

Connecting Conversations in Camden

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

October 2026 Listings (New Entries are in Red)

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

5th / 12th / 19th / 26th October 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

5th / 12th / 19th / 26th October at 11.00 – 12.30am

Art in Nature with Engage Here

Calthorpe Community Garden, 258-274 Gray's Inn Rd, London WC1X 8LH
Contact: info@calthorpecommunitygarden.org.uk

5th / 12th / 19th / 26th October at 10.30am – 12.00pm

Memory Cafe: Art and Crafts with Lottie

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

26th October at 1.30pm – 3.30pm

Closer Look Tours at the Victoria & Albert Museum

Art Studio, Learning Centre, V&A South Kensington, Cromwell Road, SW7 2RL
Book: 020 7942 2000

www.vam.ac.uk/event/DADWAIMRm9R/dementia-friendly-closer-look-tour-june-nov-2026

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

Tuesdays

6th, 13th, 20th, 27th October 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)

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

6th October at 10.30 – 11.30am

Relaxed Autumnal Creative Workshop

13th October at 10.00 – 11.30am

Joyful Singing Session with Ali and Chris

20th October at 2.30 – 3.15pm

Coffee, conversation and cake with pupils from local school

27th October at 10.00am – 12.00pm

Sensory session exploring history of the Royal Hospital

6th, 13th, 20th, 27th October 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

13th & 20th October at 1.30pm - 3pm

A Reminiscence session with musician Maciek O'Shea

Lord's Museum, Gate No 6, Lords Cricket Ground, NW8 8QN

Contact [John Donegan Community Programmes Manager](#)

[020 7616 8604](tel:02076168604) | [07501706732](tel:07501706732)

27th October 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)

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

Tuesdays (Continued)

6th, 13th, 20th, 27th October 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

Wednesdays

7th, 14th, 21st, 28th October 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

7th, 14th, 21st, 28th October at 2.00 – 3.00pm

Art Wednesdays online via Zoom from home

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

7th October at 11am - 1pm

Art Workshop at The British Library

Contact Emma with this email outreach@bl.uk for further information

14th October 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

21st October 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

28th October at 1.30 – 4.30pm

Film and Tea Club with Ice Cream!: *TURNER & HOOTCH* film

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)

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

Thursdays

1st, 8th, 15th, 22nd, 29th October 10.30am - 11.30am

Creative Together: Create, move, chat and connect!

OK Club NW6 5BP opposite Peel Plaza& Craik Court

Contact Myrto Papouliavia hello@speiraproject.com 07395 618992

1st, 8th, 15th, 22nd, 29th October 11am-12noon

Songs and Smiles is an intergenerational joyful music group for 0–4-year-olds, their grown-ups, and older people, held in care homes and assisted living schemes. Esther Randall Court, 2 Little Albany Street NW1 4DY
[www/activities.bookpebble.co.uk/activity/the-together-project-cio-songs-smiles-esther-randall-court-camden-london-london-3966a8c1-96bd-4a09-aa1c-3060ac8d2cdd](http://www.activities.bookpebble.co.uk/activity/the-together-project-cio-songs-smiles-esther-randall-court-camden-london-london-3966a8c1-96bd-4a09-aa1c-3060ac8d2cdd)

1st, 8th, 15th, 22nd, 29th October at 12.00 – 2.00pm

Musicali-Tea (includes Tea, Tales and Tunes)

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

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

1st, 8th, 15th, 22nd, 29th October 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

1st, 8th, 15th, 22nd, 29th October 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)

1st, 8th, 15th, 22nd, 29th October at 2.00pm

Well-Being Garden

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

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

1st, 8th, 15th, 22nd, 29th October at 2.00 – 4.00pm

The Art of Craft: 3D and Clay at Cockpit Studios

Cockpit Yard, Northington Street, London, WC1N 2NP

Places are limited so please contact Christina at christina@artsfordementia.org or call 020 3633 9954 to register your interest.

