



Alzheimers Whanganui



Words from the manager

Kia ora koutou,

We're thrilled to share a significant milestone for Alzheimers Whanganui — our first CST (Cognitive Stimulation Therapy) group is now officially underway! A huge congratulations to our new Facilitator, Lisa, who is doing an outstanding job leading the group. This is a very proud moment for our organisation, and we're delighted that Whanganui continues to have access to this evidence-based group therapy, proven to support cognitive wellbeing in people living with a diagnosis of dementia / mate wareware.

As we look ahead, preparations are in full swing for World Alzheimers Awareness Month this September. It's an important time for us to shine a light on dementia, connect with our community, and raise vital funds. We'd love to see you at our upcoming events:

Upcoming Events:

- **4 September** – *Alzheimers Whanganui Open Day*
- **20 September** – *Annual Memory Walk (3K for \$3K)*
- **25 September** – *Brain Health Seminar*, in partnership with WRHN and Te Whatu Ora

These events are not only about education and support, but also about building a stronger, more connected community for those affected by dementia. We hope you'll join us!

Raffle Tickets:

We're also excited to announce that raffle tickets are now on sale — with some fantastic prizes up for grabs, thanks to the generosity of our amazing local sponsors! The raffle will be drawn at the Memory Walk on 20 September, so make sure you grab your ticket if you haven't already.

Tickets available at:

- Alzheimers Whanganui office
- Mitre10 Mega – 5 September
- Whanganui River Markets – 6 September

Every ticket helps us continue to provide vital support in our community — so thank you for your ongoing aroha and support.

Ngā mihi nui,

Renée Clark
Manager

Spring Newsletter



September is World
Awareness Month!

Read on to see our
September Events

Hope to see you there!!!

Alzheimers Whanganui Inc.

4 /236 Victoria Avenue

Whanganui 4500

Phone: 06 345 8833

Charity Register No: CC10907

www.alzheimers.org.nz/Whanganui

Office Hours

Monday—Friday -9.00am –2.30pm

Follow us on [Facebook!](#)





Enduring Power of Attorney: What does it mean to be an attorney?

What does it mean if someone gives you an Enduring Power of Attorney?

An Enduring Power of Attorney (EPA) is a legal document giving a person (known as 'attorney') the power to make decisions for someone who can no longer make decisions for themselves.

Being an attorney is an important and valued role, which means you are trusted to protect someone's wishes about their future life, and/or their finances and their treasured possessions, such as their money, house, and belongings.

An EPA must be set up before the person—known as the 'donor' - needs one, and while they still have the mental capacity to make their own decisions. Acting in the donor's best interests is the most important part of an attorney's role.

There are two types of EPAs and you can be the attorney for one or for both:

Property—a donor can have one or several attorneys for this, who can be people or a trustee corporation (like the Public Trust), and it can be activated before the donor loses mental capacity.

Person care and welfare—only one attorney can hold this kind of EPA, and it can't be a trustee corporation. This is only activated when the donor is assessed as being mentally incapable by a medical professional.

The donor can also name other people in the EPA who you need to talk to about any decisions you make.

Information from NZ Government Office for Seniors Brochure.

We have more information on EPAs in the office or to proceed in getting an EPA in place please contact your lawyer.

Safer Walking

For those at risk of going missing due to cognitive impairment, such as dementia or children with autism.



WanderSearch System

WanderSearch System is used by NZ Police and Land Search and Rescue to help search for people with dementia, autism or other disabilities.

It can be used for people that walk, run, cycle from their place of residence who are at risk of being disorientated or lost and unable to find their way back home.

How Does It Work?

The system is comprised of a pendant which is worn by the person at risk of being lost.

The pendant emits a pulse using a specific frequency which is detected using a radio unit and a directional finding aerial. The pulse strengthens as the tracking unit approaches the pendant. (Signal covers approximately 5km radius)

The pendant is to be worn at all times.

The carer/Support person is to contact the police if the person goes missing and quotes the pendant number, (Instructions will be given when a pendant is issued)

The WanderSearch pendant is not monitoring or recording the person's activity: It is only used if the person is missing.

