

# Connecting Conversations in Camden

*Events and information all in one place for people living with dementia and those supporting them*

## September 2024

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### Mondays

**2nd / 9th / 16th / 23rd / 30th September 2.00 – 4.00pm**

#### **Memory Cafe Art**

by Holborn Community Association and Engage Here

Millman Street Centre

50 Millman Street WC1N 3EW

Contact: Melissa at [info@engage-here.co.uk](mailto:info@engage-here.co.uk) / 07912 497387

**9th September 11.00am – 1.00pm**

#### **Gardening and Dementia with Bengali Women's Health Group**

Castlehaven Community Gardens,

23 Castlehaven Rd, Camden Town, London, NW1 8RU

Contact: Shahnaz Akhtar, Wellbeing Lead at Hopscotch Womens Centre on [020 7388 8198](tel:02073888198)

**9th September 10.30am**

#### **Middlesex v Gloucestershire, Green Letter Day of Cricket at Lord's**

Lords Cricket Ground

St John's Wood Road, London NW8 8QN

1 person living with dementia + their companion free admission.

Book: <https://dementiaadventure.beaconforms.com/form/7ffb9da5>

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### Tuesdays

**10th / 17th / 24th September at 3.00 – 4.30pm**

#### **Memory Singing Circle**

#### **Tea and cake at 3pm**

Primrose Hill Community Centre

29 Hopkinson's Place, London, NW1 8TN

Contact: Mick at 0207 586 8327 / [www.phca.cc/events-activities/](http://www.phca.cc/events-activities/)

**24th September at 10.30am – 12.30pm**

**Tea and Talk with Zookeepers**

ZSL London Zoo at Regents Park

Outer Circle, London NW1 4RY

Contact: Emma at her email address [Emma.Whitbread@zsl.org](mailto:Emma.Whitbread@zsl.org)

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## **Wednesdays**

**4th / 11th / 18th / 25th September at 11.00am – 1.00pm**

**Exploring the State Rooms at Buckingham Palace**

by Arts for Dementia

Buckingham Palace

London SW1A 1AA

Contact: Christina on [christina@artsfordementia.org](mailto:christina@artsfordementia.org) or call 020 3336 9954

**4th September at 11.00am – 12.00pm**

**Dementia and Wellbeing**

Surma Community Centre

1 Robert St, London NW1 3JU

Contact: Shahnaz Akhtar, Wellbeing Lead on [020 7388 8198](tel:02073888198) for further info

**4th September at 11.00am – 1.00pm**

**Art Workshop**

by Engage Here

The British Library

96 Euston Road, London NW1 2DB

Contact: Emma on [outreach@bl.uk](mailto:outreach@bl.uk) / 07849 701 227

**11th September at 2.00 – 4.00pm**

**Memory Cafe - Music for the Mind**

West Hampstead Community Centre

17 Dornfell St, London NW6 1QN

Darshan: 020 3921 1111 / [camden.hampstead@rightathome.co.uk](mailto:camden.hampstead@rightathome.co.uk)

**18th September at 2.00 – 4.00pm**

**Right at Home – Memory Cafe**

West Hampstead Community Centre

17 Dornfell St, London NW6 1QN

Darshan: 020 3921 1111 / [camden.hampstead@rightathome.co.uk](mailto:camden.hampstead@rightathome.co.uk)

**18th September at 11.00am – 1.00pm**

**Breast Awareness**

Hopscotch Women's Centre

50–52 Hampstead Road, Camden NW1 2PY

Contact: Shahnaz Akhtar, Wellbeing Lead at Hopscotch Women's Centre on [020 7388 8198](tel:02073888198)

**25th September at 11.00am – 12.30pm**

**Monthly Tea Adda**

**Dementia information and outdoor exercise session - Active for life**

Hopscotch Women's Centre

50-52 Hampstead Rd, London NW1 2PY

Contact: Shahnaz Akhtar, Wellbeing Lead on [020 7388 8198](tel:02073888198) for info on upcoming dates

**25th September at 1.30 – 4.30pm**

**Film and Tea: The Greatest Showman**

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

Contact: [020 7286 5181](tel:02072865181) / [www.ljs.org](http://www.ljs.org)

