



Alzheimers Whanganui



Words from the manager

Kia ora

What a wonderful and busy spring it has been for Alzheimers Whanganui!

Our 2025 Memory Walk was an incredible success — together, we raised just under \$5,200, almost doubling our \$3,000 goal. More importantly, we raised awareness, shared stories, and created special memories. Thank you to everyone who walked, donated, and supported this vital cause. Your generosity helps us continue providing information, connection, and support for people living with dementia mate wareware, their whānau, and our community.

We also held a Brain Health Seminar in collaboration with the Whanganui Regional Health Network and Te Whatu Ora, which was a great opportunity to talk about brain health and dementia mate wareware awareness. It's inspiring to see so many people interested in learning more about how we can all look after our brains and support each other when navigating dementia mate wareware.

A huge thank you goes out to our amazing team and volunteers! Your compassion, dedication, and hard work make everything we do, possible.

As we head into the holiday season, we'll be taking a well-deserved break. And we're looking forward to seeing you next year.

Wishing you a wonderful Christmas!

Ngā mihi nui,
Renee Clark

Summer Newsletter



Christmas Closure Dates

Closed from

Monday 22nd December

Reopen

Monday 5th January 2026

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!](#)

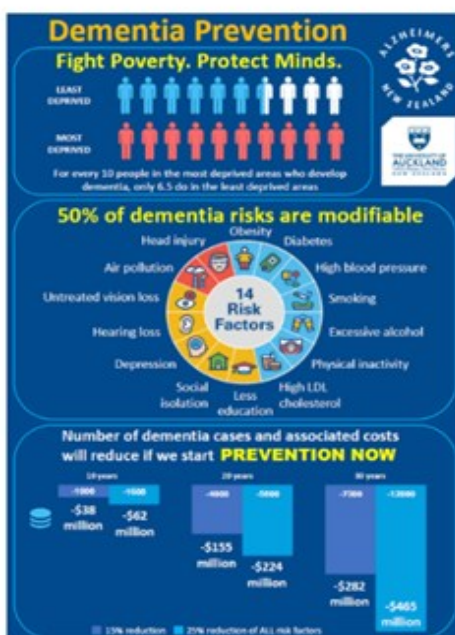
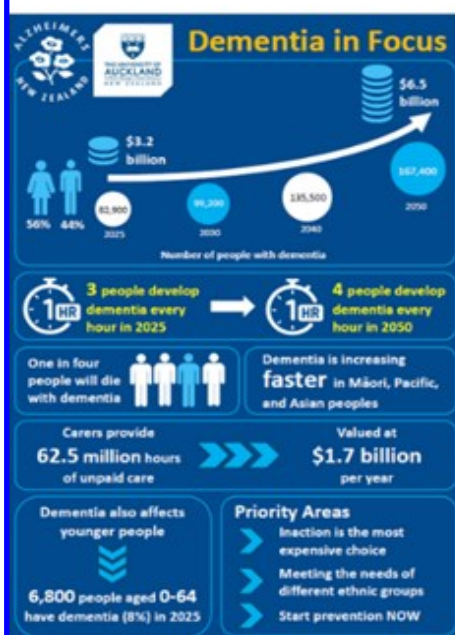




Three New Zealanders develop dementia every hour

Alarming new research shows dementia mate wareware is now affecting three New Zealanders every hour – around 500 people every week, says Alzheimers NZ.

The University of Auckland data, commissioned by Alzheimers NZ and released recently to mark World Alzheimers Month, paints a stark picture.



[Find out more online](#)

Podcast: Dementia support

[Alzheimers Whanganui](#) Manager Renee Clark and [Alzheimers Northland](#) Manager Trudi Bridges share their insights on dementia support for World Alzheimers Month.

This was timely with the launch of the World Alzheimer Report 2025 on dementia rehabilitation. While the concept of rehabilitation can have certain connotations, for people with dementia mate wareware it's about maintaining and often improving both physical and cognitive function to help improve overall quality of life.

