



## Age UK Westminster Fortnightly Schedule of Activities

We are continually finding new activities to hold which will be of interest to our members. Our activities provide social interaction and help to break the monotony of the present day and help those who may feel isolated to find new friendships which they may never have found. If you need help to install and use ZOOM for external online activities, we have a guide on our website.

A ZOOM link is provided for those attending external online activities and this will take you to the activity, shortly before it commences.

If you are not already registered to receive the Age UK Westminster weekly email Newsletter please contact Enquiries: Tel: 020 3004 5610

Email: [enquiries@ageukwestminster.org.uk](mailto:enquiries@ageukwestminster.org.uk)

To register for any of the activities please contact: Souad Abdellaoui.

Tel: 07903 255384

Email: [souad.abdellaoui@ageukwestminster.org.uk](mailto:souad.abdellaoui@ageukwestminster.org.uk)

If you do register for an activity and unfortunately cannot attend, please do let us know so that your place can be reallocated.



**In this newsletter you will find:**

Forthcoming activities, information and more.

# Age UK Westminster Forthcoming Activities and Events

If you do register for an activity and unfortunately cannot attend, please do let us know so that your place can be reallocated.

<b>Activities Timetable – Monday 17th March - Friday 28th March</b>	
<b>Monday 17th March</b>	<b>11.00am-1.00pm   Memory Cafe at Regent Hall</b>
<b>Monday 17th March</b>	<b>11.00am-1.00pm   Breath Easy at Ada Court</b>
<b>Monday 17th March</b>	<b>11.00am-1.00pm   Coffee Morning at Hotel 63</b>
<b>Tuesday 18th March</b>	<b>1.00pm-3.30pm   Fit4Life Exercise at the Beethoven Centre</b>
<b>Tuesday 18th March</b>	<b>2.30pm-4.00pm   MCST Group at St Marylebone Parish Church</b>
<b>Wednesday 19th March</b>	<b>10.30am-12.30pm   Fit4Life Exercise at Pimlico</b>
<b>Wednesday 19th March</b>	<b>2.00pm-5.00pm   Bridge Club at Mayfair Library</b>
<b>Thursday 20th March</b>	<b>2.00pm-4.00pm   Tea and Chat Afternoon at St Marylebone Parish Church</b>
<b>Friday 21st March</b>	<b>3.00pm-4.00pm   Exercise at WECH</b>
<b>Tuesday 25th March</b>	<b>1.00pm-3.30pm   Fit4Life Exercise at the Beethoven Centre</b>
<b>Tuesday 25th March</b>	<b>2.30pm-4.00pm   MCST Group at St Marylebone Parish Church</b>
<b>Tuesday 25th March</b>	<b>10.30am-12.00pm   Coffee Morning at Lord's Cricket Ground</b>
<b>Wednesday 26th March</b>	<b>10.30am-12.30pm   Fit4Life Exercise in Pimlico</b>
<b>Wednesday 26th March</b>	<b>2.00pm-5.00pm   Bridge Club at Mayfair Library</b>
<b>Thursday 27th March</b>	<b>11.00am-12.30pm   Coffee Morning at Regent Hall</b>
<b>Thursday 27th March</b>	<b>1.00pm-3.30pm   Social Meeting at Hope in the Community</b>
<b>Thursday 27th March</b>	<b>2.30pm-4.30pm   Group Visit to Benjamin Franklin House</b>
<b>Friday 28th March</b>	<b>2.00pm-4.00pm   Group Visit to 2 Temple Place</b>
<b>Friday 28th March</b>	<b>3.00pm-4.00pm   Exercise at WECH</b>

# Age UK Westminster Forthcoming Activities and Events

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**Fortnightly Coffee Morning Forum 11.00am-12.30pm - Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station.**

Thursday 27th March - Morgan Sindall presentation on 'Tips and tricks on Energy saving' etc.

Thursday 10th April - Health Watch with Blessing Ogunoshun

There will be no Coffee Morning on 24th April

**Every Wednesday 2.00pm-5.00pm Bridge Club at Mayfair Library, 25 South Audley Street, W1K 2PB**

If you are an experienced Bridge player and would like to join the group or have friends who would like to attend, please do join us. There is now an agreed attendance fee of £3.00 per session.

