

# Waiheke Local Board Community Forum

**What:** Community Forum  
**Where:** Waiheke Local Board offices, 10 Belgium Street, Ostend; MS Teams  
**When:** 12 February 2025 5:30pm – 7:00pm

**Members:** Cath Handley (Chair)  
 Bianca Ranson (Deputy Chair)  
 Kylee Matthews  
 Robin Tucker  
 Paul Walden

Time	Topic	Speaker(s)	Proposed outcome(s)
5:30pm	Karakia and introductions.	Chair Cath Handley	Formally open the meeting.
5:35pm	Waiheke Playgroup update.	Sophie Pound <i>Waiheke Playgroup</i>	Members will be updated on the activities of the Waiheke Playgroup.
5:55pm	Dementia Auckland update.	Veronica Lythe-Brown <i>Dementia Advisor, Dementia Auckland</i>	Members will be provided with an overview of the work Dementia Auckland does in the community.
6.15	Waiheke Connect and Old Surfdale Post Office lease update.	Josie Rainier <i>Chair, Waiheke Connect</i>	Members will be updated on the activities of Waiheke Connect and its use of the OSPO.
6:35	Closing karakia.	Chair Cath Handley	Formally close the meeting



# Waiheke Playgroup

# Creating Friendships





# Events





## 2025 Goals:

- Update toys like balance bikes and scooters with raffle money. Also get the swing back up and running
- Create a slightly more structured morning with a set morning tea time and getting back into shared morning teas with fresh baking and fruit.
- Have allocated supervised crafts time where kids can create things to take home.
- Find more hosts
- Get a Flag and chalk board for the roadside entrance to let people know we are open
- Get more families coming along to playgroup





**Veronica  
Lythe-Brown**

**Advisor  
Dementia  
Auckland**



# **Making life better for all people affected by dementia**



Kia piki te ora mo nga tangata mate wareware



## Purpose, beliefs and values

### Purpose

We enable all people affected by dementia to live their best life

### Beliefs

- We see the person, not the condition – I am still me
- We use clinical expertise to empower people, side by side through their journey
- We help navigate the new normal
- We support and respect diversity
- We have the courage to ask for resources
- We do this with kindness

### Values

Kindness



Empathy



Respect



Community



Acceptance



Professionalism



## Service Team Structure



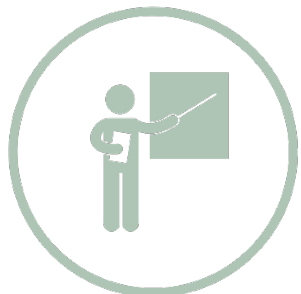
### **Dementia Advisors**

8 (FT & PT) - Funded by Health NZ,  
cover Auckland from Rodney to  
Waikato base



### **Living Well Team**

3.5 - Unfunded



### **Educators**

1.5 - Partially funded by Health NZ

## Dementia Advisor Support Service

- 1:1 support, information, guidance, advice, education and resources
- Face to face, zoom, email, phone
- Advising re planning for the future: EPOAs, ACPs, Wills, Finances, banking, driving, respite and LT care
- Navigation through the health system
- Referrals to appropriate services
- Carer Support Groups
- Living Well and YODA-Young Onset referrals

