

Dementia Wellington - What's coming up in April, May, June 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	April		May		June	
Lower Hutt	Mitre 10 Petone	2 nd Tuesday	10am - 11am	11					
Upper Hutt	Cossie Club 11 Logan Street Upper Hutt	1 st Thursday	10am - 11am	6		4		1	
Central Wellington	Picnic Cafe in the Botanical Gardens	3 rd Tuesday	10am – 11.30am	18		16		20	
North Wellington	Common Ground Cafe, Waitohi Hub, Johnsonville	2 nd Wednesday	10am - 11am	12		10		14	
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	12	26	10	24	14	28

Supporter Group Meetings							
Region	Venue	Day of Month	Time	April	May	June	
Online	(Video link sent to those who RSVP)	3 rd Wednesday	4pm - 5pm	19	17	21	
Lower Hutt	Dementia Wellington Hub, 55 Hutt Road, Petone	3 rd Thursday	1pm - 2.30pm	20	18	15	
Central Wellington	Lyal Bay Salvation Army Community Centre, 175 Onepu Road	1 st Tuesday	10am - 11.30am	4	2	6	
North Wellington	Johnsonville Community Centre, 3 Frankmoore Avenue	4 th Wednesday	1pm – 2.30pm	26	24	28	
Porirua	Freedom Hall, 174 Bedford St, Cannons Creek, Porirua	1 st Wednesday	10am – 11.30am	5	3	7	
Porirua Pacifica Group	Contact Debbie 020 4176 6629 for venue details	2 nd Thursday	10am - 11.30am	13	11	8	
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	No (Anzac Day 25 th)	23	27	
Kapiti	Waikanae	Parklands Social Centre, Woodlands, Belvedere Avenue, Waikanae	Alternate 2 nd Thursday		11		
	Paraparaumu	Coastlands Aquatic Centre, 10 Brett Ambler Way, Paraparaumu	Alternate 2 nd Thursday	13		8	

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 Wednesday's Weekly	1-4pm 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 NOTE: NO KARORI CLINIC IN APRIL 2023	12.00pm-4.00pm
Central Wellington Kilbirnie Community Centre	1st Tuesday	12.30pm-4.30pm
North Wellington Room 2, Johnsonville Community Centre, 3 Frankmoore Ave	2 nd Wednesday NOTE: NO JOHNSONVILLE CLINIC IN APRIL 2023	12.30pm-4.30pm
Porirua Contact Debbie 020 4176 6629 for venue details	1st Wednesday /2 nd Thursday by appointment only. Contact Debbie 020 4176 6629	1- 3pm
Kapiti Kapiti DW, Office A, Level 1, 9 Mahara Place, Waikanae	Tuesdays Weekly Commencing 10.04.23 No Tuesday clinics during May	10--1pm

Please contact a Dementia Advisor before attending any of these activities

Kāpiti Dementia Advisor

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