What are the Benefits?

Enables the person to remain active, and independent as possible within their community.
Gives peace of mind to those supporting the person with dementia/autism.

How Do I Get One?

WanderSearch is managed by Alzheimers Whanganui — contact us and we will set you up.

Safer Walking—Wallet Cards available from Alzheimers Whanganui office:

There are two cards options available.

Option One:

I have an illness that causes memory loss and confusion

If I seem disoriented or confused please help me by calling:

Name:

Phone:

Option Two:

Name:

I may need assistance, can you please call my contact person.

Contact Name:

Contact Number:

W I N T E R O U T I N G S



Alzheimers Whanganui Social Groups

A Needs Assessment & Service Agreement must be completed with a staff member before attending any of our groups.

Tuesday Twice a Month at The St Johns Club

Activity: Over A Cuppa for women, in morning

Duration: 90 minutes

Transport: Attendees must be dropped off and picked up.

Wednesday Once a Month at The St Johns Club

Activity: Music & Movement for men & women – light lunch after.

Duration: 90 minutes

Transport: Attendees must be dropped off and picked up.

Wednesday Once a Month at The St Johns Club

Activity: Pool & Pint for men - Hot or cold drink provided.

Duration: 90 minutes

Transport: Attendees must be dropped off and picked up.

Monday Twice a Month

Activity: Paua Group Van Outing for women - Light lunch & hot and cold drinks provided.

Waitlist list

Duration: Half-day outing

Transport: Door to door service- picked up from your home (morning pick up and returned home early afternoon)

Monday Twice a Month

Activity: Fern Group Van Outing for men - Light lunch & hot and cold drinks provided.

Waitlist list

Duration: Half-day outing

Transport: Door to door service- picked up from your home (morning pick up and returned home early afternoon)

Wednesday Twice a Month

Activity: Tui Group Van Outing for men - Light lunch & hot and cold drinks provided.

Waitlist list

Duration: Half-day outing

Transport: Door to door service- picked up from your home (morning pick up and returned home early afternoon)



Cognitive Stimulation Therapy CST



An evidenced-based group therapy for people with mild to moderate dementia/mate wareware. It's all about keeping the brain active through fun, meaningful activities – and having a good time while you're at it!

What's the benefits of CST?

- Social connection with others in a safe space
- Improves thinking, memory, and quality of life
- Improves your understanding and communication with others
- Improves your mood and wellbeing

How to get involved

If you have a diagnosis of dementia/mate wareware, your Health Professional can refer you.

Or, you can self-refer by contacting the CST Facilitator on 06 345 8833 or cst@alzheimerswhanganui.org.nz



Introducing
Lisa Dalton,
our
CST
Facilitator



Hi I'm Lisa and I'm really excited to join Alzheimers Whanganui as the Facilitator for our new Cognitive Stimulation Therapy Programme.

I love working with people with dementia, to keep minds active through fun, engaging activities and plenty of conversation.

I am looking forward to getting to

Special AGM

Tuesday

28 October 2025

5:30pm

at

Alzheimers Whanganui Office

4/236 Victoria Avenue Whanganui

the Constitution update is to meet the requirements of the
'Incorporated Societies Act 2022 and
the Charities Amendment Act 2023'



ALZHEIMERS AWARENESS MONTH

Events

4 September - Open Day

Time: 11am-2pm

Where: Alzheimers Whanganui,
Suite 4, 236 Victoria Ave

20 September - Memory Walk

Time: 10.30am

Where: Whanganui River Market,
Bearing (Steel ball)

25 September - Brain Health Seminar

Time: 5pm-7pm

Where: Davis Theatre, Queens Park,
Whanganui

Contact us to register

06 345 8833 | admin@alzheimerswhanganui.org.nz

3K

for
Alzheimers
Whanganui

MEMORY WALK



WHANGANUI RIVER,
BEARING (STEEL BALL)

SAT 20 SEPT
10.30 AM

\$5 DONATION
RAFFLE TICKETS

To honour and support people affected by
Dementia/Mate wareware



alzheimers.org.nz/whanganui/

06 345 8833 / admin@alzheimerswhanganui.org.nz

BRAIN HEALTH SEMINAR

EMPOWERING & INFORMATIVE

Hear from a line-up of guest
speakers talking all things
brain health, dementia/mate
wareware awareness and
stigma reduction.

