



# Alzheimers Whanganui

## Message from our Manager

As we move into winter, we reflect on both gratitude and loss within our organisation.

It is with great sadness that we acknowledge the passing of our much-loved volunteer and Board member, Karen Noyes. Karen was part of our team for many years, and we are incredibly grateful for the time we shared with her. She brought warmth, humour, dedication, and genuine care to our organisation and to the people we support. Karen will be deeply missed by staff, volunteers, and all who knew her.

Our love and thoughts are with John, Chris, Jamie, Bentley, and their families.

At the end of March, we also held our AGM, where we acknowledged the resignation of two long-serving Board members, Richard Bullock and Margaret Campion. We sincerely thank Richard and Margaret for their years of service and commitment to our organisation, with Margaret having been involved since the very early days.

I am also preparing to speak at the upcoming CST Symposium in Auckland, where I will share our experiences of introducing Cognitive Stimulation Therapy (CST) into community dementia support. It is a valuable opportunity to reflect on balancing the fidelity of an evidence-based programme with the realities of community delivery, while continuing to provide meaningful, person-centred support for people living with dementia and their whānau.

Thank you to our staff, volunteers, supporters, and community for the compassion and commitment you continue to show every day.



*Thank you*





Renee Clark  
Manager



### BECOME A MEMBER OR DONATE

**Every little bit helps!**

Stay connected, subscribe for newsletters, learning tips, and event updates.

-  4/236 Victoria Avenue, Whanganui
-  06 345 8833
-  [admin@alzheimerswhanganui.org.nz](mailto:admin@alzheimerswhanganui.org.nz)
-  [alzheimers.org.nz/whanganui](http://alzheimers.org.nz/whanganui)

## A Tribute to Karen

We were deeply saddened to hear the news of the sudden passing of our long-standing Board Member and Volunteer, Karen Noyes.

To say that Karen will be missed would be an understatement. As a Board member she was an engaging participant. She rarely missed a meeting and was never shy about sharing her thoughts, concerns, useful information and ideas or questioning decisions, but always in a positive way. She displayed all the traits you'd expect and desire from a good board member, all of which were appreciated by staff and fellow board members.



In 2021 when Karen was still working at Broadview, she approached the Board and asked them to consider catering a mid-year Christmas dinner for the residents of Broadview as a fundraiser for Alzheimers Whanganui. This instigated the formation of our little catering crew, made up of four other Board members. The dinner went exceptionally well; the residents were happy and that event ultimately lead to many others at Broadview. After Karen retired, she joined the crew and our suite of events expanded to afternoon tea, dinners at varying locations and a retirement party. She became our catering guru with all the hints, tricks and quickfire solutions to whatever challenges came our way in the kitchen. And there were definitely a few challenges! However, we successfully pulled off each event, securing our reputation for future ventures. She also extended her volunteer efforts to our operations level by assisting, when needed, as the van driver on our Group outings and helping with other non-kitchen-related fundraising events, as well as hosting a full 'High Tea' in her home to celebrate our volunteers. She left us in awe of the glorious baking, always in huge quantities, which everyone, including our clients, got the benefit of.

Most importantly, Karen will be remembered by all of us for her never-ending generosity of spirit, her willingness to pitch in and give her time and skills, the comradery we shared and her never failing support of our organization.

With all our love to you Karen, Alzheimers Whanganui.





**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](mailto:cst@alzheimerswhanganui.org.nz)



Our group programmes are designed for people with dementia, combine cognitive stimulation, light exercise, and social connection—helping minds and bodies stay healthy and active.

## Cognitive Stimulation Programme (CSP)

Supporting people living with a diagnosis of dementia/mate wareware

- Cognitive stimulation activities
- Gentle physical exercise
- Social connection

**When**  
1<sup>st</sup> & 3<sup>rd</sup> Wednesday  
2<sup>nd</sup> Wednesday

**Where**  
Whanganui  
Marton

**How to Register**  
06 345 8833  
[support@alzheimerswhanganui.org.nz](mailto:support@alzheimerswhanganui.org.nz)



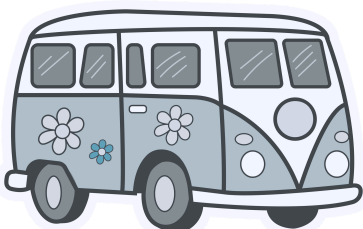
## 2026 GROUP PROGRAMMES

Supporting people with a diagnosis of dementia to stay connected and active

### Van Group Outings

Our van outings are relaxed, enjoyable, half-day experiences. Activities reflect group interests, preferences and physical abilities, supporting social connection, cognitive stimulation and wellbeing. These outings also provide carers and whānau respite.

