

Dementia Action Week 2025

Monday 19 – Saturday 24 May

Join us in celebrating awareness, inclusion and support across
Westminster & Kensington and Chelsea.

CULTURE, WELLNESS & COMMUNITY EVENTS Free small-group sessions all week. Inclusive and engaging for all.

Monday 19 May

Royal Opera House


10:30am - 11:30am History Walk with tour guides

 Royal Opera House Bow St, London WC2E 9DD - Ground floor

Tuesday 20 May

Opera Holland Park – Melodies & Memories

2:00pm – 4:30pm Interactive singing, recital, tour & afternoon tea

 Opera Holland Park Theatre. Ilchester Place, London W8 6LU


Westminster Abbey – Westminster Abbey Wander

9:00am A special early tour with refreshments.

 Meet at the West Doors of Westminster Abbey

Royal Collections - The Edwardians: Age of Elegance.

1:45pm – 4:15pm Introductory talk with refreshments, followed by the exhibition.

 The King's Gallery, Buckingham Palace

National Army Museum – Hands-On History

2:00pm Explore artefacts and stories.

 National Army Museum Royal Hospital Road London SW3 4HT

Wednesday 21 May

Chair-Based Yoga for Wellbeing by Imperial College London

10:30am-1.00pm Focus on balance, breath, and calmness


 London Care 42 Westbourne Park Road, London W2 5PH

Victoria & Albert Museum – Closer Look Tour

11:00am A dementia-friendly tour to learn the stories behind some of the V&A's most fascinating objects.

 Digital Studio, V&A South Kensington, Cromwell Road, SW7 2RL

 **Booking & Enquiries**

 020 3701 2862

DAW.2025@homeinstead.co.uk



Thursday 22 May

🎵 Royal Albert Hall – Dementia Aware Tour

10:00am-11.00am Welcoming and friendly tour of the Royal Albert Hall, followed by tea and cake

📍 Meet at Door 12, South Entrance

🥗 Nutrition Workshop with Imperial College London

10:30am-1.00pm Learn how food and brain health are connected.

📍 LoveDay 2 Kensington Square, London W8 5EP

📄 Booking & Enquiries

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Friday 23 May: Dementia Information Fair

📍 The Small Hall, Kensington Town Hall

🕒 **1:30pm – 4:30pm (No booking required for the fair)**

Hosted by Westminster & Kensington and Chelsea Dementia Action Alliance

Your one-stop hub of dementia support and services, featuring:

- 🗣 25+ information stalls from local organizations
- 👩 Talks from Dementia UK - Admiral Nurses
- 🙌 Talks from Imperial College London – Dementia Researchers on Prevention (FINGER Model)
- ⚖ Legal & financial advice from Pathways Through Dementia
- ❤ Free health checks, including blood pressure screenings



Saturday 24 May

🎵 Royal Albert Hall – Dementia Aware Tour (Repeat)

11:00am-12.00pm Welcoming and friendly tour of the Royal Albert Hall, followed by tea and cake

📍 Meet at Door 12, South Entrance

💬 Let's Talk Dementia

Whether you're living with dementia, supporting someone who is, or just want to learn – there is something for everyone. Join us for a week of inspiration, connection, and community support.