- For care partners and whanau



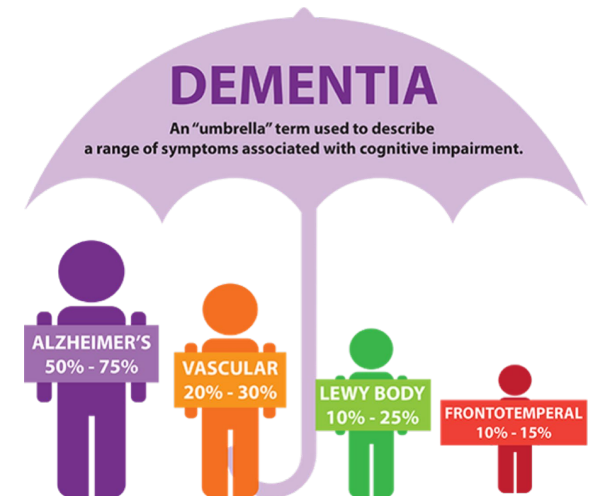
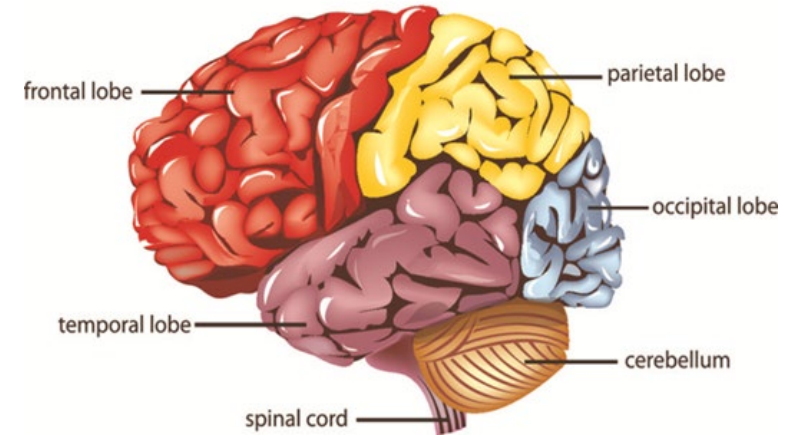
# Who do we liaise with?

- Age Concern, Communicare
- Other community organisations e.g Stroke, Parkinson's
- AT Ridewise for TM scheme
- Day programme providers
- Mate wareware providers
- Pacific Dementia Mangalo (PDM)
- Memory Clinic-Auckland and Counties Manukau
- GP and other medical specialists
- Inpatient services/referrals

