



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Join Our Friendly Gang!

It is seven years since the Dementia Friendly East Belfast campaign was launched in 2016. Since then hundreds of people have become Dementia Friends, there are Information Hubs across East Belfast, there are regular walks and coffee mornings, exhibitions, specially designed interactive training and more. The campaign even navigated the challenges of the Covid-19 Pandemic, which affected people living with dementia more than the rest of the population.

We are taking stock, reviewing achievements, and thinking ahead. At the end of March the Steering Committee for the Dementia Friendly East Belfast team met, under the facilitation of Fiona Molloy from FM Consulting.

What is clear is the significant amount of activity that has happened, including over the last year (see the back page for what we've achieved). We have a new Action Plan for the 2023/24 year, packed with activities and initiatives.

But here's where you come in!

Join Our Steering Committee

The Dementia Friendly East Belfast campaign is an open campaign – anyone can take part. We are seeking new members for the Steering Committee. Could you join in and help?

You can be someone who works for a business, you could be involved in your local community or church, you could be a person living with dementia, a carer, someone from a public agency or charity... anyone, as long as you want to help and can spare the time.



Being on the Steering Committee involves attending monthly meetings, sometimes in person and sometimes over "Zoom". It also involves helping with events, such as information stands, training, awareness raising and coffee mornings. It takes only a couple of hours a month.

This is a voluntary role but one that is very rewarding. You will be helping make East Belfast a friendlier place for people living with dementia, their families and friends and carers, and for older people.

To join in or find out more, email dementiafriendlyeastbelfast@gmail.com or call Eamon on 07710 993036. Please also check out our website at www.dementiafriendlyeastbelfast.com

Send us your Dementia Friendly Event Listings!

Are you holding a dementia friendly activity such as a coffee morning, concert or service? Let us help you promote it. Send your event details to dementiafriendlyeastbelfast@gmail.com or call **07710 993036**. We will include your details in our What's On Calendar of events (see inside) and can also promote it on social media. Let's spread the word!

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

New Alzheimer's Society Campaign

In March, the Alzheimer's Society released its new branding and a new campaign.

Television, radio, newspapers and social media broadcast the new "Vow" campaign. The campaign has a television advert with a couple who have vowed to be together in sickness and in health. We observe them as they move through their dementia journey, from initial realisation there is a health issue, through to diagnosis and support.

The couple reaffirm their vows to be there for each other, and Alzheimer's Society reaffirms its commitment, vowing to be there to help. The campaign also asks the public "will you vow to help today?"

The campaign is moving and thoughtful. It does not shy away from the challenges of dementia, but also shows that

there is support and that the research to improve treatment continues.



Belfast Trust Carers Connect Café



10.30-12pm, Wednesday 5th April

**Walkway Community Association,
1-9 Finvoy Street, Belfast BT5 5DH.**

Please join the Carer Support Service for a relaxing coffee and a friendly chat. Connect with other carers and share your experiences and stories in a safe and informal environment. There will also be the opportunity to join in with activities run by the East Belfast Community Development Agency. This will be an opportunity to let us know if you would like a regular meeting in the area.

To attend call 028 9504 2126.

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 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

Alzheimer's Society Carers Support in April 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.

Online (Zoom):

Tuesdays 4th, 18th, 25th April & 2nd May 2023 at 12.30 - 2pm.
Please register by 12 noon on 31st March 2023.

Wednesdays 12th, 19th, 26th April & 3rd May 2023
at 10 - 11.30am.

Please register by 12 noon on 6th April 2023.

Face to face delivery:

Wednesdays 13th, 20th, 27th April and 4th May 2023
at 1.15pm - 4.30pm

Alzheimer's Society Office, 30 Skegoneill Street, Belfast BT15 3JL.

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

What's On - April 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.

