



# Dementia Friendly East Belfast

# What's On!

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

Information correct at the time of going to press.

## DEMENTIA ACTION WEEK 15th - 21st May 2023

May sees the return of "Dementia Action Week". This is the Alzheimer's Society's longest running awareness raising campaign, and this year it seeks to get individuals and organisations to "act on dementia".

In 2022, Dementia Action Week encouraged people who had health concerns to seek further help. There was a 43% increase in calls to Alzheimer's Society's dementia support line, which is telephone **0333 150 3456** (the line is open seven days a week).

### It's not just getting old.

Forgetting things from time to time is a normal part of getting old, however, if it is affecting your daily life, it is a

good idea to seek help. Getting a dementia diagnosis can be daunting, but 91% of people affected by dementia believe it is better to know so you can address your health circumstances.

**To find out more about Dementia Action Week log on to:**

<https://www.alzheimers.org.uk/get-involved/dementia-action-week>

In East Belfast during Dementia Action Week there will be opportunities for Online Interactive Dementia Training, activities in libraries, Art and Dementia training workshops, and look out for "forget me not" making workshops with the general public.



### SEE INSIDE:

- Online Interactive Dementia Training
- Art and Dementia
- Book Review
- Calendar of Events

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Get in touch: Email: [dementiafriendlyeastbelfast@gmail.com](mailto:dementiafriendlyeastbelfast@gmail.com) Tel: 028 9073 5696 Web: [www.dementiafriendlyeastbelfast.com](http://www.dementiafriendlyeastbelfast.com)

# Online Interactive Dementia Training - 7-9pm, Wednesday 17th May 2023

It's back! Dementia Friendly East Belfast's Interactive Online Dementia Training is back for one night on Wednesday 17th May 2023. It comes highly recommended. Previous attendees have said: "So many tips on basic changes"; "Very worthwhile session. Excellent"; "Great videos and visuals" "very informative".

This training is delivered using zoom so you can do it from the comfort of your own home. Participants learn how to make houses, managing money, and getting out and about more dementia friendly.

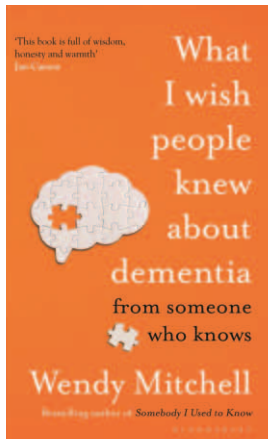
This training is ideal for carers, family members and friends, for anyone who runs a service like a running a shop or a café, and anyone who wants to help make their community more dementia friendly. The training is not, however, suitable for anyone living with dementia.

To book, email [dementiafriendlyeastbelfast@gmail.com](mailto:dementiafriendlyeastbelfast@gmail.com), call **028 9073 5696**, or book online on:

<https://DFEBinteractivedementiatraining17may2023.eventbrite.co.uk>



## Book Review: "What I Wish People Knew About Dementia" by Wendy Mitchell



Published in 2022, Wendy Mitchell's book is a good humoured, optimistic, but realistic account of her experience coming to terms with her own dementia.

"What I Wish..." is full of the personal experiences Mitchell has navigated, particularly the visual hallucinations she lives with. In its review, The Guardian newspaper said: "this is a book whose purpose is to convert despair into hope."

Mitchell makes the point that people affected by dementia can experience havoc, not so much because of the condition but how the world treats people with dementia. Mitchell's book highlights strategies to enable people to live well. These include a shift in mindset, such as not worrying

about getting lost going out and about. In Mitchell's book "walkers" become "wanderers", confusions are acknowledged, and dementia is recognised for the neurological condition that it is.

The book is divided in to six sections, and each section has easy-to-follow guidance. Mitchell encourages readers to be practical, knowledgeable, and also to be realistic about their circumstances - "bend with change rather than be broken by it". Mitchell advises us to "connect, forgive, accept, embrace, and live."

"What I Wish People Knew About Dementia" is available on Amazon and can be ordered for loan at your local library by calling **0345 4504580**.

## Dementia NI Events

### Belfast Empowerment Group

Fridays (Weekly) 10.30am until 12.30pm.

Contact: [amy@dementiani.org](mailto: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](mailto: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](mailto:amy@dementiani.org)

## Alzheimer's Society Carers Support in May 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):**

Tuesdays 9th, 16th, 23rd and 30th May at 1.30pm - 3pm.