## Educators

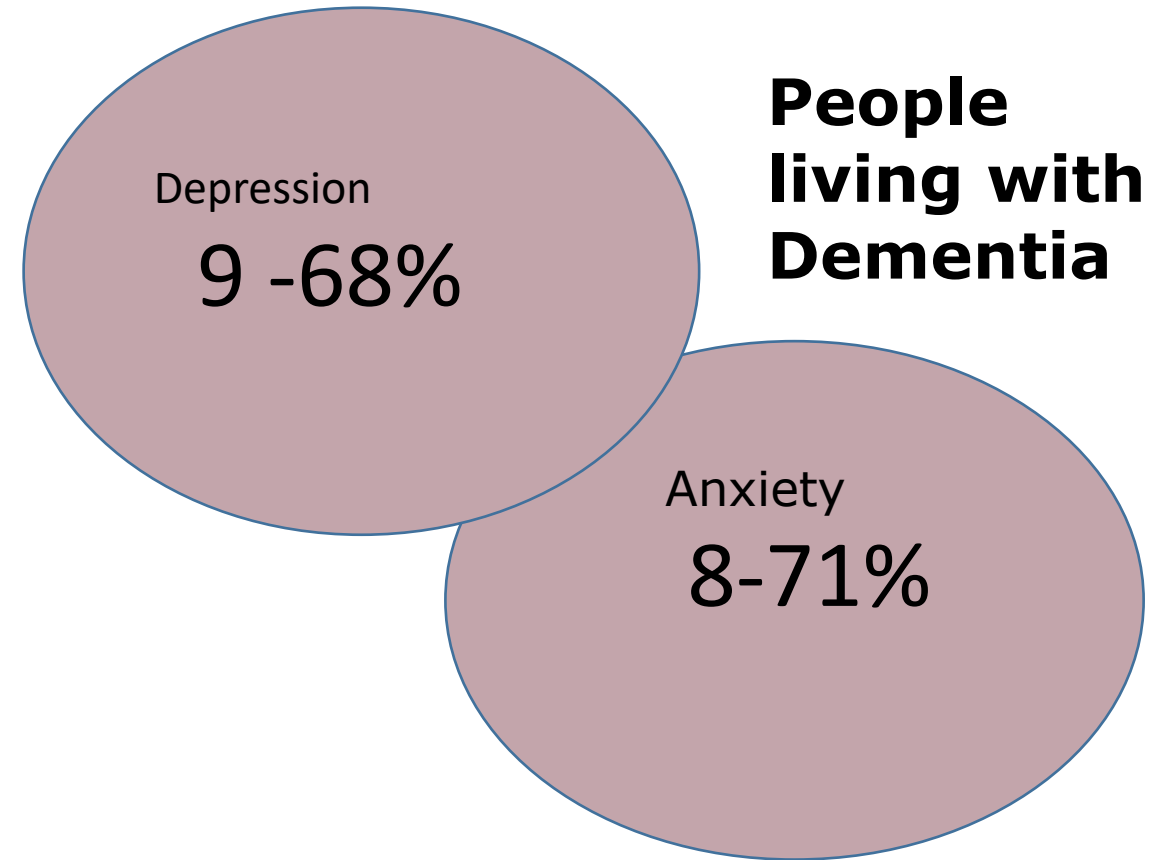
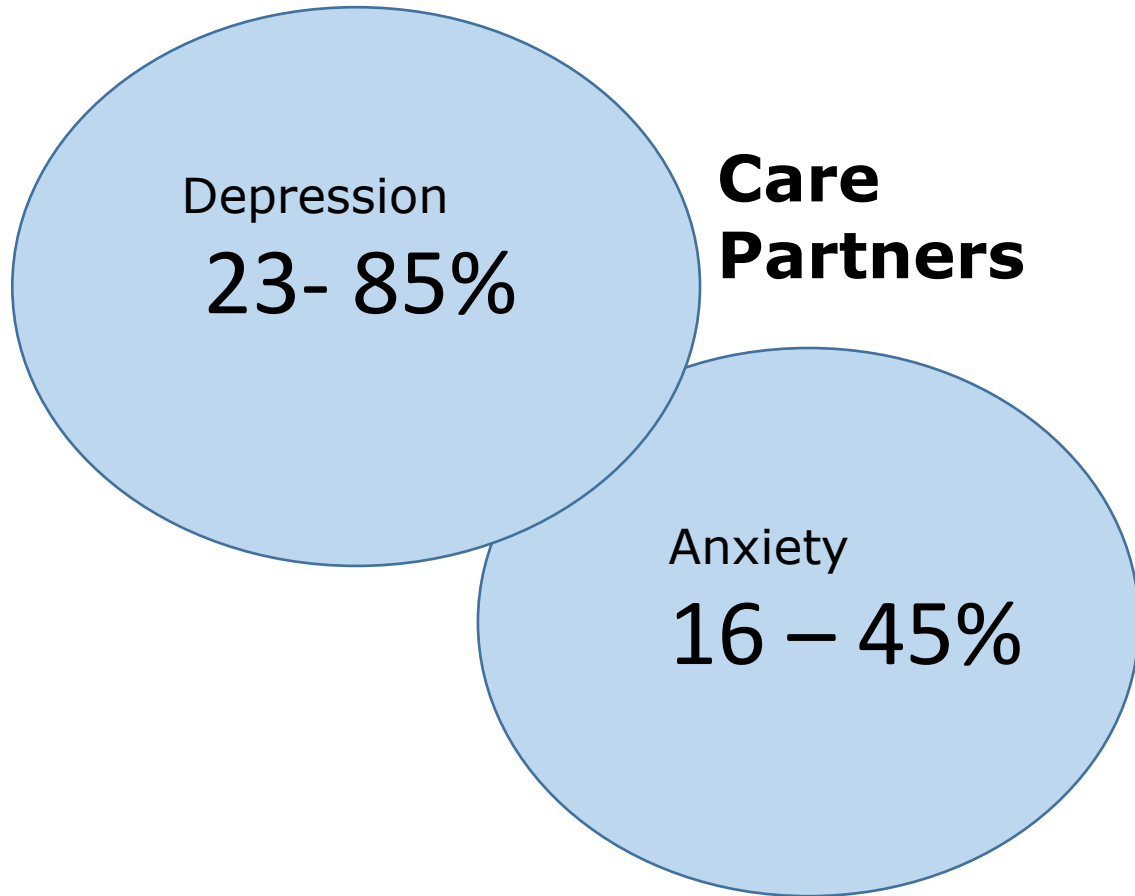
- Winifred and Brendan
- Carer Education Programmes
- Dementia Talks
- Community Education
- Professional Education
- Lifestyle Villages and Care Homes