**Every Tuesday 1.00pm-2.00pm & 2.30pm-3.30pm - Age UK Westminster's weekly FIT4LIFE levels 1 & 2 exercise programme at the Beethoven Centre, Third Avenue, London W10 4JL**

With Sharon our Qualified Senior Years Fitness Class Instructor.

Level 1 - 1.00pm-2.00pm - A chair to standing exercise class for those people who are less mobile.

Combined movement helping to build strength and stronger bones, increase flexibility and balance.

Level 2 - 2.30pm-3.30pm - An exercise class that caters for those who are more mobile. Providing exercise to increase fitness, to work muscles and encourage movement.

Due to the end of funding in June we are now charging an attendance fee on the day of £3.00 for Level 1 and for Level 2.

**Thursday 27th March 2.30pm-4.30pm Benjamin Franklin House visit and tour, 36 Craven St, London WC2N 5NF**

The world's only remaining home of Benjamin Franklin opened to the public for the first time on 17 January 2006, Franklin's 300th birthday, as a dynamic museum and educational facility.

Though built as a lodging house, in the twentieth century the building was used as a hotel and a base for several non-profit groups. By the late 1990s, when the Friends of Benjamin Franklin House were granted the freehold to 36 Craven Street from the British government, the property was in dire condition. The Board, management team, numerous organizations and volunteers worked together to realize a dynamic museum and educational facility highlighting the timeless relevance of Benjamin Franklin and the tumultuous times in which he lived.

# Age UK Westminster Forthcoming Activities and Events

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## **Every Wednesday 10.30am-11.30am Fit4Life exercise classes in Pimlico North, Residents Community Hall at the Lillington and Longmoore Estate, SW1V 2ED**

Join our extremely successful Fit4Life exercise class with Sharon (Re-Energise) our qualified instructor. These classes are FREE to join.

Refreshments from 11.30am-12.30pm.

## **Fortnightly Coffee Morning 11.00am-12.30pm at Hotel 63, 63 Bayswater Road, London, W2 3PH**

Crafts and Wellness 5 session workshop with Learning Unlimited on the following Mondays 11.00am-1.00pm:

Try out creative activities with others. Enjoy the therapeutic benefits of creativity and explore different ways of improving your well-being. Have fun learning and creating together!

17th March, 31st March, 14th April

Monday May 12th - Guest Speaker Chris Barlow presenting "The Arts of London Part 2 : From Stuarts to the Georgians" Art/Architecture/Music/Theatre

Monday 9th June - Guest Speaker Chric Barlow presenting "Love Is All Around Us"  
Pride in London/Community Action/Friendship

Hotel 63 was built between 1865 and 1870. It was first known as 2 Marlborough Gate and amongst its residents, it housed the Royal Consul for Italy, his wife and son. It was renamed 63 Bayswater Road in 1938. The Hotel is close to The Swan Public House on Bayswater Road. Close to Lancaster Gate tube station (Central Line) Buses 274, 94 &148

## **Every Friday 3.00pm-4.00pm at Waltherton and Elgin Community Homes, The WECH Community Centre, Selbourne House, 36a Elgin Avenue, W9 3AZ.**

Free Over 50's Exercise Class for residents of Harrow Road Ward.

All welcome drop in and give it a try or register.

Please wear trainers or plimsols.

To register please contact Souad Abdellaoui on:

Tel: 07903 255384 or [souad.abdellaoui@ageukwestminster.org.uk](mailto:souad.abdellaoui@ageukwestminster.org.uk)

There will be no class on Good Friday 18th April

# Age UK Westminster Forthcoming Activities and Events

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**Monthly Tea and Chat afternoon 2.00pm-4.00pm at St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**

Thursday 20th March and Thursday 17th April

**Tuesday 25th March and 29th April 10.30am-12.00pm Coffee Morning at Lord's Cricket Club, St. John's Wood Road, NW8 8QN**

Lord's Cricket Ground, commonly known as Lord's, is a cricket venue in St John's Wood, London. Named after its founder, Thomas Lord, it is owned by Marylebone Cricket Club (MCC) and is the home of Middlesex County Cricket Club, the England and Wales Cricket Board (ICC). Lord's is referred to as the Home of Cricket and is home to the world's oldest sporting museum. You should enter Lord's cricket ground by the North Gate in Wellington Place (off Wellington Road).

