

Connecting Conversations in Camden

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

May 2026 Listings

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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

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

Wellbeing Coffee Morning

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

4th / 11th / 18th / 25th May 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/AlfQGPfG5zAkqYnOcMJ

11th May 11am - 4pm

Creative Day at the Victoria & Albert Museum

Enjoy a Closer Look Tour,
Screen printing,
Visit to Schiaparelli exhibition,
Self-guided resources in the newly reopened Gilbert Galleries.

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

Mondays (Continued)

11th May 11am - 4pm

Creative Day at the Victoria & Albert Museum

11.00 – 16.00: Screen-printing Workshop

Drop in to the Art Studio (Learning Centre, Level 0) for a free screen printing workshop inspired by Schiaparelli and objects from the V&A collection. The session will be facilitated by Learning Engagement Assistants, with tea, coffee and biscuits available throughout the day. No booking is required.

14.00 – 15.30: Dementia-friendly Closer Look Tour

Join one of our expert Guides for a bespoke dementia-friendly Closer Look Tour, designed for people living with early stage dementia and their family and friends. The tour begins with refreshments in the Art Studio, Learning Centre, before heading into the galleries for a relaxed tour exploring stories behind a selection of fascinating objects from the V&A's collections. This tour is free and can be booked using the email below.

11.00 – 16.00: Self-guided visit to the Gilbert Galleries

The newly reopened Gilbert Galleries are also free to visit from 11.00 - 16.00. A specially created dementia-friendly printed resource will be available to pick up from the Learning Centre, supporting a self-guided visit to the galleries.

Further information about the day, please email: communities@vam.ac.uk

18th May 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

Tuesdays

5th / 12th / 19th / 26th May 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

Chelsea Pensioners Community Engagement Sessions

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

chelsea-pensioners.co.uk/visit/community-engagement

Email: CommunityEngagement@chelsea-pensioners.org.uk

Phone: 0207 881 5493

5th May at 10.30 – 11.30am

Relaxed Art Workshop

12th May at 10.30 – 11.30am

Community Singing

19th May at 10.00am – 12.00pm

Coffee Morning

26th May at 10.30am – 12.00pm

Relaxed Sensory Walk in the Royal Hospital Grounds

5th / 12th / 19th / 26th May 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

26th May at 10.30am – 12.30pm

Tea and Talks with Zookeepers

ZSL London Zoo at Regents Park, Outer Circle, London NW1 4RY

Emma: communityengagement@zsl.org / 07966 294 022 (£6 incl zoo visit)

5th / 12th / 19th / 26th May at 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

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

Wednesdays

6th / 13th / 20th / 27th May 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

6th / 13th / 20th / 27th May at 2.00 – 3.00pm

Art Wednesdays online via Zoom – access from home

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

6th May 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

13th May 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

20th May at 2.00 – 4.00pm

Music 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

20th May at 1.30 – 4.30pm

Film and Tea with Ice Cream!: The Band Wagon

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

Contact: ljs@ljs.org / 020 7286 5181 (£2.00, no booking needed)

Thursdays

7th / 14th / 21st / 28th May 12.00 – 2.00pm

Musicali-Tea (includes Tea, Tales and Tunes)

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

hsl.church/upcoming-events (Free, booking essential)

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

Thursdays (Continued)

7th / 14th / 21st / 28th May 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

7th / 14th / 21st May at 2.00 – 4.00pm

The Choir at The Bridge - come and sing!!

