



Dementia Action Week

Monday 16 to Sunday 22 September

2024 Local Activity Guide

Find out what's happening in Manningham during Dementia Action Week.

If you're a resident living with dementia, a carer, or a family member, this guide will help you find free or low-cost events and activities.



[manningham.vic.gov.au/
dementia-action-week-2024](https://manningham.vic.gov.au/dementia-action-week-2024)

Dementia Action Week - Monday 16 to Sunday 22 September 2024

Monday 2 September 10.00am to 11.00am Dementia Tools and Information Session

Join Elizabeth Baxter, Dementia Services Specialist to learn about changes you can expect, how to plan and what you can do to support the person you care for to stay safe, connected, and active.

- 🏠 Online on Zoom
- 👤 VMCH
- ✓ Bookings essential
- 💰 Free
- 📞 1300 698 624
- ✉️ hello@vmch.com.au

Saturday 7 September 1.00pm to 3.00pm Carers Saturday Cuppa and Chat – Guest Speaker

If you care for someone living with a disability, illness, mental health issue, or who is aging, join Dr Nakisa Malakooti to reconnect and find support over a free cuppa. Heena Modi, Dementia Care and Support Coordinator from Australian Multicultural Community Services, will be joining as a guest speaker.

- 🏠 Manningham Uniting Church & Community Centre, 109 Wood Street, Templestowe
- 👤 Dr Nakisa Malakooti
- ✓ Bookings not required
- 💰 Free

Wednesday 18 September 2.00pm to 3.00pm Walks for carers

Join a friendly walking group and enjoy good company, fresh air, and green space in a brisk 50- minute walk around the neighbourhood, starting and finishing at Pines Learning.

- 🏠 Pines Learning Centre 1/520 Blackburn Road, Doncaster East
- 👤 Pines Learning
- ✓ Bookings essential
- 💰 Free
- 📞 9842 6726

Thursday 19 September 2.00pm to 3.30pm Creating Space for Carers – Workshop

Join Veronica from *A Hand to Help*, to learn how to mindfully downsize, declutter and spring clean your space.

- 🏠 Pines Learning Centre 1/520 Blackburn Road, Doncaster East
- 👤 A Hand to Help/ Pines Learning
- ✓ Bookings essential
- 💰 Free
- 📞 9842 6726

Thursday 19 September 10.30am to 12.00pm Dementia Awareness Forum

Join Dr Denis Wong and associates for an informative session on how to spot the early signs of dementia and the importance of seeking professional medical help.

- 🏠 Living and Learning @ Ajani 2/284 Thompsons Road, Lower Templestowe
- 👤 Dr Denis Wong/Living and Learning @ Ajani
- ✓ Bookings essential
- 💰 Free
- 📞 9850 3687

Sunday 22 September 2.00pm to 3.00pm Sensory Quiet Time

Aquarena has introduced Sensory Quiet Time from Sunday 18 August to Sunday 13 October, which aims to create a soothing and calm sensory experience for visitors.

- 🏠 Aquarena Aquatic and Leisure Centre, 139/153 Williamsons Road, Templestowe Lower
- 👤 Active Manningham
- ✓ Bookings not required
- 💰 Entry to centre
- 📞 9848 0000

Second Thursday of each month 10.00am to 12.00pm Memory Place Café

Memory Place cafés are designed to provide a relaxed safe and supportive environment where people can gather, knowing it is a dementia friendly place.

- 🏠 Mannacare Cassia House, 371 Manningham Road, Doncaster
- 👤 Mannacare
- ✓ Bookings essential
- 💰 Free
- 📞 9856 1224

Friday October 18 to Friday November 29 10.00am to 12.00pm Living with Dementia Program

Join Dementia Australia to learn about what to do after diagnosis. The sessions will cover how to cope with changes, relationships and communication, planning for the future and staying healthy.

- 🏠 Online
- 👤 Dementia Australia
- ✓ Bookings essential
- 💰 Free
- 📞 dementia.org.au/events/living-dementia-program-18-october

Tuesdays to Fridays, 9.00am to 3.30pm and Saturdays, 9.00am to 2.00pm Dementia Friendly, Red Gum Café

The Red Gum Café is an accessible, Dementia Friendly space to help people living with dementia, and their carers and families enjoy social and community connections.


- 🏠 Red Gum Café, 109 Wood Street, Templestowe
- 👤 Red Gum Café / Manningham Uniting Church and Community Centre
- ✓ Bookings essential
- 💰 Free
- 📞 9005 8044
- ✉️ info@manninghamuc.org

Book an activity today.

For more information, contact the Healthy Ageing Team at Manningham Council

📞 9840 9230

- 🏠 Location
- 👤 Host
- ✓ Bookings
- 💰 Cost
- 📞 Phone number
- ✉️ Website/email

 Interpreter service **9840 9355**
普通话 廣東話 Ελληνικά Italiano العربية فارسية



Get support

In Australia, more than 410,000 people live with dementia.

If you:

- Live with dementia
- Know or care for someone with dementia
- Are concerned about your thinking, mood and memory
- Have mild and cognitive impairment

Contact the **National Dementia Helpline on 1800 100 500** for free, confidential expert information, advice and support.

The helpline is available 24 hours a day, 7 days a week, 365 days a year.

