



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Carers Support with CrISP

One of the most important programmes that carers of people living with dementia can attend is the Alzheimer's Society Carer Information and Support Programme (CrISP).

CrISP is a free information programme that aims to improve the knowledge, skills and understanding of people caring for someone living with dementia. The programme provides effective support that is up to date and relevant.

CrISP is delivered over four sessions and the programme is presented every month (see inside this month's guide for the CrISP dates for March 2023). Topics covered include understanding dementia, providing support and care, legal and financial matters, and coping day to day. The programme is available in person and it is also available over "Zoom".

There are a number of ways to sign up for the CrISP Programme.

Individuals can contact Alzheimer's Society by email at crispbelfast@alzheimers.org.uk. A health professional can also register your attendance. In both instances an information or "referral form" is completed to provide the CrISP trainer with relevant information.

Attendees can also register direct online at:

<https://forms.office.com/e/fjrZVWBPF1>

The CrISP programme is also delivered in the South Eastern trust area for anyone caring for someone in that area. For more information about the South Eastern trust programmes, please contact Bronagh McGlinchey by email crispseni@alzheimers.org.uk.

We highly recommend this excellent service. It's good to talk to a dementia professional to find out about all of the services and supports that are available to help carers, many of which you may not know about.



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

Dementia Friendly Welcome in Your Library

Libraries and a Dementia Friendly Welcome

As the weather improves we all begin to feel more confident about venturing outside. For those asking “where should I go” a good first trip should be to your local library as it provides a safe space to meet other people from your own community in a welcoming environment.

There are 17 public libraries in the Belfast Council area. The libraries and the services they provide are free for everyone to access. Libraries offer spaces where anyone can visit, browse the collections of books and newspapers, make use of the computer equipment and free Wi-Fi/Broadband access, take part in one of the many activities, or simply meet and connect with others.

You're never alone in a library – join in regular activities

Each library has a programme of regular events and these offer great ways to learn new skills, pursue interests and feel part of the local community.

Check out this list of activities to find something that suits you.

- **Reading Groups** - For anyone who loves books and chats
- **Mindful Colouring** - A gentle way to reduce stress using intricate colouring
- **Knit and Natter** - For anyone who enjoys knitting, crochet and cross stitch
- **Tea and Newspapers** - Enjoy tea and biscuits while reading or discussing the daily newspapers
- **Go ON** - Computer and tablet skills classes to help with daily tasks.

The good news for people living with dementia is that many library staff are trained as dementia friends, and many libraries are adopting the principles of dementia friendly spaces. The libraries in East Belfast have been actively involved in dementia friendly activities, including exhibitions, talks, and hosting regular groups such as the Carers' Café.

To discover what each library does on a regular basis just ask the staff in the library or visit the Libraries NI website – www.librariesni.org.uk. You can also phone **0345 450 4580** or email enquiries@libraries.org.uk.



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 March 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.

March 2023:

Online (Zoom) delivery:

Tuesdays 7th, 14th, 21st & 28th March at 10.30am - 12 noon.
Tuesdays 7th, 14th, 21st & 28th March at 7pm - 8.30pm.

Face to face delivery:

Wednesdays 15th and 22nd March at 1.15pm - 4.30pm
East Belfast Network Centre, 55 Templemore Avenue, Belfast BT5 4HP.

If you would like to attend, please RSVP to crispbelfast@alzheimers.org.uk

For further information about the programme please contact: crispbelfast@alzheimers.org.uk

What's On - March 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.

