

## 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:

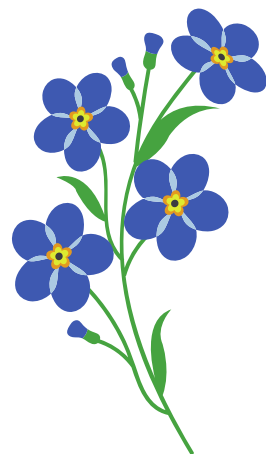
www.alzheimersmanawatu.org



@alzheimersmanawatu



Alzheimers Manawatu



## Manawatu

Marion Kennedy Centre

## MEMORY CAFES

Held in 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:

Anne Lowry: 027 357 9543  
(Horowhenua)

Andrea Hodgetts: 027 357 9560  
(Manawatu & Tararua)

Liam Walsh: 027 600 4408  
(Palmerston North)

Please call us on 06 357 9539 or email [manawatu@alz-man.org.nz](mailto: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. That is perfectly okay but it is important to eventually make the break. 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.



## PALMERSTON NORTH

**Where:** Marion Kennedy Centre,  
642 Featherston Street

**Time:** 1.30pm-3pm

**When:** Second Thursday each month

**Facilitator:** Irene

## FEILDING

**Where:** Beyond Coffee

**Time:** 10am-12pm

**When:** Third Wednesday each month

**Facilitator:** Carmel

## DANNEVIRKE

**Where:** Black Stump Cafe

**Time:** 10am-12pm

**When:** Third Wednesday each month

**Facilitator:** Diana

## LEVIN

**Where:** Bean Here Cafe

**Time:** 10am-12pm

**When:** Third Friday each month

**Facilitator:** Warrick

## WOODVILLE

**Where:** Wind Farm Cafe,  
71 Vogel Street, Woodville

**Time:** 10am-11.30am

**When:** Second Wednesday each month

**Facilitator:** Neil & Valda