Parts of the Human Brain





## Depression, Anxiety & Dementia



## Living Well Team

3.5 FTEs

### **Team Leader:**

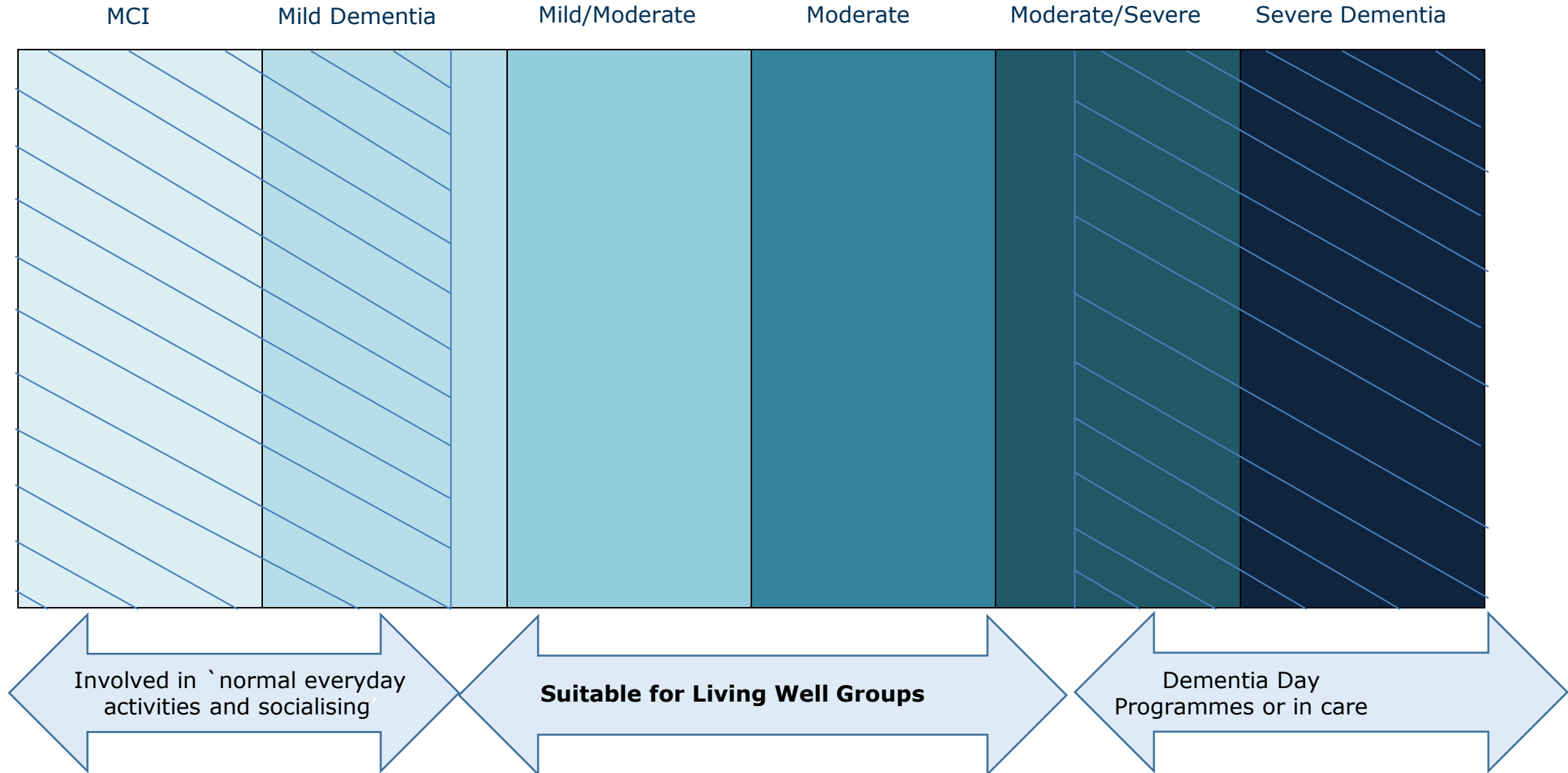
- Andrea Yates

### **Group Facilitators:**

- Kelly - South Auckland
- Andrea - Central Auckland
- Treasure - West Auckland
- Sarah - North Shore

# Living Well Groups

The Living Well Team aims to provide a bridge between people's normal everyday activities and social contacts and the programmes / services funded by the Ministry of Health



## Living Well Services

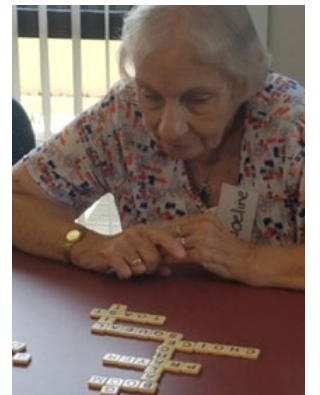
The aim of the groups is to provide:

- Opportunities for **socialising** for people with dementia and their carers
- Stimulating, **normal, meaningful** activities for adults
