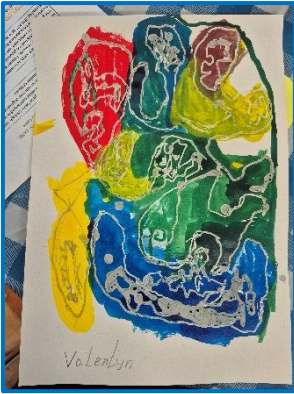


Resonate Now – September 2026

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 and enjoying the sunshine.

Just before the summer break, our brilliant Creative Space Art group had fun exploring the art of batik printing with artist Rhian Sutcliffe. They had a great time experimenting with colour dyes and hot wax, resulting in some lovely vibrant artworks!

Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Mondays 7th, 14th, 21st & 28th September, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle and playful movement class; chair-based. For more information, please call Shelley on **0300 030 7212**, or email: info@resonatearts.org

Our **Singing with Friends Choir** rehearsals restart in person at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesdays 15th, 22nd & 29th September** and **online (via Zoom) on Tuesday 22nd September**. For info, 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 – starts up again on **Friday 25th September** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. Harpist **Emma Phippen** from the Royal Academy of Music will be performing. **Tea & cake 2.30pm, concert starts at 3pm.**

 **Resonate Arts Celebration Party!**  takes place at **St Peter's Church, Notting Hill** on **Thursday 1st October**. Join us for tea, cake, live music & fun activities! **Booking essential!!**
To book & for timings, please RSVP to: info@resonatearts.org or call us on: **0300 030 7212**.

Creative Space Art takes a break in September. Our next session at **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ** will be **Monday 19th October, 2pm – 3.45pm**. For more info and to book a 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 1st September, 10.30am – 11.30am: creative workshop inspired by artworks in the National Army Museum

Tuesday 8th September, 10.30am – 11.30am: joyful singing with Ali & Christopher

Tuesday 15th September, 10.30am – 11.30am: sensory session with The National Archives

Tuesday 22nd September, 10.30am – 12pm: relaxed walk around the historic buildings

Tuesday 29th September, 10.30am – 3.30pm: reminiscence, tours, performances & more

Tuesday 15th & Tuesday 29th September, 2.30pm – 3.15pm: seated movement to music

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

Workshop: Travel Drawings Inspired by Churchill Friday 25th September, 2pm–4pm (free)

Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Join artist Marie-Thérèse Ross to look at the landscapes Winston Churchill painted on his travels through Venice and the south of France. Visit the galleries and draw from the landscapes on display, including views by Rubens, Canaletto & Vernet and then visit the Churchill exhibition. No experience needed. Dementia friendly, carers & family welcome.

Booking essential!: [book online](#) or call **020 7563 9577**; community@wallacecollection.org

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

Royal Albert Hall, Kensington Gore, SW7 2AP

Take a guided tour of the royal areas of the Hall, the breathtaking auditorium and the stage that's hosted some of the world's biggest stars. Tours last 40 mins plus tea & 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'; 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 – September 2026

Memory Café South Tuesday 1st September, 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 30th September, 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.

Sessions at Lord's Cricket Ground

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

Tuesday 15th September, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.

Tuesday 29th September, 1.30pm – 3pm Maciek O'Shea sings pop, folk & opera.

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

Songhaven Concert Saturday 19th September, 3pm

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

Booking essential! <https://songhaven.co.uk/liveconcerts/>; songhaven@songhaven.co.uk

Heart of Westminster – Age UK Westminster Memory Café Monday 21st September, 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 23rd September, 1:30pm – 4:30pm

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

Watch a screening of the film 'High Society' 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