



Dementia Friendly East Belfast

What's On!

Your guide to dementia friendly services & activities in East Belfast **August 2023**

Information correct at the time of going to press.

Research and Hope

Results of a clinical trial of a new drug that slows the progression of early Alzheimer's disease were launched in July this year.

The drug Donanemab has been shown to slow the progression of Alzheimer's in its early stages by up to one third. It does this by removing a substance called amyloid that builds up between brain cells, which is one of the contributing factors of Alzheimer's. Donanemab is one of two new drugs that have been developed recently.

Professor John Hardy from University College London, who advised the development of the drug, hailed it as "great news".

Though the results of this drug trial are important news it will be a while before Donanemab is available for use.

Further trials will take place after which the drug will go through an approval process before being released for use in the UK. A similar drug received approval for use in the USA earlier this year.

The breakthrough with Donanemab highlights the success of research. Coupled with better and earlier detection of the disease, this new treatment will improve health outcomes. It also highlights the need for continued research, and the need to support the organisations undertaking this work. See the back page of this month's What's On Guide for details on Alzheimer's Society's Memory Walk, which is contributing to ongoing research in the UK.

The development of this new drug is very exciting news and a source of hope.



BBC NEWS

New drug brings hope to end Alzheimers

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Age NI Good Vibrations

The Belfast Trust and Age NI have started a men's carers programme called "Good Vibrations" to support men who are carers, including men who care for someone living with dementia.

Aimed at men over the age of 50, "Good Vibrations" seeks to help carers look after themselves and stay strong. There are tips for good mental health, advice on managing caring

and work, individual support and also opportunities to join some men's groups.

The programme runs online between 7-8.30pm from Thursday 10th August – 21st September.

To find out more, telephone 028 9504 2126 or email carerssuppsvcs@belfasttrust.hscni.net

Eastside Arts Festival

The EastSide Arts Festival continues into August. It has a great range of events and activities, many of which are free of charge. The Soda Popz Bop on Friday 4th August at the Strand Church has sold out at the time of going to print, but there are lots of other events available.

Check out the programme at <https://www.eastsidearts.net/eastside-arts-festival-2023/>



Dementia NI Events

Belfast Empowerment Group

Fridays (Weekly) 10.30am until 12.30pm.

Contact: amy@dementiani.org

Tel: 028 96 931 555

ALL NI Empower and Support Group (via ZOOM)

Tuesdays (Monthly) 2.00pm until 3.30pm.

Contact: amy@dementiani.org

Tel: 028 96 931 555

Dementia NI also has an "In the Same Boat" peer support service and a "tablet loan" service for people living with dementia. To avail of any of these services, please contact our Head Office number on 028 9693 1555 (Monday to Friday 10am to 4pm) or email amy@dementiani.org

Alzheimer's Society Carers Support in August 2023

Join Alzheimer's Society's free Carers Information Support Programme (CrISP) for people who provide unpaid care and support for someone living with dementia.

Topics covered included understanding dementia, providing support and care, legal and financial matters, and coping day to day.

Online (Zoom):

2.30 - 4pm, 3rd, 10th, 24th and 31st August 2023.

Face to face delivery:

11am - 1pm Wednesdays 2nd, 9th, 23rd and 30th August 2023, Hollywood Arches Library, Hollywood Road, Belfast BT4 1NT.

If you would like to register, or for further information, please contact: crispbelfast@alzheimers.org.uk

What's On - August 2023

To attend any of the events contact the organisers at the numbers and websites listed.

Details are correct at the time of going to print.

