

Services at the Dementia Resource Centre

Monday – March 2024



Activity	Dates	Time	Venue	Description	Contact
Paper Crafting Course Delivered by Craft4Smiles	Weekly 11, 18, 25 March No group 4 March	11.30am – 1.00pm	Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP	If you are living with dementia, you and a family member or carer are welcome to join us for our paper crafting sessions. Please call to express your interest to attend	Dementia Resource Centre 01733 865710
Music and Movement Class Delivered by Encore Dance Academy	Weekly 4, 11, 18, 25 March	1.00pm – 2.15pm	Dementia Resource Centre	The class will be fun and energising! Music and movements lift the mood and challenge the body. Sally likes to include props to enhance her classes. Hats, ribbons, scarves and balloons make these classes even more enjoyable. No need to book a place, just come along and give it a go. £3 per person, per session.	Sally 07702 211004

Peterborough Dementia Support Service

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Activity	Dates	Time	Venue	Description	Contact
Singing for the Brain® Daisies	Weekly 5, 12, 19, 26 March	11.00am – 12.00 noon	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	A weekly session of singing and music for people living with dementia and their carers. Please call us to find out more and to book a place.	Dementia Resource Centre 01733 865710
Open Peer Support Carers Group	Weekly 5, 12, 19, 26 March	2.00pm – 3.30pm	Dementia Resource Centre	A supportive group for carers of people with dementia. Come along for peer support, advice and a cuppa. Please call us to find out more and to book a place.	Dementia Resource Centre 01733 865710
Interactive Activity Session	19 March	1.30pm – 3.00pm	Dementia Resource Centre This is delivered by our Volunteer Team support	An interactive afternoon of fun and activities for people living with dementia and their carer/family or friend. Picture bingo, quizzes, games etc.	No booking required All welcome to turn up and join us
Arts and Crafts Delivered by - Peterborough City College	6 Weekly Sessions Starting 16 April	1.30pm – 3.30pm	Dementia Resource Centre	For anyone diagnosed with dementia or their loved ones that enjoy arts & crafts. Activities include greeting cards and lanterns or bring your own project. Please call to book a place as places are limited	Dementia Resource Centre 01733 865710
Hairdressing	Weekly 5, 12, 19, 26 March	9.30am – 12.30 noon	Dementia Resource Centre	The hairdressing service is for people living with dementia and their carers Cuts, wash and blow-dry as well as beard trimming. Please call to book a place	Wendy 07922 405148

Tuesday – March 2024

Activity	Dates	Time	Venue	Description	Contact
Falls Prevention Assessments Delivered by Healthy you	Weekly 5, 12, 19, 26 March	9.00am – 12.00noon	Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP	Assessments available for individuals who have fallen in the last year with specially trained Falls Prevention Health Trainer. Assessments will identify falls risks and hazards in daily life. A falls action plan will be created following assessment that will aim to reduce falls risk moving forward. Individual must be independent with activities of daily living to book an appointment. If individuals are relying on care and homebound etc unfortunately they won't be able to make appointment. Appointment Required Please phone to book	Healthy You Appointments must be booked via 0333 005 0093

Wednesday – March 2024

Activity	Dates	Time	Venue	Description	Contact
Think and Share	Weekly 6, 13, 20, 27 March	2.00pm - 3.30pm	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	Peer Support Group for people with a diagnosis of dementia. An opportunity to meet other people living with dementia, gain support and participate in cognitive stimulating activities. Please call us to find out more and to book a place.	Dementia Resource Centre 01733 865710
Welcome Information and Advice drop in	Last Wednesday of the month 27 March	Anytime from 10.30am until 12.00 noon	Dementia Resource Centre,	An opportunity to meet the teams and to find out more about local support services: <ul style="list-style-type: none"> • Caring Together • Home Instead • Direct payments team Information provided by legal practitioner: <ul style="list-style-type: none"> • Lasting power of attorney • Wills • Estate Planning • Inheritance tax matters • Probate services 	No booking required All welcome to turn up and join us
Young Onset Dementia Informal Meet Up	Second Wednesday of the Month 13 March	From 10.30am	Dementia Resource Centre	An opportunity for people with experience of dementia before age 65 to meet and socialise with their carers.	Dementia Resource Centre 01733 865710

