

# Dementia Friendly East Belfast



**East Belfast is becoming a friendlier place for people living with dementia, their families and friends, and for older people.**

“Dementia Friendly East Belfast” is a voluntary campaign to improve life for people affected by dementia in this community. The campaign brings together businesses, voluntary groups, churches, schools, libraries and more. And people living with and affected by dementia have a leading role in this campaign.

Our mission is to work within the East Belfast community to increase awareness and understanding, inclusion and support for people living with dementia.

**Do you want to join in?**

**Everyone can make a difference.**

**Please join the campaign to make East Belfast Dementia Friendly.**

**Stay in contact and find out what we are doing!**

**[www.dementiafriendlyeastbelfast.com](http://www.dementiafriendlyeastbelfast.com)**

**[Facebook.com/dementiafriendlyeastbelfast](https://www.facebook.com/dementiafriendlyeastbelfast)**

**Email: [dementiafriendlyeastbelfast@gmail.com](mailto:dementiafriendlyeastbelfast@gmail.com)**

**Telephone: 028 9073 5696**

See overleaf for more information!



# Dementia Friendly East Belfast

**Our vision is that people living with dementia in East Belfast feel empowered, valued, safe and supported to live full independent lives.**

## Our Action Plan:

1. In East Belfast there will be a greater awareness and understanding of dementia and positive ageing. We achieve this through awareness raising, info hubs, Dementia Friendly Training, and working with businesses.
2. People living with dementia will be actively included within the East Belfast community, feel less isolated, and will be valued. We enable this by increasing engagement for people with dementia and for carers, through actively promoting activities and opportunities, and also through inter-generational activities.
3. People living with dementia and their families and carers will have better access to support. We will encourage this by identifying gaps, undertaking research, and being active in local media.

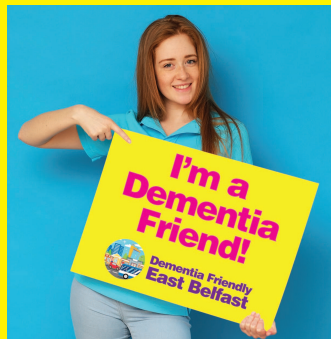
## Our activities have included:



Info hubs across East Belfast



Interactive training



Over 800 people are trained as Dementia Friends



Online and in person workshops



Hug in a box



Outdoor activities

**Get involved. Join in.**

[www.dementiafriendlyeastbelfast.com](http://www.dementiafriendlyeastbelfast.com) [Facebook.com/dementiafriendlyeastbelfast](https://www.facebook.com/dementiafriendlyeastbelfast)

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