

## Dementia Wellington - What's coming up in February, March, April 2024

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	Feb	March	April
Central Wellington	Picnic Cafe in the Botanical Gardens	Tuesday (Usually third in month)	10-11am	20	12	9
North Wellington	Common Ground Cafe, Waitohi Hub, Johnsonville	Wednesday (Second in month)	10-11am	14	20	20
Kapiti	Anzil Cafe, 111 Main Road, Paraparaumu, Lindale	Wednesday (Second and fourth in month)	10-11am	14 28	13 27	10 24
Upper Hutt	Acardia cafe, Cossie Club, 11 Logan Street, Upper Hutt	Thursday (First in month)	10-11am	1	7	4

# 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	Feb	March	April
Central Wellington	Lounge, Life Point Church, 61 Hopper Street, Mount Cook, Wellington 6011	Monday (Usually 4 <sup>th</sup> in month)	1.00-2.30pm	26	25	29
Porirua Maraeora Marae		Tuesday (Fourth in month)	2-3:30pm			
Porirua	Linden Community Centre, (free parking outside the centre)	Wednesday (First in month)	10-11:30am	n/a	6	3
Online	Video link sent to those who RSVP. Please E-mail – tina@dementiawellington.org.nz	Wednesday (Third in month)	5-6.00pm	18	15	n/a
Porirua Pacifica Group	Vaka Atafaga - 9 Lydney Place South, Porirua City Centre, Porirua 5022 (Starting in May)	Thursday (Second in month)	10:30-12:00 pm			

Kapiti	Waikanae	Parklands Social Centre, Woodlands, Belvedere Avenue, Waikanae.	Thursday (Alternate second in month)	1.30pm-3pm		14	
	Paraparaumu	Old Mill Function Centre, 1 Kapiti Road, Paraparaumu (enter and car park via Hinemoa Street).	Thursday (Alternate second in month)	1.30pm-3pm	8		11
Hutt Region	Lower Hutt	Dementia Wellington Hub, 55 Hutt Road, Petone. (Parking at rear).	wednesday (Alternate second in month)	1.30pm-3pm		20	
	Upper Hutt	Lane Park Church, 22 Lane Street. Wallaceville.	wednesday (Alternate second in month)	1.30pm-3pm	21		17

# 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>Hutt Valley</b> Dementia Wellington Hub 55 Hutt Road, Petone	Tuesday every week Mike Jillings By appointment only. Contact mike@dementiawellington.org.nz	Appts 09:00am-4pm
<b>Central Wellington</b> Karori Community Centre, 7 Beauchamp Street, Karori	3rd Tuesday of the month Tina Carter By appointment only. Contact tina@dementiawellington.org.nz	Appts 12.30pm, 2.00pm, 3.30pm
Kilbirnie Community Centre	1st Tuesday of the month Tina Carter By appointment only. Contact tina@dementiawellington.org.nz	Appts 9.00am, 10.30am, 12.00pm
<b>Porirua</b> Tawa Community Centre	Tuesday every week	Appts 10:00am-1:00pm

	<p>By appointment only. Contact <a href="mailto:rachel@dementiawellington.org.nz">rachel@dementiawellington.org.nz</a></p>	
<p><b>Kapiti</b>  Kapiti Dementia Wellington,  Office A, Level 1, 9 Mahara  Place</p> <p>Hora Te Pai  Mate wareware clinic</p>	<p>Tuesday every week  By appointment only. Contact <a href="mailto:jackie@dementiawellington.org.nz">jackie@dementiawellington.org.nz</a></p> <p>First Tuesday of month  By appointment only. Contact <a href="mailto:jackie@dementiawellington.org.nz">jackie@dementiawellington.org.nz</a></p>	<p>Appts 10:00am – 1:00pm</p> <p>Appts 10:00am – 1:30pm</p>