Thursdays 11th, 18th, 25th May & 1st June 2023 at 7pm - 8.30am.

### **Face to face delivery:**

Wednesdays 10th, 17th, 24th and 31st May 2023 at 12pm - 2pm. Agápē Centre, 236-266 Lisburn Road, Belfast, BT9 6GF.

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

# What's On - May 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.

## MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>1 BANK HOLIDAY</b>  11am <b>Gentle Walks</b> CS Lewis Square 07841 592879  6-7pm  <b>Yoga</b> Avoneil Leisure Centre eleanor@ebcda.org  No coffee morning today	<b>2</b> 9am-12noon <b>Mindful Colouring</b> Ballyhackamore Library 028 9050 9204  2-4pm <b>Coronation Tea Dance</b> 2 Royal Avenue, Belfast No need to book	<b>3</b> 10.30-11.30am <b>Cryptic Corner Games</b> Hollywood Arches Library 028 9050 9216  11am-12.30pm <b>Tea and Newspapers</b> Cregagh Library 028 9040 1365	<b>4</b> 12-1pm <b>T'Ai Chi</b> Marquee Victoria Park eleanor@ebcda.org  1-3pm <b>The Carers Cafe</b> Hollywood Arches Library linda@ebcda.org  2.30pm <b>"For Me and My Gal"</b> Strand Cinema 028 9065 5830	<b>5</b> 10.30am-12noon <b>Cryptic Corner Games</b> Cregagh Library 028 9040 1365  2.30pm <b>Memory Lane Service</b> Fritzy Presbyterian Church No need to book	<b>6/7</b>
<b>8 BANK HOLIDAY</b>  11am <b>Gentle Walks</b> CS Lewis Square 07841 592879	<b>9</b> 10.30-12.30pm <b>iPad Introduction</b> Ballyhackamore Library 028 9050 9204  2.30pm <b>Dementia Friendly Service</b> Joanmount Methodist Church 07714 323886	<b>10</b> 10.30-11.30am <b>Carers Coffee Morning</b> TIDE via Zoom carers@tidecarers.org.uk  11am-12.30pm <b>Tea and Newspapers</b> Cregagh Library 028 9040 1365	<b>11</b> 12-1pm <b>T'Ai Chi</b> Victoria Park  2-4pm <b>You Life Online</b> Cregagh Library 028 9040 1365  2.30pm <b>"It Happened One Night"</b> Strand Cinema 028 9065 5830	<b>12</b> 9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204  10.30am-12noon <b>Cryptic Corner Games</b> Cregagh Library 028 9040 1365	<b>13/14</b>
<b>15</b> 11am <b>Dementia Friendly Coffee Morning</b> Cafe Refresh - 07436 174973  11am <b>Gentle Walks</b> 2pm <b>Hollywood Arches Library Classic Film Club</b> 028 9050 9216  2-3.30pm <b>Carers Afternoon Tea</b> eleanor@ebcda.org  6pm <b>Yoga (from EBCDA)</b>	<b>16</b> 9am-12noon <b>Mindful Colouring</b> Ballyhackamore Library 028 9050 9204  10.30-12.30pm <b>More on the iPad</b> Ballyhackamore Library 028 9050 9204	<b>17</b> 11am-12.30pm <b>Tea and Newspapers</b> Cregagh Library 028 9040 1365  7-9pm <b>Interactive Dementia Training</b> DFEB Via Zoom 07710 993036	<b>18</b> 12-1pm <b>T'Ai Chi</b> Victoria Park 2.30pm <b>"It Happened One Night"</b> Strand Cinema 028 9065 5830  8pm <b>Tullycarnet Yarn Spinners</b> Tullycarnet Library 028 9048 5079	<b>19</b> 9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204  10.30am-12noon <b>Cryptic Corner Games</b> Cregagh Library 028 9040 1365	<b>20/21</b>
<b>22</b> 6pm <b>Yoga (from EBCDA)</b> Avoneil Leisure Centre eleanor@ebcda.org	<b>23</b> 2.30pm <b>Dementia Friendly Service</b> Joanmount Methodist Church 07714 323886  7-8.30pm <b>Advocacy Group</b> TIDE via Zoom carers@tidecarers.org.uk	<b>24</b> 10.30-11.30am <b>Carers Coffee Morning</b> TIDE via Zoom carers@tidecarers.org.uk  11am-12.30pm <b>Tea and Newspapers</b> Cregagh Library 028 9040 1365	<b>25</b> 12-1pm <b>T'Ai Chi, Victoria Park</b> Marquee Victoria Park eleanor@ebcda.org  2.30pm <b>"Brief Encounter"</b> Strand Cinema 028 9065 5830	<b>26</b> 9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204  10.30am-12noon <b>Cryptic Corner Games</b> Cregagh Library 028 9040 1365	<b>27/28</b>
<b>29 BANK HOLIDAY</b>  No coffee morning today  6-7pm <b>Yoga</b> Avoneil Leisure Centre eleanor@ebcda.org	<b>30</b> 9am-12noon <b>Mindful Colouring</b> Ballyhackamore Library 028 9050 9204	<b>31</b> 10.30-11.30am <b>Carers Coffee Morning</b> TIDE via Zoom carers@tidecarers.org.uk  11am-12.30pm <b>Tea and Newspapers</b> Cregagh Library 028 9040 1365	Every Monday & Thursday 7pm - <b>"The Sundown Sessions"</b> <a href="http://www.youtube.com/singalongwithedelle">www.youtube.com/singalongwithedelle</a>  Every Monday 10.30am & 2.30pm and every Wednesday 10.30am <b>Singing for the Brain</b> (singing@alzheimers.org.uk)		



