

Services in Peterborough at the DRC



Alzheimer's Society Peterborough provides a range of services for people with dementia, their families and their carers.

We are open from **9am to 5pm, Monday to Friday**. Please call us on **01733 893853** or visit the **Alzheimer's Society, Dementia Resource Centre, 441 Lincoln Road, Millfield, Peterborough PE1 2PE**

Entrance via 5 York Road PE1 3BP.

Email: peterborough@alzheimers.org.uk

Someone to talk to

You can phone at any time during our opening hours to talk in confidence with a member of our Dementia Support Service. Alternatively come to one of our drop-in peer support groups:

Mondays 2pm - 3.30pm for people with dementia and **Wednesdays**

10.30am - 12 noon for carers. Our staff are here to listen when you just feel the need to talk, or to offer information and advice on specific issues.

Dementia Advisers & Dementia Support Workers

Our Dementia Adviser provides individualised information and support to people in the process of getting or after a diagnosis of dementia.

Our Dementia Support Workers give personalised information and support to people with dementia and their carers. We can arrange for you to be visited at home or you can attend the Dementia Resource Centre to discuss your needs further.

Dementia Cafés Anyone who has dementia or is caring for a person with dementia is welcome to attend the Cafés which are held Thursday afternoons at selected venues. Each Café is staffed by Alzheimer's Society workers and volunteers. We usually invite a guest speaker to talk at the café, this may be a solicitor, pharmacist or dietician or anyone the group has expressed an interest in listening to.

The Carer Information and Support Programme (CrISP)

Our Carer Information Support Programme is a series of five workshops for carers and family members of people with dementia. This programme aims to offer structured information to inform and support the caring role. Carers do not necessarily have to live with the person with dementia.

Activity Groups We offer a wide range of activity groups including Singing for the Brain, Knit & Knatter, Current Affairs, Cognitive Stimulation and Arts & Crafts. These services give people with dementia the chance to meet others in a relaxed setting.