Price: £2.00 per person

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## Thursdays

**5th September and every Thursday at 1.30 – 4.00pm**

**Memory Cafe**

Third Age Project at Cumberland Market NW1

Contact: [020 7383 4922](tel:02073834922) / [info@thirdageproject.org.uk](mailto:info@thirdageproject.org.uk)

**5th September and every Thursday at 2.00 – 4.00pm**

**Singing for the Mind**

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

Contact: [ljs@ljs.org](mailto:ljs@ljs.org) / [020 7286 5181](tel:02072865181)

**5th September and every Thursday at 2.00**

**Well-Being Garden**

James Wigg GP Practice, Kentish Town Health Centre,

2 Bartholomew Road, London, NW5 2BX

Contact: Melissa at [info@engage-here.co.uk](mailto:info@engage-here.co.uk) / [07912 497387](tel:07912497387)

**5th September at 10.30am – 12.15pm**

**The Revellers Club**

Royal Albert Hall's North Circle Bar

Creative activities. Family members, partners, carers or friends to come along and join in!

Contact: [engagement@royalalberthall.com](mailto:engagement@royalalberthall.com) / 020 7959 0540

**12th / 26th September at 4.30 – 5.30pm**

**Art Workshops**

by Engage Here

James Wigg GP Practice, Kentish Town Health Centre,

2 Bartholomew Road, London, NW5 2BX

Contact: Melissa at [info@engage-here.co.uk](mailto:info@engage-here.co.uk) / 07912 497387

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## **Fridays**

**13th September at 11.30am – 1.00pm (continued every Friday until 1st November)**

**The Art of Craft**

with Cockpit Studios Bloomsbury and Arts for Dementia over 8 weeks

Cockpit Bloomsbury, Cockpit Yard, Northington Street, London WC1N 2NP, UK

Contact: Christina at [christina@artsfordementia.org](mailto:christina@artsfordementia.org) / 020 3633 9954

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## **Saturdays**

**14th September at 3.00pm**

**Songhaven Relaxed Live Music Concert**

**Free and followed by delicious refreshments!**

St Paul's Knightsbridge, 32a Wilton Place, London, SW1 8SH

Book: [www.ticketsource.co.uk/songhaven](http://www.ticketsource.co.uk/songhaven) / 020 7201 9999 / [www.songhaven.co.uk](http://www.songhaven.co.uk)

**21st September at 3.00pm**

**Songhaven Relaxed Live Music Concert**

**Free and followed by delicious refreshments!**

Conway Hall, 25 Red Lion Square, London , WC1R 4RL

Book: [www.ticketsource.co.uk/songhaven](http://www.ticketsource.co.uk/songhaven) / 020 7405 1818/ [www.songhaven.co.uk](http://www.songhaven.co.uk)

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## Future Events in October and beyond!

**Mondays 7th October - 9th December (not 21st) 10.30 - 12.15**

**Singing and Songwriting Session** - no previous experience necessary!

With Turtle Song

Recital Hall, Royal College of Music, Prince Consort Rd, SW7 2BS

Contact: Charlotte 020 8964 5060 email: [charlotte@turtlekeyarts.org.uk](mailto:charlotte@turtlekeyarts.org.uk)

**Mondays 28th October / 28th November at 2.00pm – 3.30pm**

**Closer Look Tours at the V&A**

Art Studio, Learning Centre, 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, plus refreshments on arrival. For people living with early-stage dementia, their family and friends. Free entry.

Book: 020 7942 2000 / [vam.ac.uk/event/9QMbe8MPAJ](http://vam.ac.uk/event/9QMbe8MPAJ)

**Tuesdays 22nd October / 26th November at 10.30am – 12.30pm**

**Tea and Talk with Zookeepers**

ZSL London Zoo at Regents Park

Outer Circle, London NW1 4RY

London Zoo Tea and talks for people living with Dementia.

There will be a different activity each month, which may include making enrichment for our animals, a quiz or arts and crafts activities. Each session you will also get an opportunity to meet a member of our team such as a keeper, scientist, or librarian. Tea, Coffee, and Biscuits will be supplied.

