



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Arts in the East Side

The EastSide Arts Festival is back, this year with slightly changed dates, running from 27th July – 6th August 2023.

Over 11 days there is a wide ranging programme of over 60 events and activities, with something for everyone. The packed programme this year includes music, comedy, dance, theatre, literature, walking tours, cabaret and more.

Within the programme there is an excellent selection of activities which are free of charge. C.S. Lewis Square is transformed in to “Park Fest” on Sunday 30th July, offering a wide range of outdoor performances and stalls between 12noon – 4pm. On the same day, 1-5pm there is a market at the Banana Block venue called “East Block Bazaar”, offering opportunities to buy goodies, crafts and food from a range of local suppliers.

Dementia Friendly activities include our favourites, the Tullycarnet Yarn Spinners on 27th July at 2.30pm in Tullycarnet Library, admission free. There is also a feast for music lovers with the “Soda Popz” band, playing toe-tapping tunes to transport you to the golden age of Dance Halls – 12-2pm on 4th August at the Strand Church. There are also tours of George Best’s family home, tours of Glentoran Football Ground, and more.

The EastSide Arts Festival is one of the programmes of the East Side Arts, which runs activities across the year.

To book tickets for the festival, log on to <https://www.eastsidearts.net/whats-on/> or call **028 9024 6609**.



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

Remember I Forget

Engage with Age has been undertaking art and craft workshops with people affected by dementia throughout 2023. Facilitated by their Dementia Friendly Artist in Residence Anna O’Kane, the workshops have created some wonderful works of art which form an exhibition called “Remember I Forget”.

Participants in the art workshops talked and chatted about their interests or things they used to do. This brought forward memories of dance hall days, fashion, and hobbies such as gardening. These formed the themes for artworks. Everyone was able to contribute, paint, make collages, and enjoy making art.

Following an exhibition at Nazareth House Care Village in South Belfast, “Remember I Forget” is being displayed at



Tullycarnet Library, Kinross Avenue, Belfast between 6th – 31st July 2023. Further exhibitions will take place in Belfast.

Engage with Age’s Dementia Friendly Artist Programme is funded by the Arts Council of Northern Ireland, and is planned to continue. Please join us in enjoying this wonderful artwork.



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 July 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):

6-7.30pm, Mondays 17th, 24th and 31st July & 7th August.

Face to face delivery:

10.30am-12.30pm, Tuesdays 18th and 25th July & 1st and 8th August. Alzheimer’s Society Office, 30 Skegoneill Avenue, Belfast BT15 3JL.

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

What's On - July 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.

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Every Monday & Thursday 7pm - "The Sundown Sessions" www.youtube.com/singalongwithdelle</p> <hr/> <p>Every Monday 10.30am & 2.30pm and every Wednesday 10.30am Singing for the Brain (singing@alzheimers.org.uk)</p>					1/2
<p>3 11am Gentle Walks CS Lewis Square 07841 592879</p> <p>2-4pm Film Club Holywood Arches Library 028 9050 9216</p>	<p>4 1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>5 10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>6 Memory Lane Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062</p> <p>1-3pm The Carers Café Holywood Arches Library 07922 423160</p>	<p>7 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p> <p>2pm Memory Lane Service Fitzroy Presbyterian Church No booking needed</p>	8/9
<p>10 10am Tea and Newspapers Holywood Arches Library 028 9050 9216</p> <p>11am Gentle Walks CS Lewis Square 07841 592879</p>	<p>11 Remember I Forget Exhibition Tullycarnet Library Everyday to 31st July</p> <p>1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>12</p> <p>Bank Holiday</p>	<p>13 10.30-11.30am Male Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>14 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	15/16
<p>17 10am Tea and Newspapers Holywood Arches Library 028 9050 9216</p> <p>11am Gentle Walks CS Lewis Square 07841 592879</p>	<p>18 1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>19 10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p> <p>10.30am-12.30pm Tea and Newspapers Cregagh Library 028 9040 1365</p>	<p>20 9am-12noon Cryptic Corner Ballyhackamore Library 028 9050 9204</p> <p>Memory Lane Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062</p>	<p>21 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	22/23
<p>24 10am Tea and Newspapers Holywood Arches Library 028 9050 9216</p> <p>11am Dementia Friendly Coffee Morning Café Refresh 07436 174973</p>	<p>25 10am Carers Café Ormeau Library 07394 569153</p> <p>1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>26 10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p> <p>10.30am-12.30pm Tea and Newspapers Cregagh Library 028 9040 1365</p>	<p>27 Memory Lane Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062</p> <p>7pm Tullycarnet Yarnspinners Tullycarnet Library 028 9048 5079</p>	<p>28 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p> <p>11.30am-2pm East Side Food and Drink Tour EastSide Arts Festival 028 9024 6609</p>	<p>Saturday 29th 11am-4pm George Best House Tours EastSide Arts Festival 028 9024 6609</p> <p>Sunday 30th 12-4pm Park Fest EastSide Arts Festival No Booking Required</p> <p>1-5pm East Block Bazaar EastSide Arts Festival 028 9045 6609 No Booking Required</p>
<p>31 10am Tea and Newspapers Holywood Arches Library 028 9050 9216</p> <p>7pm East Belfast Legends EastSide Arts Festival 028 9045 6609</p>					

Carers' Cafés

There have been wonderful developments with the increase in carers cafés in Belfast.

East Belfast Community Development Agency established its Carers Café in 2021, meeting monthly in Hollywood Arches Library. The café seeks to support people who care for people living with dementia. The café format allows people to meet others in similar positions, access supports, and have a bit of time for themselves.

New Carers' Cafés are springing up and by the reports of those who have attended they are highly recommended.

The South Belfast Dementia Carers Café will take place this month on 25th July 2023 at Ormeau Road Library. For further information contact Emily Brown on Emily.brown@forwardsouth.org or call **07394 569153**.


There is also a general carers group in Cloona House, North Belfast meeting on Mondays from 11am-1pm. For further information contact Isabel Flood on **028 9062 7863** or email isabel@newcolin.com

The East Belfast Carers' Café is on the first Thursday of each month. For further information contact Davina at davina@ebcda.org or call **07922 423160**.



**SOUTH BELFAST
DEMENTIA
CARERS CAFE**

**CARERS CAFE SPECIFICALLY FOR
THOSE WHO CARE FOR SOMEONE
LIVING WITH DEMENTIA WITHIN
SOUTH BELFAST**

 **LAST TUESDAY OF EVERY
MONTH
ORMEAU ROAD LIBRARY** 

**27th June / 25th July / 29th August
at 10am**

**The Carers Cafe is opportunity to
take time for yourself, shared
experiences and learn about
what services are available for
you!**

 For Further Information Contact
Emily on
EMILY.BROWN@FORWARDSOUTH.ORG
07394569153



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	