



# Dementia Friendly East Belfast

# What's On!

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

Information correct at the time of going to press.

## Gentle Resolutions

The beginning of the new year is traditionally a time when people make resolutions. It can be tempting to promise to make big changes or adopt new habits. Unfortunately, not sticking to resolutions can make us feel bad. During this dark and cold part of the year who needs to feel bad about themselves?

Here is Dementia Friendly East Belfast's list of favourite alternative resolutions which will make life better and be easier to stick to:

**Get better rest.** Our friends in the animal kingdom hibernate during this chilly old season; maybe we should take a leaf out of their book. Don't change your routine or nap during the day, but try to get to bed half an hour earlier and make a point to enjoy it! The BBC Sounds website/ app has lots of lovely soundtracks to lull you to a gentle slumber:

<https://www.bbc.co.uk/sounds>

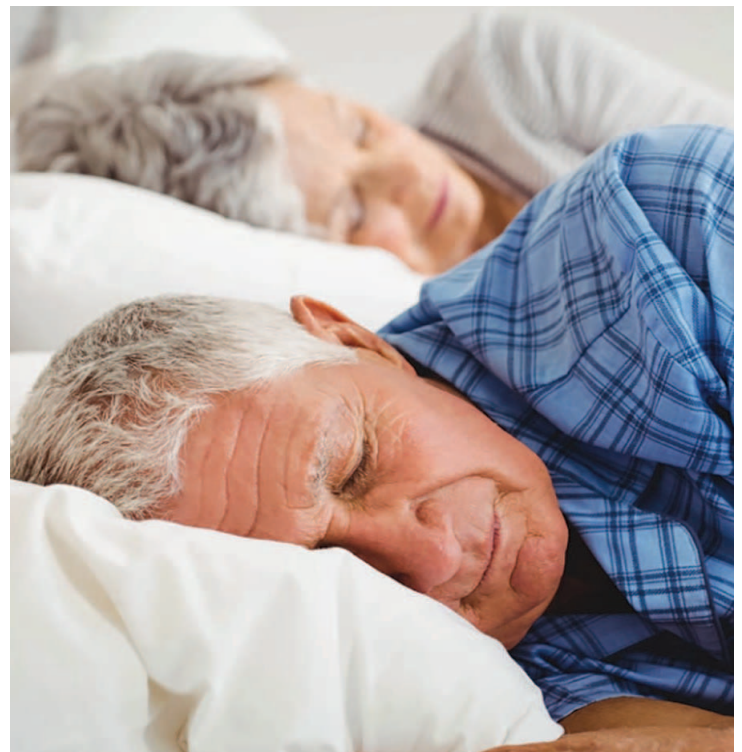
**Make time to relax.** The holiday period can be stressful so have a couple of times a week when you can rest, have quiet time, maybe listen to some music. Playlist for Life is ideal for some relaxing listening:

<https://www.playlistforlife.org.uk/>

**Eat nice things that are good for you.** We don't mean go vegan, start the Atkins Diet, or become a fruitarian, healthy though these options are. Do something simple, like eat more fruit and veg in your meals. Plan your meals a little more in advance and try adding elements like beans or pulses which are cheap, filling and delicious. Here is a link for thirty meals for January that can be made in 30 minutes:

<https://www.eatingwell.com/gallery/8021264/30-minute-dinners-for-january/>

**Say hello.** January can be a dark and miserable old time of year, so why not make your way through it with the help of some friends. Meet friends for coffee, pick up phone, or



plan to go see a film together. Queen's Film Theatre (<https://queensfilmtheatre.com>) and the Strand Cinema (<https://www.strandartscentre.com>) have plenty of dementia friendly screenings.

**Get some wind around your ears!** Enjoy the outdoors, it's always good for you. Wrap up well and go for a walk, get some fresh air, maybe go somewhere you have never been to before. One of East Belfast's hidden gems is the RSBP's "Belfast Window on Wildlife" – a fantastic place to observe the natural world. Go to the back page of this What's On Guide for more information.

