



Dementia Friendly East Belfast

What's On!

Your guide to dementia friendly services & activities in East Belfast **April 2024**

Information correct at the time of going to press.

Belfast Dementia Information Day



Throughout the year the dementia friendly campaigns across Belfast get together and meet. This happens through Age Friendly Belfast at Belfast City Council. The group exchanges information, shares tips, and works together.

On Wednesday 29th May 2024 Belfast City Hall will host a city-wide Dementia Information Day with all of the campaigns involved. The day seeks to raise awareness of the supports that exist throughout the city that can help people affected by dementia and also carers.

This event is for members of the public. There will be stalls, opportunities to find out more about what's on, music and refreshments. People attending can connect with others and access local supports. While the event is not there to provide any diagnosis information or medical advice, there will be opportunities to find out about support in your community.

This is also a dementia friendly event so it is suitable for people living with dementia, attending with their carers. Belfast Dementia Information Day runs between 11am-1pm in Belfast City Hall.

For further information email seniorsinfo@belfastcity.gov.uk or call 07827 823998.

Beautiful Fundraising Art Postcards

Dementia Friendly East Belfast is selling beautiful art postcards to raise funds to support its work, with images made by people living with dementia. The postcards are sold in batches of 10 different postcards for £10 per pack. If you would like to buy some, please call us on **028 9073 5696** or email dementiafriendlyeastbelfast@gmail.com. You can also buy them online – search for “Engagewithage” at www.etsy.co.uk.

All proceeds go to the Dementia Friendly East Belfast campaign. Hope you enjoy them.



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

Our Plans for 2024/25

Dementia Friendly East Belfast met recently to review last year's work and to plan for 2024/25.

What a busy year we have had! Highlights from last year include info sessions, refreshing the information hubs across East Belfast, ongoing support for carers through the Carers' Café, art workshops and exhibitions, and increasing engagement with people living with dementia.

Plans for 2024/25 include involving carers more, developing partnerships with Libraries NI, more interactive

training, more art and physical exercise activities, and continuing to produce ongoing information. We will also work more with our friends in north, south, and west Belfast and see how we can increase support for people living with dementia.

If you or your group would like to get involved, please contact us by telephoning 028 9073 5696 or emailing dementiafriendlyeastbelfast@gmail.com



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

For further information on Dementia NI's programmes, including peer support and their tablet loan service, telephone 028 9693 1555 or email

amy@dementiani.org

Alzheimer's Society Carers Support in April 2024

Join Alzheimer's Society's free Carers Information Support Programme (CrISP) for people who provide unpaid care and support for someone living with dementia.

Topics covered include understanding dementia, providing support and care, legal and financial matters, and coping day to day.

Face to Face:

11.00am-1.00pm Tuesdays 9th, 16th, 23rd and 30th April 2024 at Alzheimer's Society Office, 30 Skegoneill Street, Belfast BT15 2JL.

Online (Zoom):

6.00-7.30pm, Thursdays 11th, 18th, 25th April and 2nd May 2024.

