

## Dementia Wellington - What's coming up in October, November, December 2023

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

Sessions are in day of the week order.

### COG CAFES

A Cog café is an opportunity to socialise with other people and their supporters over a coffee in a local café. There's no need to register, but if you can let the [Dementia Advisor](#) know you are coming, that would be appreciated. You can go to any of the cafes in the Wellington region. A Dementia Advisor will always be present.



Region	Venue	Day of month	Time	Oct	Nov	Dec
Lower Hutt	Mitre 10 Petone, Bouverie Street, Petone	Tuesday (Second in month)	10-11am	10	14	12
Central Wellington	Picnic Cafe in the Botanical Gardens In Tina's newsletter it says every 3 <sup>rd</sup> Tuesday of the month	Tuesday (Third in month)	10-11.30am	17	21	n/a
North Wellington	Common Ground Cafe, Waitohi Hub, Johnsonville	Wednesday (Second in month)	10-11am	11	8	13

Kapiti	Anzil Cafe, 111 Main Road, Paraparaumu, Lindale	Wednesday (Second and fourth in month)	10-11am	11 25	8 22	13
Upper Hutt	Cossie Club, 11 Logan Street, Upper Hutt	Thursday (First in month)	10-11am	5	2	7

## SUPPORTER GROUP MEETINGS



Supporter Groups meet monthly and are facilitated by a Dementia Advisor. These meetings offer an informal way to share information and gain experience from others in a similar situation.

Region	Venue	Day of Month	Time	Oct	Nov	Dec
Central Wellington	Lyall Bay Salvation Army Community Centre, Onepu Road	Tuesday (First in month)	10-11.30am	n/a	7	5
Porirua Maraeora Marae	Debbie@dementiawellington.org.nz details. NB Whanau Ora Registered Nurse, Deb, also in attendance).	Tuesday (Fourth in month)	2-3:30pm	24	No DA on A/L	n/a
Porirua	Freedom Hall, 174 Bedford St, Cannons Creek, Porirua	Wednesday (First in month)	10-11:30am	4	1	6
Online	Video link sent to those who RSVP.	Wednesday	5-6.00pm	18	15	n/a

		Please E-mail – tina@dementiawellington.org.nz	(Third in month)				
North Wellington		Johnsonville Community Centre, 3 Frankmoore Avenue, Johnsonville	Wednesday (Fourth in month)	1-2:30pm	25	22	n/a
		SEE THURSDAY SUPPORTER GROUPS BELOW					
Porirua Pacifica Group		Contact Debbie@dementiawellington.org.nz for venue details	Thursday (Second in month)	10-11:30am	12	No DA on A/L	14
Kapiti	Waikanae	Parklands Social Centre, Woodlands, Belvedere Avenue, Waikanae	Thursday (Alternate second in month)	1.30pm-3pm		9	
	Paraparaumu	Old Mill Function Centre, 1 Kapiti Road, Paraparaumu (enter and car park via Hinemoa Street)	Thursday (Alternate second in month)	1.30pm-3pm	12		14
Lower Hutt		Dementia Wellington Hub, 55 Hutt Road, Petone. (Parking at rear).	Thursday (Third in month)	1pm-2.30pm	19	16	21

# DEMENTIA ADVISOR CLINIC TIMES

These are one-hour sessions that can be booked with a Dementia Advisor to talk through specific issues. They can be face to face and online. Please contact the Dementia Advisor to make a booking.

Region and venue	Day of week & frequency	Time
<b>Lower Hutt</b> Dementia Wellington Hub 55 Hutt Road, Petone	Tuesdays every week Mai Christeller <a href="mailto:mai@dementiawellington.org.nz">mai@dementiawellington.org.nz</a>	10:00am-3pm
Kaumatua Health & Wellbeing Hikoikoi Marae          Te Rūnanganui o Te Āti Awa Mate wareware clinic	Mondays (monthly as invited)          3 <sup>rd</sup> Monday of month	Contact Debbie <a href="mailto:Debbie@dementiawellington.org.nz">Debbie@dementiawellington.org.nz</a> for details. Or Mai <a href="mailto:mai@dementiawellington.org.nz">mai@dementiawellington.org.nz</a>  Contact Debbie <a href="mailto:Debbie@dementiawellington.org.nz">Debbie@dementiawellington.org.nz</a> details for details. Or <a href="mailto:mai@dementiawellington.org.nz">mai@dementiawellington.org.nz</a>

<b>Central Wellington</b> Karori Community Centre, 7 Beauchamp Street, Karori	3rd Tuesday of the month Tina Carter <a href="mailto:tina@dementiawellington.org.nz">tina@dementiawellington.org.nz</a>	12.30-4:30pm (No Clinic in December)
<b>Kilbirnie Community Centre</b>	1st Tuesday of the month Tina Carter <a href="mailto:tina@dementiawellington.org.nz">tina@dementiawellington.org.nz</a>	12.30-4:30pm (No Clinic in October)
<b>North Wellington</b> Room 2, Johnsonville Community Centre.	2 <sup>nd</sup> Wednesday of the month Tina Carter <a href="mailto:tina@dementiawellington.org.nz">tina@dementiawellington.org.nz</a>	12:30-4:30pm
<b>Porirua</b>	1st Wednesday and 2nd Thursday of the month. By appointment only. Contact <a href="mailto:Debbie@dementiawellington.org.nz">Debbie@dementiawellington.org.nz</a>	1:00-3:00pm
<b>Kapiti</b> Kapiti Dementia Wellington, Office A, Level 1, 9 Mahara Place  Hora Te Pai Mate wareware clinic	Tuesdays every week Sheena Farquhar <a href="mailto:sheena@dementiawellington.org.nz">sheena@dementiawellington.org.nz</a>  First Tuesday of month By appointment only. Contact <a href="mailto:Debbie@dementiawellington.org.nz">Debbie@dementiawellington.org.nz</a>	10:00am – 1:00pm      9.30am - 4.30pm