**27th March 1.00pm-3.00pm Social Group coffee afternoon - Hope in the Community held monthly at the Gordon Hospital, Bloomburg Street, London, SW1V 2RH**

Social afternoon providing topical conversation, activities and support. Refreshments provided. Come along and let us know what activities you would like to be organised in future.

Please contact Stephen Spavin to register and to find out future dates: Email:

[stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk)

Tel: 07969 302517

**Wednesday 2nd April and Tuesday 8th April 1.00pm Dress Codes: Decoding the Royal Ceremonial Dress Collection.**

Dress Codes: Decoding the Royal Ceremonial Dress Collection which explores the codes and conventions of royal fashion, showcasing both recognisable and never-before-seen treasures. The exhibition includes pieces worn by a young Queen Elizabeth II, Diana, Princess of Wales, Dame Vivienne Westwood, Princess Margaret and Queen Victoria, as well as new designs by Young Producers aged 14-17 exploring how dress codes can be reset and re-made for today.

**Friday 28th March 2.00pm-4.00pm – Building tour of the remarkable 2 Temple Place, London WC2R 3BD**

Two Temple Place, sitting on the Victoria embankment and commissioned by and built for William Waldorf Astor in the 1890s was both an ornate historical and literary fantasy and a working office. It retains that unusual public-private mode to this day. It is the home of the Bulldog Trust, a social impact charity using Two Temple Place for a key tool in its cultural, community and educational work.

And making it available for public and private use as a core element of what we do.

# Age UK Westminster Forthcoming Activities and Events

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## Information and Advice Surgeries

If you need Information and Advice, please contact our enquiry line on: [020 3004 5610](tel:02030045610) to [book an appointment](#). We hold Information and Advice surgeries at the Salvation Army Regent Hall, Church Street Library and The Abbey Centre. These are by appointment only. Call: 020 3004 5610 to book an appointment.

## Post-discharge Support

Age UK Westminster offers a post-discharge support service for Westminster residents aged 55+. If you, or someone you know has recently been discharged from hospital, we can help support the transition back into home life. This includes services like: light shopping, assistance with prescriptions, helping with GP contact, and a regular friendly face visiting you at home. The service is free, and we can signpost you to other Age UK Westminster services as well as useful organisations in the borough.

If you would like to find out more about our post-discharge support, please contact: Email: [enquiries@ageukwestminster.org.uk](mailto:enquiries@ageukwestminster.org.uk) Tel: 020 3004 5610

## NEW! Information & Advice with Age UK Westminster at Pimlico Health at the Marvern

Who these sessions are for:

Pimlico Health @ The Marvern patients aged 50+ by appointment only - weekly on Thursday afternoons.

### Booking your appointment:

- In person - with the Pimlico Health at The Marvern reception team
- Tel - 0207 834 6969, Monday to Friday, 10.00am – 6.30pm

### What Age UK Westminster can support with:

- Benefits - including Benefit checks, Pensions, Pension Credit, Disability Living Allowance & Attendance Allowance applications
- Cost of Living concerns - including energy bills and budgeting and foodbank referrals and food pantry information, charitable grants to replace broken white goods
- Transport support - including guidance on Freedom Pass, Taxi Card, Dial a Ride and Blue Badge applications
- Housing - including guidance on housing transfers, Council Tax and Housing Benefit
  
- Smart Meters – information on what they are and the benefits
- Gambling Harm support on where to access support if you are experiencing gambling harm or are affected by someone's gambling

This list is not exhaustive! Do ask if you are not sure and if we are not able to help you with a problem, we will do our best to signpost you to other organisations.

Please note that the Age UK Westminster Advisor does not provide information or advice related to health and medical issues or medication.