- 1<sup>st</sup> Monday - Pāua group
- 2<sup>nd</sup> Monday - Tui group
- 3<sup>rd</sup> Monday - Fern group
- 4<sup>th</sup> Monday - Kiwi group



### Cognitive Stimulation Therapy (CST)

CST is an evidence-based, 7-week programme facilitated over 14 sessions for people with mild to moderate dementia.

Once participants complete CST, they are able to join the Maintenance CST group, running weekly, for 26 weeks.



### Cognitive Stimulation Programme (CSP)

Our new group programme focuses on cognitive stimulation practices, gentle physical exercise and social connection. CSP is available in Whanganui and Marton:

- 1<sup>st</sup> & 3<sup>rd</sup> Wednesday - Whanganui
- 2<sup>nd</sup> Wednesday - Marton

# Meaningful Activity Groups

## Reflecting on our group programmes

During autumn, our van group outings provided many opportunities for connection, creativity, enjoyment, and shared experiences. Together, groups enjoyed visits to Bushy Park Homestead, the Art Gallery, Piano Man performances, pottery classes, the Museum, and relaxing beach trips. These outings supported people to engage in activities that reflected their interests, strengths, and preferences, while enjoying companionship and meaningful time together.

We have been fortunate to make the most of the beautiful autumn weather, with many enjoyable outdoor adventures and community outings over recent months. As winter arrives, we are now finalising seasonal activities tailored to each group's interests and abilities, ensuring everyone can continue to participate in enjoyable, purposeful experiences during the colder and wetter days ahead.

We are currently running our fifth Cognitive Stimulation Therapy (CST) programme, and we continue to value the connection, growth, and enjoyment each group brings. CST is the only well-established psychological therapy for people living with dementia with clear evidence of benefits to cognition and quality of life.

Participants and their whānau have noticed positive changes in communication, reminiscence, confidence, and social connection, with many continuing on to our weekly Maintenance CST programme. It has been wonderful to see friendships forming within the groups, and we feel grateful to be part of each person's journey — not to mention the fun and laughter we share along the way.

Our Cognitive Stimulation Programme (CSP) continues to thrive in Whanganui, with strong interest and wonderful engagement from participants. Due to the programme's popularity, we now have a waitlist for new referrals wanting to join the Whanganui group.

We currently have spaces available in our Marton CSP group. If you would like to find out whether this programme may be suitable for you or someone you support, please speak with Mary, our Navigator.

We are also looking forward to sharing some exciting updates about our Whanganui CSP venue in the coming months.



# Carer Support Groups



## Monthly Carer Support Group

A structured carer support group led by our Navigator who facilitates group discussions and organises guest speakers.

Last Friday of each month

**10:00am - 11:30am**

Alzheimers Whanganui

- **26 June** (TBC)
- **31 July** (Driving Miss Daisy)
- **28 August** (Dempsey & Forrest Tour)
- **25 September** (Green Subscription)
- **30 October** (Caring for Carers)
- **27 November** (planning for 2027)

## Men's Support Group

A fortnightly mens support group who are caring for someone with dementia. This group is peer led and an informal, welcoming group.

1<sup>st</sup> & 3<sup>rd</sup> Monday

**10:30am-12:00pm**

Alzheimers Whanganui

- **15 June**
- **6 July**
- **20 July**
- **3 August**
- **17 August**
- **7 September**
- **21 September**
- **5 October**
- **19 October**
- **2 November**
- **16 November**
- **7 December**

## Alzheimers Cafe

Our *Alzheimers Cafe* is for anyone supporting someone with dementia. A \$5 donation goes towards morning tea and a hot drink.

2<sup>nd</sup> Monday of each month

**10:30am - 12:00pm**

Alzheimers Whanganui

- **8 June**
- **13 July**
- **10 August**
- **14 September**
- **12 October**
- **9 November**
- **14 December**

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# Preparing for a Needs Assessment

## A reflection guide for whānau and carers

Many carers tell us they did not realise how much support they were already providing before their Needs Assessment. To help families feel more prepared prior to a Needs Assessment, we have created a simple reflection guide to think about any changes noticed over the past 12 months.

This is just a tool to help whānau reflect on everyday life before meeting with the Needs Assessment Team.

### Its helpful to consider:

- What tasks seem harder now?
- What reminders are needed more often?
- What support has gradually become part of daily life?
- What changes concern you the most?

During the assessment, it helps to describe what happens on an average day or difficult day - not only the good days.

### Changes Noticed Recently

- More forgetfulness or repeated questions
- Increased reminders or reassurance needed
- Difficulty with meals, medications, or appointments
- Changes in mood, confidence, or motivation
- Concerns about safety at home or in the community

### Support Often Being Provided by Whānau

- Prompting or reassurance
- Household tasks or meals
- Transport or appointments
- Safety supervision
- Emotional or overnight support

### There are no right or wrong answers.

The purpose of a Needs Assessment is to identify supports that help both the person and their whānau live well, safely and with dignity.

