



# Dementia Friendly East Belfast

# What's On!

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

Information correct at the time of going to press.

## Get Active!

As we move towards the spring, it is a good time to think about getting regular exercise. Staying physically active has many benefits for people living with dementia, as well as their carers.

Taking physical exercise is important to maintain overall health. Exercise is defined as activities that increase your heart rate and cause you to breathe more deeply. Increasing the circulation of blood throughout the body, including to the brain, helps cognitive function. The many other benefits include improving mood, increasing social connections with others, and staying agile.

The kind of exercise you take is dependent on how you are and your state of health. Simple exercise activities can range from attending a regular session in a centre, going for walks, or keeping fit in the home. Home based chair exercises can include actions such as turning the upper body from side to

side, raising arms to the ceiling, and making circles with the legs and feet.

East Belfast has tons of opportunities for exercise. Leisure facilities include Avoneil and Lishnasarragh Leisure Centres, Templemore Avenue Baths, and the Hanwood Centre.

Community based organisations in East Belfast offer many gentle exercising opportunities. Eastside Greenways offers weekly gentle walks on Mondays, telephone 07799 112365. East Belfast Community Development Agency offers yoga on Mondays and T'Ai Chi on Thursdays, email [eleanor@ebcda.org](mailto:eleanor@ebcda.org). Engage with Age offers T'Ai Chi every Friday morning, telephone Paul on 07436 173793.

Alzheimer's Society has an excellent guide for exercise available at <https://www.alzheimers.org.uk/get-support/daily-living/exercise/benefits>

Perhaps 2024 will be your year for getting and staying active?



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Get in touch: Email: [dementiafriendlyeastbelfast@gmail.com](mailto:dementiafriendlyeastbelfast@gmail.com) Tel: 028 9073 5696 Web: [www.dementiafriendlyeastbelfast.com](http://www.dementiafriendlyeastbelfast.com)

# Singing for the Brain

Alzheimer's Society's "Singing for the Brain" programme is back in Belfast. Who doesn't love singing a song?

"Singing for the Brain" brings together people living with dementia and their carers for collective singing.

There is significant evidence that singing provides benefits for brain health, and can help with the symptoms of dementia. Singing helps reduce anxiety and depression, helps maintain speech and language, it improves the quality of life. It also helps carers.

The "Singing for the Brain" sessions are at Bloomfield Presbyterian Church on the corner of Cyprus Avenue and Beersbridge Road. Registration is required in order to attend. To attend email [singing@alzheimers.org.uk](mailto:singing@alzheimers.org.uk)

The singing sessions happen in the afternoons and are followed by light refreshments. "Singing for the Brain" is fun, free and really good for your health. Join in and sing up!



## 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

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](mailto:amy@dementiani.org)

## Alzheimer's Society Carers Support in February 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.

### **Online (Zoom):**

10.30am-12noon, Thursdays 8th, 15th, 22nd and 29th February 2024.

### **Face to Face:**

11.00am-1.00pm Tuesdays 6th, 13th, 20th and 27th February 2024 at Alzheimer's Society Office, 30 Skegoneill Street, Belfast BT15 2JL.

