



Alzheimers Whanganui

Join us for our Memory Walk

Join us on Saturday 19 September for our annual Memory Walk! This special community event raises awareness of dementia/mate wareware and shows people living with dementia that they are not alone.



Registration is open now, or you can register on the day. The 3km walk is suitable for everyone, with seats along the way, so you can walk all or part of the route at your own pace.

All proceeds help us support people living with dementia and their whānau in our community. We'd love to see you there and have you join us in showing your support!

Saturday 19 September 2026 | 10:30am

Message from our Manager

September is World Alzheimers Awareness Month, making it a time to reflect on the importance of raising awareness, reducing stigma and ensuring people living with dementia and their whānau feel supported and connected in our community.

Our team has been busy this winter, working behind the scenes on some exciting new ideas for Alzheimers Whanganui. From our new activities room at 236 Victoria Avenue, to beautiful new keepsakes created with local designers, there are plenty of things to look forward to.

We've also been preparing for our annual Memory Walk and continuing to look at ways we can strengthen our services and make your journey with dementia a little easier and more supported.

Thank you for trusting us to walk alongside you and your whānau. We truly appreciate being part of your journey, and we look forward to continuing to support our community throughout World Alzheimers Month and beyond.



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
-  alzheimers.org.nz/whanganui



Whanganui

MEMORY

Walk



A 3km community walk honouring people living with dementia/mate wareware, supporting whānau and bringing our community together

Saturday 19 September 2026

10:30 am | Whanganui River Market | Meet at Silver Bearing (Sphere)

Registration: \$10

Scan the QR code to register today
or register on the day



Raffle Tickets

We would like to extend a very special thank you to the generous local businesses who have supported our raffle. Your generosity helps us continue supporting people living with dementia and their whānau in our community.

1st Prize – Glass Art by Katie Brown

A beautiful bespoke glass piece created by internationally recognised glass artist, Katie Brown.

2nd Prize – 55” Panasonic TV

Generously sponsored by Advance Gaming Ltd.

3rd Prize – Food & Lifestyle Hamper

Including a delicious food hamper from The Burrow and Four Square St Johns, beauty vouchers from Be.be Beauty, and a \$100 voucher from Mitre 10 MEGA Whanganui.

We would also like to say a heartfelt thank you to everyone who has purchased a raffle ticket. Not only are you in with a chance to win one of these wonderful prizes, but your support also helps us continue to be there for people living with dementia and their whānau.

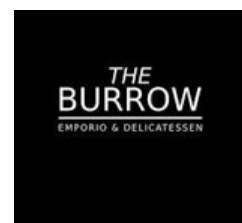
How to get your raffle ticket

There are limited tickets remaining available from Alzheimers Whanganui. If you'd like to be in the draw while supporting our work in the community, pop in and see us.

Thank you to everyone who has helped make this raffle possible. Your support makes a real difference.

Drawn on 19 September at the Memory Walk.

THANK YOU TO OUR SPONSORS!



Our New Activities Room

A New Space for Connection, Conversation & Meaningful Activities

We've been quietly working away behind the scenes, and we're delighted to share a wee glimpse of our new Activities Room, which is now open and already welcoming people through its doors.

This space has been created with the people we support at the heart of it. It provides a welcoming place for Cognitive Stimulation Therapy (CST), Cognitive Stimulation Programmes (CSP) and other meaningful group activities. It also gives our van outings a warm, comfortable place to come together when those wet and windy days make an outdoor activity less appealing!

We couldn't have created this space without the incredible support of our local community. A big thank you to:

- **Bunnings Whanganui** for providing paint
- **Richard Geyde** for generously discounting the preparation and painting
- **Kate Quigley** for capturing beautiful Whanganui photographs for our walls
- **Advance Gaming Ltd** for donating an 85" TV
- **Mitre10 MEGA Whanganui** for providing plants

Their generosity has helped us create a space where people can connect, participate, share memories and enjoy meaningful experiences together.

Thank you, St Johns Club!

With our new Activities Room now open, our groups will no longer be held at the St Johns Club.

We want to say a very big thank you to the team at St Johns for welcoming us and supporting our groups over the years. We have truly appreciated your generosity, kindness and partnership.

We're so pleased to have a space of our own and look forward to all the memories that will be made here.





