

Dementia Canterbury



Summer 2017



Champion Canterbury Business Awards

Volunteers – Arnold Davidson, Shirley Starling and Michael Toothill.

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From The Manager

As we approach the end of the year we note how rapidly our service is growing reflecting the demand in our communities for service and support options that are community based and encourage living well. This is reflective of the fact that most of the journey with dementia is lived in the community.

In October we were thrilled to attend the Champion Canterbury Business Awards as finalists in the Champion Canterbury Community Impact section. It was wonderful to be joined by a mix of staff, Board, volunteers, clients/care partners, collaborative partners and supporters for an evening of celebrations. Though we did not take home the Award on the night, we felt like winners. To be acknowledged by the Business Community for our Respite/Activity Pilot reinforces to us the importance of community collaboration in the delivery of meaningful activities in normalized environments for people living with dementia. (We were also delighted that our MS & Parkinsons’ colleagues were also finalists.)

Our two year research pilot is at an end (though our groups continue) and we have reviewed the first draft of the research prepared by the wonderful Dr Susan Gee. We hope to be in a position to publish the research early next year. Meantime, more interesting and creative groups are in the mix.

We have held our annual appeal during the months of October and November with the incredible support of many volunteers, service groups and accommodating sites. Our appeal remains a very important opportunity to raise much needed funds and to get out amongst our community. It is always a humbling experience to hear the many stories around how people’s lives have been touched by dementia.

Our collaboration with our colleagues at MS & Parkinsons by way of the Canterbury Brain Collective goes ahead in leaps and bounds. We are now on the cusp of announcing a new venue to host our services. Our move will be hastened by the announcement from Aspire that they plan on demolishing the older buildings on our current site and taking over our existing space in the first quarter of 2018. We will do our very best to ensure that both a short term solution as well as a longer term solution mean that we continue to provide seamless services to our dementia community.

As end of year approaches, I take this opportunity to thank all those who have supported us in such a huge variety of ways in 2017.

From us all here at Dementia Canterbury, wishing you a safe and happy festive season.

Darral Campbell
Manager



The Inheritance of a Great Example

Dementia Canterbury has a long-term mission and a clear vision.

Our organisation is committed to being around long into the future and is seeking the kind of gift that continues to grow along with us.

You may believe that undertaking to leave a lasting gift in your Will is strictly for the realms of the 'less ordinary' folk, but it may also interest you to learn of the many ways you can make a measurable and lasting contribution to your community now and in to the future.

'Donations made through bequests each year consistently represent as significant, a slice of the charitable pie as large corporate donations'.

The misconception that leaving bequests is complicated and that you have to be familiar with tax laws, estate planning, and the like in order to get involved, generally, is not true. Naming Dementia Canterbury in your Will is not difficult and you can designate any amount or % of your Estate you wish. As you make plans for your Estate we hope that you will consider a bequest to Dementia Canterbury. By making a Will and spelling out how your money is used, you have the satisfaction of knowing that your wishes for your accumulated funds will be honoured. Should any questions arise there are plenty of experts in this field who will assist and advise you. We would encourage you to talk through options with your Lawyer or Estate Planner.

If you wish you can enjoy recognition now by advising Dementia Canterbury of your intent to leave a bequest to our organisation so we may honour your donation and express our gratitude by formally acknowledging your generosity.

Equally many chose to have this remain confidential, that's perfectly fine too.

We are extremely grateful to those donors who remembered Dementia Canterbury in their Estate planning during the past year. Such bequests contribute significantly to our long-term financial well-being, and help us ensure the continuing success of our programs.

If you appreciate the work Dementia Canterbury does and realise our dementia community's needs continue beyond your lifetime, please consider putting us in your Will. It's easy to do and could be one of the most satisfying decisions you ever make.

Dementia Canterbury warmly invites you to help others by offering a planned gift, (a bequest).

Call us for a confidential, no obligation discussion with our Manager or talk with your Lawyer/Estate Planner about your wishes and options.

