



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

SEND US A POSTCARD!

We are reaching that part of the year when everyone is looking forward to a summer holiday. Holidays are wonderful opportunities to rest and relax, though they can be challenging for people living with dementia. It is very possible to travel well, so here are some tips that might make your trip that bit more enjoyable.

Be Realistic: Holidays do us good but sometimes getting there and the stress of being in new surroundings can take the enjoyment out of it. Pick a holiday that is do-able. Foreign shores can be alluring but a holiday at a location a few hours away can be just as enjoyable.

Plan Your Journey: Let someone know where you are going and how to reach you. Avoid early starts or late arrivals, and plan realistic journeys. Have time for breaks and to enjoy travelling. If travelling by air or train, remember there can be delays, so have good supplies of refreshments. Bring the telephone numbers of key contacts at your holiday location should you need to arrive later than intended.

Dementia Friendly Airports: George Best Belfast City Airport recently launched its Special Assistance Service. By phoning in advance customers can get assistance with arrivals, going through security, queuing and getting on to the plane. Pre-booking is recommended by calling 028 9093 5247, especially at busy times, and many airports have a similar service.

Dementia Friendly Queueing: Standing in line can be exhausting. As with airports, many train and bus stations also make allowance. Let staff know your needs. You may be able to avoid the discomfort of queueing and also be the first to board.

What to Bring? Bring items you need but don't overload yourself. Help relaxation by bringing a number of familiar clothes and comforters, even a familiar pillowcase for use at night. Make a list in advance of the essentials you have to bring.

Medications: Bring an ample supply, plus extra should you be away longer than planned. Bring a written list of medications in case you need to get an emergency supply, and also the schedule for taking them.

Enjoy Yourself: Do the things that you enjoy; eat your favourite meals, relax in the sun or chill out if it's rainy. Take time for you, and send us a postcard!



CARERS WEEK

Carers Week runs in Belfast from the 5th – 9th June 2023. Carers Week acknowledges the vital role carers play, including people who care for people living with dementia. Carers Week also highlights the supports that are available for carers. Caring for someone living with dementia can take its toll. Available support includes activity and

relaxation sessions, support groups, and also financial support. An excellent resource for more information is Carers NI at <https://www.carersuk.org/ni/>

See the calendar inside for Carers Week events taking place all over Belfast.

Follow us on Facebook: [DementiaFriendlyEastBelfast](https://www.facebook.com/DementiaFriendlyEastBelfast) Follow us on Twitter: [@DementiaEastBel](https://twitter.com/DementiaEastBel)

Get in touch: Email: dementiafriendlyeastbelfast@gmail.com Tel: 028 9073 5696 Web: www.dementiafriendlyeastbelfast.com

The Age Friendly Plan 2023-27

Age Friendly Belfast is an initiative of Belfast City Council. Since 2014 Age Friendly Belfast has been championing the needs and views of older people. Did you know that Belfast is an Age Friendly City?

Age Friendly Belfast has just launched its Age Friendly Belfast Plan for 2023-27. The plan is a comprehensive scheme to make the city a great place in which to grow old. Support for people affected by Dementia is a key part within the plan.

Age Friendly Belfast consulted with hundreds of older people while developing the plan. The main priorities that have emerged include: creating an Age Friendly infrastructure within Belfast; promoting social inclusion and connections; supporting improved health and wellbeing; addressing financial insecurity and the cost of living crisis. The Age Friendly Belfast Plan 2023-27 matches the timescale for the Belfast Agenda, which is Belfast City's corporate plan.

Ongoing initiatives from Age Friendly Belfast include the Healthy Ageing Strategic Partnership, initiatives such as Positive Ageing Month, and delivering a range of health and social activities across the whole city.

The Age Friendly Plan's dementia friendly initiatives include: supporting dementia friendly communities across the city; supporting the city-wide dementia friendly communities group; promoting dementia friendly practice

across council services; and ensuring people affected by dementia are able to have their say in matters that affect their lives.

Find out more about how Belfast City Council is supporting people affected by Dementia. Get your copy of the Age Friendly Belfast Plan by logging on to

www.makinglifebettertogether.com, emailing seniorsinfo@belfastcity.gov.uk or by calling **07713 684705**.



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 June 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.

Previous participants have called it: "An excellent programme. I felt more supported with the other carers there being there and hearing their stories. It was good we could ask questions and plan for the future."

Online (Zoom):

2.30-4pm, Thursdays 1st, 8th, 15th and 22nd June.

10-11.30am, Wednesdays 7th, 14th, 21st and 28th June.

Face to face delivery:

1pm-3pm, Tuesdays 6th, 13th, 20th and 27th June.

Cullingtree Meadows, 106 Cullingtree Road, Belfast, BT12 4BA.

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

What's On - June 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.

