



## Alzheimers Gisborne/Tairāwhiti

### Nga korero a Tracy

**Welcome to winter! For many of us not our favourite season but one that is important to the maintenance of the environment. The word 'winter' comes from an old Germanic word that means 'time of water.'**



**Winter allows a time for re-generation of the soil, seeds, the air and life-cycles of insects and plants alike.**

Next month, we celebrate World Alzheimers Month in September. This is our time to challenge the stigma around dementia and shift public perceptions worldwide.

This year's theme is #AskAboutDementia

In this newsletter I would like to share some of the latest figures coming out internationally about the growing numbers of people with dementia alongside the still growing number of people either with the disease or caring for someone with dementia, who continue to experience discrimination of some sort. Discrimination is born out of pre-judging a person or situation, usually due to a lack of understanding and fuelled by fear.

It is sad to think that so many people are having to live with this attitude. World Alzheimers Month is our time to raise awareness, have a voice, speak out for those who may no longer be able to express their opinion and try to bring awareness, acceptance and equality for all.

September 2025 marks the 14th anniversary of World Alzheimer's Month, our international campaign to raise awareness and challenge stigma.

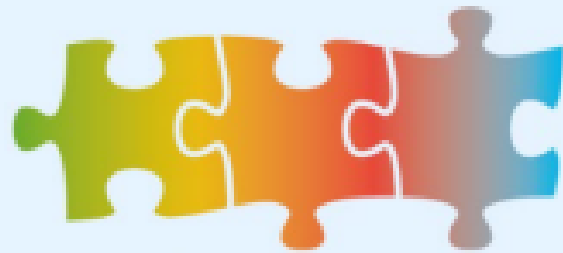
Every year people from all across the world take part in advocacy, fundraising and awareness raising events for World Alzheimer's Month, with many working to raise general awareness and call for further support for those most affected in their communities. The month of activities shows a truly global, regional, national and local level response to promote dementia awareness and what we can do to help support those living with the disease, now and in the future.

*Read on further to see how you can help celebrate World Alzheimers Month in Gisborne!*

*Nga mihi nui  
Tracy*

# Statistics

- There are over 55 million people around the world living with dementia.
- Someone develops dementia every 3 seconds.
- The number of people living with dementia is predicted to rise sharply to 78 million by 2030 and 139 million by 2050.
- Dementia will be the 3rd leading cause of death globally by 2040.
- The economic burden of dementia is US \$1.3 trillion dollars every year, a figure that will more than double by 2030.
- 88% of people living with dementia indicate experiencing discrimination.
- More than 90% of carers and respondents from the general public said they would be encouraged to get a diagnosis if a disease-modifying treatment was available for dementia.



## Solving the Dementia Challenge

with People, Partnership  
and Innovation

**23 AND 24 SEPTEMBER 2025**  
**AUCKLAND AND ONLINE**

Register through the **Alzheimers New Zealand website**  
**[www.alzheimers.org.nz](http://www.alzheimers.org.nz)**

# Be a part of World Alzheimers Month in Gisborne!

**At Alzheimers Gisborne Tairawhiti we have several things planned in and around September. These are a combination of fundraisers and information presentations. In supporting our fundraisers, you are also raising the awareness of our organisation and your contribution chips away at the stigma. Remember that all money raised in Gisborne stays in Gisborne to work with our local community of all people affected by dementia mate wareware.**

## **Here's what you can do:**

- You can sign up for Spud in a Bucket (see flyer in this newsletter)
- Enter your mokopuna/grandchild to grow potatoes. Not only are they helping us but also learning about supporting the community, engaging in horticulture, engaging in sustainability plus they go in the draw to win some amazing prizes!
- Volunteer to help us sell Spud in a Bucket entries and our soon to be announced mystery raffle at various locations around town.
- Go on to #AboutDementia to see what the rest of the country and the world are doing for World Alzheimers Month.
- Consider getting a team together for 'Move for Dementia' or design a campaign of your own. (See further on for details)
- Come along to an information presentation about how to stay healthy in the face of dementia, 25 September.
- Buy your toilet paper from us and be environmentally friendly and a financial supporter at the same time.
- Enroll in the Alzheimers NZ summit (see previous page for details)
- Buy fresh, organic walnuts from us for \$5.00 a bag.