Contact Us on 03 379 2590 or download our Bequest brochure from www.dementiacanterbury.org.nz

A bequest is a gift made through a Will whereby the donor may or may not specify how the funds are to be used.

An endowment is a sum (usually in the form of a bequest) which is invested so the capital sum is not actually spent, but consistently generates an annual income stream. This may be used to offset operating costs, or in the provision of educational resources, or as specified by the donor, providing a vehicle for people to leave a lasting gift to their community, and enabling them to have their endowment fund professionally managed.

Staff

We have welcomed Diane Toothill into the Activity Coordinator role following on from Shelley. Diane comes to us with a 10 year history of work with older adults, the last 3 spent specifically working with people with dementia.



Diane Toothill.

Students

Meredith Fraser is a 4th year (final) Social Work student from Canterbury University who has been with us for 3 months completing a social work practicum.

Nicola Sprung is an Applied Health Sciences student from Germany completing an internship in New Zealand. She is working with Dementia Canterbury 3 days per week through to February



Meredith Fraser.



Nicola Sprung.

2018 undertaking a project surveying our volunteers. The remainder of her time is split with Christchurch Primary Health Organisation completing other small projects.



Enjoying the Canterbury Business Awards our team from The Canterbury Brain Collective (CBC).

L to R – Malcolm Rickerby (President MS & Parkinsons), Simon Challis (CBC), Darral Campbell (Manager Dementia Canterbury), Robin Furley (Manager MS & Parkinsons), Hannah McKnight (The Word Lab), Jane Parfitt (President Dementia Canterbury).

Living with Younger Onset Dementia – Gillian’s Story

‘I am a teacher, always knew I would be: ‘Dad was a Principal, Mum and many of my siblings trained as teachers too.’

I first noticed I was having trouble at school. I couldn’t get things like school reports completed. I started to struggle with planning and this was always something I had been conscientious with. Sometimes I didn’t know what to write. Simple planning would get complicated and mixed up. I felt embarrassed – didn’t know what was happening to me. I spoke with the school Principal, she tried to give me confidence but I suspect she knew something needed to be done. They didn’t want to let me go. There were lots of tears, but in the end it was a decision we made together. They wanted to do what was best for me, but needed to be responsible for the kids.

I remember going to Burwood Hospital (Memory Assessment Clinic) and having tests done, and they had a camera have a look at my brain (I was really glad they found one – laughs). They were careful about how they were putting things and I didn’t quite get the full implications at that time except that it was clear something was wrong with part of my brain. In many ways it was a relief to me – something was wrong – it wasn’t just me.

It’s a big grief, sometimes still is. The realisation still hurts but time has eased the pain and put some perspective on things. For a while I went back to school on Friday afternoons to help. When I arrived at the gate I could hear the kids yelling “Mrs Hubbard’s here”. They would all come running out and put their arms around me and ask if I was coming to their class today. It emphasised to me how much I missed them and how I loved being back. I did it for a while but then I got mixed up and couldn’t understand why I could not be there all the time.

When I got diagnosed I told people what was happening. People said things like “that’s terrible” or “what a bummer”. Sometimes I wanted to scream. The truth is there is nothing I could do and nothing they could do, I just had to get on. It was nobodies’ fault.

The people at the hospital referred me to Dementia Canterbury. I feel comfortable there. In the support group that I attend I realised ‘people are like me’. They were feeling the same way, when someone said something I’d be thinking “Oh that happened to me too”, or “I’ve done that”. Sometimes I feel frustrated too and have missed the group. Having my Social Worker talk and encourage me to express how I feel has really helped.

I go to the Water Memories group twice a month. When I heard about this group I thought “Oh my gosh, that’s for me”. I am a swimmer, it feels so good to get back into the water. I swim in a lane, some people do exercises. Dad was a competitive swimmer. He taught us all to swim in the school pool. So many happy memories it brings back for me.



Gillian and her Sweet Peas.

I go to a community café with the dementia group too. I enjoy the social contact. I feel normal there. My sister takes me swimming as well, and sometimes my family try and help me stay motivated and positive and doing things even though I don’t always want to.