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Every Monday & Thursday 7pm - "The Sundown Sessions" www.youtube.com/singalong-witthedelle</p> <hr/> <p>Every Monday 10.30am & 2.30pm and every Wednesday 10.30am Singing for the Brain (singing@alzheimers.org.uk)</p>			<p>1 1-3pm The Carers Cafe Hollywood Arches Library linda@ebcda.org</p> <p>2pm "Brief Encounter" Strand Cinema 028 9065 5830</p>	<p>2 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p> <p>2.30pm Memory Lane Service Fitzroy Presbyterian Church No need to book</p>	<p>3/4</p>
<p>5 1-3pm West Belfast Carers Event Falls Leisure Centre 028 9504 2126</p> <p>11am Gentle Walks 07841 592879</p> <p>2-4pm Film Club Hollywood Arches Library</p> <p>6-7pm Yoga from EBCDA eleanor@ebcda.org</p>	<p>6 Turning Heads Exhibition Tullycarnet Library 1st-21st June</p> <p>2.30-4.30pm East Belfast Carers Event Walkway Community Centre 028 9504 2126</p>	<p>7 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p> <p>10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p>	<p>8 11am-1pm North Belfast Carers Event The Duncairn Complex 028 9504 2126</p> <p>12-1pm T'Ai Chi</p> <p>Victoria Park Marquee eleanor@ebcda.org</p> <p>2pm "High Noon" Strand Cinema 028 9065 5830</p>	<p>9 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p> <p>11am-1pm South Belfast Carers Event Crescent Arts Centre 028 9504 2126</p>	<p>10/11</p>
<p>12 11am Gentle Walks CS Lewis Square 07841 592879</p> <p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p> <p>6-7pm Yoga from EBCDA Avoneil Leisure Centre eleanor@ebcda.org</p>	<p>13 10.30am-12noon Understanding Grief TIDE via Zoom carers@tidecarers.org.uk</p> <p>2-4pm Summer Tea Dance 2 Royal Avenue No need to book</p>	<p>14 10.30-11.30am Cryptic Corner Hollywood Arches Library 028 9050 9216</p> <p>10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p>	<p>15 12-1pm T'Ai Chi Victoria Park Marquee eleanor@ebcda.org</p> <p>2pm "High Noon" Strand Cinema 028 9065 5830</p> <p>8pm Tullycarnet Yarnspinners Tullycarnet Library 028 9048 5079</p>	<p>16 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>17/18</p>
<p>19 11am Gentle Walks CS Lewis Square 07841 592879</p> <p>6-7pm Yoga from EBCDA Avoneil Leisure Centre eleanor@ebcda.org</p>	<p>20 10.30am-12noon Carers Support TIDE via Zoom carers@tidecarers.org.uk</p> <p>1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>21 10.30-11.30am Cryptic Corner Hollywood Arches Library 028 9050 9216</p> <p>10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p>	<p>22 12-1pm T'Ai Chi Victoria Park Marquee eleanor@ebcda.org</p> <p>2pm "Roman Holiday" Strand Cinema 028 9065 5830</p>	<p>23 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>24/25</p>
<p>26 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p> <p>6-7pm Yoga from EBCDA Avoneil Leisure Centre eleanor@ebcda.org</p>	<p>27 1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>28 10.30-11.30am Cryptic Corner Hollywood Arches Library 028 9050 9216</p> <p>10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p>	<p>29 12-1pm T'Ai Chi Victoria Park Marquee eleanor@ebcda.org</p> <p>2pm "Roman Holiday" Strand Cinema</p>	<p>30 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>1/2 JULY</p>

When in Doubt, Just Ask

It can often be confusing getting medical advice and guidance. There are so many terms and so much information that sometimes we can be left with questions that we feel embarrassed to ask. No-one likes looking as if they didn't understand what they have been told.

When in doubt, just ask. No medical professional will be concerned you are seeking clarification. They will, in fact, be pleased to know you are making sure you fully understand what they have said. Even if you feel awkward, make sure to leave any appointment or finish any conversation understanding everything fully.

So Many Acronyms

Many people are faced with acronyms when receiving medical information. An acronym is when the first letter of a series of words is used to shorten the term or make it easier for people to say. Sometimes, these acronyms are not the easiest to understand.

Here are some that you may come across:

- BHSCT** - Belfast Health and Social Care Trust
- CPN** - Community Psychiatric Nurse
- MDT** - Multi Disciplinary Team

How many of those did you get? We'll finish this article with a list of some of the most common acronyms. We hope these help and, as they say, TTFN (Ta Ta For Now).

- OT** - Occupational Therapist
- SW** - Social Worker
- SCC** - Social Care Co-Ordinator
- POA** - Psychiatry of Old Age
- CMHTOP** - Community Mental Health Team for Older People
- ICT's** - Integrated Care Teams
- OPT** - Older People Teams
- SLT** - Speech and Language Therapists
- CCC** - Connected Community Care Team
- HLC** - Health Living Centre



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
Dementia Friendly South Belfast	dementiafriendlysouthbelfast@gmail.com	07394 569 154 Facebook: dfsouthbelfast
Dementia Friendly North Belfast	dementiafriendlynorthbelfast@gmail.com	028 9075 5894 Facebook: dementiafriendlynorthbelfast
Dementia Friendly East Belfast	dementiafriendlyeastbelfast@gmail.com	028 9073 5696
Dementia Friendly West Belfast	dementiafriendlywestbelfast@gmail.com	

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