

Connecting Conversations in Camden

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

February 2026 Listings

Compiled by Kate White and Melissa Fry
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ACCESS to events

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

Mondays

2nd / 9th / 16th / 23rd February at 11.00 – 1.00pm

Wellbeing Coffee Morning

Kentish Town, Community Centre, 17 Busby Place, London NW5 2SP
Contact: 020 7482 3212 / info@ktcc.org.uk

2nd / 9th / 16th / 23rd February at 2.00 – 3.30pm

Memory Cafe: Art with Lucy

Millman Street Centre, 50 Millman Street, London WC1N 3EW
Sudiksha: sudiksha@holborncommunity.co.uk / 020 7405 2370 (opt 2)
Book: book.plinth.org.uk/e/AlfQGPfG5zAkqYnOcMJ9

2nd / 9th / 16th / 23rd February (until 16th March) at 10.30am – 12.15pm

Singing and Songwriting Session with Turtle Song

(No experience necessary)

Recital Hall, Royal College of Music, Prince Consort Rd, SW7 2BS
Charlotte: 020 8964 5060 / charlotte@turtlekeyarts.org.uk

16th February at 2.00 – 4.00pm

Art for the Mind

Primrose Hill Community Centre, 29 Hopkinson's Pl, London NW1 8TN
Mick: 0207 586 8327 / phca.cc/events-activities

Please contact the event provider to book your place, discuss any access needs, and plan your travel

Mondays (continued)

23rd February 2.00 – 3.30pm

Closer Look Tours at the Victoria & Albert Museum

V&A Museum, Art Studio, Learning Centre, Cromwell Rd, London SW7 2RL

Book: 020 7942 2000 or

vam.ac.uk/event/XJbnWo1ELO/dementia-friendly-closer-look-tour

Tuesdays

3rd / 10th / 17th / 24th February at 10.00am – 12.00pm

Nature Arts and Crafts with Castlehaven Horticulture Hub

Castlehaven Community Gardens, 23 Castlehaven Rd, London NW1 8RU

Contact: environmentalteam@castlehaven.org.uk / 0207 485 3386

3rd / 10th / 17th February 2.30pm – 3.15pm

Gentle seated movement activity

Royal Hospital Road, London SW3 4SR (enter via Chelsea Gate)

Book: CommunityEngagement@chelsea-pensioners.org.uk / 0207 881 5493

3rd / 10th / 17th / 24th February at 3.30 – 4.30pm (Tea/cake 3.00pm)

Memory Singing Circle

Primrose Hill Community Centre, 29 Hopkinson's Pl, London NW1 8TN

Mick: 0207 586 8327 / phca.cc/events-activities

3rd February at 2.00 – 3.00pm

Dementia Carers Support Group (TBC)

Kentish Town Health Centre, 2 Bartholomew Rd, London NW5 2BX

Nori: norigraham1@gmail.com

3rd / 17th February at 11.00am – 12.00pm

Storyscapes: Kentish Town art and reminiscence workshop

Civic Action Lab, 2 Prince of Wales Road, London NW5 3LQ

Melissa: info@engage-here.co.uk / 07912497387

Please contact the event provider to book your place, discuss any access needs, and plan your travel

Tuesdays (continued)

3rd / 10th / 17th / 24th February at 10.00am – 12.00pm

Nature Arts and Crafts

Castlehaven Community Gardens, 23 Castlehaven Rd, London NW1 8RU

Contact: environmentalteam@castlehaven.org.uk / 0207 485 3386

February every 2 weeks 12.30 – 2.30pm

Health and Well-being Community Brunch

Kentish Town Community Centre, 17 Busby Place, NW5 2SP

Contact: 020 7482 3212 / info@ktcc.org.uk

3rd / 10th / 17th / 24th February 6.00 – 7.30pm

The North London NHS Community Choir

Conference Room, St Pancras Hosp., 4 St Pancras Way, London NW1 0PE

Julie: Julie@keychanges.org.uk

Wednesdays

4th / 11th / 25th February at 10.30am – 1.30pm

Community Gardening with Castlehaven Horticulture Hub

Castlehaven Community Gardens, 23 Castlehaven Rd, London NW1 8RU

Contact: environmentalteam@castlehaven.org.uk / 0207 485 3386

4th / 11th / 25th February at 10.30am – 1.30pm

Gardening

Castlehaven Community Gardens, 23 Castlehaven Rd, London NW1 8RU

Contact: environmentalteam@castlehaven.org.uk / 0207 485 3386

4th / 11th / 18th / 25th February at 2.00 – 3.00pm

Art Wednesdays online via Zoom – access from home

Jasmine Karis: jasmine-karis@artsfordementia.org / 020 3633 8209

4th February at 11.00am – 1.00pm

Art Workshop led by Melissa from Engage Here

The British Library, 96 Euston Rd, London, NW1 2DB

Melissa: info@engage-here.co.uk / 07912 497387

Please contact the event provider to book your place, discuss any access needs, and plan your travel