Giving up driving has been difficult, but the ‘blue times’ are less now. It is what it is, the choice is to get on with it or don’t, so not really a choice.

I enjoy lots of things. My family, my friends, pottering in my garden. There is huge enjoyment seeing my plants grow.

I have two wonderful sons. One lives in Australia. Cam lives in New Zealand and he has come home to live with me. I had a dread about going into care but I really needed someone with me here at home. In a funny kind of way it’s made our relationship better. We do things like the shopping together and sometimes after he has been at work, I go with him to the beach. He goes surfing, and I watch the waves. I am sure he gets tired of me sometimes and I know I need to tip toe away. But Cam has really stepped up, and I like it!

To other people who might be in my shoes I’d say ‘Don’t be frightened. Open your mind to other things that you can do. Take it slowly. There are some positives, and I am happy about that.’ “

Feedback from Collaborative Partners

Christchurch City Libraries

Christchurch City Libraries in collaboration with Dementia Canterbury have established programmes for people who have early dementia to help normalize and remove stigma. The Next Chapters Book Group and Life Stories at Christchurch City Libraries is an example of a library network actively seeking to understand and engage with those suffering from dementia by delivering a programme designed to improve quality of life. This alliance between Dementia Canterbury and Christchurch City Libraries has enabled a service to be developed that draws on the expertise of both organisations. Great care is taken to ensure the participants don't feel as though they are being tested, rather that they are engaged through curious, common or sentimental artefacts that lead to storytelling and a sense of identity. Articles are written about the programme in the Christchurch City Libraries internal news publication Kotui Tui to ensure all library staff are aware of the programmes and could direct interested library users to Dementia Canterbury.

The Next Chapters Book Group and Life Stories demonstrates the library network is looking for opportunities to engage specific user groups with unique information needs. The programme embodies the strategic goals of the organisation and local Council as well as the strategic framework put forward by Public Libraries of New Zealand (Public Libraries of New Zealand, 2012).

Feedback received from clients and library staff has been hugely positive and life changing, and we look forward to a continued partnership.

Kim Slack
Learning Specialist, Libraries and Information Unit,
Christchurch City Libraries

Art and Soul

Getting involved in the arts is good for you. Going to a show, taking a dance class, enjoying a concert or any sort of arty activity is a great path to feeling better and boosting your mood.

We're big fans of the **five paths to wellbeing** – connecting, being active, taking notice, learning and giving – and lots of arts activities help you tick multiple boxes.

Go to a play, concert, exhibition or show! It's a wonderful way to connect with other people, get out of the house and experience something that moves you or makes you think about something from a different angle. A **recent study** even showed that people that regularly attend concerts tend to be happier.

It doesn't have to be all comedy shows or upbeat pop songs, either: a good cry at a drama (or your favourite Adele song)

The Court Theatre

A highlight of the year has been our partnership with Dementia Canterbury. The project has been incredibly diverse and included intergenerational theatre making, trips to watch shows and time spent exploring the backstage components of the theatre. Here at The Court Theatre we value bringing people together to share stories and celebrate identity and community. This has been incredibly prevalent in our work with the clients and families we have met through working with Dementia Canterbury. It has been wonderful to rebuild connections with people who have a long history with The Court Theatre but perhaps haven't visited in a while and also to meet new people and build a relationship with them that is current and based on positive experiences. I have loved seeing couples laughing over a glass of wine at the Theatre and witnessing the connection that Dementia Canterbury clients felt to characters on stage. It is wonderful when connections and histories come out that are a surprise to everyone.

During a hat making workshop with our costume team a client talked about the history of millinery in her family, and during the Theatre making project with young performers shared experiences of school and growing up transcended generational differences. For our team at The Court we get a buzz when we get to see how our work connects with people on a personal and emotional level. We are lucky that we get to work in a world of stories and value every new person we get to share with. We are a Theatre for the whole community and our journey to adapt for the impact of dementia is a continuous one. We look forward to learning through every experience and growing and embracing new partnerships.

