



# Dementia Friendly East Belfast

# What's On!

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

Information correct at the time of going to press.

## Sing for Health



Singing is very good for the brain and it's good for people living with dementia. Significant volumes of research highlight that singing is good for improving our mood, promoting memories, and reducing anxiety. Alzheimer's society and the NHS Trusts throughout the UK highlight the capacity of singing to reduce depression, maintain speech and language, improve the quality of life, and have a positive impact on carers.

There are a number of song and musical services available for people affected by dementia. The "Playlist for Life" website and app gives people living with dementia the opportunity to harness music to prompt conversation and relaxation - <https://www.playlistforlife.org.uk/>. Every Monday and Thursday the "Sundown Sessions" are presented on Youtube at 7pm. Log on to [www.youtube.com/singalongwithedelle](http://www.youtube.com/singalongwithedelle). Alzheimer's Society has its "Singing for the Brain" programme. Singing for the Brain takes place every Monday at 10.30am and 2pm, and every Wednesday at 10.30am. For more information contact Alzheimer's Society on 028 9066 4100.

## Music for the Mind

A new music initiative is now starting in Belfast.

The Ashton Centre is promoting the new "Music for the Mind" service. It's a new singing group, for people living with dementia and their carers. "Music for the Mind" is presented in a friendly, fun, and social environment. You don't need to be the greatest singer, just be interested in enjoying some craic and meeting new people. The organisers highlight that singing and listening to music can improve your brain activity, wellbeing and mood.

"Music for the Mind" is being delivered across the whole of Belfast for 15 weeks from the 30<sup>th</sup> January 2023. Participating centres include the Ashton Centre in North Belfast, Ardoyne Association Advice Centre in West Belfast, and St. Joseph's Church Sailortown in East Belfast. Light refreshments are provided free of charge.

**If you would like to attend, please call Paul Barton on 07843 619441. See inside on Page Two for more info on "Music for the Mind".**

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)

# ashton

Health &  
Wellbeing

## Music For The Mind

Discover the power of music and singing to  
boost your mental and emotional health



Singing and  
listening to  
music can  
improve your brain  
activity, wellbeing  
and mood.

For people with Dementia  
and their Carers

Join our singing group to meet new people in a friendly, fun and social environment

- ✓ Monday's Ashton Centre, Churchill Street, Starting 30th Jan. 11am - 12pm noon
- ✓ Tuesday's Ardoyne Association Advice Centre, 111 Etna Dr. Starting 31st Jan 11am - 12pm noon
- ✓ Friday's St Joseph's Church Sailortown, 9 Princes Dock. Starting 3rd Feb. 11am - 12pm noon

Light refreshments will be provided. Please turn up  
on the day or give Paul Barton a ring 0784 361 9441

Every Week starting week beginning  
30th January 2023 for 15 weeks

Communities In Transition  
HEALTH AND WELLBEING PROJECT  
Ardoyne & New Lodge



## Stay Warm

Many of the Keep Warm spaces schemes in Belfast are still active.

Belfast City Council's Warm Spaces Warm Welcome scheme in community centres is still operating. For more information log on to <https://www.belfastcity.gov.uk/warmspaces> or telephone **028 9032 0202**

East Belfast has a number of community and church spaces providing warm safe places to go to during the day. To see the list log on to:

<https://www.facebook.com/EastBelfastCoronavirusCommunitySupport/>

## 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 February 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.

### February 2023:

#### Online (Zoom) delivery:

#### Daytime Sessions:

10.30am - 12noon, Tuesdays 7th, 14th, 21st and 28th February 2023.

#### Evening Sessions:

7.00 - 8.30pm, Tuesdays 7th, 14th, 21st and 28th February 2023.

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 - February 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.