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**Age UK Westminster and Westminster Connects (WCC) are collaborating to provide basic gardening to residents of Westminster with help from volunteers.**

This service provided by Westminster Connects (WCC) and their volunteers is for Westminster residents only and those residents who have mobility issues, are vulnerable and without the support of family/friends. You should have gardening tools available. If you have a garden and need basic assistance in its upkeep, please contact Stephen Spavin:

Tel: 07969 302517

Email: [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk)

## Digital Learning

Come and join us for our FREE digital learning sessions for age 50+ held in a friendly, social group setting at libraries around Westminster. We now have dates booked through until October and this month we are launching a new monthly session at Pimlico Library! Bring along your own digital device if you have one (such as a mobile phone, tablet, iPad or laptop) and be supported by our dedicated volunteers to learn to use it and get online. The sessions are run as drop-ins so there is no need to book, and you can just turn up on the day.

However, if you have any questions, need to let us know something you need to be able to access a session, don't have your own digital device and would like to borrow one - or if you are interested in volunteering with us - get in touch with our Digital Inclusion Coordinator Sarah on [07399 301938](tel:07399301938) or at [sarah.robinson@ageukwestminster.org.uk](mailto:sarah.robinson@ageukwestminster.org.uk).

### Pimlico Library – NEW

Lupus Street SW1V 3AT All sessions are held monthly on Thursdays from 11.00am to 1.00pm. The next dates are 27th March and 24th April

### Marylebone Library

Thursdays – Next one 3rd April - 1.30pm-3.30pm

9-11 New Cavendish Street, W1G 9UQ

### Church Street Library

Wednesdays –Next one 9th April - 2.00pm-4.00pm

67 Church Street, NW8 8EU

### Paddington Library

Tuesdays - 18th March & 15th April - 11.00am-1.00pm

Porchester Road, W2 5DU

### Mayfair Library

Fridays - 28th March & 25th April - 2.00pm - 3.30pm

25 South Audley Street, W1K 2PB

# Age UK Westminster Forthcoming Activities and Events

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## OTHER EXTERNAL ACTIVITIES WITHIN WESTMINSTER

**Health & Wellbeing Project - Harrow Road Elderly African and Caribbean - WECH (Walterton and Elgin Community Homes) - The Wech Community Centre Selbourne House, 36A Elgin Ave, W9 3AZ**

Every Monday - Free to join Dementia-Friendly Activities:

Social and Creative Activities:

"A Little Bit of This and a Little Bit of That" Time: 11:00am - 12:30pm

Fitness Classes:

Chair-based, gentle exercise and stretches Time: 1:00pm - 2:00pm

To register your attendance please contact: 020 8968 6940 (Pepper Pot Centre)

[reception@pepperpotcentre.org.uk](mailto:reception@pepperpotcentre.org.uk)

**Wednesday 19th March 12.00pm-4.00pm Menopause Health Event at the Beethoven Centre, Third Avenue, W10 4JL**

Talking Therapies are hosting with the Community Champions and are holding a Menopause Health Event bringing together experienced health professionals to speak about menopause. Additionally, there will be yoga, massage, refreshments and information stalls from local partners including SASH and OneYou.

We understand that it can be challenging to access accurate, informative and up-to-date information about menopause directly from those in primary or secondary care. We are hoping that this event will empower local residents to make informed decisions about their health.

## **Free cultural events for Westminster residents aged 65 or above**

Out and About offers free tickets to attend cultural events such as concerts, exhibitions, film and theatre shows, coordinated by Westminster City Council. Previous offers have included tickets to the Turner Prize Exhibition at Tate Britain, Young Classical Artists Trust concerts at Wigmore Hall and English National Opera dress rehearsals.

You are only able to book onto these free events by becoming a member of the scheme by emailing [outandabout@westminster.gov.uk](mailto:outandabout@westminster.gov.uk) with your name, age, postal address, telephone number and email address. They will then email you the full programme once available. For more information please visit [Cultural events for older people | Westminster City Council](#)



# Age UK Westminster Forthcoming Activities and Events

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## Healthy Generations – Bringing People Together – Guildhall Library, Aldermanbury, City of London, London EC2V 5AF

Manmeet Rana presents the classes and has invited guest speakers from the Tate, Leighton House Museum and the British Museum and keeps everyone up to date with online and live lectures at The Royal Collection, Guildhall and the Wallace Collection. If you want to know what is going on in Art in London and learn about painting ... join now!

