



From the Chair

2019 promises to be a year of new opportunity for Dementia Waikato.

On 18 March 2019 we open our doors at 8 Keddell Street, Frankton. The building was bought for us by an associated trust, the Waikato Dementia Foundation. The Foundation was established on the basis of funds given by two generous donor families to buy a permanent home for Dementia Waikato. The purchase is the first stage of a plan to develop facilities tailor-made for our clients. Foundation ownership will ensure we always have secure facilities to operate from. As well, the development will include facilities for other service organisations with a good fit with Dementia Waikato and its aims. Expect to see announcements in the near future as we progress our fundraising and development plans.

The Foundation was supported in its purchase of 8 Keddell Street by the previous owners. The group accepted a Foundation offer significantly under market valuation, and below a competing offer. They did this to support our work. While one of our trustees was a minority owner in the building, we ensured that the purchase was free from conflict by excluding that trustee from all purchase dealings. Their sole involvement was in accepting the price offered. We thank all the vendors for their generosity.

With major refurbishment on the horizon, we have kept refurbishment costs to a minimum. For the clean, fresh look, and newly painted walls, I thank a number of my fellow trustees and our Manager, Howard Vickridge, who has once again given so much of his personal time to these tasks.

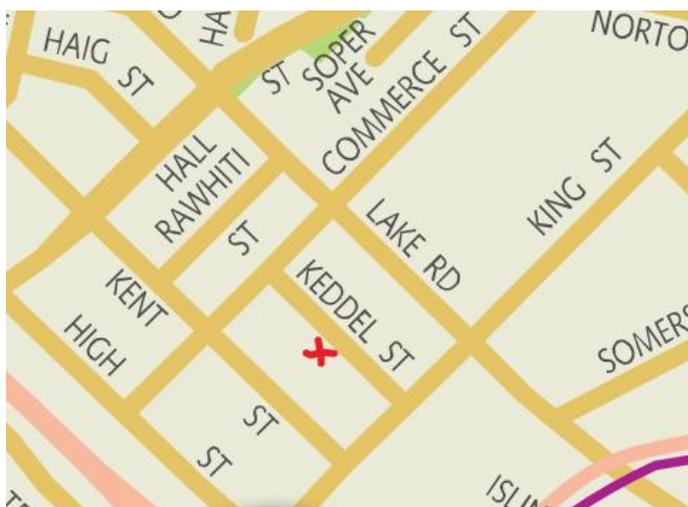
Another change in February 2019 was that our Business Leader, Sara Farmer, moved on to a challenging position with another organisation. Sara made a huge contribution to our administration, fund-raising, education and support services among many other roles. She will be very much missed.

We expect to shortly be able to announce the appointment of a new receptionist/administrator on a part-time basis, and a further part-time support worker to be based in the Hamilton office.

Do drop in to our new premises. We are much more in the centre of the community in our new Frankton base, with ample free parking behind the building, on Kent St.

Rosemary Robertson

Chair of Trustees



New Hamilton Offices from 18 March.

We are moving to 8 Keddell Street, Frankton; our phone and emails are all unchanged, just a new street address. There is ample parking behind the building at the public carpark on Kent St, and a walking alley leads from that carpark through to Keddell Street.



Contact Us

Main Phone	07 929 4042
Manager, Howard, RN.	07 282 0451 m: 022 607 6549
SUPPORT CO-ORDINATORS:	
Tom, OT	07 282 0453 m: 022 607 6548
Jill, OT	07 282 1372 m: 027 808 4837

Keeping Chipper

As part of my career in the New Zealand Army I served as a Medcorpsman in the Vietnam conflict in 1967- 68.

In 2002 my wife and I moved to London to work. The London terrorist bombings in 2005 were traumatic for all, but for me, this event was a trigger point for latent Post Traumatic Stress Disorder to fully develop over the following 5 years.



PTSD paved the way for Dementia to develop from the chronic high stress which I seemed unable to control, living in a continuous “Fight or Flight” mode. An MRI scan and psychological testing soon confirmed the damage being done to my brain.

Things that I find helpful to stay positive are to concentrate on the things that I can do, e.g. being the herbs & spice expert in the kitchen at home, being a contributing member of the Art Group at Dementia Waikato, being a member of a Day Programme once weekly, gardening, and having a strong spiritual faith.

I do my best to make others laugh more as my wife & I have found that a good laugh helps a lot when frustration builds.

Be kind to yourself, and keep well rested.

John Lambert



Newsletters

Please let us know by phone 07 9294042 or email admin@dementiawaikato.org.nz or through the contact form on our website www.dementiawaikato.org.nz if you do not wish to get future newsletters.

Annual Appeal 2019

Help raise money and awareness – wear the vest, smile and talk, and rattle a bucket. Last year amazing volunteers raised just on \$30,000 to help Dementia Waikato keep up its free services to about 700 families in the Waikato. This year our Annual Appeal runs from Monday 13 to Saturday 18 May (the week after Mothers’ Day). If you and/or those in your circles are keen to give us a couple of hours collecting during the 2019 Appeal, please get in touch and let us know. We’re collecting volunteer names now. We are also looking for local coordinators in the towns outside of Hamilton – if you know anyone keen to support their local volunteers and do the banking.

Singing for health

Dementia Waikato supports the NeuroTones Waikato, a friendly choir for anyone with neurological symptoms. Participants include people with brain injury, Parkinson’s, stroke, dementia, multiple sclerosis, epilepsy, and other brain disorders. The choir meets weekly for an hour and a half on Tuesday mornings, in Hamilton. You don’t have to be a singer! This choir helps with movement and breathing disorders, with connecting back to songs with meaning, and it’s a great social opportunity to meet others. Contact Dementia Waikato for more details.



Massive thanks to these funders who help us keep up services and stay sustainable.



The Tidd Foundation

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