

Monday – March 2022



Activity	Dates	Time	Venue	Description	Contact
Strength and Balance Let's Get Moving Exercise Class Delivered by – Vivacity	Weekly 7, 14, 21, 28 March	Group 1 FULL 10.15am – 11.15am Group 2 11.30am – 12.30 noon	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
Craft for Smiles Delivered by - Craft for Smiles	7, 14, 21, 28 March	1.30pm – 3.30pm	Dementia Resource Centre	A fun and interactive paper crafting art session. Please call for more information	Dementia Resource Centre 01733 865710

Tuesday – March 2022



Activity	Dates	Time	Venue	Description	Contact
Singing for the Brain® at the New Theatre	First Tuesday of every month 1 March	11am - 12.00 noon	The New Theatre 46 Broadway, Peterborough PE1 1RS	Session of singing, music for people living with dementia and their carers. Booking Required Please call for more information	Dementia Resource Centre 01733 865710
Singing for the Brain® at the DRC	Weekly except the first Tuesday of the month 15, 22, 29 March	11.00am - 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
Knit and Natter Delivered by - Peterborough City College	5 Week Only 1, 8, 15, 22, 29 March	10.00am – 12.00am	Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP	For anyone diagnosed with dementia that enjoys knitting and crochet. Bring your own textile project and chat.	Dementia Resource Centre 01733 865710
Open Peer Support Carers Group	Weekly 1, 22, 29 March No group 8, 15 March	2.00pm – 3.30pm	Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP	A group for carers of people with dementia. Come along for peer support, advice and a cuppa! Booking Required .Please call for more information	Dementia Resource Centre 01733 865710
Arts and Crafts Meet up	1, 8, 15, 22, 29 March	1.30pm – 3.30pm	Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP	If you enjoy arts and crafts and are a person living with dementia or their carer then come along and meet others people whilst crafting. This group is not facilitated by a member of staff.	Dementia Resource Centre 01733 865710

Wednesday – March 2022



Activity	Dates	Time	Venue	Description	Contact
Think and Share	Weekly 2, 16, 23, 30 March No group 9 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. Booking Required. Please call for more information	Dementia Resource Centre 01733 865710
Drop In Carers Information and Advice Sessions	Last Wednesday of the month 30 March	Drop in anytime from 10.30am until 12.00 noon	Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP	Support is available for people living with dementia to have a cuppa and a chat while carers seek information and advice from various local organisations. 'Caring Together' and 'Age UK, Falls Team ,Homestead , will be available at this time for drop in sessions if you wish to speak with them.	Dementia Resource Centre 01733 865710

Thursday – March 2022



Activity	Dates	Time	Venue	Description	Contact
Dementia Voice	24 March	10.30am – 12.30 noon	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	<p>A review panel for people living with dementia who want to influence the work of the Society, ensuring it reflects the views of those with dementia. Keen to hear from anyone that has been diagnosed with early onset dementia.</p> <p>Please call for more information.</p>	Dementia Resource Centre 01733 865710

Friday – March 2022



Activity	Dates	Time	Venue	Description	Contact
Singing for the Brain®	Weekly 4, 18, 25 March No group 11 March	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. Currently full.	Dementia Resource Centre 01733 865710
Hairdressing From Peterborough City College	Weekly 4, 11, 18, 25 March	9.30am – 12.30 noon	Dementia Resource Centre	The hairdressing service is for people living with dementia and their carers Cuts, wash& blow-dry as well as beard trimming. Walk-ins welcome.	Dementia Resource Centre 01733 865710

Events and services delivered by other providers

Activity	Dates	Time	Venue	Description	Contact
Dementia Support Service	Monday to Friday	9.00am – 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, Tuesday, Wednesday, Friday	9.30am – 1.30pm Except Tuesday 11.45 – 2.00pm	Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP	The café onsite will be open for people who wish to come down and have a cuppa	No appointment necessary
Dementia Soulmates Café	Wednesdays 2, 9, 16, 23, 30 March	11.00am – 1.00pm	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 10 March	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 31 March	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

Events and services delivered by other providers

Activity	Dates	Time	Venue	Description	Contact
Friendship Club	31 March	11.30am – 1.30pm	St Mark's Church, 82 Lincoln Road, Peterborough	An afternoon of activities and games with lunch. £5.00 per person (to cover cost of hall and food) If you enjoy visiting places or taking part in social activities please get in touch.	Alison Harrison 07930 477233 alison856@msn.com
Carers Support Group	Thursdays 3, 10, 17, 24, 31 March	2.00pm – 4.00pm	Quaker Meeting House, 21 Thorpe Road, Peterborough, PE3 6AB	A peer support group for carers of people living with dementia	Maureen Mitchell 07731 355906
Memory Matters	Fridays 4, 11, 18, 25 March	2.00pm – 3.30pm	Quaker Meeting House, 21 Thorpe Road, Peterborough, PE3 6AB	A peer support and activity group for living people with dementia	Maureen Mitchell 07731 355906
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@peterborough.gov.uk
Crocus Café Run by the Rotary Club	First Monday of the month 7 March	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

Events and services delivered by other providers

Activity	Dates	Time	Venue	Description	Contact
Love to Move Young Onset Dementia Exercise Session	Tuesdays 1, 8, 15, 22, 29 March	3.00pm – 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 3, 10, 17, 24, 31 March	2.30pm – 4.00pm	Via Zoom	A fun age and dementia friendly seated movement programme to music.	Jane Thomas 07731 097236 jane.thomas@britishgymnasticsfoundation.org
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

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