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1 Remember I Forget Exhibition Lisburn Road Library To 18th August 2023 028 9050 9223 for opening times 2.30-4pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)	2 10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk	3 Memory Lane Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062 1-3pm The Carers Cafe Hollywood Arches Library 07922 423160	4 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 2pm Memory Lane Service Fitzroy Presbyterian Church No booking needed	5/6
7 10am Tea and Newspapers Hollywood Arches Library 028 9050 9216 11am Gentle Walks CS Lewis Square 07841 592879 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973	8 1.30 - 2.30pm Knit and Natter Cregagh Library 028 9040 1365 2.30-4pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)	9 10.30-11.30am Cryptic Corner Games Hollywood Arches Library 028 9050 9216 7.30pm Chocolate Bingo Engage with Age via Zoom 07710 993036	10 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216 2.30-3.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk	11 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204	12/13
14 10am Tea and Newspapers Hollywood Arches Library 028 9050 9216 11am Gentle Walks CS Lewis Square 07841 592879	15 9am – 12noon Mindful Colouring Ballyhackamore Library 028 9050 9204 2.30-4pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)	16 10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079 10.30am-12.30pm Tea and Newspapers Cregagh Library 028 9040 1365	17 9am-12noon Cryptic Corner Ballyhackamore Library 028 9050 9204 Memory Lane Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062	18 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 Remember I Forget Exhibition Skainos Centre To 29th September 2023 028 9045 8560	19/20
21 10am Tea and Newspapers Hollywood Arches Library 028 9050 9216 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973	22 1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365 2.30-4pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)	23 10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079 10.30am-12.30pm Tea and Newspapers Cregagh Library 028 9040 1365	24 Memory Lane Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062 7.30pm Chocolate Bingo Engage with Age via Zoom 07710 993036	25 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204	26/27
28 10am Tea and Newspapers Hollywood Arches Library 028 9050 9216 1-3pm Living Grief Support TIDE via Zoom carers@tidecarers.org.uk	29 10am Carers Cafe Ormeau Road Library 07394 569153 2-3pm Tea Dance 2 Royal Avenue No need to book 2.30-4pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)	30 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk 10.30-11.30am Cryptic Corner Games Hollywood Arches Library 028 9050 9216	31 9am-12noon Cryptic Corner Ballyhackamore Library 028 9050 9204	Every Monday & Thursday 7pm - "The Sundown Sessions" www.youtube.com/singalongwithedelle ----- Every Monday 10.30am & 2.30pm and every Wednesday 10.30am Singing for the Brain (singin@alzheimers.org.uk)	

Memory Walk

Alzheimer's Society Memory Walk is back this autumn. It is one of the society's largest fundraisers and it supports Alzheimer's Society's ongoing work.

Walks are happening all over the UK. Participants who sign up by 1st October 2023 will receive a fundraising pack with lots of ideas on how to raise funds, a T-shirt, and also a medal when they complete the walk. There are also digital badges for use on your social media when you reach the fundraising targets.

The Belfast Memory Walk is taking place in Ormeau Park, Ormeau Road, Belfast BT7 2GG on Saturday 23rd September 2023. Arrival time for the walk is 10am, with the first walks starting at 11am. There are two routes of 3k and 6k, and participants are encouraged to raise a minimum sponsorship of £160 each. There is no admission cost to participating in the walk. **To find out more visit:** <https://www.alzheimers.org.uk/memory-memorywalk@alzheimers.org.uk>, telephone 0300 3305452 or email memorywalk@alzheimers.org.uk



Useful Contacts

Alzheimer's Society

Tel: 028 9066 4100 crispbelfast@alzheimers.org.uk

Age-friendly Belfast

Tel: 07713 684705

Check In and Chat

Call free 0808 808 7575 Monday-Friday 9am-5pm

Scam Aware

www.nidirect.gov.uk/articles/scams

Belfast Trust Dementia Navigator Service

Tel: 028 9504 2700

Dementia NI

Tel: 028 9693 1555 www.dementiani.org

Age NI

Tel: 028 9024 5729 www.ageni.org

Carers NI

Tel: 028 9043 9843 www.carersuk.org/northernireland

TIDE

carers@tidecarers.uk.net www.tide.uk.net

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07394 569 154 Facebook: [dfsouthbelfast](https://www.facebook.com/dfsouthbelfast)

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028 9075 5894 Facebook: [dementiafriendlynorthbelfast](https://www.facebook.com/dementiafriendlynorthbelfast)

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