Thursday – March 2024

Activity	Dates	Time	Venue	Description	Contact
Dementia Support Service	Every Day	9.00am – 4.30pm	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	One-to-one support to people with dementia, carers and family members. The service is unique to your personal circumstances and needs.	Dementia Resource Centre 01733 865710 Out of hours Dementia Connect Support Line 0333 150 3456
SAVE THE DATE A Musical Trip Down Memory Lane	23 May	2.00pm – 4.00pm Doors open at 1.30pm	Parkway Sports & Social Club Maskew Avenue Peterborough, PE1 2AS	Entertainment from KJ & THE CATT Singing On Back The Good Times Licensed Bar & Refreshments available from Parkway Sports & Social Club Event sponsored by Inspiration Sound & Lighting, Peterborough Please call us to find out more and to get your free ticket	Dementia Resource Centre 01733 865710

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Friday – March 2024

Activity	Dates	Time	Venue	Description	Contact
Singing for the Brain@ Sunflowers	Weekly 1, 8, 15, 22 March No group 29 March due to Bank Holiday	10.30am - 12.00 noon	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	A weekly session of singing and music for people living with dementia and their carers. Please call to book a place	Dementia Resource Centre 01733 865710
Adult Early Help Consultation	22 March	9.30am – 3.30pm	Dementia Resource Centre	Have a chat with a Social Care Practitioner – if you have you any questions regarding your Care or your role as a Carer. Please call to book an appointment	Call to book an appointment 01733 865710
Chair based Exercise Delivered by Peterborough United Foundation	Weekly 1, 8, 15, 22 March No group 29 March due to Bank Holiday	1.00pm – 2.00pm	Dementia Resource Centre	An exercise group for people living with dementia and their carers. Although it is a group activity, exercises are based on individual ability and pace so that everyone can benefit and be part of it. £3 per person. Carers attend free when accompanying a person with dementia	Jenna 07706 245280 Emily 07706 245242
Hairdressing	Weekly 1, 8, 15, 22 March Closed 29 March due to Bank Holiday	9.30am – 2.00pm	Dementia Resource Centre	The hairdressing service is for people living with dementia and their carers Cuts, wash and blow-dry as well as beard trimming. Please call to book a place	Wendy 07922 405148

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Other Services at the Dementia Resource Centre



Activity	Dates	Time	Venue	Description	Contact
Dementia Support Service	Every Day	9.00am – 4.30pm	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	One-to-one support to people with dementia, carers and family members. The service is unique to your personal circumstances and needs.	Dementia Resource Centre 01733 865710 Out of hours Dementia Connect Support Line 0333 150 3456
Forget Me Not Café	Tuesdays, Wednesdays, and Fridays	9.30am – 2.30pm	Dementia Resource Centre	The café onsite will be open for people who wish to come down and have lunch and a hot drink	No booking required Everyone is welcome to come and join us for a cuppa
Dementia Voice			This is a social get together for people living with dementia, who would like to share their lived experiences , ideas and challenges with other people also living with dementia.		Interested? please call for more information. 01733 865710
Carers Next Steps information Programme (CrISP)			<ul style="list-style-type: none"> • 5 Week programme • Tips and strategies for behaviour • Planning for the future – Care homes, Care support needs • Discussions on support networks 		Interested? please call for more information. 01733 865710

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Virtual Services From Alzheimer's Society



There are a number of virtual groups on offer delivered by the Cambridgeshire Alzheimer's Society team.

They offer a variety of peer support groups for people with dementia and for their carers. Peer Support groups are facilitated sessions and provide the opportunity for sharing experiences and learning from peers, in a safe, non-clinical environment.

They also deliver Carers information sessions which provide information on all aspects of caring for a person with dementia in a group learning environment.

Their Live Well with Dementia (LWwD) programme is based on self-management principles. It aims to help people living with early stage dementia develop understanding, skills and practical tools to empower and support them in taking an active role in the management of their own health and well-being.

If you are interested in attending or finding out more about these groups then please contact
Jo Johnson at Cambridgeshiregroups@alzheimers.org.uk or 07923 441979

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Services Around Peterborough

Monday – March 2024



Activity	Dates	Time	Venue	Description	Contact
Singing by Heart Run by Salvation Army	First and Third Monday of the month	10.30am – 11.30am	Kingfisher Court Thistle Drive Stanground PE2 8NZ	A programme for people with dementia which uses singing to help them connect with others and evoke memories. There will be a mixture of popular songs and hymns which span the decades.	Dawn 01733 240130 dawn.bristow70@gmail.com
Crocus Café Run by the Rotary Club	First Monday of the month	10.00am – 12.00 noon	Salvation Army, 1203 Bourges Boulevard, Peterborough, PE1 2AU	Peer support and activity group for people living with dementia and their carers. Contact Janet if you are interested in attending	Janet Cooke 01487 830114
Devika Dementia Day Centre	Mondays	10.00am – 3.00pm	Castor Lodge Care Home Splash Lane, Castor, Peterborough PE5 7BD	Our dementia day service is here to provide 5 hours support to those living with mid-late stages of dementia, that require additional personal care and behavioural needs. We will provide dementia-friendly activities designed specifically for each attendee. A light lunch and refreshments will also be provided.	Caroline 07760357095 Carolineignatius@devikacarecompany.co.uk
Walking Football Run by the POSH Foundation	Mondays	5.30pm – 6.30pm	Nene Valley Community Centre, PE2 9RE	Weekly walking football sessions for men and women aged 35 and over	Jenna Lusk 07706 245280 Jenna.Lusk@theposh.com
Whittlesey Wellbeing Walk	Second and Fourth Monday of the month	From 10.00am	Starts at the Buttercross	A walk around Whittlesey to get active, be social and help boost your wellbeing. Paved areas can be uneven and includes paths next to the river. Contact Active Fenland to confirm your suitability.	Active Fenland 07874 893316