REGISTER NOW!

06 345 8833

admin@alzheimerswhanganui.org.nz

KOHA APPRECIATED. ALL WELCOME



25 SEPTEMBER 2025

5:00PM-7:00PM

DAVIS THEATRE, QUEENS PARK, WATT STREET, WHANGANUI

ALL PROCEEDS GO TO ALZHEIMERS WHANGANUI

Alzheimers Whanganui

OPEN DAY

Join us to learn more about the
services, support and resources
available for people affected by
dementia/mate wareware.

Date: 4 September 2025

Time: 11:00am - 2:00pm

Where: Alzheimers Whanganui
Suite 4, 236 Victoria Ave



In Aotearoa New Zealand people living with dementia
mate wareware are heard, valued and supported.



\$5

RAFFLE TICKETS

Support the Alzheimers Whanganui
2025 Memory Walk and be in to WIN!

1st Prize - valued at \$700

2nd Prize - valued at \$450

3rd Prize - valued at \$175

All proceeds go towards
supporting people affected by
dementia/mate wareware.

Contact us to buy your tickets - 06 345 8833

Drawn on 20 September 2025



2025 MEMORY WALK RAFFLE PRIZES

1st Prize valued at \$700

\$100 Serene

\$117 Be.be 60 minute facial

\$150 Reformer Pilates Room 5 classes

\$100 Photography

\$100 Just Looking

\$60 Woolworths

Gift basket

A BIG thank you to our generous sponsors for supporting our Memory Walk Raffle



St Johns



2nd prize valued at \$400

\$150 Rutland Arms

\$50 Pak n Save

\$150 wine glasses & tasting x2

\$40 Woolworths

Gift basket



LA STATION
· DESIGN STORE ·

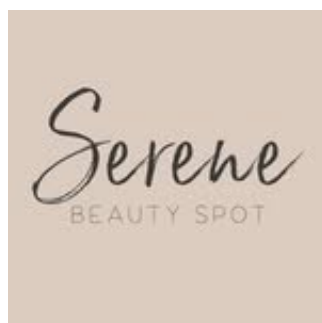
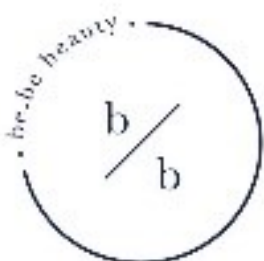
Velo **RONNY'S**
BICYCLE STORE



3rd Prize – valued at \$175

\$100 Veloronny's + drink bottle

\$75 Mitre10



JUST LOOKING
EST 1972

Alzheimers Whanganui CAFE



Open 2nd Monday of the month
for carers and support persons only
(men and women)

10.30—12.00pm, \$5.00 donation
covers a cuppa and a bite to eat.

Helps to support us to support others.
Held at 4/ 236 Victoria Ave, Whanganui.

Would love to see you there !!

Carer Morning Tea Support Group

Held at Alzheimers Office

Friday 10.00—11.30 a.m.

(Last Friday of each month unless falls on public holiday)

Date

Speaker

29th August 2025

Health Care NZ

26th September 2025 Cleaveland Talk & Tour
Meet 10.30 am at
179 Ingestre Street

31st October 20245

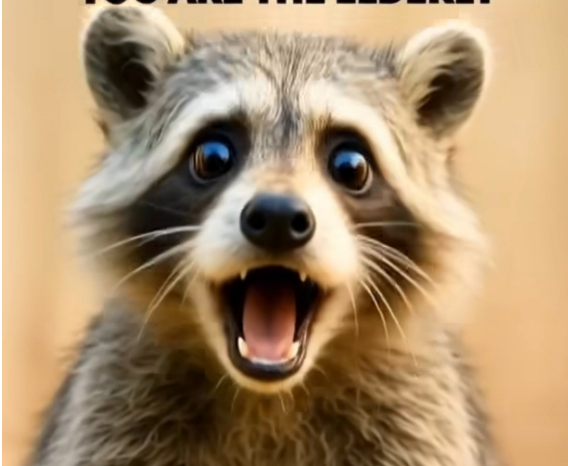
Library Services

28th November 2025

Christmas Morning Tea
& Planning Speakers for
2026

Further enquiries please
phone our office.