**Contact our team if you would like a copy of the full guide.**

Whanganui - 4 & 18 June  
Marton - 3 & 10 June

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# LIVING WITH DEMENTIA

An education programme designed for people living with dementia/mate wareware and their whānau, supporting everyone to build understanding, strengthen connections, and live well together.

## SESSION 1

Understanding dementia and living well day to day

Staying active, connected, and involved

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## SESSION 2

Supporting brain health through everyday habits

Everyday support and planning ahead

## REGISTER NOW!

**Register to secure your spot. Spaces are limited.**

✉ [admin@alzheimerswhanganui.org.nz](mailto:admin@alzheimerswhanganui.org.nz)  
☎ 06 345 8833

# Tech - Tracking Devices

As dementia progresses, changes to memory, vision, and communication (among other things) can impact on a person's ability to access the community independently and safely. Unfortunately, this can sometimes lead to people becoming lost, prompting worry and urgent searches by family and emergency services. While this experience can be distressing, there is now a vast range of technologies on the market that can help reduce risks and maintain independence for longer. Tracking devices are one tool that are designed to enable people with dementia to remain active, mobile, and connected to their community, while offering peace of mind to families and carers.

## Choosing the right option

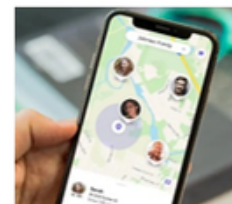
Devices can be worn as watches, pendants or discreetly clipped to clothing or personal items. There are also smartphone apps and specialist trackers tailored specifically for dementia care. Whether an option is right for you will depend on your specific situation.

As well as supporting independence, tracking devices can reduce the time it takes to locate someone and to get help in emergencies. When choosing a device, consider:

- Stage of dementia and likelihood they will wear it
- Environment: urban or rural, indoor vs outdoor ranges
- Features you need: geofence, SOS, voice call, fall detection
- Budget: both device cost and ongoing subscription/service fees
- Ability to manage charging and smart phone connectivity requirements
- local support - NZ based suppliers can make setup and service easier.



## Tracking Apps



## Bluetooth tiles/tags



## Medical alarm with GPS



## Wander Search



[Alzheimers Whanganui](https://www.facebook.com/alzheimerswhanganui)



[@alzheimerswhanganui](https://www.instagram.com/alzheimerswhanganui)



[alzheimers.org.nz/whanganui](https://www.alzheimers.org.nz/whanganui)

## Brain Health Education Series



The Whanganui Regional Health Network are hosting a Brain Health Education Series on 10, 17, and 24 June. This series provides an opportunity to learn more about brain health, wellbeing, and practical ways to support cognitive health. To register your interest or secure a place, please contact [info@wrhn.org.nz](mailto:info@wrhn.org.nz) or **06 348 0109**.



# Alzheimers

## MEMBERSHIP FORM

Your support helps ensure we can continue walking alongside local people and whānau living with dementia/mate wareware.

Memberships contribute to the ongoing sustainability of our services and help us support families across the region. As a member you will receive:

- Quarterly newsletters
- Invitations to events and community activities
- Voting rights at our Annual General Meeting (AGM)

Personal Information	
Name:	
Address:	
Phone Number:	
Email:	
<input type="checkbox"/> I would like to receive a newsletter by email	
Membership Type (please select one)	
<b>Annual Membership</b>	
<input type="checkbox"/> Individual/Family Membership - \$30	
<input type="checkbox"/> Corporate Membership - \$100	
Donation (Optional)	
I wish to make an additional donation of:	
<input type="checkbox"/> \$20	
<input type="checkbox"/> \$50	
<input type="checkbox"/> \$100	
<input type="checkbox"/> Other Amount: \$	
<i>Donations of \$5 or more are tax deductible</i>	
Payment Options	
<input type="checkbox"/> EFTPOS or cash at Alzheimers Whanganui	
<input type="checkbox"/> Bank Transfer (please include your name in the reference):	
<b>Alzheimers Whanganui Incorporated</b>	
03-0791-0296329-000	

WE THANK THE FOLLOWING FUNDERS & SPONSORS FOR THEIR SUPPORT



WHANGANUI DISTRICT COUNCIL  
Te Kaunihera a Rohe o Whanganui



COGS  
Community Organisation  
Grants Scheme



Managed by Public Trust

PageTrust  
Managed by Public Trust



NZCT  
NZ COMMUNITY TRUST

grassroots  
trust central



JBS Dudding  
Charitable Trust  
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