Dementia Canterbury™



Activity Groups

Community Activity Groups for people living at home with dementia

Stimulating | Engaging | Rewarding | Fun

Getting Involved & Staying Active

Getting involved and staying active is extremely important for someone living with Mate Wareware Dementia. There are many benefits to being engaged in meaningful activities, such as:

- It helps to feel good and supports well-being.
- It brings meaning to a person's life.
- It gives a sense of belonging.
- It creates opportunities for people to use their skills.

Developing meaningful activities for someone living with dementia requires an understanding of their life: their interests, strengths and abilities, what's important to them, what they're proud of, and what makes their day. Activity groups provide an opportunity for respite for carers/whanau, and our groups involve partnerships with many community providers so that activity happens in normalised environments. If you are a Dementia Canterbury client and would like to attend an Activity Group please contact Dementia Canterbury to speak with a Key Worker on (03) 379-2590.

Some limited transport is available but unfortunately, we cannot guarantee this. Please discuss this with us. There are usually no costs associated with our groups, but a gold coin donation would be appreciated towards the cost of refreshments. There are waitlists and criteria for most of our groups and as numbers are limited we may not be able to offer you a place in your preferred group. We will do our best to include you in our groups as soon as we can.

Kōrero mai | CONTACT US

Phone: 03 379 2590 or 0800 444 776

Email: admin@dementiacanterbury.org.nz

Website: dementiacanterbury.org.nz

Location: BrainTree Wellness Centre,
70 Langdons Road, Papanui, Christchurch 8053

@DementiaCanterburyNZ

Keep fit & active

Regular physical exercise appears to be one of the best things that one can do to have a significant positive impact on the wellbeing of people living with dementia.

Gardening group
Once a month we meet at the beautiful Botanic Gardens to help with gardening.

Guided Garden tours
Held monthly at the Christchurch Botanical Gardens. Our guide shares fascinating facts as we take a gentle stroll around the garden.

Mind & Movement
Held at BrainTree twice a month this fun group provides body & brain stimulation through exercise & movement.

Walking groups
A lovely walk held every month along the river in Richmond.

Water memories/swimming
Held monthly at Taiora/QE11. Come for a swim, aqua jog, or enjoy the warm hydrotherapy pool.







Connect & create

Art making
Held each month at the Art Gallery studio. Relaxing & enjoyable with no skill needed.

DIY groups
Discover your DIY skills at our monthly groups at Bunnings, Shirley.

Court Theatre
Throughout the year we enjoy the Court Theatre through 'back stage' tours and periodically attend shows.

CSO 'Ignite'
A wonderful opportunity to engage with the CSO and enjoy all things musical at the Town Hall.

Singing for Fun
A wonderful group for those that enjoy singing & music. Held twice a month at BrainTree.

Enjoy & stimulate your mind

Artzheimers
Enjoy the ambience of the Art Gallery with guided tours of selected artwork. Held monthly in Ashburton & Christchurch.

Guided Museum tour
Join our guide each month to hear fascinating stories & facts and enjoy museum exhibits.

Life Stories group
A wonderful opportunity to tell your life story which is captured in a booklet for you and your family to keep.

Next Chapter Library groups
An educational and entertaining exploration of things past & present. These monthly groups are held in Ashburton, Christchurch, and the West Coast.