

# Services Around Peterborough

## Monday – August 2022



Activity	Dates	Time	Venue	Description	Contact
<b>Crocus Café</b> Run by the Rotary Club	First Monday of the month <b>1 August</b>	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. <b>Contact Janet if you are interested in attending</b>	<b>Janet Cooke</b> 01487 830114
<b>Hampton Grove Dementia Café</b>	Last Monday of the month <b>Moved to 22 August due to bank holiday</b>	2:00pm – 4:00pm	2 Chaffinch Lane, Hampton Vale, Peterborough PE7 8NF	Open to people living with dementia and their carers. Carers are welcome to either take a break in our dining area (must remain onsite) or join in. We will host a range of activities for people living with dementia. Please wear a facemask as we are a care home. Booking required as spaces are limited.	<b>Lisa May</b> 01733 246 840 Hamptongrove.activities@barchester.com
<b>Yaxley Library Dementia Group</b>	Last Monday of the month <b>No group in August</b>	10.00am – 11.30am	Yaxley Library Landsdowne Road, Yaxley PE7 3JL	Social support group for people living with dementia and their carers. Refreshments and activities will be available. <b>Booking required.</b>	<b>Pam</b> 07425 615 685

Please tell a member of staff or email [Peterborough@Alzheimers.org.uk](mailto:Peterborough@Alzheimers.org.uk) if you wish to receive the calendar via email

# Tuesday – August 2022



Activity	Dates	Time	Venue	Description	Contact
<b>Salvation Army Luncheon Club</b>	Tuesdays and Thursdays <b>2, 9, 16, 23, 30 August</b>	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.	Salvation Army 01733 564540
<b>Love to Move Young Onset Dementia Exercise Session</b>	Tuesdays <b>2, 9, 16, 23, 30 August</b>	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.	<b>Kim Hall</b> 07715081402 kim.hall@britishgy mnasticsfoundation .org

# Wednesday – August 2022



Activity	Dates	Time	Venue	Description	Contact
<b>Dementia Soulmates Café</b>	Wednesdays <b>3, 10, 17, 24, 31 August</b>	11.00am – 1.00pm	George Alcock Centre, Stanground, Peterborough, PE2 8QS	A weekly café for people living with dementia and their carers <b>New enquiries please contact Penny</b>	<b>Penny Fisher</b> 01733 851629
<b>St Peters Church Dementia Group</b>	Second Wednesday of the month <b>10 August</b>	10.00am – 12.00 noon	St Peter's Church 43 Church Street Yaxley PE7 3LH	A group for people living with dementia and their carers. Activities and refreshments will be available. <b>Booking Required</b>	<b>Rev Sarah Hare</b> 01733 248690 07498 230858

# Thursday – August 2022



Activity	Dates	Time	Venue	Description	Contact
<b>Salvation Army Luncheon Club</b>	Tuesdays and Thursdays <b>4, 11, 18, 25 August</b>	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.	<b>Salvation Army</b> 01733 564540
<b>Carers Support Group</b>	Thursdays <b>4, 11, 18, 25 August</b>	2.00pm – 3.30pm	Quaker Meeting House, 21 Thorpe Road, Peterborough, PE3 6AB	A peer support group for carers of people living with dementia	<b>Maureen Mitchell</b> 07731 355906
<b>Well-Being Respite Activity Sessions</b> Delivered by GoodCompany	Second Thursday of the month <b>11 August</b>	11.00am – 3.00pm	Peel House Queens Street, Whittlesey PE7 1AY	GoodCompany provides group 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 well-being activities.	<b>Alison Harrison</b> 07930 477233 alison.goodcompany@gmail.com <b>Suzy Dunham</b> 07884 202128 suzy.goodcompany@gmail.com

# Thursday – August 2022



Activity	Dates	Time	Venue	Description	Contact
<b>Coffee Connections</b>	Second Thursday of the month <b>No group in August</b>	10.00am – 11.30am	Whittlesey Baptist Church 32 Gracious Street, Whittlesey, PE7 1AR	Open to people living with dementia and their carers	<b>Kathryn Gray</b> 01733 351594
<b>Whittlesey Music Makers</b>	Last Thursday of the month <b>25 August</b>	2.00pm – 3.30pm	Whittlesey Baptist Church, 32 Gracious Street, Whittlesey PE7 1AR	Open to people living with dementia and their carers.	<b>Kathryn Gray</b> 01733 351594
<b>Dementia cafe</b> Delivered by Thorpe Wood Care Home	Last Thursday of the month <b>25 August</b>	1.30pm – 3.30pm	Thorpe Wood Care Home Earlham Road PE3 6TN	Open to people living with dementia and their carers. Please ring to book your place. Information and support with refreshments served.	<b>Admin office</b> 01733 303774
<b>Dementia Walks</b> Delivered by Friends of Central Park	Last Thursday of the month <b>25 August</b>	11.00am	Willow Café Central Park PE1 4DZ	These walks give everyone taking part an opportunity to explore beautiful Central Park at their leisure in a safe wheelchair friendly environment.	<b>Bernadetta Omondi</b> 07595 364745 bernie@peterborough.org

# Friday – August 2022



Activity	Dates	Time	Venue	Description	Contact
<b>Memory Matters</b>	Fridays <b>5, 12, 19, 26 August</b>	2.00pm – 3.30pm	Quaker Meeting House, 21 Thorpe Road, Peterborough, PE3 6AB	A peer support and activity group for people living with dementia	<b>Maureen Mitchell</b> 07731 355906

# Anytime



Activity	Dates	Time	Venue	Description	Contact
<b>Virtual Day Service</b> 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	<b>Thorpe Hall</b> 01733 225900
<b>Assistive Technology SMART Flat Appointment</b>	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.	<b>Peterborough Adult Social Care</b> 01733 747474 adultsocialcare@peterborough.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**