



Alzheimers Whanganui



Words from the Manager

Kia ora koutou,

It's hard to believe how quickly the summer months have passed as we move into autumn. After a well-earned break over December/January, our team is back and busy with the year ahead.

Our 2026 group programme is underway and receiving great feedback. Our new cognitive stimulation programme — blending cognitive stimulation activities, gentle exercise, and social connection, is already making a positive difference. It's wonderful to see the impact this evidence-informed approach is having for participants. Alongside this, our monthly van group outings and the evidence-based CST programme continue to thrive.

For carers — we encourage you join our support groups. We know how important it is to take time for yourselves, connect with others, and feel supported in your unique journey with dementia.

Referrals continue to grow. We understand that receiving a diagnosis can feel overwhelming — please know we are here to walk alongside you and your whānau. The earlier you connect with support, the better the outcomes, so we encourage early referrals.

A big thank you to our wonderful team and volunteers! Your warmth, professionalism, and commitment make a real difference every day.

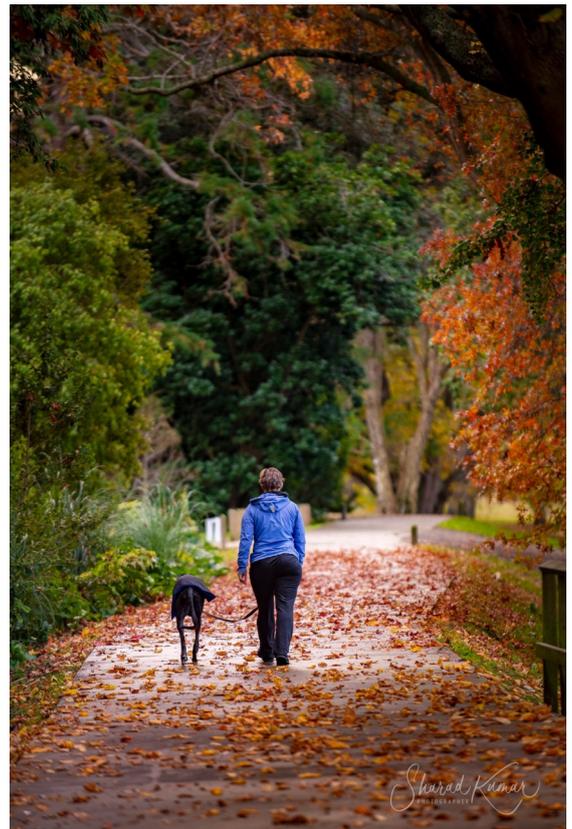
As fundraising is vital to sustaining our work, we welcome any ideas, opportunities, or partnerships you would like to explore with us.

Please join us at our AGM on 31 March as we reflect on 2025 and look ahead to 2026. Your voice helps shape our direction, and we would love to see you there.

Ngā mihi nui,

Renée Clark, Manager

Autumn Newsletter



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!](#)





ANNUAL GENERAL MEETING 2026

**31 March 2026
3:00PM - 4:00PM**

 **Alzheimers Whanganui**
4/236 Victoria Ave
Whanganui



March is Brain Health Awareness Month

At Alzheimers Whanganui, we believe every brain is a treasure — unique, powerful, and worth caring for at every stage of life.

This March, as we recognise Brain Health Awareness Month, it's a great time to reflect on something hopeful: up to 50% of dementia cases in New Zealand may be preventable through positive lifestyle choices. That's an empowering message for individuals, whānau, and our whole community.

Looking after your brain doesn't have to be complicated. Small, everyday actions can make a meaningful difference:

- **Keep active** – move your body in ways you enjoy.
- **Check your hearing and vision** – addressing changes early supports brain health.
- **Eat well** – nourish your brain with balanced, healthy foods.
- **Avoid head injuries** – take care during sport, work, and daily activities.
- **Stay connected** – relationships and social engagement matter.
- **Look after your heart** – heart health and brain health go hand in hand.
- **Have fun** – joy, laughter, and purpose are powerful protectors.

It's never too early — or too late — to start making positive changes. Every step taken today is an investment in your future wellbeing.

Let's treasure our brains and support one another to live well, stay connected, and take action for better brain health.



New Cognitive Stimulation Programme Launches in Whanganui and Marton

Alzheimers Whanganui is pleased to introduce a new Cognitive Stimulation Programme (CSP) that is now underway in Whanganui and Marton. The evidence-informed group programme has been thoughtfully developed to support people living with a diagnosis of dementia / mate wareware, with a strong focus on each person's strengths, abilities, and lived experience.