We are delighted to inform you that the Guildhall Library is hosting a series of exciting art lectures this quarter, which are free and open to all! The art lectures generally take place on Tuesdays at 2.00pm. Please see below for a selection of lectures, which we thought you might find interesting:

- The Colourful World of David Hockney (Tuesday 18th March, 2.00pm): Arts Society Lecturer Frank Woodgate discusses David Hockney, and his use of different media.
- Greek Myths and Legends in Art (Tuesday 8th April, 2.00pm): Arts Society Lecturer Val Woodgate discusses the stories and unravels the classical meaning behind many beautiful works of art.

Booking is essential! If you are interested in attending these free lectures, either in person or online, please sign up at: <https://www.eventbrite.co.uk/o/guildhall-library-3623855655>.

Any Questions?

Ring Sam on 0798 114 2376 or email [office@healthygenerations.org.uk](mailto:office@healthygenerations.org.uk)

## Saturday 22nd March 10.00am-1.00pm - Community Art and coffee morning at Tate Britain Millbank, SW1P 4RG

Join us for a morning filled with coffee and tea, conversations, a textile workshop and tours of Tate Britain. You are invited to our March community art and coffee morning. There will be free coffee, tea and pastries, an art workshop and tours in our gallery.

10.00am - 11.00am Join us for a coffee, tea and a chat as we welcome you to Tate Britain - in the Taylor Digital Studio

11.00am - 1.00pm "Be Kind, Rewind: Hindsight in the Age of Screen Time" workshop by Daniel Oduntan - in the Clore Studio

Community Tour

11.15 am - 11:45 am

12.15pm - 12.45pm

Meeting point: Top of the Rotunda Stairs. We have limited spaces for this event. If you would like to book a space please send an email to: [local@tate.org.uk](mailto:local@tate.org.uk).

# Age UK Westminster Forthcoming Activities and Events

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## From Wednesday 14th May to Sunday 18th May 10.30am-4.30pm - Join us for Community Open Week 2025 - Kew Gardens

Discover the wonders of Kew during Community Open Week 2025!

We invite you to come and explore the Gardens, connect with nature, enhance your wellbeing, and learn more about our important science and conservation work. All for free!

This year, we'll be exploring the theme of 'trees' through a wide range of collaborative and inclusive activities. We'll also be hosting a relaxed day on Thursday 16th May, designed specifically for those who need a calmer environment to enjoy the day.

You can browse our full programme of activities, find essential information, and register to attend now!

Please follow the link to register:

<https://kewgardens.seetickets.com/tour/community-open-week>

## Community Zooms from the Royal Collection Trust

Community Zoom talks run as part of our Inclusion Programme, which aims to make the Official Residences of The King and Royal Collection as accessible as possible to visitors with disabilities, and those who wouldn't normally visit. We work with Community partners who support under-represented, disadvantaged and disabled people.

Our programme of Zoom talks is for people who cannot easily visit the Official Residences of The King.

Talks take place on the first Wednesday of the month, from 2.00pm. Join us to hear about the different works in the Royal Collection and the history of the Monarchy. Talks are free and informal, and you can participate camera on or off.

[Wednesday 2nd April - Photographs in the Royal Collection](#)

[Wednesday 7th May - The Edwardians](#)

[Wednesday 4th June - Garter Day at Windsor Castle](#)

[Wednesday 2nd July - Portraits of Queen Elizabeth II](#)

[Wednesday 6th August - St George's Chapel](#)

[Wednesday 3rd September - Royal Writers: Letters and diaries in the Royal Collection](#)

[Wednesday 1st October - The Gardens at the Palace of Holyroodhouse](#)

[Wednesday 5th November - The Royal Mews](#)

[Wednesday 3rd December - Royal Christmas Traditions](#)

Join Zoom Meeting – camera on or off:

<https://us02web.zoom.us/j/4407732986>

Meeting ID: 440 773 2986

# Age UK Westminster Forthcoming Activities and Events

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## **Every Tuesday 2.00pm-4.00pm St Luke's Renew Wellbeing Café - At St Luke's Church, Fernhead Road, W9 3EH**

A quiet shared space where it's ok to not be ok!

