

National Dementia Helpline

Free and confidential, the National Dementia Helpline provides expert information, advice and support, 24 hours a day, seven days a week, 365 days a year. No issue too big, no question too small.

- provides emotional support and guidance
- connects you to Dementia Australia and community support services and programs
- discuss government support, including My Aged Care, National Disability Insurance Scheme (NDIS), Carer Gateway and Dementia Behaviour Management Advisory Service (DBMAS).

📞 1800 100 500



Dementia Action Week

Nobody can do it alone

Monday 15 to Sunday 21 September

2025 Local Activity Guide

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

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



📍 [manningham.vic.gov.au/
dementia-action-week-2025](https://manningham.vic.gov.au/dementia-action-week-2025)



Dementia Action Week – Monday 15 to Sunday 21 September

Thursday 11 September
10:00am to 12:00pm
Second Thursday of each month

Memory Place Café

Drop into a relaxed, supportive environment where people living with dementia and their carers can feel safe, understood and socially connected.

- 📍 Mannacare
Cassia House,
371 Manningham Road,
Doncaster
- ✓ Bookings essential
- \$ \$5.00 per person
- ✉ normin.suleman@mannacare.org.au

Monday 15 September
11:00am to 12:00pm
Talking Café

Connect with others in a welcoming space that values every voice. This special Talking Café invites people living with dementia, their carers and families to share stories, build friendships and feel part of the community.

- 📍 Moon & Spoon Café,
The Pines Shopping
Centre, 181 Reynolds
Rd, Doncaster East
- 👤 Living Our Best Life
Project, Managed by
Community Houses
Association of the outer-
eastern suburbs
- ✓ No booking required
- \$ Free (café food and
drinks at own cost)
- 📞 0457 646 384

Tuesday 16 September,
1:00pm to 3:00pm
**Dementia Awareness
Community Seminar**

Join a free seminar at Manningham Uniting Church and Community Centre to learn more about dementia and how to better support those living with it.

- 📍 109 Wood Street,
Templestowe
- 👤 Manningham Uniting
Church
- ✓ Bookings essential
- \$ Free
- 📞 9846 2012
- ✉ manninghamuc.org/dementiaseminar

Wednesday 17 September
1:30pm to 3:00pm
**Meet Koby the
therapy dog**

Koby (right) is a beautiful gentle Keeshond dog with a soft grey fur/wool coat. His owner, Rosalie, spins his fur using it to knit garments. You will be able to pat Koby and see his fur being spun and garments made from it. Afternoon tea will be served.

- 📍 53-55 Aranga Crescent,
Donvale
- 👤 Friends of Manningham
Dogs and Cats (FOMDAC)
- ✓ Bookings essential
- \$ Free
- ✉ fomdacmanningham@gmail.com

Friday 19 September
10:30am to 12:00pm
**Try bowls at Doncaster
Bowling Club**

Join a coaching and guidance session of lawn bowls at the Doncaster Bowling Club for people living with dementia and their carers. All equipment will be supplied. Please wear casual and comfortable clothing with flat-soled shoes.

- 📍 2-50 JJ Tully Drive,
Doncaster
- 👤 Doncaster Bowling Club
- ✓ Bookings essential
- \$ Free
- 📞 Ash Rowe 0448 388 007
- ✉ rowe.ash@googlemail.com



Thursday 18 September
2:30pm to 3:30pm
Therapeutic gardening

Discover how gardening can grow more than just plants. Learn how horticulture can be used in a variety of settings to enhance general wellbeing, reduce stress and support people living with conditions such as dementia, and mental health challenges. Event will include Auslan interpretation.

- 📍 Doncaster Library,
687 Doncaster Road,
Doncaster
- 👤 Whitehorse
Manningham Libraries
and Kevin Heinze Grow
- ✓ Bookings essential
- \$ Free
- ✉ tinyurl.com/4cdck3yh

Tuesdays to Fridays,
9:00am to 3:30pm,
Saturdays 9:00am to
2:00pm
**Dementia Friendly
Redgum Café**

Enjoy connection and conversation in a welcoming, dementia-friendly cafe for people living with dementia, their carers and families.

- 📍 Redgum Café,
109 Wood Street,
Templestowe
- \$ Free (café food and
drinks at own cost)
- ✉ info@redgumcafe.org

Sunday 21 September
3:00pm to 4:00pm
Sensory Quiet Time

From Sunday 6 July to Sunday 9 November, enjoy a calming, sensory-friendly swimming pool experience designed to offer a peaceful environment for all.

- 📍 Aquarena Aquatic
and Leisure Centre,
139/153 Williamsons
Road, Lower
Templestowe
- 👤 Active Manningham
- \$ Centre entry
- 📞 9840 0000

Supermarkets with sensory-friendly shopping times

**Coles Doncaster, Coles
Bulleen, Coles The Pines
and Coles Donvale**

Tuesdays 10:30am to
11:30am, Monday to Friday
6:00pm to 7:00pm.

**Woolworths Templestowe,
Woolworths The Pines,
Woolworths Doncaster
and Woolworths Westfield
Doncaster**

Monday to Friday,
10:30am to 11:30am.

Quiet hours offer a low-sensory shopping experience for customers by making small adjustments, such as reducing sound and lighting, for an hour to enhance accessibility for those sensitive to high sensory environments.

Book an activity today

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

📞 **9840 9230**

or email

✉ **healthyageing@
manningham.vic.
gov.au**

📍 Location

👤 Host

✓ Bookings

\$ Cost

📞 Phone number

✉ Website/email