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




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	Where
1 st & 3 rd Wednesday	Whanganui
2 nd Wednesday	Marton

How to Register

☎ 06 345 8833

📧 support@alzheimerswhanganui.org.nz



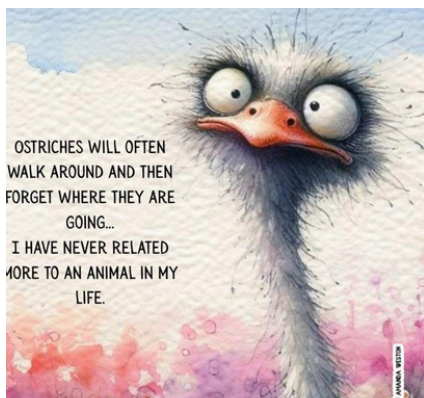
2026 GROUP PROGRAMMES

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 respite.

- 1st Monday - Pāua group
- 2nd Monday - Tui group
- 3rd Monday - Fern group
- 4th 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 CST Maintenance group, running weekly, for 26 weeks.



Cognitive Stimulation Programme (CSP)

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

- 1st & 3rd Wednesday - Whanganui
- 2nd Wednesday - Marton

Meaningful Activity Groups

Winter can sometimes make group activities a little more challenging, but our groups have continued to make the most of every opportunity to connect, participate and have fun. While the colder weather has meant more time indoors, our new activities room at Alzheimers Whanganui has provided a warm and welcoming space to gather, socialise and enjoy a range of meaningful activities together.

There have been plenty of highlights over the winter months, including pottery making, singalongs, visits to the Whanganui Museum and library, and a wonderful outing to The Piano Man. Back in our activities room, physical games, creative activities and plenty of conversation have kept everyone engaged. Our daffodil activities have also added a lovely splash of colour as we look forward to spring.

It has been wonderful to see everyone trying new things, sharing memories and enjoying the friendships that develop through our groups. These simple shared experiences create meaningful opportunities for stimulation, laughter and connection.

A very special thank you to Sharron Caseley, who regularly provides delicious baking for our groups. Your generosity and thoughtfulness are greatly appreciated, and the baking is always a favourite! We are incredibly grateful for your ongoing support of Alzheimers Whanganui.



**WanderSearch - now available
through Land Search and Rescue**

For more information, please visit
[Land Search and Rescue – WanderSearch.](#)

If someone goes missing, call 111 and ask for
Police.



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

- **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 informal.

1st & 3rd Monday

10:30am-12:00pm

Alzheimers Whanganui

- **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.

