

Monday – September 2021



| Activity | Dates | Time | Venue | Description | Contact |
|--|---|-------------------|---|---|---|
| Strength and Balance Let's Get Moving Exercise Class Delivered by - Vivacity | 8 week block 13, 20, 27 September | 10.00am – 11.00am | Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP | These Strength and Balance Let's Get Moving exercise sessions are based on gentle body movement to improve muscle and joint movement and increase balance and mobility. Although it is a group activity, exercises are based on individual ability and pace so that everyone can benefit and be part of it. First 8 weeks free. Invitation only | Vivacity 01733 863600 |
| Carers Information and Support Programme (CrISP 2) | 4 week block 20, 27 September | 2.00pm - 4.15pm | Dementia Resource Centre | The Carers Information and Support Programme provides information on all aspects of caring for a person with dementia in a group environment. Invitation only | Dementia Resource Centre 01733 865710 |

Tuesday – September 2021



| Activity | Dates | Time | Venue | Description | Contact |
|--|---|-------------------------|--|---|---|
| Arts and Crafts Delivered by - Peterborough City College | 6 week block Starting: 7 September | 10.00am – 12 noon | Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP | For anyone diagnosed with dementia that enjoys arts & crafts <i>There will be a charge to attend this group</i> Invitation only | Dementia Resource Centre 01733 865710 |
| Singing for the Brain® | First Tuesday of every month Starting: 7 September | 10.30am - 12.00 noon | Broadway Theatre 46 Broadway, Peterborough PE1 1RS | Session of singing, music for people living with dementia and their carers. Invitation only | Dementia Resource Centre 01733 865710 |
| Open Peer Support Carers Group (Face to Face) | Four sessions held every two weeks Starting: 21 September | 2.00pm- 3.00pm | Dementia Resource Centre | A group for carers of people with dementia. Come along for peer support, advice and a cuppa! Invitation only | Dementia Resource Centre 01733 865710 |
| Open Peer Support Carers Group (Virtual) | Four sessions held every two weeks Starting: 28 September | 2.00pm – 3.00pm | Via Zoom | A virtual group for all carers of people with dementia. Invitation only | Dementia Resource Centre 01733 865710 |

Wednesday – September 2021



| Activity | Dates | Time | Venue | Description | Contact |
|---|---|-------------------------|--|---|---|
| Think and Share | Fortnightly 4 session blocks 8, 22 September | 2.00pm - 3.00pm | Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP | Peer Support Group for people with a diagnosis of dementia. Come and meet other people living with dementia and share your experiences. Invitation only | Dementia Resource Centre 01733 865710 |
| Carers Information and Advice Sessions | Last Wednesday of the month 29 September | 10.30am - 12.00 noon | Dementia Resource Centre | These one of sessions will cover various topics relating to caring for someone with dementia. This month is: Guest Speaker: Arda from Caring Together Topic: Supporting you in your caring role | Dementia Resource Centre 01733 865710 |

Thursday – September 2021



| Activity | Dates | Time | Venue | Description | Contact |
|--|--|----------------------|--|--|---|
| SMART Flat Group Awareness Session | Second Thursday of the month From: 9 September | 11.00am – 12.00 noon | 28 Kingfisher Court, Thistle Drive, Stanground, PE2 8NZ | An opportunity for people who attend the Dementia Resource Centre to visit this modified flat as a group. And see what assistive technology is available and how it works. An Occupational Therapist is available for information and advice. Maximum 6 people per group Invitation only | Dementia Resource Centre 01733 865710 |
| Mild Cognitive Impairment Information Session | Every two months - Dates to be confirmed | 2.00pm – 3.00pm | Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP | Open sessions for those living with a diagnosis of Mild Cognitive Impairment. The groups will cover topics that aim to provide practical tips, advice and strategies for daily living with the condition. | Dementia Resource Centre 01733 865710 |

Friday – September 2021



| Activity | Dates | Time | Venue | Description | Contact |
|--|---|-------------------------|--|--|--|
| Singing for the Brain® | Weekly Starting: 10, 17, 24 September | 10.30am - 12.00 noon | Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP | A weekly session of singing, music for people living with dementia and their carers. Invitation only | Dementia Resource Centre 01733 865710 |
| Hairdressing From Peterborough City College | Starting: Friday 15 October | 9.30am – 12.30 noon | Dementia Resource Centre | Peterborough College learners will be attending the Dementia Resource Centre to offer hairdressing services such as haircuts, wash, blow-dry as well as beard trimming. Booking Required | For appointments call 01733 761361 Extension 125 Thursdays 9–11am |