April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Every Monday and Thursday 7pm - "The Sundown Sessions" www.youtube.com/singalongwithedelle Every Monday 10.30am & 2.30pm and every Wednesday 10.30am Singing for the Brain (singing@alzheimers.org.uk)					1/2
3 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973 2-4pm Classic Film Club Hollywood Arches Library 028 9050 9216 6pm Yoga (from EBCDA) Avoneil Leisure Centre eleanor@ebcda.org.uk	4 10am – 5pm Tues - Sun Rembrandt Exhibition Ulster Museum (until 16th April 2023)	5 10.30am-12noon Carers Connect Café Walkway Community Association 028 9504 2126 2-3pm Cryptic Corner Games Woodstock Library 028 9050 9239	6 12-1pm T'ai Chi Marquee Victoria Park eleanor@ebcda.org.uk 1.30pm The Carers Café Hollywood Arches Library linda@ebcda.org	7 10.30am – 12noon Cryptic Corner Games Cregagh Library 028 9040 1365 2.30pm Memory Lane Service Fitzroy Presbyterian Church No need to book	8/9
10 EASTER MONDAY 11am Gentle Walks CS Lewis Square 07841 592879	11 2.30pm Dementia Friendly Service Joanmount Methodist Church 07714 323886	12 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk 2-3pm Cryptic Corner Games Woodstock Library 028 9050 9239	13 2.30-3.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk	14 10.30am – 12noon Cryptic Corner Games Cregagh Library 028 9040 1365 2-3pm Knit and Natter Woodstock Road Library 028 9050 9239	15/16
17 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973 6pm Yoga (from EBCDA) Avoneil Leisure Centre eleanor@ebcda.org.uk	18 10am – 5pm Fashion of the 1920s Ulster Museum	19 10-11.30am You Can't Pour from an Empty Cup TIDE via Zoom carers@tidecarers.org.uk 2.30-3.30pm Rare Dementia Group TIDE via Zoom carers@tidecarers.org.uk	20 12-1pm T'ai Chi Marquee Victoria Park eleanor@ebcda.org.uk 2pm "Kind Hearts and Coronets" Strand Cinema 028 9065 5830 8pm Tullycarnet Yarnspinners Tullycarnet Library 028 9048 5079	21 10.30am – 12noon Cryptic Corner Games Cregagh Library 028 9040 1365 2-3pm Knit and Natter Woodstock Road Library 028 9050 9239	22/23 Saturday 22nd April 12-5pm Lord Mayor's Day Belfast City Hall and 2 Royal Avenue
24 11am Gentle Walks CS Lewis Square 07841 592879 6pm Yoga (from EBCDA) Avoneil Leisure Centre eleanor@ebcda.org.uk	25 2pm Virtual Friendship Group Age NI via zoom 07816 247628 2.30pm Dementia Friendly Service Joanmount Methodist Church 07714 323886	26 10.30-11.30am Carer's Coffee Morning TIDE via Zoom carers@tidecarers.org.uk 4-5pm Former Carers Group TIDE via Zoom carers@tidecarers.org.uk	27 12-1pm T'ai Chi Marquee Victoria Park eleanor@ebcda.org.uk 2pm "For Me and my Gal" Strand Cinema 028 9065 5830	28 10am – 4pm 1 to 1 eClinic Cregagh Library 028 9040 1365 10.30am – 12noon Cryptic Corner Games Cregagh Library 028 9040 1365	29/30

What We've Done

Since the Dementia Friendly Campaign started in 2016 we've been really busy and achieved a lot including:

- 35 information hubs across East Belfast
- Over 800 Dementia Friends trained
- Art exhibitions viewed by thousands of people
- Monthly activities for relaxation
- Trained 600+ people through interactive training
- Given "A Hug in a Box" to over 300 people during Covid-19
- Created a website packed with useful information
- Engaged thousands on social media with information and online classes and activities
- Empowered people living with dementia to have their views heard.

Last year was busy too. Our activities included:

- Presentations to Glentoran FC, Eastside Arts Festival, Be Prepared events and groups like Belfast East Seniors Forum.
- Playlist for Life training sessions
- Interactive online training for 32 people
- Fortnightly "Gentle Walks" and coffee mornings
- Dementia Friendly Church Services
- Dementia Friendly telephone befriending for carers
- 16 Artful Ageing workshops on music and crafting
- A shop window exhibition of artwork made by people living with dementia in 50 shop windows
- Monthly Carers "CrISP" services
- Started a monthly Carers Café
- Trained artists in dementia friendly art practice.

So find out more and also join in.

Contact us a dementiafriendlyeastbelfast@gmail.com or call 028 9073 5696.



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](https://www.facebook.com/dfsouthbelfast)

Dementia Friendly North Belfast

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

Dementia Friendly East Belfast

dementiafriendlyeastbelfast@gmail.com
028 9073 5696

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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