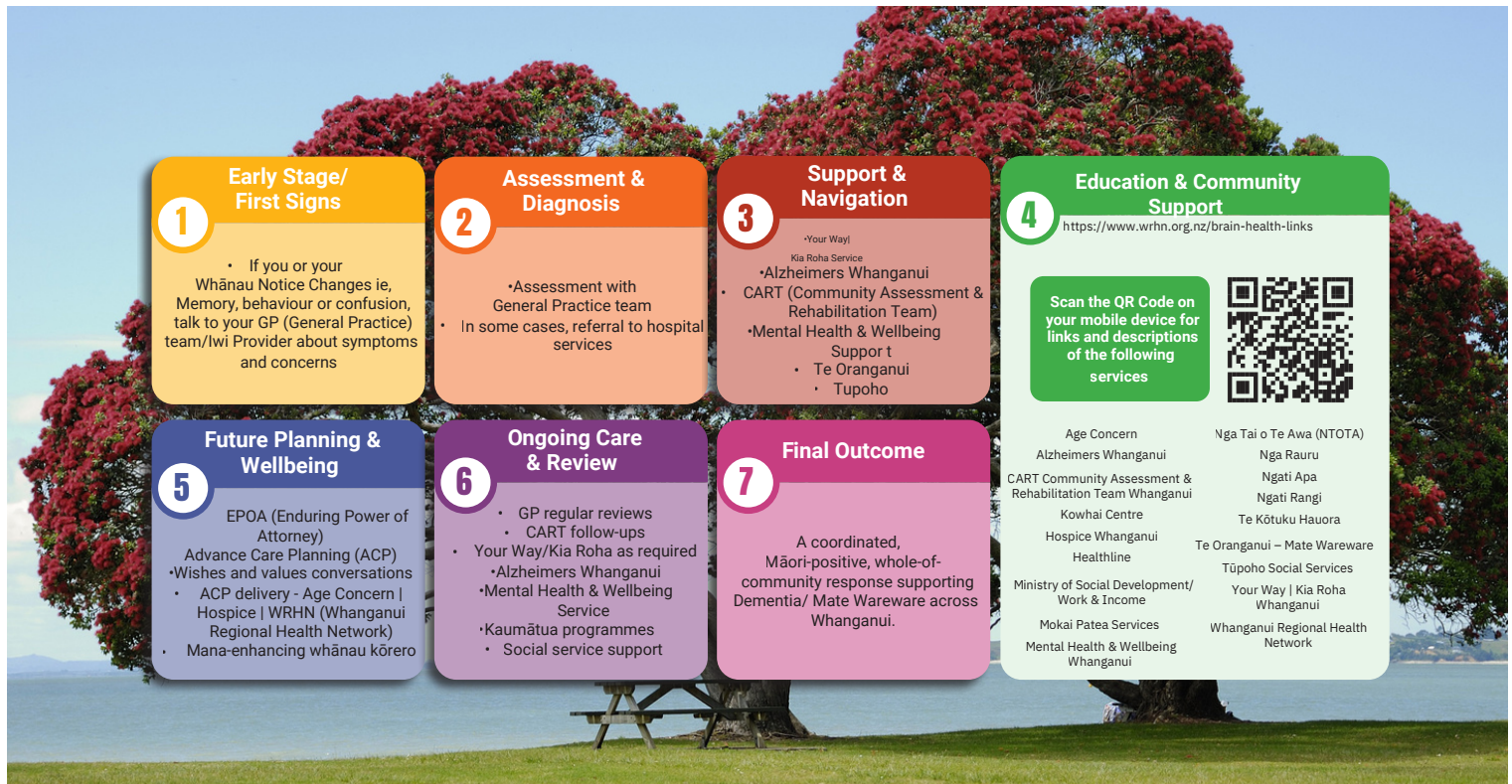
2nd Monday of each month

10:30am - 12:00pm

Alzheimers Whanganui

- **14 September**
- **12 October**
- **9 November**
- **14 December**

Whanganui Dementia Pathway



Each persons journey will be different, people may be engaged in multiple stages at the same time, or in a different order. You and your whānau are always at the centre of the journey.

He mokopuna taku iti, he kaumātua taku rahi

I am a mokopuna, so my family is important to me. I have a mokopuna, so I am important to my family.

Upcoming Community Events

WHANGANUI Living Well, Ageing Well TE ARA KI TE ORANGA | EXPO 2026



6 October 2026
War Memorial Centre
10:00am - 3:00pm

A free community expo celebrating positive ageing in Whanganui.

Discover over 40 local services, activities and community groups, hear from guest speakers, try something new and connect with others.

Whether you're planning ahead or simply keen to see what's happening in our community, there's something for everyone.

Visit whanganui.govt.nz/events for more information.

Made possible with the support of our community:



Advanced Care Planning Workshop

Make your wishes known, plan ahead for future healthcare

An **Advanced Care Plan** is a written plan that lets others know what is important to you if you become unwell or unable to speak for yourself. Having an Advanced Care Plan can:



This supportive **workshop** will guide you **step-by-step** through the process, explain things in **plain language**, and give you the opportunity to ask questions in a **relaxed friendly** environment. You don't need any prior knowledge - just come as you are.

Wednesday
19th August

10:00-11:30am
Age Concern Whanganui
164 St Hill St
Whanganui

Wednesday
11th November

REGISTER: Email: info@wrhn.org.nz Tel: 06 348-0109



Brain Health Group Education Series 2026

Join our **Brain Health Education Series** and discover simple, everyday ways to strengthen your brain and protect your future. Learn what's normal (and what's not) when it comes to memory, explore habits that boost brain health, and gain practical tools like Advance Care Planning and Enduring Power of Attorney to feel confident about the road ahead. Empower yourself with knowledge that makes a real difference to your wellbeing.



Sessions...

11 am - 12:30pm

Session 1: Wednesday 29th July & 21st October

Session 2: Wednesday 5th August & 28th October

Session 3: Wednesday 12th August & 4th November

These sessions are designed to be standalone, attend one session or all three. Limited to 20 participants per session.

Where? @ The Whanganui Regional Health Network, Gate 2, 100 Heads Rd.

Registration

To secure your place:

Email: info@wrhn.org.nz

Tel: 06 348-0109

Oct/Nov Jul/Aug
Programme

Session One: Healthy brain, healthy life:
Why your brain matters and how to take care of it (29th July)

Session Two: Know the signs:
Understanding memory and thinking changes (5th August)

Session Three: Be prepared: Planning and protecting your future (12th August)

Session One: Healthy brain, healthy life:
Why your brain matters and how to take care of it (21st October)

Session Two: Know the signs:
Understanding memory and thinking changes (28th October)

Session Three: Be prepared: Planning and protecting your future (4th November)

Learn simple, everyday ways to keep your brain healthy and create your own personal action plan.

You will learn:

- What do normal memory and thinking changes look like
- What can increase the risk of memory or thinking problems
- What habits and activities help protect brain health
- How to create your own plan to keep your brain healthy

A supportive session to help you recognise what's normal, what's not, and what steps you can take if you're concerned.

