

Resonate Now – May 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.



We're excited to announce that from **Sunday 10th May – Friday 29th May**, a range of **free**, inclusive, dementia-friendly cultural events, tours, concerts, guided walks and online sessions will be taking place across Westminster and Kensington & Chelsea to mark **Dementia Action Week**. Organised by the Westminster & Kensington Dementia Action Alliance, venues include royal palaces, historic institutions, museums, concert halls, libraries and gardens. For more info, [please click here to see the full events programme on our website](#).

There will also be a chance to meet local organisations and support groups, access free health checks, listen to a talk and speak to dementia specialists and advisors at the **Dementia Information Fair*** at **Kensington Town Hall** on **Monday 18th May, 1.30pm – 4.30pm**. We look forward to seeing you there – do come and say hello to us at our stand!

Resonate Arts Events

Our weekly **Singing with Friends Choir** rehearsals take place in person at **Wigmore Hall, 36 Wigmore Street, W1U 2BP** on **Tuesday 5th, 12th & 19th May** and **online (via Zoom)** on **Tuesday 12th May**. **Please note: there is no session on Tuesday 26th May**. 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 8th May** at **St Marylebone Church, 17 Marylebone Road, NW1 5LT**. **Rocket Brooks** (violin) and **Yoojin Kim** (piano) from the Royal Academy of Music will be performing (**note: change of performers**). **Tea & cake 2.30pm, concert starts at 3pm**. For info, please call **0300 030 7212**, or email: info@resonatearts.org

Our weekly **Creative Dance & Movement** sessions take place on **Mondays 11th & 18th May, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. **Please note: there are no classes on Mondays 4th & 25th May**. 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 18th May, 2pm – 3.45pm**. To book a free place, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Other News

Wellbeing Sessions - Royal Hospital Chelsea, Royal Hospital Rd, SW3 4SR (via Chelsea Gate)
Tuesday 5 May, 10.30am – 11.30am: relaxed art workshop – mixed media flower meadow
Tuesday 12 May, 10.30am – 11.30am: joyful singing session with Ali & Christopher
Saturday 16 May, 10.30am – 12pm: pottery painting. **Call/email to book, limited spaces!**
Tues 19 May, 10am – 12pm: coffee at the National Army Museum (meet: Museum foyer)
Tuesday 26 May, 10.30am – 11.30am & 2pm – 3pm: sensory sessions inspired by the Chelsea Flower Show, plus refreshments and conversation with the Chelsea Pensioners
Free wellbeing sessions for people living with memory loss, carers, friends and family. To book, call Marina: **020 7881 5493**, or communityengagement@chelsea-pensioners.org.uk

Dementia Information Fair* **Monday 18th May, 1.30pm – 4.30pm (free)**
Kensington Town Hall, Hornton Street, W8 7NX **(drop in – no booking required)**

Meet specialists, community groups and local organisations supporting people living with dementia and their families. Find out about dementia-friendly activities, access resources, free health checks and listen to a talk from dementia specialist Dr Alex Bailey at 2pm.

Royal Reminiscence – Queen Elizabeth II: Her Life in Style **Tuesday 19th May, 10am – 12.15pm** The King's Gallery, Buckingham Palace, SW1A 1AA **(free)**

A guided relaxed tour of the most comprehensive exhibition of the late Queen's fashion ever mounted, plus refreshments, chat and reminiscence about all things royal. Dementia-friendly, carers & family welcome. For info, call **0303 123 7323**, or email: access@rct.uk

Kick off with a Verse **Weds, 2pm – 3.30pm; Thurs, 7pm – 8.30pm (weekly online)**
For unpaid carers of a person living with dementia and former carers adjusting (free)

Practise relaxation skills and listen to a poem as a springboard for sharing, to help find your own words to describe your experience of caregiving. Email: karindenovellis@gmail.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 – May 2026

Memory Café South Tuesday 5th May, 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

Memory Café North Wednesday 27th May, 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

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.

Songhaven Concert Saturday 9th May, 3pm (doors open 2.30pm)

St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**. **Booking essential.**

Further 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: Tuesday 12th May, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.

Reminiscence: Tuesday 26th May, 1.30pm – 3pm Friendly chat & refreshments session.

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

Heart of Westminster – Age UK Westminster Memory Café Monday 18th May, 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

Video and Tea Wednesday 27th May, 1:30pm – 4:30pm

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

Watch a screening of the film 'The Band Wagon' 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