

Services at the Dementia Resource Centre

Monday – May 2024



| Activity | Dates | Time | Venue | Description | Contact |
|----------------------------------------------------------------------|----------------------------------------------------------|------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| Paper Crafting Course Delivered by Craft4Smiles | Weekly 13, 20 May No group 6, 27 May | 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 13, 20 May No group 6, 27 May | 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 |

The Dementia Resource Centre and Café will be closed on the 6th, 23rd and 27th May

Peterborough Dementia Support Service

Worried about yours or someone else's memory? Call the local dementia support team on 01733 865710 or email us Peterborough@alzheimers.org.uk for support, advice or a chat with one of our friendly dementia advisers.

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| Activity | Dates | Time | Venue | Description | Contact |
|--------------------------------------------------------------------------|-------------------------------------------|-------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| Singing for the Brain® Daisies | Weekly 7, 14, 21, 28 May | 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 |
| Carers Peer Support Group | Weekly 7, 14, 21, 28 May | 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 | 21 May | 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 7, 14, 21 May | 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 |
| Arts and Crafts Delivered by - Peterborough City College | 5 Weekly Sessions Starts 4 June | 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 |

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|-------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <p>Falls Prevention Assessments Delivered by Healthy you</p> | <p>Weekly 7, 14, 28 May No Session 21 May</p> | <p>9.00am – 12.00noon</p> | <p>Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP</p> | <p>Falls Prevention Assessments available for individuals aged 65+ years who have fallen in the last year. Assessments will identify falls risks and hazards in daily life. An action plan will be created and suitability for exercise assessed. 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 an appointment. Appointment Required Please phone to book</p> | <p>Healthy You Appointments must be booked via 0333 005 0093</p> |
| <p>Hairdressing</p> | <p>Weekly 7, 14, 21, 28 May</p> | <p>9.30am – 12.30 noon</p> | <p>Dementia Resource Centre</p> | <p>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</p> | <p>Wendy 07922 405148</p> |

Wednesday – May 2024

| Activity | Dates | Time | Venue | Description | Contact |
|-----------------------------------------------|----------------------------------------------|---------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| Think and Share | Weekly 1, 8, 15, 22, 29 May | 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 29 May | 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 | Last Wednesday of the Month 29 May | 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 – May 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 |
| 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 All tea and coffee, water and cake is free and will be provided by the dementia team 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 |

The Dementia Resource Centre and Café will be closed on the 23rd May due to the event above

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Friday – May 2024

| Activity | Dates | Time | Venue | Description | Contact |
|----------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| Singing for the Brain@ Sunflowers | Weekly 3, 10, 17, 24, 31 May | 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 | Last Friday of the month 31 May | 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 10, 17, 24, 31 May No session 3 May | 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 3, 10, 17, 24 May Closed 31 May | 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 |
| Peterborough Memory Walk | 1 September | Arrive at 10am | Ferry Meadows, Peterborough PE2 5UU | There are two routes to take 2 km and 6 km. Meeting behind the Ferry Meadows Café. Sign up and raise money for People affected by dementia. | https://www.alzheimers.org.uk/memory-walk/find-a-walk/peterborough |
| 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

**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**