



Coming up in March and April ...

COURSES AND SEMINARS

NAVIGATING DEMENTIA

A ninety-minute introductory session for anyone with questions about dementia

Wellington, 7th March, 1pm at Wellington Central Library

Porirua, 9th April, 10am at Kenepuru Hospital

DEMENTIA ESSENTIALS SEMINARS

These one-off seminars cover a wide range of topics delivered by experts in each subject and are open to everyone.

Porirua, 2nd April to 21st May, at 1.30 -3pm

Topics include:

- Communicating effectively
- Understanding changes in behaviour
- Legal considerations and Advanced Care Planning
- Staying safe
- Dealing with grief and loss

Please check our Facebook page or call (04) 972 2595 to find out the topic and speaker at each seminar.

DEMENTIA ESSENTIALS – MID STAGE

A three-session course for family and friends supporting a person in the mid-stage of dementia

Kapiti, Wednesday 13th, 20th, and 27th March

DEMENTIA ESSENTIALS – LATE STAGE

A three-session course for family and friends supporting a person in the late stage of dementia

Hutt Valley, Wednesday 3rd, 10th, and 17th April

LIVING WELL RONGOTAI

A fortnightly meet up for people in the early stages of dementia

Wellington – Second and fourth Tuesday of the month, 1.30pm at Kilbirnie Community Centre

ASSISTED GOLF

For golfers with dementia, the Royal Wellington Golf Club offers Assisted Golf on the third Monday of the month. Contact Tone to register - tone@sfx.co.nz

To find out more information or to register for any of our courses, contact us on (04) 972 2595 or email admin@dementiawellington.org.nz

Please bring a koha/ donation to help us cover course costs

Dementia Wellington



COG CAFES

Casual monthly meet-ups for people with dementia and their supporters

Mondays 10am to 11am

Kapiti – Second and fourth Monday of the month (Lindale café, Paraparumu)

Wellington – Third Monday of the month (Picnic café, Botanic gardens)

Porirua – Fourth Monday of the month (Mitre 10 Mega café)

Petone – last Monday of the month (Mitre 10 Mega café)

SUPPORTER MEETINGS

Monthly groups for anyone supporting a person with dementia

Kapiti – Second Thursday of the month, 1:30pm (please call office to confirm venue)

Wellington – Second Monday of the month, 10am at Sport Wellington, Thorndon

Porirua – Second Wednesday of the month, 10.30am at Kemp Hall, Porirua

Lower Hutt – Third Wednesday of the month, 1pm at Petone Community House

Upper Hutt – Fourth Thursday of the month, 2pm at Summerset Village, Trentham

Please note that courses, dates, and locations are subject to change. We recommend calling the office to confirm