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

Thursdays (Continued)

1st, 8th, 15th, 22nd, 29th October at 2.30 – 4.30pm

Together We Move – free dance sessions for over 60s of all abilities

Millman Street Community Centre, Millman Street, London WC1N 3EW

Book: [020 7405 2370](tel:02074052370) / admin@holborncommunity.co.uk /

<https://book.plinth.org.uk/e/jWrvX2jploT74aAryqEb>

1st, 8th, 15th, 22nd, 29th October 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

1st October 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

22nd October 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

22nd October at 2.00 – 4.00pm

Connecting Conversations in Camden – with tea and cake

Find out about projects & interesting activities to enjoy & also support 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

2nd, 9th, 16th, 23rd, 30th October at 11.00am – 12.30pm

Art in the Library: Art & Storytelling with Ben Jenner

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

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

Fridays (Continued)

Fridays 2nd October – 4th December at 2.00 – 4.00pm

Remembering Yesterday, Caring Today

A project bringing people together through creativity, conversation and shared memories – see flyer. Venue: Argenta House, 1 Aspern Grove, NW3 2AB

Caroline: information.RYCT.projects@gmail.com or call 07947 329 222

2nd, 9th, 16th, 23rd, 30th October 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)

23rd October at 3.00 – 4.00pm (2.30pm for Cake & Tea)

Music for the Moment, Royal Academy of Music

Dementia-friendly concert – students from the Royal Academy of Music
St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT.

Friday 30th October at 2.00 – 4.00pm

Art based Workshop (Portraits)

Wallace Collection Art Gallery, Hertford House, Manchester Sq, W1U 3BN

Contact: community@wallacecollection.org / 0207 563 9577

Please note that the sessions are free, but booking is essential

<https://www.wallacecollection.org/whats-on/events/dementia-friendly-works-hop-portraits-in-print/>

Saturdays

10th October, 11.00am - 1.00pm.

Get Creative art workshop

British Library, 96 Euston Road London, NW1 2DB

Contact Emma at this email address outreach@bl.uk for further information.

10th October, 3pm - 3.45pm followed by refreshments

Songhaven Concert - In honour of Silver Sunday

Songs from stage and screen performed by professional opera singers and a pianist with audience Singalongs. St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH

FREE but pre-booking is essential. Phone (9-5): 0207 201 9999

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

Future Events

Songhaven Concerts on line - anytime!!

If you are unable to join Songhaven Concerts in person, you may enjoy their online **Silver Sunday concert film** linked below - 30 minutes of songs from stage and screen from professional opera singers **Eleanor Garside** and **Ailsa Mainwaring**, with **Chad Vindin** at the piano. Singalong lyrics are displayed on-screen too so this is a great option for carers or care home staff to screen to those in your care.

www.tickettailor.com/events/stpaulsknightsbridgepcc/2240198?date=2026-10-10&mc_c_id=a7e10daee0&mc_eid=05996bf318

Friday 2 November at 3.00 – 4.00pm (2.30pm for Cake & Tea) Music for the Moment, Royal Academy of Music

Dementia-friendly concert – students from the Royal Academy of Music at Wigmore Hall, 36 Wigmore Street, W1U 2BP

Thursday 26th November 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.

Venue is Argenta House, 1 Aspern Grove, NW3 2AB

Kate: km_white@mac.com and Chris Denney at Camden Memory Service: 02033176584 nlft.camdenmemoryservice@nhs.net

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

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.

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@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.

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 [Dementia and memory | Home](#)

Book: Knowledge is Power – making life easier after a diagnosis (free)
dementiavoices.org.uk/deep-resources/knowledge-is-power/

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

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/

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

Monthly Support Group for Carers of People Living with Dementia

October 6th at 2.00 – 3.00pm

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

Nori: norigraham1@gmail.com

Every Thursday 7.00 – 8.30pm

Kick Off With a Verse – 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

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

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

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