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

What's On - April 2024

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 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 Easter Monday	2 Easter Tuesday Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk Contact Alzheimer's Society for times	3 10.30-11.30am Cryptic Corner Holywood Arches Library 028 9050 9216	4 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216 2pm "The Purple Rose of Cairo" (1985) Strand Cinema 028 9065 5830	5 11am T'Ai Chi Dee Street Community Centre 07436 174793 2.30pm Memory Lane Church Fitzroy Presbyterian Church No booking required	6/7 Sunday 7th 5.45pm "The Purple Rose of Cairo" (1985) Strand Cinema 028 9065 5830
8 10am Tea and Newspapers 10.30-11.30am Mindful Colouring 10am-1pm Chess Club Holywood Arches Library 028 9050 9216 11am Gentle Walks C. S. Lewis Square 07799 112365	9 Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk Contact Alzheimer's Society for times 4-5.30pm Can't Pour from an Empty Cup TIDE via Zoom carers@tidecarers.org.uk	10 10.30-11.30am Cryptic Corner Holywood Arches Library 028 9050 9216 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk	11 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216 2pm "The Purple Rose of Cairo" (1985) Strand Cinema 028 9065 5830 2.30-3.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk	12 11am T'Ai Chi Dee Street Community Centre 07436 174793	13/14
15 10am Tea and Newspapers 10.30-11.30am Mindful Colouring 10am-1pm Chess Club Holywood Arches Library 028 9050 9216 11am Gentle Walks C. S. Lewis Square 07799 112365	16 11am-2pm The Grapevine 2 Royal Avenue No need to book Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk Contact Alzheimer's Society for times	17 10.30-11.30am Cryptic Corner Holywood Arches Library 028 9050 9216 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973	18 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216 2pm "The Apartment" (1960) Strand Cinema 028 9065 5830 8pm Tullycarnet Yarn Spinners Tullycarnet Library 028 9048 5079	19 11am T'Ai Chi Dee Street Community Centre 07436 174793	20/21
22 10am Tea and Newspapers 10.30-11.30am Mindful Colouring 10am-1pm Chess Club Holywood Arches Library 028 9050 9216 11am - Gentle Walks C. S. Lewis Square 07799 112365 2-4pm - Tea Dance 2 Royal Avenue Booking not required	23 11am-2pm The Grapevine 2 Royal Avenue No need to book Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk Contact Alzheimer's Society for times	24 10.30-11.30am Cryptic Corner Holywood Arches Library 028 9050 9216 10.30-11.30am Carers Coffee Morning and 4-5pm Former Carers Group TIDE via Zoom carers@tidecarers.org.uk	25 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216 10.30am-12noon Carers Support Group Healthy Living Centre Springhill Drive 028 9244 5748 2pm "The Apartment" (1960) Strand Cinema 028 9065 5830	26 11am T'Ai Chi Dee Street Community Centre 07436 174793	27/28 Sunday 28th 5.45pm "The Apartment" (1960) Strand Cinema 028 9065 5830
29 10am Tea and Newspapers 10.30-11.30am Mindful Colouring 10am-1pm Chess Club Holywood Arches Library 028 9050 9216 11am - Gentle Walks C. S. Lewis Square 07799 112365 3pm - Online Reading Group Libraries NI via Zoom aisling.press@librariesni.org.uk	30 10-11.30am Carers Café Ormeau Road Library 07394 569154 11am-2pm The Grapevine 2 Royal Avenue No need to book Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk Contact Alzheimer's Society for times	<p>Every Monday and Thursday 7pm "The Sundown Sessions" www.youtube.com/singalongwithedelle</p> <hr/> <p>Every Monday 10.30am & 2.30pm and every Wednesday 10.30am Singing for the Brain Online (singing@alzheimers.org.uk)</p>			

SPOTLIGHT ON... Dementia Friendly North Belfast

Dementia Friendly Campaigns operate throughout Belfast.

The Dementia Friendly North Belfast campaign works together with the Belfast Trust, organisations and individuals to raise awareness of supports in North Belfast. Activities have included carers support and coffee mornings, afternoon tea and movie events, church services, and information sharing. The campaign has also shared stories of people affected by dementia including people talking about their own dementia diagnosis.

Dementia Friendly North Belfast has a committed steering group of individuals and organisations. To find out more and get involved in the campaign, email dementiafriendlynorthbelfast@gmail.com or telephone 028 9075 5894.

Dementia Friendly North Belfast



Useful Dementia Apps

“Clear” dementia app - Available from Google Play

Dementia Awareness games for adults and children:

<https://www.dementiagame.com/> <https://kids.dementiagame.com/>

Useful Contacts

Alzheimer's Society	Tel: 028 9066 4100	crispbelfast@alzheimers.org.uk
Age-friendly Belfast	Tel: 07827 823998	
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	

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