Rachel Sears
Education Manager
The Court Theatre

can be just as good for you. The ancient Greeks called it "catharsis": releasing those big emotions can be a big relief.

Don't just see it – do it! There are heaps of **writing, drama, pottery, dance, improvisation** and **art classes** on offer for young people – and plenty around for adults, too. Each type of art has its own benefit: acting connects you to other people, dancing's a fun way to be active, art classes help you take notice of details around you, and so on. Plus, you get to meet other people who are trying something new.

Whatever way you get involved, the arts has benefits for **young people, old people...** pretty much **everyone**. So get out there, find something creative you enjoy and put your art into it!

Jeff Clark
Promotions
The Court Theatre

Annual Appeal – 2017

2017 provided some challenges for our Appeal. Despite registering our dates early on the national fundraising calendar another charity registered the same dates. As they did this late, it did not appear on the calendar, so we were unaware of the conflict until well down the track with planning. In some instances this resulted in two charities collecting at the same site, or us missing out on some traditional sites on the day. To combat this we ended up having two smaller collections through October and November.



Volunteers from Rangī Ruru High School with one of the very popular Storm Troopers.



Councillor Aaron Keown with Lee Andrews and Julie Foster (Dementia Canterbury).



MP Megan Woods – Earthquake Recovery Minister with Karen Bell (Dementia Canterbury).



MP Ruth Dyson and Brenda Crombie (Volunteer).

We would certainly hope this does not happen again. There is generally goodwill in the charity sector and registering events should preclude any of us competing with each other for much needed dollars.

We thank hugely the many volunteers, service groups, sites, VIPs (Council and parliamentarians), students, staff and Board who gave up precious time to collect.

We value all your contributions which enable Dementia Canterbury to continue the delivery of services throughout Canterbury and the West Coast.

Adult Learners Award

Dementia Canterbury feels very proud to see one of our most loyal and hardworking members receive an Award as an Outstanding Adult Learner, as part of Adult Learners Week (sponsored by Ako Aotearoa – National Centre for Tertiary Teaching Excellence).

Arnold Davidson has worked to develop his computer skills using the support of our Life Stories collaboration with the Christchurch City Libraries. Arnold has completed a digital copy of his own life story. Way to go at nearly 86!



Kim Slack (Learning Specialist Christchurch City Libraries), Bev Seabridge (Dementia Canterbury Activities Coordinator), Arnold Davidson (Recipient).

Regional Round Up

Update on Kaikoura Development

Since April 2017 a small team from Dementia Canterbury (MaryAnne, Lee, and sometimes Darral) has successfully travelled eight times up to Kaikoura. This figure would have been higher however if we hadn't needed to turn back on two occasions due to poor weather conditions, (with the subsequent risk of road slips).

Each trip has been very different regarding who our team has met with and what our schedule has been. Our frequent visits have meant that we are well on target with developing a small range of regular Activity Groups within the Kaikoura community for people living with dementia, and for older folks experiencing some social isolation. This includes providing monthly Social Work support for their Care Partners and whānau/family via Home Visits and Carer Support Groups.

During the year there have also been two education sessions delivered – a presentation in April at the Hospital on “Brain Health”, given by Professor Yoram Barak, (which was open to the public and was well attended); and an “Overview of Dementia” talk was given at the Summer Wine group by our team in September.

Kaikoura Next Chapter Club (featured in the Spring Dementia Canterbury Newsletter) continues to meet on the second Tuesday each month, with members having enjoyed discussing and reminiscing on a variety of themes using literary, digital and tactile resources.

The Croquet Clubrooms is soon to become the base for a second Social Activity Group. We are keenly awaiting the improvement of the access driveway and path before this group commences in December 2017. (Our thanks to Kaikoura District Council for their prompt response to resolve the access issues.)

A monthly Gardening Group at Fyffe House is also in the pipeline, and is scheduled to start in late January for a small number of passionate gardeners.