## February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		<b>1</b> 12.30pm <b>Celebration: Robert Burns</b> Cregagh Library 028 9040 1365	<b>2</b> 1pm <b>The Carers' Cafe</b> Hollywood Arches Library linda@ebcda.org  2pm <b>"The Belles of St. Trinian's"</b> Strand Cinema 028 9065 5830	<b>3</b> 11am-12noon <b>Music for the Mind</b> St. Joseph's Church Sailortown 07843 619441 See Page 2 this guide for other dates  2.30pm <b>Memory Lane Service</b> Fitzroy Presbyterian Church	<b>4/5</b>
<b>6</b> 11am <b>Dementia Friendly Coffee Morning</b> Cafe Refresh 07436 174973  2pm <b>Classic Film Club</b> Hollywood Arches Library  6-7pm <b>Yoga (from EBCDA)</b> Avoneil Leisure Centre eleanor@ebcda.org	<b>7</b> 3.30pm <b>Give it a Go: Lego</b> Ballyhackamore Library 028 9050 9204  7-9pm <b>Sharing your Experience</b> TIDE via Zoom carers@tidecarers.org.uk	<b>8</b> 1.30pm <b>Give it a Go Audiobook</b> Hollywood Arches Library	<b>9</b> 2pm <b>"The Belles of St. Trinian's"</b> Strand Cinema 028 9065 5830  2.30pm <b>Male Carers Group</b> TIDE via Zoom carers@tidecarers.org.uk	<b>10</b> 11am-12noon <b>Music for the Mind</b> St. Joseph's Church Sailortown 07843 619441 See Page 2 this guide for other dates  1-3pm <b>Valentine's Tea Dance</b> Ligoniel Community Centre 028 9071 9337	<b>11/12</b>
<b>13</b> 11am <b>Gentle Walks</b> CS Lewis Square 07841 592879  6-7pm <b>Yoga (from EBCDA)</b> Avoneil Leisure Centre eleanor@ebcda.org  7-9pm <b>Celebration of the Showbands</b> Belfast City Hall 028 9027 0428 seniorsinfo@belfastcity.gov.uk	<b>14</b> 2.30pm <b>Dementia Friendly Service</b> Joanmount Methodist Church 07714 323886  7pm <b>The Pub Quiz without a Pub</b> Via Zoom 07710 993036 for the link	<b>15</b> 1-4.30pm <b>Valentine's Tea Dance</b> Horn Drive Community Centre 028 9060 4860	<b>16</b> 1-2pm <b>T'Ai Chi for Beginners</b> Victoria Park Marquee eleanor@ebcda.org  2pm <b>"Sabrina"</b> Strand Cinema 028 9065 5830  8pm <b>Tullycarnet Yarnspinnners</b> Tullycarnet Library 028 9048 5079	<b>17</b> 11am-12noon <b>Music for the Mind</b> St. Joseph's Church Sailortown 07843 619441 See Page 2 this guide for other dates  1.30pm <b>Red Heart Ball</b> Knocknagoney Community Centre 028 9076 1432	<b>18/19</b>
<b>20</b> 11am <b>Dementia Friendly Coffee Morning</b> Cafe Refresh 07436 174973  6-7pm <b>Yoga (from EBCDA)</b> Avoneil Leisure Centre eleanor@ebcda.org	<b>21</b> 10am-6pm daily <b>STEM Exhibition</b> NI Science Festival 2 Royal Avenue, Belfast (runs 16th – 26th February 2023)	<b>22</b> 4pm <b>Carers Advocacy</b> TIDE via Zoom carers@tidecarers.org.uk	<b>23</b> 1-2pm <b>T'Ai Chi for Beginners</b> Victoria Park Marquee eleanor@ebcda.org  2pm <b>"Sabrina"</b> Strand Cinema 028 9065 5830  2.30pm <b>Family History</b> Tullycarnet Library 028 9048 5079	<b>24</b> 11am-12noon <b>Music for the Mind</b> St. Joseph's Church Sailortown 07843 619441 See Page 2 this guide for other dates	<b>25/26</b>
<b>27</b> 11am <b>Gentle Walks</b> CS Lewis Square 07841 592879  6-7pm <b>Yoga (from EBCDA)</b> Avoneil Leisure Centre eleanor@ebcda.org	<b>28</b> 1.30pm <b>English Paper Piecing</b> Cregagh Library 028 9040 1365  2.30pm <b>Dementia Friendly Service</b> Joanmount Methodist Church 07714 323886	<b>Every Monday and Thursday 7pm - "The Sundown Sessions"</b> <a href="http://www.youtube.com/singalongwithedelle">www.youtube.com/singalongwithedelle</a> <hr style="border-top: 1px dashed #000;"/> <b>Singing for the Brain - Every Monday 10.30am &amp; 2.30pm</b> <b>Every Wednesday 10.30am (singing@alzheimers.org.uk)</b>			

# FOCUS ON... Services in Belfast

## The Carers' Café

The Carers' Café takes place on the first Thursday of each month. It is place for carers to have a break, meet others, get information, take part in activities, have a cuppa and unwind. Presented by East Belfast Community Development Agency, the Carers Café takes place in Holywood Arches Library. The range of information and topics covered provides great support for carers and the café also counteracts the isolation or the loneliness that carers often experience.

**For more information and to attend the Café contact or telephone 028 9045 1512.**

## Dementia Friendly Coffee Morning

Engage with Age offers a fortnightly coffee morning taking place in Café Refresh in the Skainos Centre. It's just a simple coffee morning every second Monday between 11am-12noon. The Dementia Friendly Coffee Morning takes place in a welcoming café, with board games and

chat. The coffee is complimentary with free scones and traybakes on offer too. The coffee morning is for people living with dementia accompanied by their carers. Everyone is welcome to say hi, chat, meet new people, and enjoy some company.

**To attend the Dementia Friendly Coffee Morning call David on 07436 174973 or email**



## 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:carers@tidecarers.org.uk">carers@tidecarers.org.uk</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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