

CONNECT

CONNECT REVAMPED

You might have noticed the new look of this quarter's newsletter. By combining the appeal letter and newsletter, we're reducing the amount of paper and printing we use, making it more cost-effective and more environmentally friendly.

We've also changed the donation slip, so it's easier for you to tear off. But if you prefer to donate online, just hop onto our website: www.dementiawellington.org.nz

Don't forget you can choose to receive the newsletter by email! If you'd like this option, simply call 04 592 2595 or email comms@dementiawellington.org.nz



Rosaleen and Dianne

THE SECRET IS OUT ABOUT CST

When imagining a course for people with dementia, you may picture a rather sombre activity, with people sitting quietly and perhaps a box of tissues nearby. However, the exact opposite proved true in Dementia Wellington's recent Cognitive Stimulation Therapy (CST) course. In fact, any tissues would have been used to wipe away tears of laughter!

CST is an evidence-based treatment for people with mild to moderate dementia, and involves sessions of themed activities twice a week for seven weeks. The benefits arise from the mental stimulation of the activities and the social interaction of the group.

As Dianne Sanders said, "It's not about you getting better – because that's not going to happen – but you can find other ways to still be able to use the things in your mind. And you'll meet other people in the same situation, you'll make friends, you won't have to hide at home."

Another participant, Rosaleen Macbrayne, agreed, "I was surprised how quickly we all bonded really. We all came along being a bit unsure, we had no idea what to expect, and it was quite soon that we were close and sharing, it was amazing. That's been a huge benefit. And the laughing! The laughing sets me up until the next meeting, it's very healing in a way."

CST is part of Dementia Wellington's Living Well With Dementia programme, which encourages people affected by dementia to remain active and engaged in their community.

Different activities and therapies are available across the region, and range from music to golf to yoga.

As Dianne simply says, "We know that this is helping us, and to be able to put that on paper, to let people know about it, well, hopefully that will help others too."

Contact the office to find out about our next CST course, and you can read more about CST at www.cstnz.com.



Lots of laughter at every CST session

WOW! WIN TICKETS

This month, donate over \$100 to Dementia Wellington and you could win two tickets to the World of Wearable Art Show.

Every donation over \$100 is automatically in the draw, and all entries must be received by 12pm on 28 September.

Thanks to WOW for the very generous donation of tickets.

For terms and conditions, please check the Dementia Wellington website. **Good luck!**

KEEPING THE LIGHTS ON

Appeal Results	
Spring 17	↑ \$8,300
Summer 18	↓ \$7,700
Autumn 18	↑ \$8,300
Winter 18	↑ \$8,500

Don't forget that as a local charity, every dollar we raise stays in the region and helps local families affected by dementia.

STAYING SAFE FROM SCAMMERS

There has been a lot of media attention recently on scammers targeting the elderly, especially through phone or email scams.

Police advise anyone who gets such a call to hang up, and call the company on their published 0800 number to verify the information.

Remember, never give out your:

- four digit card PIN, not even to your bank or the police
- password, bank account details, or online banking codes
- personal details, such as your address and date of birth, unless you are sure who you are talking to.

HOW YOU CAN HELP

We have a huge range of fundraising activities scheduled for the next few months, with ways for everyone to get involved in raising money and awareness about dementia.

September is International Alzheimers Awareness Month, and one way you can spread the word about the work we do is by hosting a **"Get Together For Dementia"** event. Simply get your friends, workmates, or sports team together for a morning tea, quiz night, or other event and raise money for local families affected by dementia.

We've got a **Street Appeal** coming up in Kapiti at the end of September, and another one in Wellington before the end of the year. Plus Dementia Wellington has been chosen by **The Warehouse** as one of their Bags For Good in the Neighbourhood charities, so if you're shopping at The Warehouse Petone, Lower Hutt, Johnsonville, Lyall Bay, or Porirua be sure to put your tokens in our box!

In October, we're really excited to be a charity partner of the **Neon Night Walk**, which is a fun walk/run

happening in Porirua on 27 October. If you're fit and sporty, or just keen to glow for good, find out more and sign up at www.neonnightwalk.co.nz.