**THAT MOMENT WHEN
YOU'RE WORRIED ABOUT
THE ELDERLY AND REALIZE
YOU ARE THE ELDERLY**



Men's Carers Group

A chance to get support from us and each
other

Held on the on the 1st and 3rd Monday
of the month.

10.30am-12.00pm

4/236 Victoria Ave, Whanganui

Ph: 06 345 8833



Colour me in



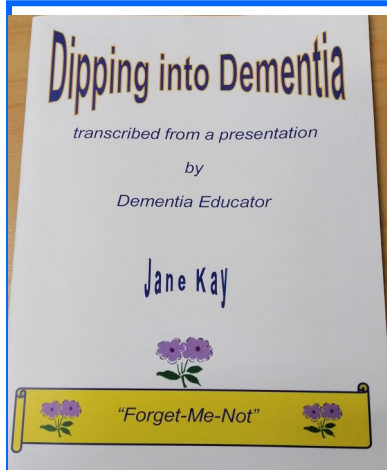
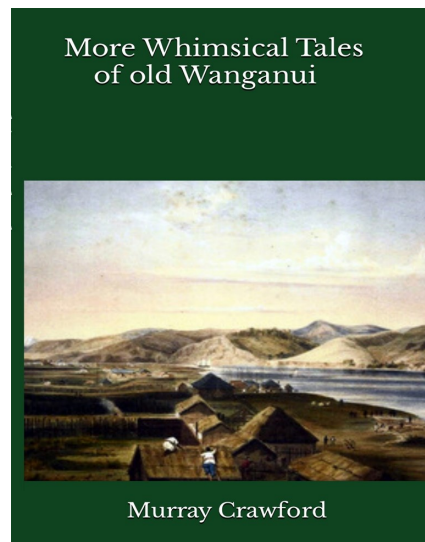
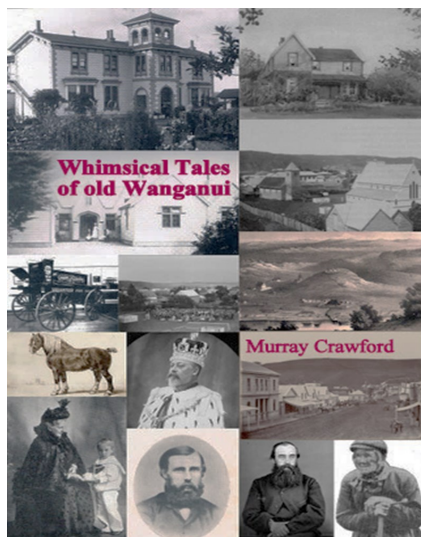
OurHappyCorner.Com

Whimsical Tales of old Wanganui

\$40.00 per book / or 2 books for \$70.00

proceeds to Alzheimers Whanganui

Purchase from Office 4/ 236 Victoria Ave, Whanganui



Dipping into Dementia booklet was compiled by Lynnette Hanson Munn, Lynnette was present at a meeting that Jane Kay was invited as a speaker and this book is on what Jane Kay had to say on Dementia. A great read.

Lynnette has generously handed over the distribution of this book to Alzheimers Whanganui, we offer our thanks and gratitude to Lynnette. Price \$7.00 per book Except for printing costs, all proceeds from the sale of this booklet are donated to organisations that support people with dementia and their families.

In Lynnette's words - To all who buy a copy of this book, we offer grateful thanks. Each one of you is contributing toward a greater understanding of this disease.

Blank Gift Cards for Sale \$2.00 each or \$15.00 pack of 10, envelopes included.



A great card for all occasions.

