HUNTER

Activities for carers and people with dementia

Activities support and empower carers and clients living with a diagnosis of dementia to engage in meaningful and therapeutic recreational activities. All activities are free.

CAFE CONNECT
(For people living with dementia and their carers)
These monthly Cafes provide an opportunity for people living with dementia and their carers to come together to share information and ideas over morning tea/coffee and enjoy meeting up with others in a relaxed atmosphere.

Venue: Toronto Workers Club, Toronto
When: Fourth Thursday each month
Time: 10am to 12noon

Venue: Ducks Crossing Restaurant, Eleebana
When: First Wednesday each month
Time: 10am to 12noon

NEWCASTLE SOCIAL GROUP
(For people living with dementia and their carers)
This group meets monthly. Meet new friends in a friendly, open and supportive environment. Enjoy activities at the Centre, theatre visits or picnics which are organized regularly.

Venue: Hunter Dementia & Memory Resource Centre
2 Percy Street, Hamilton
When: Third Wednesday each month
Time: 10.30am to 12.30pm

EXPRESSION THROUGH ART
(For people living with dementia)
Bring out your creative side and stimulate your mind through art.

Venue: Hunter Dementia & Memory Resource Centre
2 Percy Street, Hamilton
When: Every Friday
Time: 1pm to 3pm

COUNSELLING
(For people living with dementia, their carers and family members). For anyone who needs to talk to someone to help sort things out and find some direction again.

Venue: Hunter Dementia & Memory Resource Centre
2 Percy Street, Hamilton and throughout Maitland, Toronto and Central Coast regions.
When: By appointment only

LIBRARY AT THE CENTRE
Members of Alzheimer’s Australia NSW can borrow from an extensive selection of books, DVD’s, videos. Help sheets and other resource information is available for all.

Venue: Hunter Dementia & Memory Resource Centre
2 Percy Street, Hamilton
When: Monday to Friday
Time: 9am to 4.30pm

PERCY STREET SINGERS
(For anyone who loves to sing)
Ever wanted to sing? Come along and join this Sing-a-Long. For the young or young at heart in our community.

Venue: Hunter Dementia & Memory Resource Centre
2 Percy Street, Hamilton
When: Every Friday
Time: 10am to 11.30am

AT THE MOVIES
(For people living with dementia)
Come along, bring your lunch, enjoy a movie, be a movie critic and socialize. Popcorn and ice creams too.

Venue: Hunter Dementia & Memory Resource Centre
2 Percy Street, Hamilton
When: Every Monday (commencing April 2012—date TBA)
Time: 12.30pm to 4pm

BOOKINGS ARE ESSENTIAL
Phone: (02) 4962 7000
Monday to Friday 9:00am to 4:30pm

March 2012
ACTIVITIES

HUENTER

Activities for carers and people with dementia

Alzheimer’s Australia NSW offers a variety of education, information and activities for families, friends and others caring for a person with dementia. All activities are free.

CARER/FAMILY EDUCATION

CARERS COURSES
This course for 1 day per week over 3 weeks, explores in detail issues relevant to family carers and friends.
Day 1: The nature of dementia, effective communication and engagement.
Day 2: Behavioural symptoms of dementia
Day 3: The impact of dementia; community service support and planning ahead.

Venue: Hunter Dementia & Memory Resource Centre
2 Percy Street, Hamilton
When: 7th, 14th and 21st March 6pm to 8.30pm
When: 17th, 24th and 31st May 10am to 3pm
When: 6th, 13th and 20th September 10am to 3pm

IMPACT OF DEMENTIA
This 1-day course explores issues relevant to family carers and friends.

Singleton Venue—To Be Advised
When: 13th June 10am to 3pm

Raymond Terrace Venue—To Be Advised
When: 18th July 10am to 3pm

Nelson Bay Venue—To Be Advised
When: 15th August 10am to 3pm

BOOKINGS ARE ESSENTIAL
Phone: (02) 4962 7000
Monday to Friday 9:00am to 4:30pm

OTHER COURSES AND PROGRAMS

LIVING WITH MEMORY LOSS PROGRAM
This is a group program consisting of sessions over 7 weeks, held one day a week for a two hour session. These groups are specifically designed for people in the early stage of dementia and carers.

DEMENTIA CARER SUPPORT GROUPS
Support groups are where individuals get together on a regular basis to share information and build upon skills that can assist when caring for a relative or friend who is living with dementia.

CONTACT:
Phone the Newcastle/Lake Macquarie Dementia Advisory Service on 4985 5715 for further information, venues, dates and registrations for the Living With Memory Loss Program and the Dementia Carer Support Groups.

HUENTER DEMENTIA & MEMORY RESOURCE CENTRE
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