

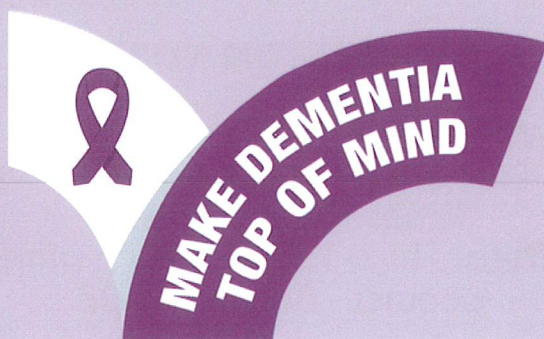
WHO WE ARE

Alzheimers Society Manawatu (ASM) covers the Manawatu, Horowhenua, Tararua and Otaki regions.

ASM seeks to destigmatize dementia, reconnect those who have become socially isolated and empower people through education, advice and guidance to take ownership of their own health and wellbeing.

We're committed to:

- Providing support to people with dementia, their families/whanau, friends and carers
- Education and informing the public and associated professionals about dementia
- Raising government awareness and encouraging action by highlighting the needs of people affected by dementia



CONTACT US

Main Office

642 Featherston Street, Palmerston North 4414

Phone:

06 357 9539

Email:

manawatu@alz-man.org.nz

Website:

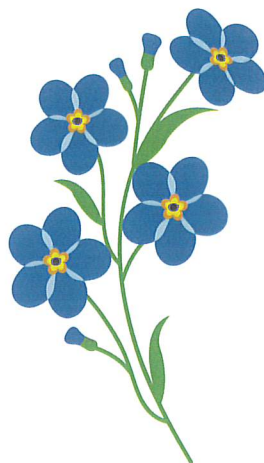
www.alzheimersmanawatu.org



@alzheimersmanawatu



Alzheimers Manawatu



Manawatu

Marion Kennedy Centre

MEMORY CAFES

Palmerston North, Feilding, Dannevirke, Levin and Woodville



Supporting people affected by dementia throughout the district

Alzheimers Manawatu
Marion Kennedy Centre

MEMORY CAFES

A place to come to relax and spend time with others who understand what you're going through in a social setting. Have a cuppa and a chat for an hour or two with others who have experienced life with dementia.

Memory Cafes are an option for carers/families and loved ones to enjoy the ongoing support of others who have similar experiences as yours. Just as our loved one moves through this journey so do carers, families and friends. Memory Cafe is another step for carers on their path to coping with the grief and pain of living and caring for a loved one with dementia.

Dementia Advisors:

Andrea Hodgetts: 027 357 9560
(Manawatu & Tararua)

Liam Walsh: 027 600 4408
(Palmerston North
& Horowhenua)

Please call 06 357 9539 or email
manawatu@alz-man.org.nz
for more details.

MOVING FORWARD

Just as we need to transition our loved ones with dementia through the stages of care, carers also need to transition through their own experiences and grief in order for them to move forward. This maybe at a time when your loved one has gone into residential care or passed away. Some people may choose to come to the Memory Cafe and still attend the Carer Support group (held monthly) for a time. You can talk to your Dementia Advisor about this.

Moving into the Memory Cafe does not mean you no longer have access to the Dementia Advisors, they will continue to provide you with support as needed. If your loved one is in care, you may find this an occasion where you can bring your loved one along for a social outing.



FEILDING

Where: Beyond Coffee

Time: 10am-11.30am

When: Third Thursday each month

Contact - 027 357 9560

DANNEVIRKE

Where: Black Stump Cafe

Time: 10am-12noon

When: Third Wednesday each month

Contact - 027 357 9560

LEVIN

Where: Bean Here Cafe

Time: 10am-12noon

When: Third Friday each month

Contact - 027 600 4408

WOODVILLE

Where: Wind Farm Cafe,
71 Vogel Street, Woodville

Time: 10am-11.30am

When: Second Wednesday each month

Contact - 027 357 9560

PALMERSTON NORTH

Where Elm Cafe & Restaurant
283 Fitzherbert Ave Palmerston North

Time: 10am-11.30am

When: Third Tuesday each month

Contact - 027 600 4408