Book: 07966 294 022 / email [communityengagement@zsl.org](mailto:communityengagement@zsl.org)

**Tuesday 5th November at 10.30am – 14.30pm**

**Sensory Palaces Programme**

Hampton Court Palace

East Molesey KT8 9AU

A dementia wellbeing programme. Each session is based on a theme where participants will learn and go visit parts of the palace and then take part in an activity. Throughout the day time to socialise as well as ensuring that everyone is able to go at their own pace. Some spaces remaining for our November date.

Contact: Info [communities@hrp.org.uk](mailto:communities@hrp.org.uk) Vicky Stevens 0773033076

Book: <https://forms.office.com/e/jSTVuknje7>

**Thursdays 10th October / 14 November / 12 December at 10.30am – 12.15pm**

**The Revellers Club**

Royal Albert Hall's North Circle Bar

Creative activities. Family members, partners, carers or friends to come along and join in!

Contact: [engagement@royalalberthall.com](mailto:engagement@royalalberthall.com) / 020 7959 0540

**Fridays 4th, 11th, 18th, 25th, October until 1st November at 11.30am – 1.00pm**

**The Art of Craft**

with Cockpit Studios Bloomsbury and Arts for Dementia

Cockpit Bloomsbury, Cockpit Yard, Northington Street, London WC1N 2NP, UK

Contact: Christina at [christina@artsfordementia.org](mailto:christina@artsfordementia.org) / 020 3633 9954

**Friday 4th October at 2.30pm (tea and cake), 3.00pm (Concert)**

**Music for the Moment**

St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT

Free dementia-friendly concert series in partnership with the Royal Academy of Music

**Fridays 11th October until 13th December 11.00am – 1.00pm (10 weeks)**

**Art in the Library**

Swiss Cottage Library, 88 Avenue Road, NW3 3HA

We are excited to announce that we will be facilitating a year-long programme which will start again on the 10th of January 2025 following our first set of sessions starting in October. The programme will be facilitated by a different artist every 10 weeks and will include printmaking, visual arts, sculpture and more!

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## **ACCESS to events**

We recommend contacting the event provider in advance to book your place if needed and to discuss any access requirements, or for support with travel plans.

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## Useful Contacts

### Age UK Camden

#### Dementia Wellbeing Service

If you live in the borough of Camden and are living with memory loss or dementia our Dementia Wellbeing Service can provide flexible support to you, your family or carers. Following an initial home visit they'll work with you, your family or carers to produce a personalised wellbeing plan. This plan will focus on the issues that you think will make a difference. The team can work with you for up to 3 months and this can include weekly, bi-weekly or monthly visits, as needed.

#### Dementia Befriending

Our Dementia Befriending Service supports Camden residents over the age of 55 in the early or moderate stages of dementia, to live independently and safely at home for as long as possible, stay socially engaged and carry on doing what they love. We will match you with a trained and checked volunteer who you share common interest with for a weekly visit.

Age UK Camden also have many other services to support older people

Contact: [dementia.wellbeing@ageukcamden.org.uk](mailto:dementia.wellbeing@ageukcamden.org.uk) / 0208 103 3991

Website: [www.ageuk.org.uk/camden/our-services](http://www.ageuk.org.uk/camden/our-services)

#### Camden Carers

Fortnightly Zoom meetings where Dementia Carers come together, share experiences and support each other.

Contact: Miles Maier at [info@camdencarers.org.uk](mailto:info@camdencarers.org.uk) / 0207 428 8950

Many different offers of activities, support and information for carers

Website: [www.camdencs.org.uk/about-3](http://www.camdencs.org.uk/about-3)

#### Camden Memory Service

A specialist service that provides assessment, diagnosis and treatment for people living with dementia and their friends and families.

Contact: 0203 317 6584 / 07890 384 370

#### Hopscotch Women's Centre

We are working in collaboration with Camden Memory Service to raise awareness of dementia within minoritized communities. Please contact Shahnaz Akhtar, Wellbeing Lead at Hopscotch Women's Centre on [020 7388 8198](tel:02073888198) for information on upcoming events.

#### Transport

##### Hubs Mobility Advice Service - Accessible Travel

North and East London Hubs Lead: Liane Burn, Telephone 07562 953212, Email

[Liane@hertsability.org.uk](mailto:Liane@hertsability.org.uk) Info re Community transport, Blue Badges, taxi cards etc