Wednesdays (continued)

11th February at 2.00 – 4.00pm

Art for the Mind at the Memory Cafe – Right at Home

West Hampstead Community Centre, 17 Dornfell St, London NW6 1QN

Darshan: 020 3921 1111 / camden.hampstead@rightathome.co.uk

18th February at 2.00 – 4.00pm

Art for the Mind at the Memory Cafe – Right at Home

West Hampstead Community Centre, 17 Dornfell St, London NW6 1QN

Darshan: 020 3921 1111 / camden.hampstead@rightathome.co.uk

4th / 11th / 18th / 25th February at 6.00 – 7.30pm

Community Choir – Nordoff & Robbins

North London Music Therapy Centre, 2 Lissenden Gardens, London NW5 1PQ

Contact: 020 7267 4496 / musicservicesadmin@nordoff-robbins.org.uk

Thursdays

5th / 12th / 19th / 26th February 12.00 – 2.00pm

Musicali-Tea (includes Tea, Tales and Tunes)

Holy Sepulchre Church, Holborn Viaduct, London, EC1A 2FD

Free but booking required: www.hsl.church/upcoming-events

5th / 12th / 19th / 26th February at 1.30 – 4.00pm

Memory Cafe and Carers Club

Third Age Project Community Centre, Cumberland Market, London NW1

Contact: 020 7383 4922 / info@thirdageproject.org.uk

5th / 12th / 19th / 26th February at 2.00 – 4.00pm

Singing For The Mind

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

£10.00 donation / Contact: ljs@ljs.org / 020 7286 5181

5th / 12th / 19th / 26th February at 2.00pm

Well-Being Garden

Kentish Town Health Centre, 2 Bartholomew Rd, London NW5 2BX

Melissa: info@engage-here.co.uk / 07912 497387

Please contact the event provider to book your place, discuss any access needs, and plan your travel

Thursdays (continued)

5th / 12th / 19th / 26th February at 4.30 – 5.30pm

Art Workshops by Engage Here

Kentish Town Health Centre, 2 Bartholomew Rd, London NW5 2BX

Melissa: info@engage-here.co.uk / 07912 497387

5th February at 10.30am – 12.15pm (every month)

The Revellers Club: Creative activities

Royal Albert Hall's North Circle Bar, Kensington Gore, SW7 2AP

Tickets: royalalberthall.com/tickets/events/education/the-revellers-club

Perdita: perditaB@royalalberthall.com / 020 7959 0540

26th February at 2.00 – 4.00pm

Connecting Conversations in Camden – with tea and cake!

Find out about projects & interesting activities for people living with dementia & those who support them.

Argenta House, 1 Aspern Grove, London NW3 2AB

Kate: km_white@mac.com

Camden Memory Service 020 3317 6584

cim-tr.camdenmemoryservice@nhs.net

Fridays

6th / 13th / 20th / 27th February (until 13th March) at 11.00am – 12.30pm

Drama with Park Theatre

For people living with early-stage dementia and their companions

Swiss Cottage, Central Library, 88 Avenue Road, London NW3 3HA

6th / 13th / 20th / 27th February at 2.30 – 4.00pm

Communi-tea (Tea, socialising, songs, skills and sharing)

Holy Sepulchre Church, Holborn Viaduct, London, EC1A

Free (Booking required) / Contact: www.hsl.church/upcoming-events

Please contact the event provider to book your place, discuss any access needs, and plan your travel

Fridays (continued)

20th February at 3.00pm – 4.00pm (Tea and cake 2.30pm)

Music for the Moment, Royal Academy of Music Musical Theatre Group

Wigmore Hall, 36 Wigmore St, London W1U 2B (Nearest tube Bond Street)

Free (No need to book)

Saturdays

7th February at 11.00am – 1.00pm

Get Creative

The British Library, 96 Euston Rd, London, NW1 2DB

Emma: Emma.Tutton@bl.uk

Future Events

24th February at 2.00 – 4.00pm

Connecting Conversations in Camden – with tea and cake!

Find out about projects & interesting activities for people living with dementia & those who support them.

