

Dementia Wellington - What's coming up in February, March, April 2022

(We will keep this plan up-to-date as possible - feel free to contact your [Dementia Advisor](#) with any issues or questions)

Cog Cafes									
Region	Venue	Day of Month	Time	Feb		Mar		Apr	
Lower Hutt	Mitre 10 Petone	2 nd Tuesday	10am-11am	8		8		12	
Central Wellington	Picnic Cafe in the Botanical Gardens	4 th Tuesday	10am-11am	22		22		26	
North Wellington	Common Ground Cafe, Waitohi Hub, Johnsonville.	1 st Wednesday	10am-11am	2		2		6	
Porirua	Te Rauparaha Arena Cafe TBC – Contact Debbie 020 4176 6629 for venue details	4 th Wednesday	10am-11am			23		27	
Kapiti	Anzil Cafe, 111 Main Road, Paraparaumu, Lindale	2 nd & 4 th Wednesday	10am-11am	9	23	9	23	13	27

Supporter Group Meetings									
Region	Venue	Day of Month	Time	Feb		Mar		Apr	
Lower Hutt	Dementia Wellington Hub, 55 Hutt Road, Petone	3 rd Thursday	1pm-2.30pm	17		17		21	
Central Wellington	Lyal Bay Salvation Army Community Centre, Onepu Road	2 nd Tuesday	10am-11.30am	8		8		12	
North Wellington	Johnsonville Community Centre	3 rd Friday	10.30am-12.00 noon	18		18			
Porirua	Contact Debbie 020 4176 6629 for venue details	1 st Wednesday	10.30am-12pm					6	
Porirua Pacific	Contact Debbie 020 4176 6629 for venue details	2 nd Thursday	10am-11.30			10		21	
Kapiti	Waikanae	Parklands Social Centre, Woodlands, Belvedere Avenue, Waikanae	Alternate 2 nd Thursday	1.30pm-3pm			10		
	Paraparaumu	Old Mill Function Centre, 1 Kapiti Road, Paraparaumu (entrance and car park off Hinemoa Street)	Alternate 2 nd Thursday	1.30pm-3pm	10				14

Dementia Advisor Clinics (by appointment only)

Region and venue	Day of week & frequency	Time	Feb					Mar					Apr				
			Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5
Lower Hutt Dementia Wellington Hub 55 Hutt Road, Petone	Monday's weekly	19.30-2pm	7	14	21	28		7	14	21	28		4	11	18	25	
Upper Hutt Orongomai Marae TBC	Last Wednesday monthly	9:30am-11:30am				23						30					27
Central Wellington Karori Community Centre	2 nd and 4 th Tuesdays	12.30pm-2.30pm		8		22			8		22				12		26
North Wellington Room 2, Johnsonville Community Centre	Fridays weekly	9.30am-12.30pm	4	11	18	25		4	11	18	25		1	8		22	29
Porirua Contact Debbie 020 4176 6629 for venue details	1 st and 4 th Wednesday	12.30pm-2.30pm									23		6			27	
Kapiti Kapiti DW Office Office A, Level 1, 9 Mahara Place	Tuesdays weekly	9.30am-12.30pm	1	8				1	8	15	22	29		5	12	19	26