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Every Monday and Thursday 7pm "The Sundown Sessions" www.youtube.com/singalongwithedelle</p> <hr/> <p>Singing for the Brain Every Monday 10.30am & 2.30pm Every Wednesday 10.30am (singing@alzheimers.org.uk)</p>		<p>1 10.30 – 11.30am Cryptic Corner (puzzle group) Hollywood Arches Library 028 9050 9216</p> <p>1-3pm Silver Surfers Film Club Horn Drive Community Centre 028 9060 4860</p>	<p>2 1-3pm The Carers' Cafe Hollywood Arches Library linda@ebcda.org</p> <p>2pm "On Moonlight Bay" The Strand Cinema 028 9065 5830</p>	<p>3 10am – 12noon 50+ Group Concord Community Centre 028 9071 2450</p> <p>11am - 12noon Music for the Mind St. Joseph's Church, Sailortown 07843 619441</p> <p>2.30pm Memory Lane Church Fitzroy Presbyterian Church 028 9031 9710</p>	4/5
<p>6 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p> <p>2-4pm Classic Film Club Hollywood Arches Library 028 9050 9216</p> <p>6-7pm Yoga (from EBCDA) Avoneil Leisure Centre eleanor@ebcda.org</p>	<p>7 1-2pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>8 10.30 – 11.30am Cryptic Corner Hollywood Arches Library 028 9050 9216</p> <p>10am – 6pm Exhibitions 2 Royal Avenue No booking required</p>	<p>9 1pm Beginners T'Ai Chi Victoria Park Marquee eleanor@ebcda.org</p> <p>2pm "On Moonlight Bay" The Strand Cinema 028 9065 5830</p>	<p>10 10am – 12noon 50+ Group Concord Community Centre 028 9071 2450</p> <p>10.30am – 12.30pm Arts and Crafts Knocknagoney CC 028 9076 1432</p> <p>11am - 12noon Music for the Mind St. Joseph's Church, Sailortown 07843 619441</p>	11/12
<p>11am Gentle Walks CS Lewis Square 07841 592879</p> <p>6-7pm Yoga (from EBCDA) Avoneil Leisure Centre eleanor@ebcda.org</p>	<p>14 1-2pm Knit and Natter Cregagh Library 028 9040 1365</p> <p>2.30pm Dementia Friendly Service Joanmount Methodist Church 07714 323886</p>	<p>15 10.30 – 11.30am Cryptic Corner Hollywood Arches Library</p> <p>2 – 4pm St. Patrick's Day Tea Dance Divis Community Centre 028 9024 2551</p> <p>2 – 4pm St Patrick's Day Tea Dance Inverary Community Centre 028 9047 1456</p>	<p>16 1pm Beginners T'Ai Chi Victoria Park Marquee eleanor@ebcda.org</p> <p>2pm "The Student Prince" The Strand Cinema 028 9065 5830</p> <p>2-4pm St. Patrick's Tea Dance 2 Royal Avenue</p> <p>8pm Tullycarnet Yarn Spinners Tullycarnet Library 028 9048 5079</p>	<p>17 10am – 12noon 50+ Group Concord Community Centre 028 9071 2450</p> <p>10.30am – 12.30pm Arts and Crafts Knocknagoney CC 028 9076 1432</p> <p>10.30am – 12.30pm Every Friday Arts and Crafts Knocknagoney Community Centre 028 9076 1432</p>	18/19
<p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p> <p>6-7pm Yoga (from EBCDA) Avoneil Leisure Centre eleanor@ebcda.org</p> <p>6.30pm Poetry Workshop Ballyhackamore Library 028 9050 9204</p>	<p>21 1-2pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>22 10.30 – 11.30am Cryptic Corner Hollywood Arches Library 028 9050 9216</p> <p>10.30am City Airport Walkaround George Best City Airport 028 9093 5053</p>	<p>23 1pm Beginners T'Ai Chi Victoria Park Marquee eleanor@ebcda.org</p> <p>2pm "The Student Prince" The Strand Cinema 028 9065 5830</p>	<p>24 10am – 12noon 50+ Group Concord Community Centre 028 9071 2450</p> <p>10.30am – 12.30pm Arts and Crafts Knocknagoney Community Centre 028 9076 1432</p> <p>11am - 12noon Music for the Mind St. Joseph's Church, Sailortown 07843 619441</p>	25/26
<p>11am Gentle Walks CS Lewis Square 07841 592879</p> <p>6-7pm Yoga (from EBCDA) Avoneil Leisure Centre eleanor@ebcda.org</p>	<p>28 1-2pm Knit and Natter Cregagh Library 028 9040 1365</p> <p>2.30pm Dementia Friendly Service Joanmount Methodist Church 07714 323886</p>	<p>29 10am – 4pm IT for Beginners drop in Woodstock Library 028 9050 9239</p> <p>10.30 – 11.30am Cryptic Corner Hollywood Arches Library 028 9050 9216</p>	<p>30 1pm Beginners T'Ai Chi Victoria Park Marquee eleanor@ebcda.org</p> <p>2pm "Kind Hearts and Coronets" The Strand Cinema 028 9065 5830</p>	<p>31 10am – 12noon 50+ Group Concord Community Centre 028 9071 2450</p> <p>10.30am – 12.30pm Arts and Crafts Knocknagoney Community Centre 028 9076 1432</p> <p>11am - 12noon Music for the Mind St. Joseph's Church, Sailortown 07843 619441</p>	25/26

Sew Friends and Blethers Café Raise Funds

Out of the blue, we were contacted by the “Sew Friends” group, and Gary from Blethers Cafe on the Cregagh Road.

The Sew Friends is group a of women who meet every week and knit together. They did originally sew, hence the name, but these days the group is busy knitting away and enjoying each other’s company.

The Sew Friends knit items which they sell in Blethers Café to raise funds for local charities. Last year the group knitted cosies for sweets and chocolates as little Christmas gifts. A box of these knitted goodies was placed beside the till in Blethers and every item was sold. Between the Sew Friends and Blethers an amazing £352 was raised to support our activities. This donation will support training and producing information.

Blethers Café has also already been involved supporting the Dementia Friendly East Belfast campaign. Blethers takes part in the annual Festival of Windows event, and also circulates Dementia Friendly East Belfast information.

A huge thank you to the wonderful Sew Friends and Blethers staff. If you are in the area, why not call in to Blethers at 83 Cregagh Road and get a cuppa or a delicious meal. The spirited efforts of these wonderful people will help make East Belfast a friendlier place for people affected by dementia.



Useful Contacts

Alzheimer’s Society	Tel: 028 9066 4100	crispbelfast@alzheimers.org.uk
Belfast City Council Covid-19 Helpline	Tel: 0800 587 4695	
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 - 3 Lower Crescent, Belfast, BT7 1NR	Tel: 07841 421158	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	

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