# Staff news

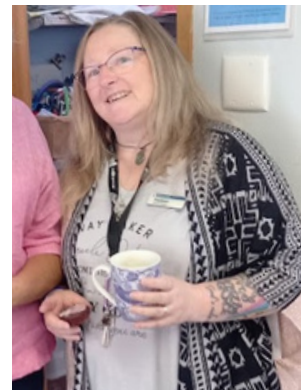


*We have some changes coming up in the team from August.*

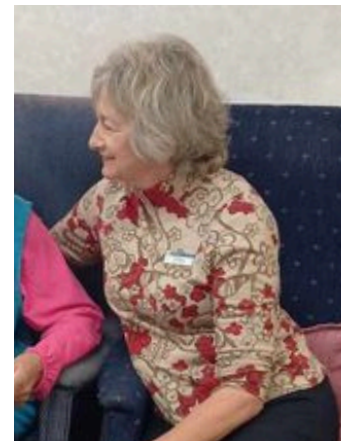
Avna is taking parental leave from mid August. She is due to have her baby in September - a new spring arrival.



Rayleen is heading back to her 'motherland', England for a few weeks to reconnect with the whanau over there. She will be away mid -August and all of September.



Debbie Hall will be spending more time with us. Debbie will be familiar to some of you as she has been with us, on and off, for over a year now. Debbie's usual day will be Wednesday in the Sherwood Club.



You will be seeing more of Judy in the Sherwood Club on all 3 days.

Azure will continue to be part of the team on Monday and Fridays.





# Let's move!

Move and fundraise for dementia. That's what we're asking everyone to do in September for World Alzheimers Month.

Start Fundraising

Go to Alzheimers NZ website for more details

[www.alzheimers.org.nz](http://www.alzheimers.org.nz)

Start moving for us!!

## INTRODUCING 2 OF OUR VOLUNTEERS



Thank you to Chris, who is a Wednesday volunteer in the Sherwood Club but who has now also volunteered to up-date our webpage. We are so grateful as this is something that has been on the list of things to be tidied up for some time. Now you can go to our webpage and get an up-to-the minute picture of what we are doing and what is coming up. Thanks Chris!



Introducing Dave, who has actually been part of our volunteer team on a Wedensdays for a year now. You may not have seen Dave as he is often in the kitchen either doing dishes or preparing the lunch. Dave got to know us when he came in with his wife Jill, who is now in a rest home. But Dave continued to come back! An amazing story and one we are all grateful to Dave for.

**If you would like to join out volunteer team we would love to hear from you.**

**Our volunteers make a difference beyond words!**



# Spud in a Bucket 2025

**Enter in Bunnings:**

**9.30am - 12.30pm  
22 & 23, 30 August and 6 Sept  
and**

**Bunnings Fathers Day  
Family Night  
4 Sept 5.00 - 7.00 pm**

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**Entries also available from  
Alzheimers Gisborne office at  
Gisborne Hospital via gate 2**

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## **More Information**

Phone: 06 867 0752  
Email: [gisborne.alzheimers@xtra.co.nz](mailto:gisborne.alzheimers@xtra.co.nz)

**All entries go in the draw to win a  
myserty prize to the value of \$200.00  
from Bunnings**

**All proceeds go to support people affected by  
dementia mate wareware in Gisborne Tairawhiti.**



**Entries open  
Friday  
22 August**

**12 years  
and under  
\$10.00**

**Over 12 years  
\$15.00**

**Weigh-in  
6 December.  
Loads of prizes  
donated by  
Bunnings**

**Cash or online banking only  
Bank account: 03 0638 0375936 00**



*Gisborne/Tairāwhiti*







Gisborne/Tairāwhiti

# Staying Healthy in the Face of Dementia

**September  
is  
World  
Alzheimer's  
Month**

**This is a free  
presentation to look at  
the disease and the 14  
factors that can help  
prevent, reduce or delay  
the on-set of dementia  
mate wareware.**