Argenta House, 1 Aspern Grove, London NW3 2AB

Kate: km_white@mac.com and Camden Memory Service 020 3317 6584

cim-tr.camdenmemoryservice@nhs.net

Music for the Moment, Royal Academy of Music Concerts

3.00pm – 4.00pm (Tea and cake 2.30pm)

Friday 20th March: William Shi (Piano)

Friday 8th May: Liberty Quartet (String Quartet)

Friday 5th June: Amy Bach & Grace Hope-Gill (Piano & Voice)

St. Marylebone Parish Church, London NW1 5LT

Free

Please contact the event provider to book your place, discuss any access needs, and plan your travel

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 Service

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 / 0208 103 3991 / ageuk.org.uk/camden/our-services

Camden Carers

Fortnightly Zoom meetings where Dementia Carers come together, share experiences and support each other. Many different activities, support and information for carers. www.camdencs.org.uk

Miles Maier: info@camdencarers.org.uk / 0207 428 8950

Camden Memory Service

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

020 3317 6584 cim-tr.camdenmemoryservice@nhs.net

Book (free): Knowledge is Power - making life easier after a diagnosis

www.dementiavoices.org.uk/deep-resources/knowledge-is-power/

Dementia UK

Dementia Nurse Specialist Advice Helpline (Admiral Nurses)

Contact: 0800 888 6678 / helpline@dementiauk.org / dementiauk.org

Please contact the event provider to book your place, discuss any access needs, and plan your travel

Dementia Carers Count

Provides online training on dementia, carers rights and peer support groups.
Free: dementiacarers.org.uk/vcc

Dementia Adventure

Online programme of workshops aimed at developing the skills and knowledge of carers, families and healthcare professionals. Free.
dementiaadventure.org/training-and-support

Hopscotch Women's Centre

We are working to raise awareness of dementia and support families within minority communities. 50-52 Hampstead Rd, London NW1 2PY
Shahnaz Akhtar: 020 7388 8198

Rare Dementia Support Groups

Regular support for people living with a rare dementia e.g. Lewy Body Dementia, Fronto-temporal dementia. Everyone affected by a rare dementia is welcome after registering with RDS. This includes people living with or at risk of a diagnosis, as well as carers, families and friends.

Contact: raredementiasupport.org/meetings

Reading Well for Dementia

Books chosen by people living with dementia, carers & health partners stocked in your library.

Contact: readingagency.org.uk/resources/7123

TIDE (Together In Dementia Everyday)

Carer support groups meet online weekly, including groups for male carers and those recently bereaved. There's also a programme of dementia information and practice aimed at carers and families. Free.

Book: tide.uk.net/events

Transport Hubs Mobility Advice Service - Accessible Travel

North and East London Hubs Lead: Liane Burn
Info re Community transport, Blue Badges, taxi cards etc
Contact: 07562 953212 / Liane@hertsability.org.uk

Please contact the event provider to book your place, discuss any access needs, and plan your travel

Become a Dementia Friendly organisation in Camden?

Everyone can play a part in making people living with dementia and their carers feel welcome, included and valued by the community. We welcome any organisation in Camden regardless of size or sector – retail or business, charity or faith group, sports and leisure centres can apply to join.

<https://nclhealthandcare.org.uk/get-involved/become-a-dementia-friendly-organisation/>

Hearing aid repair clinics for Camden residents

Audiologists carry out a range of tests to determine the presence, nature and extent of hearing loss and balance disorders, enabling accurate clinical diagnosis of hearing-related conditions. Our audiology service provides hearing assessments for people referred by their GP or ear, nose and throat doctors at the Royal Free Hospital, Barnet Hospital and Chase Farm Hospital. For patients who choose to go ahead with hearing aids, the audiology service arranges comprehensive hearing aid fittings, with a range of modern, digital, behind the ear hearing aids fitted according to national clinical standards. Another role of the service is the long-term management and rehabilitation of the hearing impaired and those with tinnitus, many of whom require the support of hearing aids/ communication equipment and counselling with respect to their hearing loss or tinnitus. Patients who have been fitted with hearing aids at one of our hospitals and who require a repair, can contact the department via phone or email to book a repair appointment. Please note, all appointments need to be pre-booked as there is no walk-in service. Appointments are available Monday to Friday. Call the numbers below for an appointment.

Barnet Hospital: 020 8216 4912 or 020 8216 4600 ext 64912
(Mon to Fri, 9.00am – 5.00pm) / rf-tr.audiologyadmin@nhs.net

Chase Farm Hospital: 020 8375 1117 or 020 8375 2999 ext 51777
(Mon to Fri, 9.00am – 5.00pm) / rf-tr.audiologyadmin@nhs.net

Royal Free Hospital: 020 7472 6318 or 020 7794 0500 ext 38171
(Mon to Fri, 9.00am – 5.00pm) / rf.audiology@nhs.net /
royalfree.nhs.uk/services/audiology

Please contact the event provider to book your place, discuss any access needs, and plan your travel