Also before the end of the year Professionals is holding a **Quiz Night**, which promises to be a lot of fun.

And of course don't forget that every donation over \$100 that we receive before 28 September is automatically entered into the draw to win two tickets to the World of Wearable Art show!

Keep up to date with all our fundraising activities by checking our website and liking our Facebook page.



COUNTDOWN APPEAL

THANK YOU to everyone who donated in our appeal last month - we raised a total of \$8085.40, which is a huge amount in just one day!

And an extra thanks to all the superstar volunteers who collected; it was great seeing so many clients and supporters giving us their time. Special thanks to MPs Brett Hudson, Ginny Andersen, and Chris Bishop, and Kapiti's Mayor Gurunathan.



UPCOMING COURSES AND OTHER EXCITING THINGS!

SEPTEMBER

DEMENTIA ESSENTIALS EARLY STAGE

Wellington, 12 & 19 September

NAVIGATING DEMENTIA

Upper Hutt, 4 September

Porirua, 25 September

OCTOBER

LIVING WELL WITH COGNITIVE IMPAIRMENT

Kapiti, 2 & 9 October

NAVIGATING DEMENTIA

Wellington, 16 October

NOVEMBER

DEMENTIA ESSENTIALS LATE STAGE

Kapiti, 6 & 13 November

NAVIGATING DEMENTIA

Kapiti, 7 November

Hutt Valley, 29 November

COG CAFES

These are casual monthly meet-ups for people with dementia and their supporters. Come along for a coffee and a chat – Mondays 10am to 11am.

Kapiti – 2nd & 4th Monday of the month (call office to confirm venue)

Wellington – 3rd Monday of the month (Picnic café, Botanic gardens)

Porirua – 4th Monday of the month (Mitre 10 Mega café)

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

SUPPORT MEETINGS

Facilitated by a Dementia Advisor, these monthly groups run are for anyone supporting a person with dementia.

Kapiti – 2nd Thursday of the month (1:30pm, call office to confirm venue)

Wellington – 2nd Monday of the month (10am, Sport Wellington, Thorndon)

Porirua – 3rd Thursday of the month (10.30am, Kemp Hall, Porirua)

Petone – 3rd Thursday of the month (1pm, Petone Community House)

To find out more,
please call us on 04 972
2595 or email admin@dementiawellington.org.nz

If you're attending any of
our courses, a koha to cover
costs is most appreciated.

THANK YOU TO OUR FUNDERS



Vavasour Charitable Trust Board



Rosaleen enjoying a CST session in July

Dear supporter

One of the things that sets Dementia Wellington apart is tailoring our services to fit the different needs of every client. Sometimes the best support we offer is simply reminding people that they are not alone in their experiences.

Rosaleen MacBrayne, a participant in our recent Cognitive Stimulation Therapy (CST) course in Lower Hutt, describes her experience of living with dementia:

“What we’re into is some sort of journey that’s unknown; you don’t know how long you’ll be able to cope. I know my family worry about me and I keep saying, ‘No, I’m alright’. I try to be careful, but I know it will get worse and I won’t be able to stay in my own little house. But I’ll worry about that when it happens. This [CST] group has been so timely – it happened just when I needed it. It’s just fantastic.”

The CST course is just one of the therapies, activities, and support we offer people with dementia and their whanau. **Can you donate today to help people like Rosaleen access the support they need to stay active and engaged in our community?**

Ngā mihi



Anne Schumacher
Chief Executive

Please give generously today, and don't forget that every donation over \$100 goes into the draw to win two tickets to WOW on 10 October!

DONATION SLIP

Yes! I would like to help local families affected by dementia

Today I'm donating: \$50 \$100 \$150 Other amount \$ _____

I would like to pay by: _____

Cheque: (Please make payable to DEMENTIA WELLINGTON)

Credit Card: Visa Mastercard Exp. ____/____

Card Number: _____

Name on Card: _____

Signature: _____

Online: Please go to www.dementiawellington.org.nz/donate.
Please use **Spring 2018** and your **Surname** as the reference
Please note all donations over \$5:00 are tax deductible

Do we have your correct details?

Update your information here:

If you'd prefer to receive your newsletter by email, please add your email address:
