

Dementia Wellington - What's coming up in Jan, Feb, Mar 2023

(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	Jan		Feb		Mar	
Lower Hutt	Mitre 10 Petone	2 nd Tuesday	10am - 11am	10		14			
Upper Hutt	Cafe Equinox, 458 Fergusson Drive, Trentham, Upper Hutt	4 th Friday	10am - 11am						
Central Wellington	Picnic Cafe in the Botanical Gardens	Last Tuesday (4 th or 5 th)	10am - 11am			22		28	
North Wellington	Common Ground Cafe, Waitohi Hub, Johnsonville	2 nd Wednesday	10am - 11am			8			
Porirua	Columbus Coffee Porirua, 2 Semple Street, Elsdon	4 th Wednesday	10am - 11am			22		22	
Kapiti	Anzil Cafe, 111 Main Road, Paraparaumu, Lindale	2 nd & 4 th Wednesday	10am - 11am	11	25	8	22	22	

Supporter Group Meetings									
Region	Venue	Day of Month	Time	Jan	Feb	Mar			
Lower Hutt	Dementia Wellington Hub, 55 Hutt Road, Petone	3 rd Thursday	1pm - 2.30pm	19	16	16			
Central Wellington	Lyll Bay Salvation Army Community Centre, 175 Onepu Road	1 st Tuesday	10am - 11.30am		7	7			
North Wellington	Johnsonville Community Centre, 3 Frankmoore Avenue	Last Friday of month (4 th or 5 th)	10.30am - 12.00 noon	27		24			
Porirua	Freedom Hall, 174 Bedford St, Cannons Creek, Porirua	1 st Wednesday	10am - 11.30am						
Porirua Pacifica Group	Contact Debbie 020 4176 6629 for venue details	2 nd Thursday	10am - 11.30am						
Porirua Maraeroa Marae	Hauora Taurua, 128 Corinna St Waitangirua, Porirua. Contact Debbie 020 4176 6629 for details. (Whanau Ora RN Deb also in attendance at these times)	4 th Tuesday	2pm - 3.30pm	24	28	28			
Kapiti	Waikanae	Contact Sheena 020 4069 3919 for venue details	Alternate 2 nd Thursday	1.30pm-3pm	12	9			
	Paraparaumu	Old Mill Function Centre, 1 Kapiti Road, Paraparaumu (enter and car park via Hinemoa Street)	Alternate 2 nd Thursday	1.30pm-3pm		9			

Dementia Advisor Clinics (by appointment only, contact details below)

Region and venue	Day of week & frequency	Time
Lower Hutt Dementia Wellington Hub 55 Hutt Road, Petone	Monday's Weekly Wednesdays Weekly	1-4pm
Kaumatua Health & Wellbeing Hikoikoi Marae	Mondays Contact Debbie 020 4176 6629 for details.	
Central Wellington Karori Community Centre, 7 Beauchamp Street	4 th or 5 th Tuesday	12.00pm-3.00pm
Central Wellington Kilbirnie Community Centre	1st Tuesday	12.00pm-3.00pm
North Wellington Room 2, Johnsonville Community Centre	2 nd Wednesday	12.00pm-3.00pm
Porirua Contact Debbie 020 4176 6629 for venue details	1 st and 4 th Wednesday by appointment only. Contact Debbie 020 4176 6629	12.30pm-2.30pm
Kapiti Kapiti DW, Office A, Level 1, 9 Mahara Place	Tuesdays Weekly	9.30am-12.30pm

Please contact a Dementia Advisor before attending any of these activities

Kāpiti Dementia Advisor

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Porirua Dementia Advisor

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Hutt Valley Dementia Advisor

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