Talk with others or be in a quiet space. Do an activity or enjoy stillness: All in a welcoming, inclusive and non-judgmental space.

For more information:

Email: [office@stlukeswestkilburn.org](mailto:office@stlukeswestkilburn.org)

Tel: [0208 960 4195](tel:02089604195)

## **Every Monday 2.30pm-4.30pm Drop-In Drop The Alcohol Service, 66 Lupus Street, Pimlico, SW1V 3EQ**

If you're looking for advice and guidance about alcohol use - whether it's for yourself, a friend, or a family member - we're here to help. You don't have to figure it out alone.

Drop in for a chat, and we can discuss the support options available to you and guide you on the next steps.

Identifying Withdrawal Symptoms and how to Manage These

Harm Reduction Advice

Women's Only Services

Community Detox / Residential Rehab options

Anti-craving Medication

Family and Carers Support

Free Counselling Support

On the Spot Referral into Services

## **Sinfonia Smith Square presents 'Coffee Morning Music' sessions -Smith Square Hall – the Crypt, SW1P 3HA**

The perfect start to your day – step inside Smith Square's historic vaulted crypt, grab a hot drink, and soak up inspiring chamber music from the emerging professional musicians of Sinfonia Smith Square. There'll also be the chance to chat with the musicians over a coffee and sit right amongst the music-making.

This free event is particularly suitable for older members of our community, offering a relaxed and friendly atmosphere.

Coffee Morning Music will take place on:

Wednesday 16th April, 11.00am-12.00pm

Wednesday 14th May, 11.00am-12.00pm

If you would like to reserve a place, please send a quick email to Martha MacBean ([martha@sinfoniasmithsquare.org.uk](mailto:martha@sinfoniasmithsquare.org.uk)) and she will get back in touch with you to confirm.

# Age UK Westminster Forthcoming Activities and Events

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## Over 50's Latin Moves Class

Every Wednesday with qualified instructor Béthany Martínez

Time: 10:30am-11:30am

Location: Grosvenor Hall, Vincent Street, SW1P 4HB

Come ready to move, groove, and embrace the joy of dance in our new free weekly dance classes! No prior experience required, and steps can be adapted to suit needs.

## AGE UK WESTMINSTER DEMENTIA SERVICE

### Age UK Westminster Dementia Service for those residing in Westminster and diagnosed with early stages of memory loss:

Every Tuesday 2.30pm-4.00pm

Maintenance Cognitive Stimulation Therapy (MCST) workshop - face to face sessions for those residing in Westminster diagnosed with early-stage dementia. Our weekly group takes place at St Marylebone Parish Church, 17 Marylebone Rd, London NW1 5LT. Assessment before attendance, is needed.

There will not be a session on Tuesday 1st April

Please contact the Dementia Service:

Email: [dementia@ageukwestminster.org.uk](mailto:dementia@ageukwestminster.org.uk)

Or contact our enquiry line: [0203 004 5610](tel:02030045610)

Monday 17th March 11.00am-1.00pm – The monthly ‘Heart of Westminster’ Monthly Memory Café at Regent Hall, Welcome Hub, 275 Oxford Street, W1C 2DJ, near Oxford Circus Tube Station – Music Students from the Royal Academy of Music will be performing: Duo: Alexis & Curtis - Vocals & Piano and Duo Isabella & Yixuan - Vocals & Piano

## Dementia Roadmap

### About the Dementia Roadmap

The Dementia Roadmap is a web-based platform that provides high quality information about the dementia journey alongside local information about services, support groups and care pathways to assist primary care staff and others to more effectively support people with dementia, their families and carers.