# Art and Dementia

Engage with Age is busy with its Dementia Friendly Artist in Residence programme. Since January there have been art workshops in dementia support centres across East and South Belfast. As well as creating art, there are Art and Dementia training workshops, to provide tips and guidance for running arts and crafts workshops with people living with dementia. The workshops are suitable for art facilitators, carers, community workers and artists. Funded by the Arts Council of Northern Ireland's Arts and Older People programme, these workshops are free.

Workshops are taking place in East and South Belfast on the 4th and 11th May, with others planned for later in the month and in June.

For further information, please call Engage with Age on 028 9073 5696, or email [info@engagewithage.org.uk](mailto:info@engagewithage.org.uk) or call 028 9073 5696.



## Useful Contacts

<b>Alzheimer's Society</b>	Tel: 028 9066 4100	<a href="mailto:crispbelfast@alzheimers.org.uk">crispbelfast@alzheimers.org.uk</a>
<b>Age-friendly Belfast</b>	Tel: 07713 684705	
<b>Check In and Chat</b>	Call free 0808 808 7575	Monday-Friday 9am-5pm
<b>Scam Aware</b>	<a href="http://www.nidirect.gov.uk/articles/scams">www.nidirect.gov.uk/articles/scams</a>	
<b>Belfast Trust Dementia Navigator Service</b>	Tel: 028 9504 2700	
<b>Dementia NI</b>	Tel: 028 9693 1555	<a href="http://www.dementiani.org">www.dementiani.org</a>
<b>Age NI</b>	Tel: 028 9024 5729	<a href="http://www.ageni.org">www.ageni.org</a>
<b>Carers NI</b>	Tel: 028 9043 9843	<a href="http://www.carersuk.org/northernireland/">www.carersuk.org/northernireland/</a>
<b>TIDE</b>	<a href="mailto:carers@tidecarers.uk.net">carers@tidecarers.uk.net</a>	<a href="http://www.tide.uk.net">www.tide.uk.net</a>
<b>Dementia Friendly South Belfast</b>	<a href="mailto:dementiafriendlysouthbelfast@gmail.com">dementiafriendlysouthbelfast@gmail.com</a> 07394 569 154 Facebook: <a href="https://www.facebook.com/dfsouthbelfast">dfsouthbelfast</a>	
<b>Dementia Friendly North Belfast</b>	<a href="mailto:dementiafriendlynorthbelfast@gmail.com">dementiafriendlynorthbelfast@gmail.com</a> 028 9075 5894 Facebook: <a href="https://www.facebook.com/dementiafriendlynorthbelfast">dementiafriendlynorthbelfast</a>	
<b>Dementia Friendly East Belfast</b>	<a href="mailto:dementiafriendlyeastbelfast@gmail.com">dementiafriendlyeastbelfast@gmail.com</a> 028 9073 5696	
<b>Dementia Friendly West Belfast</b>	<a href="mailto:dementiafriendlywestbelfast@gmail.com">dementiafriendlywestbelfast@gmail.com</a>	

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