You will learn:

- The difference between normal ageing, mild cognitive impairment, and dementia
- Warning signs to look out for and when to ask for help
- How to prepare for a GP appointment and talk about your concerns
- How to share experiences and get support in a safe, understanding space

A practical workshop introduces the tools and supports available to help you plan ahead with confidence.

You will learn:

- Why Advance Care Plans are important
- Why having an Enduring Power of Attorney matters
- What services and resources can help you navigate health and support systems



Whanganui Regional
Health Network

Proudly Presented by the Whanganui Regional Health Network

Our education series aims to create a network of education sessions run by experts with an aim to tackle all of the serious issues facing our aged community.



Whanganui

LIVING WITH DEMENTIA

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

7 October
10:00am – 12:00pm

SESSION 1

Understanding dementia and
living well day to day

Staying active, connected, and
involved

14 October
10:00am – 12:00pm

SESSION 2

Supporting brain health through
everyday habits

Everyday support and planning ahead

REGISTER NOW!

**If you're interested, get in touch with us today to secure your spot.
Spaces are limited.**

✉ admin@alzheimerswhanganui.org.nz
☎ 06 345 8833

Driving Miss Daisy

A huge thank you to Driving Miss Daisy Whanganui

We'd like to acknowledge and thank the wonderful team at Driving Miss Daisy Whanganui, particularly co-owner Ray, for their ongoing generosity and support.

Driving Miss Daisy provides safe, reliable and compassionate transport, helping people get to appointments, activities, shopping and social outings while maintaining independence and connection.

We know transport can be a significant barrier to attending our programmes. Ray and his team understand this and have generously offered a heavily discounted rate for people living with dementia to travel to and from our group activities.

If you have a Total Mobility card, you may also be eligible for further discounts.

We are incredibly grateful to have such generous supporters in our community who want to help people living with dementia stay connected and take part in the things that matter to them.

If transport is a barrier to attending our groups, please get in touch with us. We may be able to help you access this reduced rate.

06 347 9100 or 021 503 313

[Driving Miss Daisy Whanganui website](#)

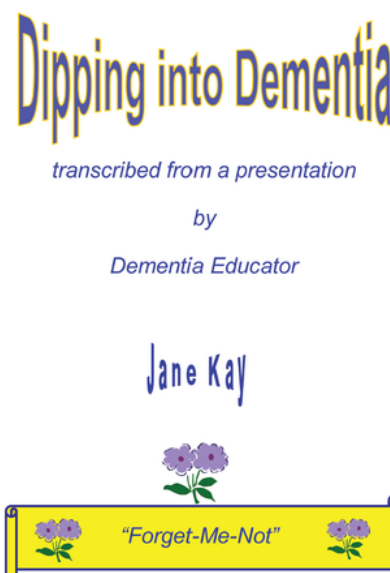


Dipping into Dementia

Our Dipping Into Dementia booklets are available for \$7 from Alzheimers Whanganui.

A handy resource for people living with dementia, whānau and anyone wanting to better understand dementia and how to support someone on their journey.

Pop in to Alzheimers Whanganui to pick up your copy.



alzheimers.org.nz/whanganui



[Alzheimers Whanganui](#)



[@alzheimerswhanganui](#)



Remembering Those We Have Lost

Our thoughts and heartfelt support are with the families and whānau in our Alzheimers Whanganui community who have lost someone they love.

We hold the memories, relationships and connections with warmth, and send our love and support during this time of loss.

New Merchandise

We're excited to share some special new keepsake items, available through Alzheimers Whanganui and at upcoming community events.

Every purchase helps support Alzheimers Whanganui and the people living with dementia, along with their whānau, here in our community.

The forget-me-not is a symbol of dementia and remembrance — a beautiful reminder to remember, care, and support those living with dementia and their loved ones.

Price list

FORGET-ME-NOT NECKLACE

Exclusively designed by NZ jewellery designer, Willow Collective. Hypoallergenic stainless steel with a durable gold or silver finish - a timeless keepsake to cherish memories and loved ones.

\$49



LOCALLY DESIGNED TEA TOWELS

Designed locally by Katy Beadle. Choose from our Whanganui River City or modern forget-me-not designs. A practical keepsake or thoughtful gift.

\$20 – 35

\$20 each or \$35 for two.



FORGET-ME-NOT CARD SET

A beautiful set of 10 cards featuring a classic forget-me-not design.

\$15



FORGET-ME-NOT KEY CHAIN

A meaningful keepsake for your keys or bag.

\$5





Alzheimers Whanganui

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

Thanks to our Funders



Managed by Public Trust



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



grassroots
trust central



JBS Dudding.
Charitable Trust
Managed by Public Trust



Here for your community

Thanks to our Supporters



RICOH



Aramoho Mags & Lotto

G.O.M.E