We remain impressed by, and grateful to, all those people in the wider Kaikoura community who have been so generous-spirited and helpful to us, as well as staff from the Kaikoura

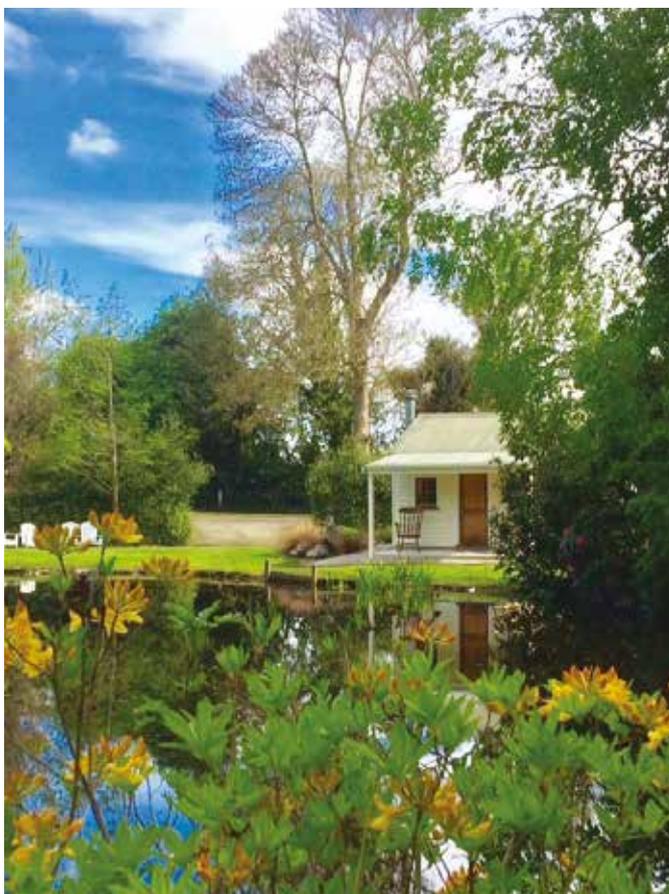


Fyffe House, Kaikoura Gardening Group.

Healthcare with whom we continue to work closely to make this all happen.

Ashburton

An enjoyable outing for our Ashburton community took place in October with a visit to Coniston Gardens.



Visit to Coniston Gardens, Ashburton.

West Coast

The Westport café group enjoy catching up with each other at their monthly get together



Westport Café group.

Activity Program Update

I'm thrilled to be able to report that it has been a particularly busy and productive time for the activity group programme. Diane is on board, and a fabulous addition to our team.

We have several new groups added to our established activity programme.

Botanical Guided Walk – experienced guide Fay leads us on a gentle stroll through the Botanical Gardens once a month. We are entertained along the way by Fay sharing stories, facts and observations about the garden and the flora and fauna. This group is hugely popular, so there is already a waitlist and we would love to expand this further. This particular group is proving popular with our carers too. There is easy access parking and smooth pathways to accommodate mobility equipment. It's a fantastic opportunity to be in good company in the beautiful surroundings of the Gardens, and to learn more about this jewel in our city.

Avebury Community Garden – We meet monthly at Avebury House where an energetic band of volunteers and staff are developing a community garden in some of the red zone land neighbouring the historic homestead.

Today we've been laying bark pathways, putting pea straw around tomato plants, watering and harvesting the fennel. It was a gorgeous day to be working outdoors in this beautiful spot along the river. We have a lot of laughs and lots of tea

and cake. Then we get to go home tired but pleased to have been able to do "our bit" to help the local community.

Artscape workshop – We completed a creative workshop with Josie at Scape, based upon the public artwork around our city. The botanical prints we produced are quite unique and beautiful. I know that some were (quite rightly) proud of their work which is already framed and hung on display at home. We really look forward to doing more workshops and explorations of the public art with Josie next year.

Art making – at the Christchurch Art Gallery – This is our newest project due to start next year. It will be a "creative making" group in the purpose built workroom at the Christchurch Art Gallery. Bianca (art therapist at the Gallery) and myself will lead this therapeutic, relaxing and enjoyable group twice a month. It will suit all levels of ability and experience. No previous experience or interest in art required.