- **Graded** and **modified** activities facilitate participation for people with dementia at whatever level they can within the group activity
- Activities focused on well **preserved old skills** rather than requiring new learning
- A **non-judgemental** environment where people with dementia can participate and socialise thus experiencing mastery, success, pleasure and **fun**
- **Carers with** a predictable opportunity to have a **break or respite** from the person they are supporting for a few hours



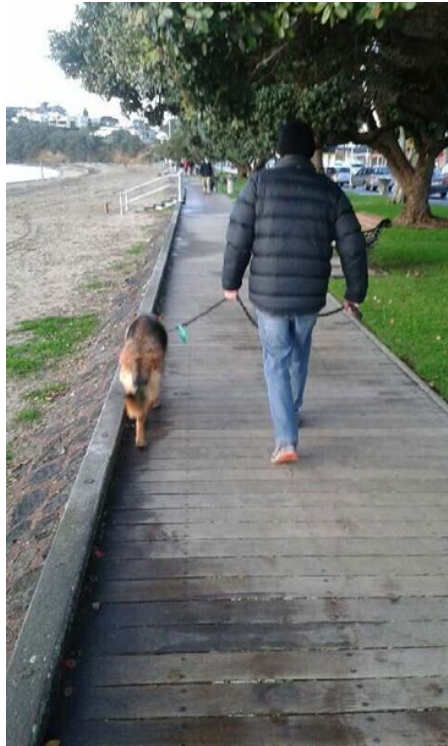
## Living Well Groups

- Cognitive Stimulation Programme (CSP)
- Walking Groups
- Singing Groups
- Art Therapy Groups
- Music/dance Group
- Maori Culture Group
- Men's Groups
- YODA Young Onset
- Virtual Travel Group





