsea, home of the Chelsea Pensioners, is running a new programme of **free** weekly wellbeing sessions for people living with memory loss, carers and family. To book, call Marina: **020 7881 5493**, or communityengagement@chelsea-pensioners.org.uk

Creative Workshop: Exploring Light & Colour Tuesday 25th March, 2pm – 4pm (Free)
Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Join artist Grace Holliday to create your own collages with coloured acetate, drawing inspiration from the engraved glass in the Sixteenth Century Gallery. Dementia-friendly workshop, carers and family welcome. **Booking essential!** Please call **020 7563 9577**, or email: community@wallacecollection.org

Discover Edwardian Elegance at The King's Gallery Every Tuesday 15th April – 20th May, **11am – 12.30pm** The King's Gallery, Buckingham Palace, SW1A 1AA (Free)

Visit *The Edwardians* exhibition when it's closed to the public and enjoy insights from an art historian. Create your own artworks inspired by objects in the collection using a variety of visual arts practices and techniques. Six-week programme for people living with early-stage dementia or mild cognitive impairment and their companions. All materials provided, no experience required. To book, call: **020 3633 9954**, or email: christina@artsfordementia.org

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

Westminster event listings – March 2025

Memory Café South Tuesday 4th March, 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@candhealthcare.co.uk

Memory Café North Wednesday 26th March, 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@candhealthcare.co.uk

Maintenance Cognitive Stimulation Therapy (MCST) Tuesdays, 2.30pm – 4pm

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT (weekly group)

A supportive environment with activities to help maintain memory and mental function. For mild to moderate dementia. **Assessment required before joining**, please call **020 3004 5610** or email:

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 or **020 7286 5181** to learn more and to register.

Heart of Westminster – Age UK Westminster Memory Café Monday 17th March, 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 book, call **07969 302517**, or email: stephen.spavin@ageukwestminster.org.uk

Sessions at Lord's Cricket Ground

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

Music Session Tuesday 18th March, 1.30pm – 3pm pop, folk & opera with singer Maciek O'Shea

Reminiscence Session Tuesday 25th March, 1.30pm – 3pm Friendly chat & refreshments session.

For more info, please call John on **020 7616 8604** or email: john.donegan@mcc.org.uk

Video and Tea Wednesday 26th March, 1:30pm – 4:30pm

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

Watch a screening of the film '42nd Street' followed by a delicious tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. For info, please call **020 7286 5181**.

Songhaven Concerts Events restart in April 2025

Details online at: <https://songhaven.co.uk/liveconcerts/> or songhaven@songhaven.co.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