**What is dementia?**



**What are the risk  
factors?**

**September 25th  
10.00 am - 12.00**

**Alzheimers Gisborne Tairawhiti  
Sherwood Club lounge  
Gate 2  
Gisborne Hospital**

Contact Us



**06 867 0752**



**gisborne.alzheimers@xtra.co.nz**

**BOOKINGS  
ESSENTIAL**



# Testing Times for Technology



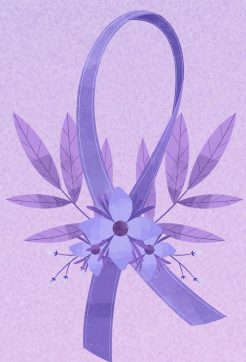
Currently here seem to be a multitude of changes coming up in the world of technology. At Alzheimers Gisborne, we have had to upgrade our mobile phones as the G3 network is to be shut down on 31 March 2026. This means that any phone or device that relies on 3G will not be able to make or receive calls (including emergency calls such as 111), send texts or use mobile data once the 3G network shuts down. If your network is 3G (you can ask your supplier if you are not sure) you need to upgrade your phone or device to be at least 4G capability. Due to a grant we received, we have been able to upgrade to 5G, hopefully future proofing ourselves for a while.

Next on our 'hit list' is 4 new computers! Four of our 5 computers cannot be upgraded to Windows 11 as they are over 5 years old. So it will be out with the old and in with the new!!

We are currently applying to a local funder in the hopes of securing some financial support to achieve this.

Our tech support person has also advised us to upgrade to the newest licence for WORD, which no longer be free.

They call this progress!!



## A BIG THANK YOU TO OUR FINANCIAL MEMBERS

Thank you to all of you who responded to the reminder about signing up once again as a financial member. We now have over 80 financial members which is a significant increase from where we were this time last year.

Being a financial member shows the wider community and our funders, that we have a band of supporters; a group who access our services and who value us in Tairāwhiti.

*Thank you*



## Don't forget our other community groups

### Carers Support Group

This group meets once a month, on the third Friday. The group is for people living with or caring for someone with dementia. It provides an opportunity for peer support, socialization and at times, education is presented on topics relevant to the group. All this happens in a supportive environment which always involves a cup of tea or coffee.

It is informal and free. No referral is necessary and no on-going commitment is expected.

The group facilitator is by Janet Willson. For more information ring Janet on 021 025 93932 or email Tracy

[gisborne.alzheimers@xtra.co.nz](mailto:gisborne.alzheimers@xtra.co.nz)



### Active Brain Network

This group is for those who are experiencing cognitive decline or early on-set dementia. While no medical assessment is required, you will be required to meet with Rayleen to see if this group is right for you. They meet approximately every fortnight and are based in local cafes around town, at the beach and in museums or workshops. The meetings are an opportunity for socialization, networking and peer support.

For more information phone Rayleen at 027 781 8011 or the office at Alzheimers Gisborne on 867 0754 or email:

[navigator.gisalzheimers@gmail.com](mailto:navigator.gisalzheimers@gmail.com)



## Our thanks to our funders

**We are very grateful to the Marjorie Redstone Trust for their grant that allowed us to purchase new mobile phones and update to the G5 software!**

**Te Whatu Ora**  
Health New Zealand

We receive a grant from Health New Zealand Te Whatu Ora which partially funds the operation costs of the Sherwood Club

## **Board Members**

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### *Gisborne/Tairāwhiti*

**Chair: Carol Shepherd**

**Deputy Chair: Warwick Callender**

**Treasurer/Manager: Tracy Robinson**

**Minute Secretary: Sandra Elsmore**

**Bonnie Scandlyn**

**Sam Noble**

**Lynn Omer**

**Claire Jones**

**Michelle Duley**

### **Contact Numbers:**

**Tracy Robinson Manager: 8670752 (main office)**

**Dementia Navigator: Rayleen Wright 8670752 or 027 781 8011**

**Sherwood Club: Azure, Avna or Judy 8670703 or 027 218 9905**

**Carers Support Group: Janet Willson 867 1436**

**Social Group: Lynn Omer 021 034 2183**

**Remember to check out our Facebook page and follow us:**

**[Alzheimers Gisborne Tairawhiti](#)**