Next Chapter – at Kaiapoi – The Next Chapter group which has been hugely successful at the South and Upper Riccarton Libraries over the past 3 years has now expanded to Kaiapoi. Meeting once a month the Librarians lead this educational and entertaining exploration of things past and present. Using (amongst other things), audio, literature and displays to lead discussions and encourage the sharing of stories and knowledge.



Next Chapter Kaiapoi (Race Day session).



McBakers Group.



Art Therapy Room, Christchurch Art Gallery.



Paul and Cedic at Bunnings.



Avebury Community Garden.

Knowledge Exchange Christchurch

Dementia Canterbury was pleased to welcome Dementia NZ and The Dementia Cooperative to Christchurch to host a Knowledge Exchange for professionals working in the area. Held at The Chateau, the day proved diverse and interesting with positive feedback from the many who attended.

Dementia NZ is hosting Knowledge Exchanges throughout New Zealand over the next 12 months. The events are free to attend thanks to sponsorship from Bupa.



Paul Sullivan (CEO Dementia NZ) introduces Maria Scott-Multani (Avida).

Advance Care Planning: Have You Had A Conversation That Counts?

Planning is something we all do each day. Whether it's deciding what we are going to have for lunch or dreaming of how we might spend a Lotto win. The one thing we are not very good at planning for is the one thing that is going to happen to all of us. We might not know when or how but we will all die.

If something were to happen that left you without the ability to make your own health care decisions do the important people in your life know what you would want? If they don't maybe today is the day to start talking to them about your wishes.

These conversations are the first step in a process called Advance Care Planning. Advance Care Planning helps people, their families and their healthcare teams discuss and plan for future and end of life care.

Conversations might be recorded in a document called an Advance Care Plan (ACP) and include what is important to the person and what treatment they would and would not want in specific health circumstances. Having an ACP can make it much easier for families and healthcare providers – particularly when the person can no longer speak for themselves.

Nearly 2000 Cantabrians have made their wishes known by creating an electronic ACP since the programme started in 2014. This process usually happens with the support of the general practice team.

In Canterbury ACPs can be stored on a person's electronic health record and are used by their health care team to make sure the person is given the care they want if they are too unwell to make their own decisions.

Canterbury's success in Advance Care Planning has been recognised with a win at an international conference. The ACP team took first prize for their poster entry at the 2017 International Advance Care Planning and End of Life (ACPEL) conference in Banff, Canada.

The poster, called "Integrating Advance Care Planning across health settings in Canterbury, New Zealand", outlines the implementation, challenges, growth and subsequent success of Advance Care Planning in Canterbury.

It won the ACP and the Healthcare System section.

Advance Care Planning Facilitator Jane Goodwin says the win is a lovely recognition for "the awesome work happening across Canterbury around Advance Care Planning and is a reflection of the hard work and commitment that the ACP team brings to making a difference to lives of people in our region."

For more information about the Advance Care Planning or for a copy of the ACP template please visit www.healthinfo.org.nz (key word Advance Care Planning) or speak to your general practice team.

By Jane Goodwin
Advance Care Planning Facilitator for Canterbury

Pfizer Support

In September Team Pfizer hit the ground running again taking time out to give back to our Dementia Community as they did last year. Led by the wonderful Nick Uys, staff from Pfizer visited a number of homes where our Social Workers identified some help would be welcome. They willingly turned their hand to many jobs including mowing, pruning, water blasting, clearing and cleaning and rubbish removal. Our care partners expressed their gratitude and delight at the changes made with all the work done. This is

a great initiative which really acknowledges the load carried by many care partners and what a difference a helping hand can make. Thank you Team Pfizer and in particular Nick for your continued support.



Nick Uys in action.

