

Services at the Dementia Resource Centre

Opening times

Monday	Closed
Tuesday	9:00am – 3:30pm
Wednesday	9:30am – 3:30pm
Thursday	Closed
Friday	9:30am – 3:30pm

**You can contact the local team five days a week on 01733 865710
Or via email at peterborough@alzheimers.org.uk**

Plus, you can also contact the National Dementia Support team on
0333 150 3456

Monday to Wednesday: 9am – 8pm
Thursday and Friday: 9am – 5pm
Saturday and Sunday: 10am – 4pm



Tuesday 2026

Activity	Dates	Time	Venue	Description	Contact
Singing for the Brain® Daisies	Weekly	11:00am – 12:00pm	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	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	20 Jan 17 Feb 17 Mar	1:30pm – 3:00pm	Dementia Resource Centre This is delivered by our Volunteer Team support	An interactive afternoon of fun and activities with Derek and Sheila! This is 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
Hairdressing	Weekly	9:30am – 12:30pm	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 an appointment	Wendy 07922 405148
Movement for the Mind	Weekly No session 3 & 17 Feb	9:30am – 10:30am	Dementia Resource Centre	Join Chloe and get yourself moving! Mixing a combination of stretches and exercises with creative movement and activities to help you feel good! No charge	No need to book, just turn up

Tuesday 2026

Activity	Dates	Time	Venue	Description	Contact
Falls Prevention Assessments by Vivacity	Weekly	9:00am – 12:00pm	Dementia Resource Centre 5 York Road, Millfield, Peterborough, PE1 3BP	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. Individuals must be able to do activities independently in their daily lives to make an appointment. If they are relying on care and are homebound, they won't be able to book an appointment.	Appointments must be booked 01733 863600
Arts and Crafts Delivered by - Peterborough City College	From 13 Jan No session on 17 Feb	1.30pm – 3.30pm	Dementia Resource Centre	For anyone diagnosed with dementia or their loved ones that enjoy arts & crafts. Activities include making greeting cards and lanterns or you can bring your own project. Please call to book as places are limited	Dementia Resource Centre 01733 865710
Bring your own Hobby Not facilitated	Weekly	1.30pm – 3.30pm	Dementia Resource Centre	For people who practice tabletop hobbies independently, (colouring, knitting, painting, word puzzles and board games) in the activity room (when available) or café area. Bring your supplies and work beside one another.	Dementia Resource Centre 01733 865710

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.

Wednesday 2026

Activity	Dates	Time	Venue	Description	Contact
Think and Share	Weekly	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
Welfare, Care, Benefits and Dementia Information Drop In	Last Wednesday of the month 28 Jan 25 Feb 25 Mar	Anytime from 10:30am until 12:00pm	Dementia Resource Centre	An opportunity to find out more about local support services: <ul style="list-style-type: none"> • 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, just turn up
Digital Hub	Weekly	11am –1pm	Dementia Resource Centre	Free Digital access onsite or bring your own device <ul style="list-style-type: none"> • Do you feel excluded and nervous about technology? • Do words like 'online', 'website', 'internet' worry you. If so, you're not alone. Come along any Wednesday morning and we will try to gain a little confidence together	Dementia Resource Centre 01733 865710

Wednesday 2026

Activity	Dates	Time	Venue	Description	Contact
Interactive Activity Session	14 Jan 18 Feb 18 Mar	11:30 – 13:00	Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	An interactive session of fun with Volunteer Terry! Activities for people living with dementia and their carer/family or friend. Quizzes, games etc.	No booking required All welcome to turn up and join us

Friday 2026

Activity	Dates	Time	Venue	Description	Contact
Singing for the Brain@ Sunflowers	Weekly	11:00am - 12:00pm	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	30 Jan 27 Feb 27 Mar	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	1:15pm - 2:15pm	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. £3 per person. Carers attend for free when accompanying a person with dementia	Emily 07706 245242
Hairdressing	Weekly	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 an appointment	Wendy 07922 405148

Ongoing Services at the Dementia Resource Centre



	Dates	Time	Venue	Description	Contact
Dementia Support Service	Monday – Friday 9:00am – 4:30pm		Dementia Resource Centre, 5 York Road, Millfield, Peterborough, PE1 3BP	One-to-one support for people with dementia, carers and family members. You can reach us on the phone, via email at the centre or we can visit you in your home. 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	Tues, Fri 9:30am – 2:00pm Wed 10am- 2:00pm	Dementia Resource Centre	The onsite café will be open for people to come down and have lunch and a drink	No booking required Everyone is welcome

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Virtual Services From Alzheimer's Society



There are several 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 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).

If you are interested in attending or finding out more about these groups, then please contact **Cambridgeshiregroups@alzheimers.org.uk** or **01223 620962**

**All groups and café back on Tuesday 6th January 2026
We look forward to seeing you then**

**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**