

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		14	
Upper Hutt	Cossie Club 11 Logan Street Upper Hutt	1 st Thursday	10am - 11am	5		2		2	
Central Wellington	Picnic Cafe in the Botanical Gardens	3 rd Tuesday	10am – 11.30am			21		21	
North Wellington	Common Ground Cafe, Waitohi Hub, Johnsonville	2 nd Wednesday	10am - 11am			8		8	
Porirua	No Cog but people can join J/ville or Kāpiti	4 th Wednesday							
Kapiti	Anzil, Main Road, Paraparaumu- TBC	2 nd & 4 th Wednesday	10am - 11am	11	25	8	22	8	22

Supporter Group Meetings									
Region	Venue	Day of Month	Time	Jan	Feb	Mar			
Online	(Video link sent to those who RSVP)	3 rd Wednesday	4pm - 5pm		15	15			
Lower Hutt	Dementia Wellington Hub, 55 Hutt Road, Petone	3 rd Thursday	1pm - 2.30pm	19	16	16			
Central Wellington	Lyall Bay Salvation Army Community Centre, 175 Onepu Road	1 st Tuesday	10am - 11.30am		7	7			
North Wellington	Johnsonville Community Centre, 3 Frankmoore Avenue	4 th Wednesday	1pm – 2.30pm		22	22			
Porirua	Freedom Hall, 174 Bedford St, Cannons Creek, Porirua	1 st Wednesday	10am – 11.30am	No	1st	No			
Porirua Pacifica Group	Contact Debbie 020 4176 6629 for venue details	2 nd Thursday	10am - 11.30am	No	9th	No			
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	No	28			
Kapiti	Waikanae	Parklands Social Centre, Woodlands, Belvedere Avenue, Waikanae	Alternate 2 nd Thursday	12		9			
	Paraparaumu	Coastlands Aquatic Centre, 10 Brett Ambler Way, Paraparaumu	Alternate 2 nd Thursday		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	1-4pm
	Wednesday's Weekly	10- 2
Kaumatua Health & Wellbeing Hikoikoi Marae	Mondays Contact Debbie 020 4176 6629 for details.	
Central Wellington Karori Community Centre, 7 Beauchamp Street	3 rd Tuesday (21 st Feb, 21 st March)	12.00pm-4.00pm
Central Wellington Kilbirnie Community Centre	1 st Tuesday (1 st Feb, 1 st March)	12.30pm-4.30pm
North Wellington Room 2, Johnsonville Community Centre, 3 Frankmoore Ave	2 nd Wednesday (8 th Feb, 8 th March)	12.00pm-4.00pm
Porirua Contact Debbie 020 4176 6629 for venue details	1 st Wednesday by appointment only. Contact Debbie 020 4176 6629	1- 3pm
Kapiti Kapiti DW, Office A, Level 1, 9 Mahara Place	Tuesdays Weekly Commencing 10.04.23	9.30am-12.30pm

Please contact a Dementia Advisor before attending any of these activities

Kāpiti Dementia Advisor

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