Stamps for Library

Trevor Hayes, our amazing Philatelist, has a target to make \$20,000 by the end of this year through the sale of stamps donated to Dementia Canterbury to fund our Library collection. Please help Trevor reach this wonderful target by donating any stamps/stamp albums for him to sell on our behalf. Thank you Trevor for your valued support.



Fundraising / Events

A Walk to Remember – Save the Date 25.03.2018

We are excited to announce our Walk for Dementia 25 March 2018, as part of our 'Get Together for Dementia' annual events calendar.

The walk will make use of the newly opened ecological and recreational reserve, Avon Otakaro River and surrounding Red Zone lands, with trails stretching from city to sea.

As the Avon Otakaro River Trust aims to create a place of hope and inspiration for the people of Canterbury by restoring health and vitality to our river and its lands, Dementia Canterbury felt the venue fitting as a living memorial, and are keen to see the trails being used to rejuvenate community spirit and engagement in the eastern suburbs and outlying Christchurch areas

We welcome you to join us and would love your support in changing Christchurch's Avon River Red Zone from a place of trauma and heartache to a land of fun and natural beauty, striding out together to make a difference to those living with dementia.

This will be an event for all the family, all fitness levels, all ages, and alongside the recognition of cultural and community heritage will be full of activities and entertainment.

Get a team together, 3 or 33, gather your workmates, school or club, get the whole gang along!

There will be raffles and spot prizes up for grabs, products

on display for purchase, entertainment, and finish line hospitality tents.

You can be a fundraising champion and create your own fundraising page with Give A Little, and even if you aren't able to participate you can sponsor a friend or colleague, or make a donation through our website. <https://www.dementiacanterbury.org.nz/online-donation>



The most widely recognised Māori name for the Avon is Ōtākaro meaning place of the game, however it is also known as Ōtakaroro meaning home of the karoro, or black-backed gull. Photo acknowledgement from Avon Otakaro Network FB page.

If you are keen to become a Corporate Sponsor, or offer support for this event please contact us direct.

Start time and location point/route map to be advised

Please watch for updates on our Face Book page: <https://www.facebook.com/DementiaCanterburyNZ/> and website: <https://www.dementiacanterbury.org.nz/>

Or email or contact us to register your interest in Walk for Dementia updates: 03 379 2590 or admin@dementiacanterbury.org.nz

Ferrymead Heritage Park High Tea

A very colourful and enjoyable High Tea fundraising event was held at Ferrymead Heritage Park combining wonderful food and surroundings with magnificently creative costumes. Here, Val and Graham Dempsey (organisers) sample delicacies.



Thanks Graham and Val for a great afternoon.

Tai Tapu Golf Club

Our thanks for the members of the Tai Tapu Golf Club for their generous donation to Dementia Canterbury.



Scarlett Rose Boutique

Our thanks to Pam and Scarlett Rose Boutique (Darfield) who held a Trends & Trivia Evening which was a great success with proceeds to Dementia Canterbury.

Cheers Pam!

Charity Tournament Christchurch Casino

Thanks to the wonderful team representing Dementia Canterbury who won the \$5,000 prize at the Charity Tournament at Christchurch Casino



Gwyn Hughes, Julie Foster, Karon Storr and Quentin McKie and friends.

Donation slip



YES, I'd like to support people living with dementia

As a not-for-profit agency, Dementia Canterbury needs the support of the community to continue to deliver services that really make a difference to the quality of life for all affected by dementia.

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

I would like to receive regular email updates from Dementia Canterbury

Please accept my donation of : \$10 \$25 \$50 Other \$_____ or:

Internet Banking Details: ASB 123240:0097861:00 Dementia Canterbury

(Please use your Surname as a 'Reference') or: Cheque is enclosed

Credit Card Details: Please charge my credit card with \$_____ Visa Mastercard

Card number _____ Expiry Date _____

Name on Card _____ Cardholder's Signature: _____

Invest in your future – remember Dementia Canterbury in your Will.

Contact us for more information. Email admin@dementiacanterbury.org.nz or call 03 379 2590.

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Te Poari Hauora o Waitaha



CHRISTCHURCH
CASINO



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