<https://www.rspb.org.uk/reserves-and-events/reserves-a-z/belfasts-window-on-wildlife/>

Enjoy January and if you find the dark days a bit too much remember, the days are getting longer every day as we move gradually towards the summer.

Follow us on Facebook: [DementiaFriendlyEastBelfast](#) Follow us on Twitter: [@DementiaEastBel](#)

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

# Come Fly With Me...



Travel is getting better for people living with dementia. George Best Belfast City Airport has been doing sterling work to ensure its services are easier to use for people living with disabilities and impairments, including dementia.

Airports can be disorienting places. Lots of signs, announcements, going through security, queuing, and then making your way onto a noisy and crowded airplane. Alzheimer's Society attended the airport's Accessibility Forum recently to help inform ways to make it easier for travellers to make their way around the airport.

Belfast City Airport's Special Assistance is ranked as one of the highest in the UK by the Civil Aviation Authority. Special Assistance can be booked in advance by telephone.

Assistance is available from the moment a person arrives at the airport drop off points, right through to boarding the plane.

Support includes help with baggage collection, assistance going through airport security, navigating the airport, and use of hidden disability lanyards.

As with many services, it is recommended to pre-book assistance. Some support is available without pre-booking, but in busy periods priority is given to customers who have pre-booked support.

To book your Special Assistance with George Best Belfast City Airport telephone 028 9093 5247 or you can fill in a request online at <https://belfastcityairport.com/Contact-Us>

## 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 for people recently diagnosed, and a "tablet loan" service for people living with dementia who want to become involved in Dementia NI online activities but don't have access to a computer or a tablet. 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 January 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.

### January 2023:

#### Online (Zoom) delivery:

Mondays 9th, 16th, 23rd and 30th January 2023 at 10.30am - 12 noon

Wednesdays 11th, 18th and 25th January and Wednesday 1st February 2023 at 7pm - 8.30pm

#### Face to face delivery:

Thursdays 19th and 26th January 2023 at 10am - 1.30pm at the Agápc Centre, 236-266 Lisburn Road, Belfast, BT9 6GF.

For further information about the programme, and to book your place please contact: [crispbelfast@alzheimers.org.uk](mailto:crispbelfast@alzheimers.org.uk)