[Click here to listen](#)

Summer is here

SPF Protection

Peak hours for outdoor activity: While the hottest part of the day is typically in the late afternoon, the hours between 11 AM and 4 PM are still considered the most intense for sun exposure and are best avoided for strenuous outdoor activity.

Stay in the shade and remember to Slip, Slop, Slap and wrap!!



Stay Hydrated

To stay hydrated this summer, drink water regularly throughout the day, especially before and during physical activity. Incorporate hydrating foods like watermelon and cucumber into your diet, and carry a reusable water bottle to serve as a constant reminder.



Farewell to Fiona

We wanted to let you know that Fiona will be finishing with us on 18 December. Over the past six years, she has brought so much kindness, energy, and dedication to our team and to everyone in her groups.

Those who have shared time with Fiona will know how much she cares about each person she works with, always focusing on individual needs and celebrating each person's strengths.

Fiona will be greatly missed, and we are so grateful for the positive impact she has made in our community.

We wish her every success and happiness as she begins her next chapter.

Fiona, your beautiful smile and laughter will be missed by all who know you!



Memory Walk 2025

A huge **thank you** to everyone who supported our **Memory Walk** this year — it was a fantastic success!

We were blessed with **great weather, a great turnout, wonderful entertainment, and an amazing amount of funds raised**. We hope to see you all again next year!

A special thank you to the Rapid Relief Team for their outstanding support and for providing delicious catering for the event. All funds raised were donated to **Alzheimers Whanganui**.

Thank you to Gary Mcpake for the great photo's, we appreciate your time and support.

Thank you also to Garry Spooner for joining us and sharing your music after the walk. It was so good to relax, enjoy the burgers from the Rapid Relief Team, and listen to your performance.

Finally, thank you to **every single person who supported us on the day** — your generosity and kindness make a meaningful difference for the Alzheimers Whanganui community.





Spring



Outings

End of Year Group Christmas celebrations

Thank you to

Safe Mode our IT providers for the generous donation of a grocery voucher to help towards the catering of our Clients Christmas Luncheon



Windermere Berry Farm for donating the many Berry Delicious Strawberries for dessert.

With the support of these businesses we were able to provide a lovely lunch for our people.



Groups Christmas



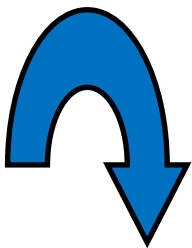
Thank you to Moston School for their beautiful voices singing Christmas Carols.

Alzheimers Whanganui Social Groups

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

“We will notify everyone in our groups of your 2026 group outings once our 2026 Group Outings Calendar has been finalized.”

We take this opportunity to thank Kowhainui for their support this year with providing a van for us each Monday for our group outings.



We'd love to hear from you!

Each year, we send out surveys to the people who attend our groups. This year, we are also reaching out to carers and to our people with dementia.

These surveys help us with our funding applications, and they also let us know whether we're doing things right. Most importantly, your feedback helps us improve our services.

We would be grateful if you could take a few moments to complete the surveys below.

Your experiences and thoughts are really important to us—they help us make our services more supportive and meaningful. We have two short feedback surveys: one for people living with dementia, and one for carers/whānau.

If you have a few minutes, we would be grateful for your feedback by **31 January 2026**.

Link for Person with dementia: [Click here](#)

Link for Carers/Whānau: [Click here](#)

Thank you for sharing your voice and helping us improve what we do!

CST has proven to be very successful.

It is great to see the office busy with people coming in everyday to take part, and being able to connect with the carers more regularly.

It brings us so much joy to see the improvements in those who attend—their growing confidence, improved communication, and enhanced wellbeing.



Our Pin Ball Game has had a fantastic revamp thanks to **Morrie Gibbons Signs**!

They generously donated their time and materials to refresh the photo image on the board, and it looks amazing.

A big thank you to **Morrie Gibbons Signs** for your wonderful support — we truly appreciate it!



