

Connecting Conversations in Camden

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

March 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 March 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 March 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

16th March 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

30th March at 1.45pm – 3.00pm

Closer Look Tours at the Victoria & Albert Museum

V&A Museum, Art Studio, Learning Centre, Cromwell Rd, London SW7 2RL
Book soon, essential to avoid disappointment: 020 7942 2000 or
vam.ac.uk/event/XJbnWo1ELO/dementia-friendly-closer-look-tour

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

Tuesdays

3rd / 10th / 17th / 24th March 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 March at 10.30 – 11.30am

Relaxed Art Workshop

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

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

10th March at 10.30 – 11.30am

Community Singing

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

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

17th March at 10.00am – 12.00pm

Women's Acapella Group Treblemakers

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

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

24th March at 10.30am – 12.00pm

Mindful Walk in the Royal Hospital Grounds

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

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

31st March at 10.30am – 3.00pm

Drop in for art, music, and tours.

(Chelsea Pensioner Singers at 1.30pm / ballet taster session at 2.15pm)

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

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

3rd / 10th / 17th / 24th March 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

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

Tuesdays (Continued)

3rd / 10th / 17th / 24th March 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

10th March at 11.00am – 4.00pm

Health & Wellbeing Awareness: Free exercises, workshops, talks.

Somers Town Community Centre, 150 Ossulston St., London NW1 1EE

St Pancras & Somers Town Living Cen., 2 Ossulston St., London NW1 1DF

Contact: sonia@thelivingcentre.org / 07483 335 914

10th March at 1.30-3.00

Music: Maciek O'Shea sings pop, folk & opera

Lord's Cricket Ground, London, NW8 8QN

Please call John on 020 7616 8604 or email: John.Donegan@mcc.org.uk

24th March at 10.30am – 12.30pm

Tea and Talks with Zookeepers

ZSL London Zoo at Regents Park, Outer Circle, NW1 4RY (£6 incl zoo visit)

Contact Emma: communityengagement@zsl.org / 07966 294 022

24th March at 2.00 - 4.00

Ceramics Workshop: Springtime Sèvres

Discover the secrets of Sèvres porcelain and decorate your own spring-inspired ceramics with the help of artist Christine Covill. No experience needed and all materials provided.

The Wallace Collection, Manchester Square, W1U 3BN

Contact: 020 7563 9577. (Free, booking essential)

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

Wednesdays

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

Art Wednesdays online via Zoom – access from home

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

4th March at 1.30pm – 2.30pm

Wills & Lasting Power of Attorney Workshop

Abbey

Community Centre, 172 Belsize Road, Kilburn, London NW6 4BJ

Contact: reception@abbeycc-kilburn.org.uk / 020 7624 8378

11th March at 11.00am – 4.00pm

Health & Wellbeing Awareness: Free exercises, workshops, talks.

Somers Town Community Centre, 150 Ossulston St., London NW1 1EE

St Pancras & Somers Town Living Cen., 2 Ossulston St., London NW1 1DF

Contact: sonia@thelivingcentre.org / 07483 335 914

11th March 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

11th March 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 March 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

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

Wednesdays (Continued)

25th March at 1.30 – 4.30pm

Film and Tea with Ice Cream!: Butch Cassidy and the Sundance Kid

The Liberal Jewish Synagogue, 28 St John's Wood Rd, London NW8 7HA
£2.00. No booking needed.

Contact: ljs@ljs.org / 020 7286 5181

4th / 11th / 18th / 25th March 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 March 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 March 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 March 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 March 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 March 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 March 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

12th March at 11.00am – 4.00pm

Health & Wellbeing Awareness: Free exercises, workshops, talks.

Somers Town Community Centre, 150 Ossulston St., London NW1 1EE

St Pancras & Somers Town Living Cen., 2 Ossulston St., London NW1 1DF

Contact: sonia@thelivingcentre.org / 07483 335 914

26th March 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

nift.camdenmemoryservice@nhs.net

Fridays

6th / 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

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)

6th / 13th / 20th / 27th March 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

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

Music for the Moment, Royal Academy of Music, William Shi (Piano)

St. Marylebone Parish Church, London NW1 5LT

Free (No need to book)

Saturdays

7th March at 11.00am – 1.00pm

Get Creative

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

Emma: Emma.Tutton@bl.uk

Saturday 7th March, 3pm

Songhaven Relaxed Live Music Concert – In Celebration of Spring

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

Contact: 020 7201 9999 (Free, pre-booking essential)

Future Events

Tuesday 28th April at 2.00 – 4.00pm

Dementia-Friendly Workshop: In Bloom

Explore floral artworks in the galleries before creating your own vibrant flower-inspired prints. No experience needed and all materials provided.

The Wallace Collection (Meeting Room) Manchester Square, W1U 3BN

Contact: 020 7563 9577. (Free, booking essential)

Friday 8th May: 2.30 for tea and cake Concert 3.00-3.45pm

Liberty Quartet (String Quartet) Music for the Moment, Royal Academy of Music Concerts at 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

Thursday May 21st at 2.00 – 4.00pm
Connecting Conversations in Camden
Join us for some dancing 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 020 3317 6584

nift.camdenmemoryservice@nhs.net

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

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

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 nlft.camdenmemoryservice@nhs.net

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

www.dementivoices.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

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

3rd March at 2.00 – 3.00pm

Monthly Support Group for Carers of People Living with Dementia

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

For further information contact Nori: norigraham1@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 RDS. This includes people living with or at risk of a diagnosis, as well as carers, families and friends.

Contact: raredementiasupport.org/meetings

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

Useful Contacts (Continued)

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.

<https://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