# What's On - January 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.

## January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					31 DEC/ 1 JAN
<b>2</b> 11am <b>Gentle Walks</b> CS Lewis Square 07841 592879	<b>3</b> 2.30pm <b>Dementia Friendly Service</b> Joanmount Methodist Church 07714 323886	<b>4</b> 10am-4pm Mon-Fri <b>NI War Memorial Museum</b> 028 9032 0392	<b>5</b> 1-3pm <b>Carer's Cafe</b> Holywood Arches Library 028 9045 1512  2pm <b>The Adventures of Robin Hood</b> Strand Cinema 028 9065 5830	<b>6</b> 2.30pm <b>Memory Lane Service</b> Fitzroy Church roberta@fitzroy.org.uk	7/8
<b>9</b> 11am <b>Dementia Friendly Coffee Morning</b> Cafe Refresh 07436 174973  2-4pm <b>Classic Film Club</b> Holywood Arches Library 028 9050 9216	<b>10</b> 1.30pm <b>Carers Working Group</b> TIDE online carers@tidecarers.org.uk  2pm <b>Virtual Friendship Group</b> Age NI 07816 247628	<b>11</b> 10.30am <b>Chat and Change Group</b> TIDE via Zoom carers@tidecarers.org.uk  12.30pm <b>Census Family Records</b> Cregagh Library 028 9040 1365	<b>12</b> 2pm <b>eMagazines/ using Libby</b> Libraries NI via Zoom 0345 4504 580  2pm <b>The Adventures of Robin Hood</b> Strand Cinema 028 9065 5830	<b>13</b> 10am <b>Intro to iPad</b> Woodstock Library 028 9050 9239	14/15
<b>16</b> 10am <b>Go Online</b> Libraries NI via Zoom 0345 4504 580  11am <b>Gentle Walks</b> CS Lewis Square 07841 592879	<b>17</b> 10am <b>Intro to iPad</b> Ballyhackamore Library 028 9050 9204  2pm <b>Co-Production Group</b> TIDE via Zoom carers@tidecarers.org.uk	<b>18</b> 10am – 5pm Tues-Sun <b>Ulster Museum</b> Botanic Gardens Belfast 028 9044 0000	<b>19</b> 2pm <b>The 39 Steps</b> Strand Cinema 028 9065 5830  8pm <b>The Yarnspinnners</b> Tullycarnet Library 028 9048 5079	<b>20</b> 2pm <b>Craft Session</b> Facebook Live @DementiaFriendly EastBelfast	21/22
<b>23</b> 11am <b>Dementia Friendly Coffee Morning</b> Cafe Refresh 07436 174973  6-7pm <b>Yoga</b> Avoniel Leisure Centre 028 9045 1512	<b>24</b> 10am <b>Intro to iPad</b> Ballyhackamore Library 028 9050 9204  <b>Dementia Awareness Training</b> Alzheimer's Society For times etc contact julie.morton@alzheimers.org.uk	<b>25</b> 10.30am <b>Chat and Change Group</b> TIDE via Zoom carers@tidecarers.org.uk  <b>Dementia Awareness Training</b> Alzheimer's Society For times etc contact julie.morton@alzheimers.org.uk	<b>26</b> 2pm <b>The 39 Steps</b> Strand Cinema 028 9065 5830	<b>27</b> 2pm <b>Local History Talk</b> Facebook Live @DementiaFriendly EastBelfast	28/29
<b>30</b> 11am <b>Gentle Walks</b> CS Lewis Square 07841 592879  6-7pm <b>Yoga</b> Avoniel Leisure Centre 028 9045 1512	<b>31</b> 2-4pm <b>Tea Dance</b> 2 Royal Avenue 07713 684705	<p>Every Monday and Thursday 7pm - "The Sundown Sessions"  <a href="http://www.youtube.com/singalongwithedelle">www.youtube.com/singalongwithedelle</a></p> <hr/> <p><b>Singing for the Brain</b> - Every Monday 10.30am &amp; 2.30pm            Every Wednesday 10.30am (<a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a>)</p>			

# Watch the Birdie

As mentioned on the front page, the Belfast Royal Society for the Protection of Birds (RSPB) as a hidden gem on our doorsteps in East Belfast.

The Belfast “Window on Wildlife” is a nature observation centre at 100 Airport Road West, Belfast BT3 9ED. This part of Belfast is a protected nature reserve due to the numerous varieties of birds and other wildlife inhabiting the city near Belfast Lough.

The “Window on Wildlife” has a visitor centre, car parking, accessible toilets, refreshments, and also educational facilities. There are also a number of observation “hides” where customers can get closer to the wildlife, plus walking trails. When visiting the centre, customers can expect to see a wide range of birds that includes Terns, Teals, Lapwings, and Wigeons (medium sized ducks), as well as Konick ponies. The centre has lots of trained staff and volunteers.

The “Window on Wildlife” is becoming increasingly accessible for all communities and is engaging with Alzheimer’s Society to find ways of making its facilities more accessible for people living with dementia and their carers. This is good news for the whole city.

The centre is open every day except Tuesdays. Opening times are 10am-4pm between November and March, and 10am-5pm April to October. As ever, it is a good idea to plan your visit. To find out more call 028 9046 1458 or visit the website:

<https://www.rspb.org.uk/reserves-and-events/reserves-a-z/belfasts-window-on-wildlife/>



## Useful Contacts

<b>Alzheimer’s Society</b>	Tel: 028 9066 4100	<a href="mailto:crispbelfast@alzheimers.org.uk">crispbelfast@alzheimers.org.uk</a>
<b>Belfast City Council Covid-19 Helpline</b>	Tel: 0800 587 4695	
<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 - 3 Lower Crescent, Belfast, BT7 1NR</b>	Tel: 07841 421158	<a href="mailto:beverley@tidecarers.uk.net">beverley@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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