Upcoming events and other services

| Activity | Dates | Time | Venue | Description | Contact |
|--|--|----------------------|--|--|---|
| Dementia Support Service | Monday to Friday | 9am – 4.30pm | Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP | Our dementia support service provides one-to-one support to people with dementia, carers and family members. The service is unique to your personal circumstances and needs. The dementia support service may provide you with information and practical support to help you understand more about dementia, and support you to live well with dementia. | Dementia Resource Centre 01733 865710 Out of hours Dementia Connect Support Line 0333 150 3456 |
| Café | Opening 9 September Monday to Friday | 9.30 – 2.30pm | Dementia Resource Centre | The café onsite will be open for people who wish to come down and have a cuppa | No appointment necessary |
| Lunch Club Run by Care Network | First Thursday of the month 2 September | 12.00 noon – 1:30pm | The Farmers, 200 Broadway, Yaxley, PE7 3NT | Peer support and activity group for people living with dementia and their carers. | Mandy Brine 07540240139 mandy.b@care-network.org.uk |
| Coffee Connections | Second Thursday of the month 9 September | 10.00am – 11.30am | Whittlesey Baptist Church 32 Gracious St, Whittlesey, PE7 1AR | Open to people living with dementia and their carers | Kathryn Gray 01733 351594 |
| 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@pet-erborough.gov.uk |
| Dementia Voice (Formerly FODN) | 23 September | 11.00am – 12.00 noon | Dementia Resource Centre | A review panel for people with dementia who want to influence the work of the Society, ensuring it reflects the views of those with dementia. Invitation only. | Dementia Resource Centre 01733 865710 |

Upcoming events and other services

| Activity | Dates | Time | Venue | Description | Contact |
|--|---|------------------------------|--|---|---|
| Friendship Club | Friday 24 September | Contact for details | Trip to Hunstanton | The Friendship Club is a social get together for people affected by dementia and their carers'. It is an opportunity to socialise and meet new people who understand what it is like to live with dementia or care for a person with dementia, especially at a younger age. If you enjoy visiting places or taking part in social activities please get in touch. | Alison Harrison 07930 477233 alison856@msn.com |
| Crocus Café Run by the Rotary Club | Looking to restart in September | To be decided | Salvation Army, 1203 Bourges Boulevard, Peterborough, PE1 2AU | Peer support and activity group for people living with dementia and their carers. | Janet Cooke 01487 830114 |
| Virtual Day Service Run by Sue Ryder | Eight week ongoing programme | Can be discussed at referral | Held virtually | Sue Ryder Thorpe Hall Hospice's virtual day services programme offers Weekly virtual sessions on relaxation, meditation, complementary therapy, chair based exercise, advanced care planning, quizzes and discussion groups for people living with dementia in and around Peterborough | Thorpe Hall 01733 225900 |
| Early Onset peer support | To be decided | To be decided | To be decided | We are interested in starting a group specifically for people under 65 living with dementia. If you are interested and would like to find out more please contact us. | Dementia Resource Centre 01733 865710 |
| Dementia Soulmates Café | Wednesdays 1, 8, 15, 22, 29 September | 11am – 1pm | George Alcock Centre, Stanground, Peterborough, PE2 8QS | A weekly café for people living with dementia and their carers (no booking required) | Penny Fisher 01733 350564 |

Upcoming events and other services

| Activity | Dates | Time | Venue | Description | Contact |
|-----------------------------------|---------------------------------|---------------|--|---|--|
| Whittlesey Music Makers | To be decided | To be decided | Methodist Reform Church, 24 Queen Street, Whittlesey, PE7 1AY | Open to people living with dementia and their carers. | Kathryn Gray 01733 351594 |
| Coffee Morning | Looking to restart in September | To be decided | Methodist Reform Church, 24 Queen Street, Whittlesey, PE7 1AY | Open to people living with dementia and their carers. | Lyn Wright lyn.wright114@gmail.com |
| Whittlesey Friendship Club | Looking to restart in September | To be decided | Methodist Reform Church, 24 Queen Street, Whittlesey, PE7 1AY | A club for men and women over 50's. Various activities including dominoes, puzzles, cards etc. A chance to meet and make friends. | Lyn Wright lyn.wright114@gmail.com |

Information is correct at the time of publication but is subject to change at any time.
We cannot be held responsible for last minute changes