CSP is a group-based programme, offering a safe, welcoming space where participants can enjoy meaningful cognitive stimulation activities, gentle physical exercise, and opportunities for social connection. Sessions are relaxed and supportive, encouraging people to take part at their own pace. Early feedback has been very encouraging, with participants valuing the sense of engagement and movement.

If you would like to learn more or to register, please contact our Navigator, Mary Conway:

Phone: 06 345 8833

Email: support@alzheimerswhanganui.org.nz



Cognitive Stimulation Programme (CSP)

Supporting people living with a diagnosis of dementia/mate wareware

- Cognitive stimulation activities
- Gentle physical exercise
- Social connection

When
1st & 3rd Wednesday of each month
10:30AM - 12:30PM

Where
Whanganui

How to Register

📞 06 345 8833
✉ support@alzheimerswhanganui.org.nz



Cognitive Stimulation Programme (CSP)

Supporting people living with a diagnosis of dementia/mate wareware

- Cognitive stimulation activities
- Gentle physical exercise
- Social connection

When
2nd Wednesday of each month
10:00AM - 12:00PM

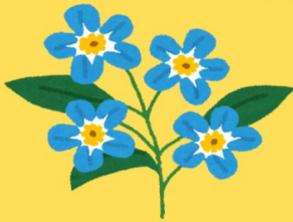
Where
Marton

How to Register

📞 06 345 8833
✉ support@alzheimerswhanganui.org.nz



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

A very big thank you to all of our wonderful volunteers, past and present.

To those who have recently moved on, we appreciate the time and support you gave to our clients. Thank you for the contribution you made during your time with us, and we wish you well for the future.

To our new volunteers, welcome! Thank you for choosing to volunteer with us. We look forward to working together.

If you are interested in becoming a volunteer, please get in touch — we would love to hear from you.

Membership Reminder

As we move into autumn, it's time to renew memberships. We'll be sending friendly reminders later in the month. If you'd prefer to take care of your payment sooner, you're welcome to stop by the office or make a payment online.

A membership form is included in this newsletter for your convenience.

Just a quick update — we now have EFTPOS available in the office.

Group Programmes 2026

We're delighted to share that our revised group format is working very well!

We've received an overwhelming amount of positive feedback from both clients and carers, and we'd like to say a big thank you to everyone for adapting so positively to the changes and for sharing such valuable feedback.

Your input helps us continue improving what we do. Our priority remains to provide meaningful support, community groups, and activities that promote health and wellbeing for all.



That Summertime Feeling!



Alzheimers Whanganui CAFE



Every 2nd Monday of the month
for carers and support people

4/236 Victoria Ave, Whanganui

10.30am—12.00pm

\$5.00 donation

Covers a cuppa and morning tea

Your donation helps to support us, to support
others.

Would love to see you there!

Office Update

Our Office Administrator, Terie, will be away from 10 March. During this time, office hours may vary and staffing will be limited. Thank you for your patience while we manage this period. We look forward to welcoming Terie back around 24 March.



Carer Support Group

Alzheimers Whanganui
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>
27 March 2026	Mary from CART team
24 April 2026	MSD talk—Kelvin & Manuel
29 May 2026	Linda Weterman JP
26 June 2026	Home Sweet Home Nicky Pearce
31 July 2026	Driving Miss Daisy
28 August 2025	Dempsey & Forrest Tour Meet there at 10am
25 September	Green Prescription, Sport Whanganui
30 October 2026	Caring for Carers Olive Redfern
27 November 2026	Christmas Morning Tea & Planning Guest Speakers For 2027

Please contact us if you have any queries.

Men's Carer Support 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



“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

Our thoughts are with the families who have recently lost a loved one.

With fond memories, we acknowledge those who are no longer with us. They will be remembered and missed by our community.



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 community.

JBS Dudding.
Charitable Trust
Managed by Public Trust 

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

Thank you to our Funders & Sponsors!

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

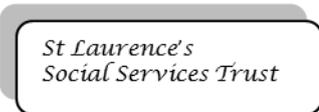
- **Te Whatu Ora Health NZ** for Contracting us to ensure we can support our community.
- **Whanganui Regional Health Network** for Contracting us to deliver the CST (Cognitive Stimulation Therapy) programme.
- **St Johns Club** for providing their venue for our CSP group.
- **Ricoh Wanganui** for donating our photocopier and charging minimal operating costs.
- **Good Bitches Baking**, the wonderful ladies who provide home baking for our groups.
- **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 free use of their van for our group van outings.
- **H&A Print** for providing folders and helping take care of our printing needs with a discount.
- 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

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



Thank you for your support!



Here for your community



The St Andrews
Kilwinning Lodge 79



G.O.M.E



Aramoho Mags & Lotto



Whanganui