The platform supports the creation of local Dementia Roadmaps pre-populated with a wide range of nationally relevant resources and groups, organised across the main topics reflecting the dementia journey.

The Dementia Roadmap has been developed in a partnership between the [Royal College of General Practitioners](#) and the [Department of Health](#) and is proudly [hosted by Dementia Pathfinders](#).

Please follow the link to access the roadmap:

<https://dementiaroadmap.co.uk/>

# Age UK Westminster Forthcoming Activities and Events

## EXTERNAL DEMENTIA SERVICES

### Resonate Arts

Our weekly Creative Dance & Movement sessions take place on Monday 17th, 24th & 31st March, 2.00pm – 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](mailto:info@resonatearts.org)

Our Singing with Friends Choir rehearsals take place in person at Wigmore Hall, 36 Wigmore St, W1U 2BP on Tuesday 18th & 25th March and also online (via Zoom) on Tuesday 25th March. For more info, call: 0300 030 7212 or [info@resonatearts.org](mailto: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](mailto: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 3.00pm, more refreshments afterwards.  
Royal Hospital Chelsea – Wellbeing Tuesdays Soane Stable Yard, Royal Hospital Chelsea, Royal Hospital Road, SW3 4SR (enter via Chelsea Gate)

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

Tuesday 18th March, 10.00am – 11.15am: community coffee & conversation morning  
Tuesday 25th March, 10.30am – 12.00pm: 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](mailto:communityengagement@chelsea-pensioners.org.uk)

Creative Workshop: Exploring Light & Colour Tuesday 25th March, 2.00pm – 4.00pm (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](mailto:community@wallacecollection.org)

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Discover Edwardian Elegance at The King's Gallery Every Tuesday 15th April – 20th May, 11.00am – 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](mailto:christina@artsfordementia.org)

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](mailto:marco.sepe@candhealthcare.co.uk)

Singing for the Mind Every Thursday, 2.00pm – 4.00pm (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](mailto: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 – Grace Gate)

Music Session Tuesday 18th March, 1.30pm – 3.00pm pop, folk & opera with singer Maciek O'Shea

Reminiscence Session Tuesday 25th March, 1.30pm – 3.00pm Friendly chat & refreshments session. For more info, please call John on 020 7616 8604 or email: [john.donegan@mcc.org.uk](mailto: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.

# Age UK Westminster Forthcoming Activities and Events

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## Arts for Dementia

### Art School with Central Saint Martins

Who: For people living with early-stage dementia and their companions

When: Mondays at 2.00pm - 4.00pm, \*17th March and 24th March

Where: Central Saint Martins, 1 Granary Square, N1C 4AA, \*17th - The Living Centre, 2 Ossulston Street, NW1 1DF

What: A 4-week intergenerational programme will be taught by Fine Art Students from Central Saint Martins and their brilliant tutor Shepard Manyika. There will be a chance to experience contemporary art techniques and practices such as sound, sculpture and visual art forms.

How to register: Please call Christina on 020 3633 9954 or email [christina@artsfordementia.org](mailto:christina@artsfordementia.org), spaces tend to fill up quite quickly so please get in touch sooner rather than later.

### Art Wednesdays

Who: For people living with dementia and their companions

When: Every Wednesday at 2.00pm - 3.00pm

Where: Online, via Zoom

What: Art Wednesdays is an outstanding opportunity for people with memory challenges and their companions to socialise, engage creatively, learn new art techniques, discover fascinating art and heritage collections and improve their brain health in a friendly online video workshop via Zoom.

How to sign up: To register, please contact us via calling 020 3633 8209 or emailing [jasmine-karis@artsfordementia.org](mailto:jasmine-karis@artsfordementia.org).

### Art at Kings Gallery

Who: For people living with dementia and their companions

When: Every Tuesday, 15th April - 20th May, at 10:30am-1.00pm

Where: The King's Gallery, Buckingham Palace, Buckingham Palace, London SW1A 1AA.

What: More information to follow shortly

How to sign up: To register, please contact us via calling 020 3633 8209 or emailing [jasmine-karis@artsfordementia.org](mailto:jasmine-karis@artsfordementia.org).