



Dementia Friendly East Belfast



What's On!

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

Information correct at the time of going to press.

Season's Greetings to All Our Readers!

Staying Well at Christmas

Season's Greeting everyone!

Christmas is a special time but it can also be challenging for people affected by dementia. Here are some tips to help make Christmas more enjoyable.

- Put decorations up gradually over a few days.
- Keep it simple and familiar, and stay as close to your usual routine as possible.
- Have a quiet area somewhere in your home so you can take a quiet break.
- Plan for Christmas closures. Get medications in advance in case of holiday closures.
- Be aware that memories and traditions can be bitter-sweet and some traditions may no longer be possible.
- Try not to serve too much food and keep table decorations simple. Don't worry about timings!
- Christmas in a care home may mean there are adjustments. Do whatever is needed to relax and look after yourself and loved ones.
- Stay in touch with family and friends. If meeting up in person is too much, say hello over the phone.
- Be flexible. Have a "Plan B".
- Remember, Christmas Day is only one day and before you know we'll be headed into the new year



Keep Warm Packs

British Red Cross is offering "Winter Warm Packs" to anyone over the age of 55 to keep warm this winter. Packs include an array of items to keep you warm during the cold

weather including a blanket, thermal socks, a fleece, jumper and more. For further Information please contact Rosie Jenkins at rosemaryjenkins@redcross.org

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

Art and Dementia Training

Engage with Age's Dementia Friendly Artist in Residence programme is continuing into next year courtesy of funding from the Arts Council of Northern Ireland's Arts and Older People's Project.

Artist in Residence, Anna O'Kane, will be working with a number of centres across South and East Belfast enabling people living with dementia to be creative.

One element of the programme is free training sessions for family members, carers, care staff, artists and art facilitators. This will teach facilitators and family members how to engage with people living with dementia using art and crafts activity.

If you would like to have your details taken so you can be informed of when the training sessions are happening, please email

eamonquinn@engagewithage.org.uk.

When the training sessions have been scheduled we will let you know.



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 December 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.

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

Online (Zoom):

10.30am-12.30pm Mondays 20th and 27th November and 4th and 11th December 2023

Face to Face:

11.00am-1.00pm Thursdays 23rd and 30th November and 7th and 14th December 2023 at the East Belfast Network Centre, 55 Templemore Avenue, Belfast BT5 4FG.

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

What's On - December 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.

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<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 (singing@alzheimers.org.uk)</p>				<p>1 11am T'Ai Chi Dee Street Community Centre 07436 174793</p> <p>2.30pm Memory Lane Church Fitzroy Presbyterian Church No booking required</p>	<p>2/3</p>
<p>4 11am Gentle Walks C. S. Lewis Square 07799 112365</p> <p>2pm Stitch and A Story Ballyhackamore Library 028 9050 9204</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>5 2-4pm Festive Tea Dance 2 Royal Avenue No need to book</p>	<p>6 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p> <p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p>	<p>7 1.30pm The Carers Cafe Hollywood Arches Library 07922 423160</p> <p>2pm "An American In Paris" The Strand Cinema 028 9065 5803</p>	<p>8 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>9/10 Sunday 10th 2.30pm Dementia Friendly Service Glenburn Methodist Church alan.craig@irishmethodist.org</p>
<p>11 11am Gentle Walks C. S. Lewis Square 07799 112365</p>	<p>12 10.30am-12noon Living Grief TIDE via Zoom carers@tidecarers.org.uk</p>	<p>13 6.30-8pm Carols by Candlelight Ulster Folk Museum 028 9042 8428</p>	<p>14 2pm "The Bishops Wife" Strand Cinema 028 9065 5830</p> <p>2.30-3.30pm Male Carers Group TIDE via Zoom</p>	<p>15 11am T'Ai Chi Dee Street Community Centre 07436 174793</p> <p>2-4pm Music and Memories Grace Family Centre 028 9074 3536</p>	<p>16/17 Saturday 16th 10.30am "It's A Wonderful Life" Queen's Film Theatre 07394 569153</p>
<p>18 11am Gentle Walks C. S. Lewis Square 07841 592879</p> <p>7-8pm Young Onset Carers TIDE via Zoom carers@tidecarers.org.uk</p>	<p>19 2-5pm Jingle and Jazz 2 Royal Avenue www.maywe.co.uk/2ra</p>	<p>20 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p> <p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p>	<p>21 2pm "The Bishops Wife" Strand Cinema 028 9065 5830</p> <p>8pm Tullycarnet Yarn Spinners Tullycarnet Library 028 9048 5079</p>	<p>22 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>23/24</p>
25	26	27	28	29	30/31
<p><i>Christmas Holidays</i> Merry Christmas to All Our Readers!</p>					



Support for Carers

There have been a range of initiatives to support carers across Belfast and it is worth reminding readers that support is out there and available.

Carers' Cafes operate in East and South Belfast.

East Belfast's Carers Café takes place on the first Thursday of every month in Hollywood Arches Library, between 1-3pm. It provides a fantastic range of information, support, relaxation and connection for carers. For info call Davina on 07922 423160.

The next South Belfast Carers' Café is the last Tuesday of every month 10-11.30am at Ormeau Road Library. For info call 07394 569154.

In North Belfast, Ligoniel Healthy Living Centre and Dementia Friendly North Belfast has been providing a Dementia Carers Support Group which started in November and has been meeting weekly on Mondays until 4th December. For further information on other initiatives in North Belfast contact Ciaran on 07712 323347.

The Belfast Trust Dementia Navigators are always a good source of information on carers support initiatives. Call the Dementia Navigators on 0290 9504 2700 to find out what is on in your area.



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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