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



Volunteers

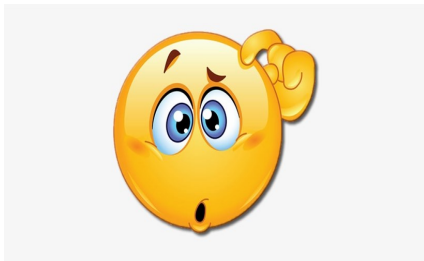
Thank you Luncheon

"Late October saw us celebrating our amazing volunteers with a special lunch at Windermere Berry Farm.

We couldn't do what we do for our dementia careware community without you.

You're all incredible—thank you!"

Sadly, we have no photos — we were having such a great time that we completely *forgot* to take any!



We wish you all

A

safe and very

Merry Christmas

Happy New Year



May your Christmas sparkle with moments of love, laughter and goodwill. And may the year ahead be full of contentment and joy.



Lessons from a Christmas Tree:

"Be a light in the darkness.

We all fall over sometimes.

You can never wear too much glitter.

Bring joy to others.

Sparkle and twinkle as often as possible.

It's okay to be a little tilted".

~ Jane Lee Logan

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.

Starts back up January 12th 2026

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

4/236 Victoria Avenue Whanganui

Ph: 06 345 8833

Friday 10.00—11.30 a.m.

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

<u>Date</u>	<u>Speaker</u>
30 January 2026	TBC
27 February 2026	TBC
27 March 2026	TBC
24 April 2026	TBC
29 May 2026	TBC
26 June 2026	TBC
31 July 2026	TBC
28 August 2025	TBC
25 September	TBC
30 October 2026	TBC
27 November 2026	Christmas Morning Tea & Planning Guest Speakers For 2027

Further enquiries please phone our office.

Men's Carers Group

A chance to get support from us and each other

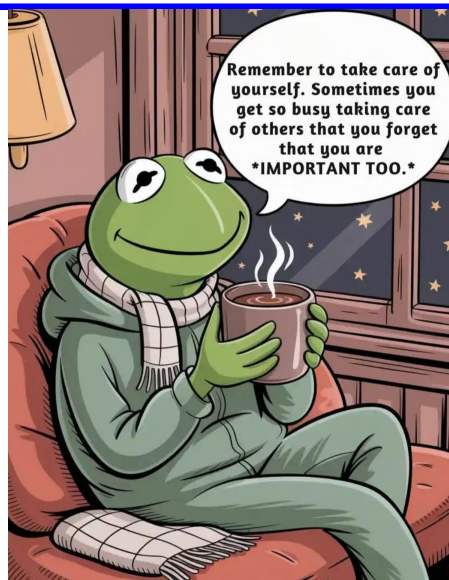
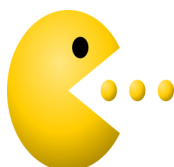
Held on the on the 1st and 3rd Monday of the
month.

10.30am-12.00pm

Starts Back up February 2nd 2026

4/236 Victoria Ave, Whanganui

Ph: 06 345 8833



“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

We are currently planning the dates for 2026 Education Programmes

If you are wanting to register please call or email us so we can put you on the list to contact once we have the dates and venue confirmed.

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

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

“Highly recommended for anyone who is new to caring or supporting those
affected by dementia “

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 following grant providers for supporting us this last quarter.

Your generosity is greatly appreciated and plays a vital role in helping us continue the work we do within our dementia care community.

NZCT—NZ Community Trust

St Laurence's Social Services Trust

The Lion Foundation

TG McCarthy Trust

Rangitikei District Council

Whanganui District Council

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

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 Crawford's 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



enliven
Positive Ageing Services
PRESBYTERIAN SUPPORT CENTRAL

 **FREEMASONS**
New Zealand

*St Laurence's
Social Services Trust*



Here for your community

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

 **NEW WORLD**
Whanganui

 **RitePrice**
rentals
always the rite price!

ST JOHNS
Club



The St Andrews
Kilwinning Lodge 79

G.O.M.E


good bitches
BAKING

H&A
—PRINT—
Est. 1923

Aramoho Mags & Lotto




Whanganui