

Arts for Dementia

Some activities that people in the St George's Young Onset Group have been involved in and enjoyed

Singing for the Brain / Alzheimer's Society

Not for everybody perhaps but some in the group have enjoyed it very much.

In Mind / Royal Academy

Monthly session advertised on the RA website. You need to prebook. The sessions involve discussing a painting with excellent facilitators who are also artists.

Clay for Dementia / The Garden Museum

An opportunity to have hands on experience working with clay under the guidance of Katie Spragg, an artist potter and volunteers.

Songhaven / Concerts

Regular dementia friendly concerts in central London followed by tea and a chance to meet others.

Talk and Draw / Orleans House Gallery Twickenham

A monthly session which is linked to the current exhibition at the Gallery.

Ballet/ Royal Opera House

Featured in the A4D video and much appreciated by those who have attended and did not know they could dance!

Interactive dance / Beatrice Allegranti

Beatrice and her company of dancers spent time with people with dementia and their family cares and developed individual dances in response to their experiences.

Music for Life / Wigmore Hall and Dementia UK

This programme has run sessions local in Wimbledon which have been much appreciated by musicians and non-musicians alike.

Art workshops in various locations / Creating with Dementia

This organisation offers practical art sessions supported by trained facilitators in various locations including Botanical Painting at the Chelsea Physic Garden.

Ticket concessions and support for people with dementia and their companions

Royal Albert Hall

Cadogan Hall

Southbank Centre

Special events: British Summertime in Hyde Park / Royal Hospital Summer Concerts

'Relaxed' performances

Useful resources

Arts4Dementia

arts4dementia.org.uk

The website has links to many of the activities mentioned here and others. Offers training for colleagues in arts organisations running events for people with dementia.

Dementia Pathfinders

dementia.pathfinders.org

Offers education and learning for those working in the dementia care field. Dementia Pathfinders is led by Barbara Stephens who some of you will know from her work with the SGH YOD group.

For Brian

forbrian.co

Not specifically arts related but For Brian is involved in networks that offer a range of stimulating activities including yoga and supported cycling at the Olympic Park. It is led by Clare Morris who was also involved with the SGH YOD group.