

Services Around Peterborough

Monday – May 2024



| Activity | Dates | Time | Venue | Description | Contact |
|---|--|----------------------|--|--|--|
| Crocus Café Run by the Rotary Club | First Monday of the month 13 May due to bank holiday | 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 No Session on 27 May due to bank holiday | 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 |
| Dementia Social Group | Last Monday of the month No session this month due to bank holiday. | 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@camb ridgeshire.gov.uk |

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

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| Activity | Dates | Time | Venue | Description | Contact |
|---|---------|-------------------------|---|---|---|
| Mindful Motion Run by the POSH Foundation | Mondays | 10.00am – 12.00 noon | Sudbury Court Whittlesey, PE7 1RY | Sessions will include one hour of physical exercise and one hour of social activities. For retired and semi-retired adults. Free to attend. | Emily Purbrick Emily.Purbrick@theposh.com |

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| 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@thepos h.com |
| 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@thepos h.com |
| Devika Dementia Day Centre | Tuesdays | 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@de vikacarecompany.co. uk |

Wednesday – May 2024

| Activity | Dates | Time | Venue | Description | Contact |
|--------------------------------------|---|----------------------|--|--|--|
| Forget-me-not Dementia Group | Wednesdays | 11.00am – 1.00pm | Willow Café, Central Park PE1 4DX | A Dementia Café open to people living with dementia and their carers. Entertainment includes bingo. Tea, coffee and biscuits provided. £5.00 per person. 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 |
| 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 |
| Salvation Army Coffee Morning | Wednesdays | 10.00am - 12.00 noon | Salvation Army, 1203 Bourges Boulevard, Peterborough, PE1 2AU | All welcome | Salvation Army 01733 564540 |
| 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 |

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| 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 | <p>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.</p> <p>There is no cost to join a carers hub and refreshments are provided.</p> <p>Please contact before going to a carers hub as dates and venues can change.</p> | Caring Together 01480 499090 or 0345 241 0954 |

Thursday – May 2024

| Activity | Dates | Time | Venue | Description | Contact |
|--|---|----------------------|--|---|--|
| Day Centre Services Delivered by GoodCompany | Second Thursday of the month 9 May | 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 23 May | 11.30am – 3.30pm | | | Suzy Dunham 07884 202128 suzy.goodcompany@gmail.com |
| 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. Price £7.50 | Salvation Army 01733 564540 |
| Mindful Motion Run by the POSH Foundation | Mondays | 10.00am – 12.00 noon | Sudbury Court Whittlesey, PE7 1RY | Sessions will include one hour of physical exercise and one hour of social activities. For retired and semi-retired adults. Free to attend. | Emily Purbrick Emily.Purbrick@theposh.com |

Friday – May 2024

| Activity | Dates | Time | Venue | Description | Contact |
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| 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 | 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 |
| Walking Football 4 Me Run by the POSH Foundation | Fridays | 10.00am – 11.00am | Nene Valley Community Centre, PE2 9RE | Open to people with Visible and non-visible disabilities. Free to attend. | Emily Purbrick Emily.Purbrick@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 |

**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**