




DEMENTIA ACTION WEEK

11 – 30 May 2026

Three weeks of free of charge, dementia-friendly cultural events, tours and activities across Westminster and Kensington

Dementia Information Fair

 **Monday 18 May 2026**  **1:30 – 4:30pm**  **Kensington Town Hall**

Meet specialists, community groups and organisations supporting people living with dementia and their families, plus access free health checks

Talk from Dementia Specialist Dr Alex Bailey at 2pm



Museum tours, concerts, guided walks, online interactive sessions and much more!

FULL EVENTS SCHEDULE & BOOKING INFORMATION ON REVERSE



WHAT'S ON DURING DEMENTIA ACTION WEEK

DATE & TIME	EVENT	LOCATION	HOW TO BOOK
10 May 10:00-12:00	 Kensington Palace <i>Relaxed event at Kensington Palace</i>	Kensington Gardens, W8 4PX	Online: www.hrp.org.uk
11 May 11:00-16:00	 Victoria & Albert Museum <i>Free gallery tour, exhibition visit and printmaking activity</i>	Cromwell Rd, SW7 2RL <i>Meet at the Learning Centre (Ground Floor)</i>	Phone: 020 7942 2000 Email: communities@vam.ac.uk Online: www.vam.ac.uk
11 May 11:30-12:30	 Buckingham Palace <i>A virtual tour of Buckingham Palace</i>	Online	Email: access@rct.uk
12 May 14:00-15:30	 National Army Museum <i>Military Art in the Age of Queen Victoria</i>	Royal Hospital Road, SW3 4HT <i>Meet at the Myth and Reality exhibition (2nd Floor)</i>	Phone: 020 7730 0717 Email: communities@nam.ac.uk Online: www.tickets.nam.ac.uk
12 May 10:00	 Royal Albert Hall <i>Guided tour of the Royal Albert Hall followed by refreshments</i>	Kensington Gore, SW7 2AP <i>(Entry via Door 12)</i>	Phone: 020 7589 3203 Email: engagement@royalalberthall.com Online: www.royalalberthall.com
14 May 11:00-13:00	 Pilgrim Nature Walk: Canal & Community Route <i>A gentle guided walk connecting nature, community and local stories</i>	Meet at Queen's Park Library, 666 Harrow Road, W10 4NE	Online: Eventbrite Email: paddingtonlibrary@westminster.gov.uk
15 May 11:00-13:00 & 14:00-16:00	 Royal Mews <i>Discover the working stables of the Royal Household</i>	Royal Mews, Buckingham Palace Road, SW1A 1AA	Phone: 0303 123 7323 Online: www.rct.uk Email: access@rct.uk
16 May 10:30-12:00	 Royal Hospital Chelsea <i>Pottery painting session with the Chelsea Pensioner pottery group</i>	Soane Stable Yard, Royal Hospital Chelsea, SW3 4SR	Phone: 07583 695301 Email: communityengagement@chelsea-pensioners.org.uk

DATE & TIME	EVENT	LOCATION	HOW TO BOOK
19 May 13:30-14:30	 Resonate Arts & Wigmore Hall <i>Online choir taster session</i>	Online	Phone: 0300 030 7212 Email: shelley@resonatearts.org <i>Link sent after booking</i>
21 May 14:00-15:30	 Opera Holland Park <i>Concert and tea</i>	Opera Holland Park Theatre, Ichester Place, W8 6LU	Phone: 0300 999 1000 Online: www.operahollandpark.com
21 May 14:00-15:30	 Westminster Abbey <i>The Queen's Diamond Jubilee Galleries</i>	Dean's Yard, SW1P 3PA <i>(Meet at the Cloister Entrance)</i>	Online: Eventbrite
22 May 10:00-12:00	 Banqueting House <i>Guided tour exploring the history and architecture of Banqueting House</i>	Banqueting House, Whitehall, SW1A 2ER	Phone: 07350368509 Email: communities@hrp.org.uk Online: Microsoft Form
25 May 14:30-16:00	 Church Street Library <i>Shared reading group</i>	67 Church Street, NW8 8EU	Drop in - no booking required
26 May 10:30-11:30 & 14:00-15:00	 Royal Hospital Chelsea <i>Sensory session & coffee, cakes and conversation with Chelsea Pensioners</i>	Soane Stable Yard, Royal Hospital Chelsea, SW3 4SR	Phone: 07583 695301 Email: communityengagement@chelsea-pensioners.org.uk
26 May 10:00	 Royal Albert Hall <i>Guided tour of the Royal Albert Hall followed by refreshments</i>	Kensington Gore, SW7 2AP <i>(Entry via Door 12)</i>	Phone: 020 7589 3203 Email: engagement@royalalberthall.com Online: www.royalalberthall.com
27 May 11:00-14:00	 The Onion Garden <i>Greenhouse Visit - A calm session connecting with nature</i>	The Onion Garden, SW1E 6AB	Phone: 07969 302517 Email: stephen.spavine@ageukwestminster.org.uk
29 May 10:30-12:00	 Royal Opera House <i>History walk at the Royal Opera House</i>	Bow Street, WC2E 9DD	Email: tours@roh.org.uk

DEMENTIA INFORMATION FAIR

18 May 13:30-16:30	Meet local organisations and access resources including: <ul style="list-style-type: none"> • Dementia specialists and advisors • Community activities and support groups • Free health checks <p><i>* Dr Alex Bailey talk at 2pm*</i></p>	Kensington Town Hall, Hornton Street, W8 7NX	Drop in - no booking required
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Unless stated as 'drop in', all events must be booked in advance.

Some events are limited in capacity and are booked on a first come first serve basis.



Please contact the event organiser directly for information on accessibility and for any enquiries.