Thank you to those who continue to support us with memberships and welcome to our new members. We truly appreciate and value your support. If you know anyone who would like to support us please give them our details, we would love to hear from them.

“Help us to make a difference”
Supporting People with Dementia
Become A Member

Manager
Alzheimers Whanganui
4/236 Victoria Avenue
Whanganui 4500



I would like to support Alzheimers Whanganui
by becoming a Member

☐

Membership **\$30.00** (includes \$3.91 GST)
(January To December / per calendar year)

I would like to make a donation

☐

Donation \$ _____

Internet banking:

Account Name: Alzheimers Whanganui Inc.

Account Number: 03 0791 0296329 00

‘Whānau Wellbeing and Dementia’ Education Programme
Designed for the Carer’s and those supporting people with Dementia

Our next programme is in Whanganui

(We hold the programme both morning & evening.

10:00am—12:00pm

5:30pm –7:30pm

VENUE: Alzheimers Office, 4/236 Victoria Avenue, Whanganui

Please call the office to enquire for next dates

If you are interested, please contact us to register.

Or if you require further information, please contact our office

Phone (06) 345 8833 or email: admin@alzheimerswhanganui.org.nz

The Education Programme is funded by a Contract with Te Whatu Ora Whanganui

Farewells

We wish to extend our thoughts and condolences to the families who have recently lost a loved one.

With fond memories we say farewell, you will be missed.



Thank you to the Whanganui Bridge Club for hosting their annual tournament as a fundraiser for Alzheimers Whanganui.



Thank you to the following funders and donations received this quarter.



Thank you to New World for their generous support with providing Gift Baskets for our fundraiser Raffle at the Bridge Tournament .

Thank you to those who have given private donations, we are truly grateful.

A Big **Thank you!**

We wish to acknowledge with gratitude the following organisations that have provided Grants, Donations, and Services to Alzheimers Whanganui.

- **Te Whatu Ora Health NZ** - For Contracting us to ensure we can support our community.
- **Whanganui Regional Health Network**—For Contracting us to deliver the CST (Cognitive Stimulation Therapy) programme.
- **St Johns Club** - providing their venue for three of our groups (Music & Movement; Over A Cuppa and 'Pool & Pint').
- **Ricoh Wanganui** - donating our photocopier and charging minimal operating costs.
- **Good Bitches Baking** - the wonderful ladies who do home baking for our group members.
- We wish to thank the following business for supporting us by having a collection tin at their counter:
Four Square St Johns (Great North Road), Aramoho Mags & Lotto, Yellow House Café
- **Murray Crawford** for the proceeds from the sale of his two books *Whimsical Tales of old Wanganui* and *More Whimsical Tales of old Wanganui*.
- **River City Press & Paiges Book Gallery** for book sales of Murray Crawfords books.
- **Kowhainui** for offering the use of their van for our group outings.
- **H & A Print**—For providing folders and helping take care of our printing needs with a discount.

If you would like to support us by having a collection tin; please contact our office.



Aramoho Mags & Lotto



Thank you for your support



RICOH

grassroots
trust central

COGS
Community Organisation
Grants Scheme

 **THE LION
FOUNDATION**
Here for good

JBS Dudding.
Charitable Trust
Managed by Public Trust

 **RANGITIKEI**
DISTRICT COUNCIL
Making this place home.

 **WHANGANUI
DISTRICT COUNCIL**
Te Kaunihera a Rohe o Whanganui

Te Whatu Ora
Health New Zealand

 **WCCT**
Whanganui Community
Charitable Trust

Page Trust

*St Laurence's
Social Services Trust*



 **FREEMASONS**
New Zealand

 **LAND SEARCH
& RESCUE**
New Zealand | Rapa Tawhenua

 Whanganui
Community
Foundation
Here for your community

ST JOHNS
Club

 **NEW WORLD**
Whanganui

 **RitePrice**
rentals
always the rite price!

G.O.M.E

 **good bitches**
BAKING

H&A
— PRINT —
Est. 1923



The St Andrews
Kilwinning Lodge 79



Aramoho Mags & Lotto

 **ALZHEIMERS**
NEW ZEALAND
Whanganui