



## Supporter Meetings

Supporter meetings provide a safe environment in which people supporting someone affected by a dementia can meet and share experiences.

Dementia Wellington recognises the vast range of skills and abilities of informal carers and these meetings offer a forum to learn from each other and share information and ideas.

**There is no charge for attending these meetings, but any donation towards running costs is appreciated**

### **2018 Meetings:**

#### **Hutt Supporter Group**

3<sup>rd</sup> Thursday each month (Commences February)

1pm – 3pm at Petone Community House,  
Britannia Street, Petone

#### **Wellington Supporter Group**

2<sup>nd</sup> Monday each month (commences February)

10am - Noon at Sport Wellington, Level 1, 223 Thorndon  
Quay, Thorndon

#### **Porirua Supporter Group**

2<sup>nd</sup> Wednesday each month (commences February)

10:30am – Noon at Kemp Hall (adjoining Kemp Home)  
Kura Street, Titahi Bay, Porirua

#### **Kapiti Supporter Group**

2<sup>nd</sup> Thursday each month (venue alternates)

#### **Paraparaumu: Feb, April, June, Aug, Oct**

1:30 - 3:30pm at Kapiti Community Centre  
15 Ngahina Street, Paraparaumu

#### **Waikanae: Mar, May, July, Sept, Nov**

1:30 - 3:30pm at Parklands Social Centre  
Off Sylvan Ave, Waikanae

**Call (04) 972 2595 for more information**

## **What you can expect at a Supporter Meeting**

Each meeting will usually be facilitated by a Dementia Advisor from Dementia Wellington who has a depth of knowledge about dementia and understanding of the issues and challenges facing informal carers. It is the facilitator's role to introduce new members to the group and to direct discussion where necessary.

The facilitator will also have a good understanding of the current services and resources available to support families and how these can be accessed.

The meetings are held in an informal atmosphere and benefits from attending will include –

- Education and advice on dementia and the services available to support families
- Self help and peer support
- An opportunity to raise and discover answers to questions or concerns.

**Refreshments will be provided**

***Dementia***  
***Wellington***



Meetings include group sharing and discussion of individual or mutual concerns that are raised on the day. The following guidelines apply:

- Confidentiality - all information disclosed in the group is private, and not to be discussed with anyone outside the confines of the group without the express permission of the person concerned
- Fairness - everyone who has something to share should be given the opportunity to do so, but anyone who does not wish to speak is under no pressure to do so
- Responsibility - each member of the group shares a responsibility for ensuring that the meetings continue to achieve the group aims
- It's okay to laugh or to cry
- We will attempt to begin and end on time

**The aim is for these meetings to be supportive, informative and enjoyable**