Please tell a member of staff or email Peterborough@Alzheimers.org.uk if you wish to receive the calendar via email

Services Around Peterborough

Monday – March 2024



Activity	Dates	Time	Venue	Description	Contact
Dementia Social Group	Last Monday of the month	10.00am – 11.30am	Yaxley Library, Lansdowne Road, Yaxley, PE7 3JL	Social support group for people living with dementia and their carers. Refreshments and activities will be available. Booking required.	Pam Pam.goodwin@cambridgeshire.gov.uk

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Tuesday – March 2024

Activity	Dates	Time	Venue	Description	Contact
Salvation Army Luncheon Club	Tuesdays and Thursdays	12.00 noon	Salvation Army, 1203 Bourges Boulevard, Peterborough, PE1 2AU	We serve a hot wholesome 3 course luncheon aimed at those over 60 years of age. Places are limited and need to be booked in advance. Price £7.50	Salvation Army 01733 564540
The Extra Time Hub	Tuesdays	10.00am – 12.00 noon	The Hub (in front of the Dome), Idverde Training Academy, Oundle Road, PE2 7EA.	The extra time hub is aimed at semi-retired and retired people to help reduce isolation by bringing likeminded people together and to improve their mental and physical wellbeing. £3 per person	Jenna Lusk 07706 245280 Jenna.Lusk@theposh.com
Hampton Grove Dementia Café	Last Tuesday of the month	2:00pm – 4:00pm	2 Chaffinch Lane, Hampton Vale, Peterborough PE7 8NF	Open to people living with dementia and their carers. Carers are welcome to either take a break in our dining area (must remain onsite) or join in. We will host a range of activities for people living with dementia. Booking required as spaces are limited.	Lisa May 01733 246840
Chair Based Exercise	Tuesdays	1.00pm – 2.00pm	The Hodgson Centre Werrington PE4 5EG	Posh foundation teamed up with living my best life to bring new chair based exercise sessions to Werrington. The sessions are ideal for older adults and/or those with long – term health issues or disabilities. First session is free. All subsequent sessions are £3 per person per session.	Jenna Lusk 07706 245280 Jenna.Lusk@theposh.com

Wednesday – March 2024

Activity	Dates	Time	Venue	Description	Contact
Devika Dementia Day Centre	Wednesdays	10.00am – 3.00pm	Castor Lodge Care Home Splash Lane, Castor, Peterborough PE5 7BD	Our dementia day service is here to provide 5 hours support to those living with mid-late stages of dementia, that require additional personal care and behavioural needs. We will provide dementia-friendly activities designed specifically for each attendee. A light lunch and refreshments will also be provided.	Caroline 07760357095 carolineignatius@devikacarecompany.co.uk
Forget-me-not Dementia Group	Wednesdays	11.00am – 1.00pm	The Fayre Spot, The Cresset, Peterborough PE3 8DX	A Dementia Café open to people living with dementia and their carers No need to book	Penny Fisher 01733 851629
Memory Club & Cafe	Wednesdays	11.00am – 1.00pm	George Alcock Centre, Stanground, Peterborough, PE2 8QS	A weekly café open to all people living with dementia and their carers. Open to new people, just call Katie if you wish to attend	Katie 01733 530718
Adult Carers Hub Run by Caring Together	Second Wednesday of the month	10.00am – 12.00 noon	Tesco Extra Community Room, Hampton, Peterborough, PE7 8BD	The carers hub offers opportunities for you to meet other unpaid carers, have peer-to-peer support or professional support from an advisor, enjoy relaxing activities and hear from local speakers. There is no cost to join a carers hub and refreshments are provided. Please contact before going to a carers hub as dates and venues can change.	Caring Together 01480 499090 or 0345 241 0954
Wednesday Welcome	First and Third Wednesdays of the month	2.00pm – 3.30pm	Elton Hub At the Chapel Middle Street Elton PE8 6RA	A relaxing environment with music and singing followed by a cup of tea and cake	Brenda and David 01832 280087 bmparkes@outlook.com