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

# What's On - February 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.

## February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Every Monday and Thursday 7pm  <b>"The Sundown Sessions"</b>  <a href="http://www.youtube.com/singalongwithedelle">www.youtube.com/singalongwithedelle</a></p> <p>Every Monday 10.30am &amp; 2.30pm and every                      Wednesday 10.30am  <b>Singing for the Brain Online</b>                      (singing@alzheimers.org.uk)</p>			<p><b>1</b> 10am                      Dementia Friendly East                      Steering Committee                      07922 423160</p> <p>1pm                      The Carers' Café                      Hollywood Arches Library                      07922 423160</p> <p>3pm - Go On - BFI Replay                      &amp; 8pm - Tullycarnet Yarn                      Spinners                      Both at Tullycarnet Library                      028 9048 5079</p>	<p><b>2</b> 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><b>3/4</b></p>
<p><b>5</b> 11am                      Gentle Walks                      C. S. Lewis Square                      07799 112365</p> <p>2pm                      Knit and Natter                      Ballyhackamore Library                      028 9050 9204</p> <p>6-7pm                      Yoga                      EBCDA at Avoniel                      Leisure Centre                      eleanor@ebcda.org</p>	<p><b>6</b> Singing for                      the Brain                      Bloomfield                      Presbyterian Church                      singing@alzheimers.org.uk</p> <p>2-4pm                      Tea Dance                      2 Royal Avenue                      Booking not required</p>	<p><b>7</b> 11am                      Dementia Friendly                      Coffee Morning                      Cafe Refresh                      07436 174793</p>	<p><b>8</b> 1-2pm                      T'ai Chi for Beginners                      Mersey Street                      Primary School                      eleanor@ebcda.org</p> <p>2pm                      "Some Like It Hot"                      The Strand Cinema                      028 9065 5803</p> <p>2.30-3.30pm                      Male Carers Group                      TIDE via Zoom                      carers@tidecarers.org.uk</p>	<p><b>9</b> 11am                      T'Ai Chi                      Dee Street                      Community Centre                      07436 174793</p>	<p><b>10/11</b>                      Sunday 11th                      5.45pm                      "Some Like                      It Hot"                      Strand Cinema                      028 9065 5830</p>
<p><b>12</b> 11am                      Gentle Walks                      C. S. Lewis Square                      07799 112365</p> <p>2pm                      Knit and Natter                      Ballyhackamore Library                      028 9050 9204</p> <p>6-7pm                      Yoga                      EBCDA at Avoniel                      Leisure Centre                      eleanor@ebcda.org</p>	<p><b>13</b> Singing for                      the Brain                      Bloomfield                      Presbyterian Church                      singing@alzheimers.org.uk</p>	<p><b>14</b> 10.30-11.30am                      Coffee Morning                      TIDE via Zoom                      carers@tidecarers.org.uk</p> <p>4-5.30pm                      Can't Pour from                      an Empty Cup                      TIDE via Zoom                      carers@tidecarers.org.uk</p>	<p><b>15</b> 1-2pm                      T'ai Chi for Beginners                      Mersey Street                      Primary School                      eleanor@ebcda.org</p> <p>2pm                      "Some Like It Hot"                      The Strand Cinema                      028 9065 5803</p> <p>8pm                      Tullycarnet Yarn Spinners                      Tullycarnet Library                      028 9048 5079</p>	<p><b>16</b> 11am                      T'Ai Chi                      Dee Street                      Community Centre                      07436 174793</p>	<p><b>17/18</b>                      Saturday 17th                      1-3pm                      Sweetheart                      Tea Dance                      Willowfield                      Church                      No booking                      required</p>
<p><b>19</b> 11am                      Gentle Walks                      C.S. Lewis Square                      07799 112365</p> <p>2pm                      Knit and Natter                      Ballyhackamore Library                      028 9050 9204</p> <p>6-7pm                      Yoga                      EBCDA at Avoniel                      Leisure Centre                      eleanor@ebcda.org</p>	<p><b>20</b> Singing for                      the Brain                      Bloomfield                      Presbyterian Church                      singing@alzheimers.org.uk</p>	<p><b>21</b> 11am                      Dementia Friendly                      Coffee Morning                      Cafe Refresh                      07436 174793</p>	<p><b>22</b> 1-2pm                      T'ai Chi                      for Beginners                      Mersey Street                      Primary School                      eleanor@ebcda.org</p> <p>2pm                      "Laughter In Paradise"                      The Strand Cinema                      028 9065 5803</p>	<p><b>23</b> 11am                      T'Ai Chi                      Dee Street                      Community Centre                      07436 174793</p>	<p><b>24/25</b>                      Sunday 25th                      5.45pm                      "Laughter In                      Paradise"                      Strand Cinema                      028 9065 5803</p>
<p><b>26</b> 11am                      Gentle Walks                      C.S. Lewis Square                      07799 112365</p> <p>2pm                      Knit and Natter                      Ballyhackamore Library</p> <p>3pm                      Online Reading Group                      Libraries NI</p> <p>6-7pm Yoga                      EBCDA at Avoniel                      Leisure Centre                      eleanor@ebcda.org</p>	<p><b>27</b> Singing for                      the Brain                      Bloomfield                      Presbyterian Church                      singing@alzheimers.org.uk</p> <p>2-3.30pm                      How to Negotiate                      TIDE via Zoom                      carers@tidecarers.org.uk</p>	<p><b>28</b> 10.30-11.30am                      Carers                      Coffee Morning                      TIDE via Zoom                      carers@tidecarers.org.uk</p>	<p><b>29</b> 1-2pm                      T'ai Chi for Beginners                      Mersey Street                      Primary School                      eleanor@ebcda.org</p> <p>2pm                      "Laughter In Paradise"                      The Strand Cinema                      028 9065 5803</p>		

# Cregagh and Woodstock Traders Association

The Cregagh and Woodstock Roads lead on to each other at the edge of South and East Belfast. Both roads are teeming with shops, cafes, hairdressers and more. The Cregagh and Woodstock Road Traders Association is actively involved in promoting the businesses along the roads and also engaging with the community.

Over 14 businesses on the Cregagh and Woodstock Roads participated in the Festival of Windows in 2021 and 2022. Many businesses have Dementia Friendly East Belfast info hubs, and Blethers Café itself has supported fundraising activities for the Dementia Friendly East Belfast campaign.

On Saturday 17th February 2024 the Cregagh and Woodstock Traders Association are hosting a "Sweethearts Tea Dance" at Willowfield Church. Admission is free, with refreshments and dancing to the wonderful Rosey Hunter.

No booking required and all welcome. Watch this space for further events.



## 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

<b>Alzheimer's Society</b>	Tel: 028 9066 4100	<a href="mailto:crispbelfast@alzheimers.org.uk">crispbelfast@alzheimers.org.uk</a>
<b>Age-friendly Belfast</b>	Tel: 07827 823998	
<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</b>	<a href="mailto:carers@tidecarers.uk.net">carers@tidecarers.uk.net</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	
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