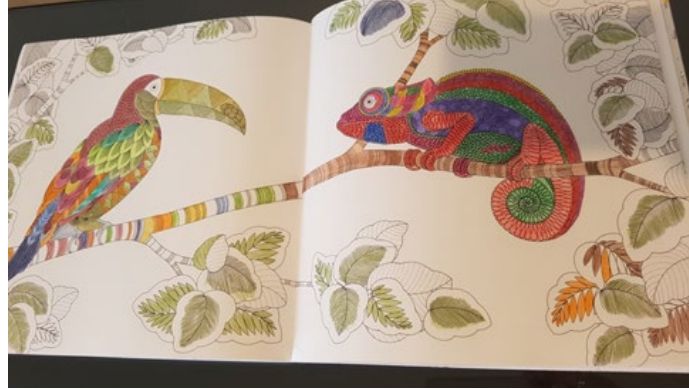
# Dementia Auckland Walking Groups



“Since joining the walking group I now walk every day.” - Allen



# Cognitive Stimulation Programmes (CSP)



## Singing Group





## Why do we do it?

Because we see people -

- Concentrating**
- Making an Effort**
- Interacting & Engaging**
- Laughing**
- Enjoying themselves and having fun**
- Bonding and Making Friends**
- Achieving**
- Appreciating each other**
- Being Surprised at What They Can Do**
- Having a Sense of Mastery**
- Improving on skills**
- 'Switching back on'**
- Improving in their confidence**
- Respecting each other.....**



and loving it !!!

**Any Questions?  
What are our Challenges?  
How can we work together?**



# Thank You!

# Waiheke Local Board Community Forum

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**When:** 12 February 2025 5:30pm

## PRESENT

**Members:** Cath Handley (Chair)  
 Kylee Matthews (Deputy Chair)  
 Robin Tucker

**Apologies:** Bianca Ranson  
 Paul Walden

Link to recording: <https://youtu.be/vOAUbY9RJHI>

Time	Topic	Speaker(s)	Summary of discussions(s)
5:30pm	Karakia and introductions	Chair Cath Handley	Formally opened the meeting Karakia Whakamutanga.
5:35pm	Waiheke Playgroup update	Sophie Pound <i>Parent/ administrator</i>	Members were given an overview of the community service offered by Waiheke Playgroup to families with children 0-5 years old. Waiheke Playgroup has been running for over 30 years and for most of that time their venue has been the Old Blackpool School Hall. Sessions are Tuesday and Thursday mornings, run by a parent host, for a small fee per family. Playgroup is beneficial for children and parents – it provides a supportive community for both. The group’s main costs are hall hire and wages for the hosts. Waiheke Local Board funding covers hall hire. The group extended its heartfelt thanks to the members for their support.
6:00pm	Dementia Auckland introduction and overview	Veronica Lythe-Brown <i>Dementia Advisor</i>	Members were introduced to the organisation and given an overview of the work across Tāmaki Makaurau, including the Gulf islands. Dementia Auckland is made up of advisors, a Living Well team and educators. Advisors work one-on-one with clients and their families, while Living Well links clients with community programmes and services. Educators run information programmes and carer training. They have several clients on Waiheke and collaborate with island health and social services.
6.20	Waiheke Connect / OSPO update	Josie Rainier <i>Chair, Waiheke Connect</i>	Members received an update on how Waiheke Connect is using the Old Surfdale Post Office as a co-working space, in advance of the lease renewal in August.

Time	Topic	Speaker(s)	Summary of discussions(s)
			Membership remains steady at around 80, with some turnover. Member are engaged in a range of activities including small business and volunteering, across art and design, technology and community development. There is scope to increase use of the space in the evenings and on weekends.
6:30pm	Closing karakia	Chair Cath Handley	Formally close the meeting. <b><i>Unuhia, unuhia</i></b> <b><i>Unuhia ki te uru tapu nui</i></b> <b><i>Kia wātea, kia mama, te ngākau, te tinana, me te wairua, it te ara takatū</i></b> <b><i>Koia rā e Rongo</i></b> <b><i>Whakairia ake ki Runga</i></b> <b><i>Kia tina! (TINA)</i></b> <b><i>Haumi ē, Hui ē, Tāike ē!</i></b>