St John's Church, Waterloo, London, SE1 8TY

To join the group call/email: Abigail Tripp (outreach@stjohnswaterloo.org | 07741 736 481) or Salma Hameed at Age Exchange

(dementia@age-exchange.org.uk | 07729 107 520 |

www.age-exchange.org.uk/hub-cafe/referrals)

www.stjohnswaterloo.org/projects/age-exchange-the-choir-at-the-bridge/

7th / 14th / 21st / 28th May at 2.00 – 4.00pm

Singing For The Mind

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

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

7th / 14th / 21st / 28th May at 2.00pm

Well-Being Garden

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

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

7th / 14th / 21st / 28th May 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

7th May 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

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

Thursdays (Continued)

21st May at 10.00 – 11.30am

Community Drop In for coffee and cake and a chat

Belsize Community Library, Antrim Grove, Belsize Park, London NW3 4XN

Contact: nathanhartley1@bluebirdcare.co.uk / 07737 192156

21st May at 2.00 – 4.00pm

Connecting Conversations in Camden – with tea and cake

“Taster dancing session!”

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: 02033176584 / nlft.camdenmemoryservice@nhs.net

Fridays

1st / 8th / 15th / 22nd / 28th May at 11.00am – 12.30pm

Art in the Library: Painting with Flora

For people living with early-stage dementia and their companions

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

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

1st / 8th / 15th / 22nd / 28th May at 2.30 – 4.00pm

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

Holy Sepulchre Church, Holborn Viaduct, London, EC1A

Contact: hsl.church/upcoming-events (Free, booking essential)

Friday 8th May at 3.00 – 3.45pm (Cake & Tea 2.30)

Music for the Moment, Royal Academy of Music, Violin & Piano

St. Marylebone Parish Church, London NW1 5LT (Free, no need to book)

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

Saturdays

2nd May at 11.00am – 1.00pm

Get Creative

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

Emma: Emma.Tutton@bl.uk

9th May at 3.00pm

Songhaven Relaxed Live Music Concert

St Paul's Knightsbridge, 32a Wilton Place, London SW1X 8SH

Contact: 020 7201 9999 (Free, booking essential)

Future Events

Thursday 25th June 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, NW3 2AB

Kate: km_white@mac.com

Camden Memory Service: 02033176584 / nlft.camdenmemoryservice@nhs.net

Useful Contacts for Support and Information

Age UK Camden – Dementia Wellbeing Service

If you live in 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.

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

Age UK Camden - 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.camdenccs.org.uk

Miles Maier: info@camdenccs.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.

Contact: 020 3317 6584 nlft.camdenmemoryservice@nhs.net

Camden Care Choices

Camden Council's website with information and advice about care and support in Camden. Contact: CamdenCareChoices@camden.gov.uk

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Dementia UK

Dementia Nurse Specialist Advice Helpline (Admiral Nurses)

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

In person appointments at Nationwide Building Society

dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-clinics/nationwide/

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

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

Dementia Carers Count

Provides online training on dementia, carers rights and peer support groups.

Free: dementiacarers.org.uk/vcc

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

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

Monthly Support Group for Carers of People Living with Dementia May 5th at 2.00 – 3.00pm

Kentish Town Health Centre, 2 Bartholomew Rd, London NW5 2BX
Nori: norigraham1@gmail.com

Kick Off With a Verse

Thursdays 7.00 – 8.30pm Online group for Carers

Using poetry as a springboard for sharing, participants are encouraged to find their own words to describe the experience of caregiving.

carersmanchester.org.uk/series/kick-off-with-a-verse-thursday-evenings/
Email: karindenovellis@gmail.com

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 us including people living with a dementia.
Contact: raredementiasupport.org/meetings

Re-engage

Supports older people (75+) experiencing loneliness through regular social gatherings, calls and activity groups. Contact: reengage.org.uk

Reading Well for Dementia

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

Contact: readingagency.org.uk/resources/7123

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

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

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.

nclhealthandcare.org.uk/get-involved/become-a-dementia-friendly-organisation/

Hearing aid repair clinics for Camden residents

Audiologists carry out tests to determine the presence, nature and extent of hearing loss and balance disorders, enabling accurate clinical diagnosis of hearing-related conditions. Patients who have hearing aids from one of our hospitals and require a repair, pre-book an appointment, Monday to Friday.

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