

Dementia Wellington - What's coming up in October, November, December 2021

Cog Cafes (Please note: these will only be held at Covid Alert Level 1)

Region	Venue	Day of Month	Time	Oct		Nov		Dec	
Lower Hutt	Mitre 10 Petone	1 st Tuesday	10am-11am	5		2		7	
Upper Hutt	Equinox Cafe, Brendan Foot Supersite	2 nd Tuesday	10am-11am	12		9		14	
Central Wellington	Picnic Cafe in the Botanical Gardens	4 th Tuesday	10am-11am	26		23			
North Wellington	Common Ground Cafe, Waitohi Hub, Johnsonville.	1 st Wednesday	10am-11am	6		3		1	
Porirua	Simply Food, Te Rauparaha Arena,	4 th Wednesday	10am-11am			24		22	
Kapiti	Anzil Cafe, 111 Main Road, Paraparaumu, Lindale	2 nd & 4 th Wednesday	10am-11am	13	27	10	24	8	22

Supporter Group Meetings

Region	Venue	Day of Month	Time	Oct	Nov	Dec
Lower Hutt	Dementia Wellington Hub, 55 Hutt Road, Petone	3 rd Wednesday	1pm-2.30pm	20	17	15
Upper Hutt	Summerset on the Course, Trentham	4 th Wednesday	2pm-3:30pm	-	24 TBC	-
Central Wellington	Lyll Bay Salvation Army Community Centre, Onepu Road	2 nd Tuesday	10am-11.30am	12	9	14
North Wellington	Johnsonville Community Centre	3 rd Friday	10.30am-12.00 noon	15	19	17
Porirua	Contact Debbie 020 4176 6629 for venue details	1 st Wednesday	10.30am-12pm	6	3	1
Porirua Pacific	Contact Debbie 020 4176 6629 for venue details	2 nd Thursday	10am-11.30		11 18	16
Kapiti	Waikanae Parklands Social Centre, Woodlands, Belvedere Avenue, Waikanae	Alternate 2 nd Thursday	1.30pm-3pm		11	
	Paraparaumu Old Mill Function Centre, 1 Kapiti Road, Paraparaumu (entrance and car park off Hinemoa Street)	Alternate 2 nd Thursday	1.30pm-3pm	14		9

Dementia Advisor Clinics (Please note: these are now by appointment only)

Region and venue	Day of week & frequency	Time	Oct					Nov					Dec				
			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	12pm-4pm	4	11	18	25		1	8	15	22		7	14	21		
Upper Hutt Orongomai Marae	Last Wednesday monthly	9:30am-11:30am									24 TBC						
Central Wellington Karori Community Centre	2 nd and 4 th Tuesdays	12.30pm-2.30pm		12		26			9		23			14			
North Wellington Room 2, Johnsonville Community Centre	Fridays weekly	9.30am-12.30pm	1	8	15	22	29	5	12	19	26		3	10	17		
Porirua Contact Debbie 020 4176 6629 for venue details	1 st and 4 th Wednesday	12.30pm-2.30pm		6		27		3			24		1				
Kapiti Kapiti DW Office Office A, Level 1, 9 Mahara Place	Tuesdays weekly	9.30am-12.30pm		12	19	26		2	9	16	23	30	7	14	21		