

Monday – December 2021



Activity	Dates	Time	Venue	Description	Contact
Strength and Balance Let's Get Moving Exercise Class Delivered by - Vivacity	Weekly 6, 13, 20 December	10.30am – 11.30am	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. £4 per session thereafter Booking required. Please call for more information	Vivacity 01733 863600

All groups at the Dementia Resource Centre are suspended after 22 December for the Christmas break.

The Groups will restart week commencing 10 January.

Tuesday – December 2021



Activity	Dates	Time	Venue	Description	Contact
Arts and Crafts Delivered by - Peterborough City College	7 December	10.00am – 12 noon	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	For anyone diagnosed with dementia that enjoys arts & crafts. Activities include greeting cards and wreathes or bring your own project. Booking required. Please call for more information. Free after signing up	Dementia Resource Centre 01733 865710
Singing for the Brain® at New Theatre	Not running this month due to panto season at the Theatre				Dementia Resource Centre 01733 865710
Open Peer Support Carers Group (Face to Face)	14, 21 December	2.00pm- 3.00pm	Dementia Resource Centre	A group for carers of people with a diagnosis of dementia. Come along for peer support, advice and a cuppa! Booking required. Please call for more information	Dementia Resource Centre 01733 865710
Open Peer Support Carers Group (Virtual)	7 December	2.00pm – 3.00pm	Via Zoom	A virtual group for all carers of people with a diagnosis of dementia. Booking required to receive virtual meeting details. Please call for more information	Dementia Resource Centre 01733 865710

Wednesday – December 2021



Activity	Dates	Time	Venue	Description	Contact
Think and Share	Weekly 1, 8, 15, 22 December	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. Booking required. Please call for more information	Dementia Resource Centre 01733 865710
Drop In Carers Information and Advice Sessions	Not running this month due to the Christmas break				Dementia Resource Centre 01733 865710

Thursday – December 2021



Activity	Dates	Time	Venue	Description	Contact
SMART Flat Group Awareness Session	Second Thursday of the month 9 December	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 Booking required. Please call for more information	Dementia Resource Centre 01733 865710
Dementia Voice (Formerly FODN)	Not running this month due to the Christmas break				Dementia Resource Centre 01733 865710

Friday – December 2021



Activity	Dates	Time	Venue	Description	Contact
Singing for the Brain®	Weekly 3, 10, 17 December	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. Booking required. Please call for more information	Dementia Resource Centre 01733 865710
Hairdressing From Peterborough City College	Weekly 3, 10, 17 December Closed for Christmas after 17 December	9.30am – 12.30 noon	Dementia Resource Centre	Peterborough College are offering hairdressing services such as haircuts, wash, blow-dry as well as beard trimming. No need to book, walk-ins are welcomed.	Dementia Resource Centre 01733 865710

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	Monday to Friday Closed for Christmas from 20 December	10am – 2pm	Dementia Resource Centre	The café onsite will be open for people who wish to come down and have a cuppa	No appointment necessary
Dementia Soulmates Café	Wednesdays 1, 8, 15, 22, 29 December	11am – 1pm	George Alcock Centre, Stanground, Peterborough, PE2 8QS	A weekly café for people living with dementia and their carers New enquiries please contact Penny	Penny Fisher 01733 350564
Coffee Connections	Second Thursday of the month 9 December	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	23 December	2pm – 3.30pm	Whittlesey Baptist Church, 32 Gracious Street, Whittlesey PE7 1AR	Open to people living with dementia and their carers.	Kathryn Gray 01733 351594

Upcoming events and other services

Activity	Dates	Time	Venue	Description	Contact
Friendship Club	Friday 10 December	12 noon – 4pm	The Letter B Public House Church Street Whittlesey PE7 1DE	Christmas afternoon Tea with entertainment by the Singing Major Tickets £10.00 per person - limited availability Tickets available from Lucy's Flower Shop in Whittlesey or by contacting Alison.	Alison Harrison 07930 477233 alison856@msn.com
Crocus Café Run by the Rotary Club	First Monday of the month 6 December	10am – 12pm	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
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
Love to Move Young Onset Dementia Exercise Session	Tuesdays 7, 14, 21 December	3pm – 4.30pm	Via Zoom	An engaging exercise and cognitive enhancement programme specifically designed for those living with Young Onset Dementia; delivering physical, social and emotional benefits, known to improve wellbeing.	Kim Hall 07715081402 kim.hall@britishgymnasticsfoundation.org
Love to Move Exercise Session	Thursdays 2, 9, 16 December	2.30pm – 4pm	Via Zoom	A fun age and dementia friendly seated movement programme to music.	Jane Thomas 07731 097236 jane.thomas@britishgymnasticsfoundation.org

Upcoming events and 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@pet erborough.gov.uk
Elf Day	Friday 3 December	12noon – 2pm	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	A day of carols, fish and chips and a Christmas quiz. If you would like to attend please ask a member of staff. £6.50 per ticket	Dementia Resource Centre 01733 865710

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