

Resonate Now – August 2026

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 are all keeping well.



Our in-person and online Singing with Friends choir came together for a joyous sharing of music and poetry on the main stage at Wigmore Hall in July. From traditional folk songs to Schubert and Bob Marley via a trip along the river, we were transported by the music and the beautiful visuals – cyanotype printed artworks and sketches inspired by the River Severn – courtesy of our Creative Space Art group. A big thank you to everyone who sang, played, read and contributed artwork and creative ideas to make it such a magical event.

Resonate Arts Events

Our **Creative Dance & Movement** sessions take place on **Mondays 3rd & 24th August, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. **Please note: only two sessions in August, weekly sessions resume in September**. Gentle and playful movement class; chair-based. For more info, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

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

Our weekly **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore Street, W1U 2BP** on **Tuesdays 15th, 22nd & 29th September** and **online (via Zoom) on Tuesday 22nd September**. **Please note, there are no choir sessions in August!** For more info and timings, please call Shelley on **0300 030 7212**, or email: 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 25th September** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. **Please note: there is no concert in August!** Students from the Royal Academy of Music will be performing. **Tea & cake 2.30pm, concert starts at 3pm**. For more info, please call **0300 030 7212**, or email: info@resonatearts.org

Other News

Wellbeing Sessions - Royal Hospital Chelsea, Royal Hospital Rd, SW3 4SR (via Chelsea Gate)
Tuesday 4th August, 10.30am – 11.30am: creative workshop – discover the historic art of ‘letter locking’

Tuesday 11th August, 10.30am – 11.30am: joyful singing session with Ali & Christopher

Tuesday 18th August, 10am – 12pm: drop-in get-together: coffee, games, music & chat

Tuesday 25th August, 10.30am – 12pm: relaxed walk around the historic buildings

Free wellbeing sessions for people living with memory loss, carers, friends and family. To book, call Marina: **07583 695301**, or communityengagement@chelsea-pensioners.org.uk

Closer Look Tours at the V&A Monday 28th September, 1.30pm – 4pm (free)

Art Studio, Learning Centre, Level 0, 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 with refreshments on arrival. For people living with early stage dementia, their family & friends. **Booking essential!** Call **020 7942 2000**, or you can book online at: <https://www.vam.ac.uk/event/DADWAIMRm9R/dementia-friendly-closer-look-tour-june-nov-2026>

Relaxed Tours at the Royal Albert Hall Wednesday 30th September, 10.30am (free)

Royal Albert Hall, Kensington Gore, SW7 2AP

Take a peek at the royal areas of the Hall with a friendly guide, see the breathtaking auditorium, and the stage that’s hosted some of the world’s biggest stars, change-makers & history-shapers. Tours last 40 minutes followed by tea, coffee & a sweet treat! Suitable for people living with dementia and their carers. [Book online](#), or call the **Box Office** on **020 7589 8212** and request the ‘free Relaxed Tour’, or email engagement@royalalberthall.com

Our ever radiant faces....



Sofi Mogensen

Projects Manager



Sam Curtis

Director



Shelley Hastings

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

You can contact **Resonate Arts** on: **0300 030 7212** or info@resonatearts.org

Westminster event listings – August 2026

Memory Café South Tuesday 4th August, 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: Asha.Ali@londoncare.co.uk

Memory Café North Wednesday 26th August, 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: Asha.Ali@londoncare.co.uk

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

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

Activities provided by 'Visiting Angels' to help maintain memory & mental function in a supportive space. For people with early stage dementia. **Pre-assessment required**, please call **020 3004 5610**

or email: dementia@ageukwestminster.org.uk

Singing for the Mind Thursdays, 2pm – 4pm (weekly, 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 August, 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 **020 3004 5610**, or email: dementia@ageukwestminster.org.uk

Songhaven – Relaxed Concert Saturday 22nd August, 3pm

St Mary's Church, Eversholt Street, Somers Town, Camden NW1 1BN. Tel. **020 7387 7301**. **Booking essential!** Info at: <https://songhaven.co.uk/liveconcerts/> or email: songhaven@songhaven.co.uk

Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Gate 6)

Music: August date tbc, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.

Reminiscence: Tuesday 25th August, 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 August, 1:30pm – 4:30pm

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

Watch a screening of the film 'The Penguin Lessons' 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**.

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