Wednesday – March 2024



Activity	Dates	Time	Venue	Description	Contact
Salvation Army Coffee Morning	Wednesdays	10.00am - 12.00 noon	Salvation Army, 1203 Bourges Boulevard, Peterborough, PE1 2AU	All welcome	Salvation Army 01733 564540

Thursday – March 2024

Activity	Dates	Time	Venue	Description	Contact
Day Centre Services Delivered by GoodCompany	Second Thursday of the month 14 March	11.00am – 3.00pm	Peel House 8 Queen Street, Whittlesey PE7 1AY	GoodCompany provides day service sessions designed to meet the needs of individuals in a small group setting. The sessions are designed to give carers a break, whilst the person they care for is offered the opportunity to access various person centred activities.	Alison Harrison 07930 477233 alison.goodcompany@gmail.com
	Fourth Thursday of the month 28 March	11.30am – 3.30pm			Suzy Dunham 07884 202128 suzy.goodcompany@gmail.com
Healthy Goals Group (Males)	No Further Sessions	6.00pm – 8.00pm	Peterborough United Football Club, Weston Homes Stadium, London Road, PE2 8AL	The Free Healthy Goals Programme helps motivate and support inactive adults to improve their physical and mental health. Open to adults aged 30 years old and over Please contact Jenna to register	Jenna Lusk 07706 245280 Jenna.Lusk@theposh.com
Healthy Goals Group (Females)	6 week programme 7, 14, 21, 28 March	6.00pm – 8.00pm	Peterborough United Football Club, Weston Homes Stadium, London Road, PE2 8AL	The Free Healthy Goals Programme helps motivate and support inactive adults to improve their physical and mental health. Open to adults aged 30 years old and over Please contact Jenna to register	Jenna Lusk 07706 245280 Jenna.Lusk@theposh.com

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Activity	Dates	Time	Venue	Description	Contact
Coffee Connections	Second Thursday of the month	10.00am – 11.30am	Whittlesey Baptist Church 32 Gracious Street, Whittlesey, PE7 1AR	Open to people living with dementia and their carers	Kathryn Gray 01733 351594
Whittlesey Music Makers	Last Thursday of the month	2.00pm – 3.30pm	Whittlesey Baptist Church, 32 Gracious Street, Whittlesey PE7 1AR	Open to people living with dementia and their carers.	Kathryn Gray 01733 351594
Yoga Run by the POSH Foundation	Thursdays	1.30pm – 2.30pm	Nene Valley Community Centre, PE2 9RE	Gentle stretching and breathing exercises meant to help with overall health. Open to anyone 18 years old and older. £3 per person	Jenna Lusk 07706 245280 Jenna.Lusk@theposh.com
Salvation Army Luncheon Club	Tuesdays and Thursdays	12.00noon	Salvation Army, 1203 Bourges Boulevard, Peterborough, PE1 2AU	We serve a hot wholesome 3 course luncheon aimed at those over 60 years of age. Places are limited and need to be booked in advance.	Salvation Army 01733 564540

Friday – March 2024

Activity	Dates	Time	Venue	Description	Contact
Devika Dementia Day Centre	Fridays	10.00am – 3.00pm	Castor Lodge Care Home Splash Lane, Castor, Peterborough PE5 7BD	Our dementia day service is here to provide 5 hours support to those living with mid-late stages of dementia, that require additional personal care and behavioural needs. We will provide dementia-friendly activities designed specifically for each attendee. A light lunch and refreshments will also be provided.	Caroline 07760357095 carolineignatius@devikacarecompany.co.uk
Health Habits, Healthy Lives Run by the POSH Foundation	Fridays Starts 1 March	12.30 noon – 2.00pm	The Christie Hall, Elton Road, Wansford, PE8 6JS	A free 12 week programme open to adults aged 55 and over. The programme consists of advice, guidance and physical activity sessions. Everyone who completes the 12 weeks will receive two tickets to watch Posh Men's Team. Transport is available if required.	Jenna Lusk Jenna.Lusk@theposh.com

Other Services

Activity	Dates	Time	Venue	Description	Contact
Assistive Technology SMART Flat Appointment	By Appointment	By Appointment	28 Kingfisher Court, Thistle Drive, Stanground, PE2 8NZ	An opportunity to find out what assistive technology is available and see it actually works by visiting this modified flat. An Occupational Therapist is available to offer information and advice.	Peterborough Adult Social Care 01733 747474 adultsocialcare@pe terborough.gov.uk

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