



Coming up in May/ June/ July ...

COURSES AND SEMINARS

NAVIGATING DEMENTIA

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

Kapiti, 21st May, 6.30pm, at Paraparaumu Community Centre

Wellington, 13th June, 10am at Newlands Community Centre

Porirua, 2nd July, 1pm, at Kenepuru Hospital

Hutt Valley, 25th July, 6.30pm, at Walter Nash Centre

DEMENTIA ESSENTIALS – LATE STAGE

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

Kapiti, Wednesday 29th May, 5th and 12th June

LIVING WELL WITH A COGNITIVE IMPAIRMENT

A two-session course for anyone recently diagnosed with Mild Cognitive Impairment or early-stage dementia

Porirua, Tuesday 9th and 16th July

DEMENTIA EDUCATION FOR HEALTH PROFESSIONALS

A one-day seminar for people working in the health sector, covering the basics of dementia, how to communicate effectively with people affected by dementia, the Dementia Pathway, and ways to understand and support the family/whānau experience

Porirua, Wednesday 24th July (please call to register)

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