



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

The Great Outdoors

Hopefully the summer weather will pick up and everyone will have the opportunity to spend some time outdoors. Getting outside and into nature is highly beneficial for people living with dementia. It's good for carers too.

Being in nature produces physical and chemical changes in our bodies. Our senses pick up signals from the sights, scents and sounds of the natural world. As a result of this our heart rate slows down, our blood pressure lowers, and levels of cortisol (the stress hormone in our brains) lowers and our mood improves. Being outdoors exposes us to between 30-60% increased light, and oxygen levels in the air are greater. Being outdoors naturally leads to an increase in physical activity, and being more physically active boosts our brain health.

The "Greening Dementia" research paper, from the Dementia Adventure organisation, shows that spending time in nature results in better sleep, improved eating, improved skin health and fitness, improved concentration and better memory.

If you are planning a walk or a visit to a park, things to consider include transport and access, resting places and available seating/ benches, and availability of public toilets.

Here are some wonderful outdoor hot spots in Belfast that are ideal for enjoying the fresh air.

- Orangefield Park, which is off Grand Parade in East Belfast, is on the 5B Metro Bus Route from the city centre. The park has a bowling green, eco trail and an outdoor gym.



- Victoria Park, off Park Avenue/ Sydenham By-Pass in East Belfast, has a lake with an impressive array of wildlife including swans, geese, ducks, herons and migrant waders. There are two walking trails, public toilets and good parking.
- Belfast Castle, off the Antrim Road in North Belfast, is served by lots of regular Belfast Metro Buses. It has a variety of woodlands, gardens, and walking routes, and Belfast Castle is open to the public for refreshments.
- Sir Thomas and Lady Dixon Park, located in Upper Malone in South Belfast, is a huge site at 128 acres. It has a variety of spaces including rolling meadows, copses, woodlands and gardens. The Rose Week festival is on the 20th and 21st July this year between 12noon-5pm.
- Botanic Gardens, in South Belfast, has a Tropical Ravene, giant bird feeders, an alpine garden, a rose garden, and has the Ulster Museum located on it's Stranmillis Road side.
- Connswater Greenway, running throughout East Belfast, is a perfect spot for a relaxed stroll, and there gentle walks every Monday leaving from CS Lewis Square (see inside the calendar of events).

Belfast is full of public parks and spaces. To find out more log on to <https://www.belfastcity.gov.uk/things-to-do/parks-and-open-spaces> or call 028 9032 0202. What ever the weather this summer, make sure to get time outside and get the wind about your ears.

See inside this month's edition for book review - 'Looking Back at The Beatles'



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"Looking Back at the Beatles"

Not only are Paul McCartney and Ringo Starr still performing, but they now appear in an innovative book called "Looking Back at The Beatles", a style of book that is perfect for music fans living with dementia.

"Looking Back at The Beatles" is by author Matt Singleton, who has created a publishing company called Cognitive Books. His company seeks to produce material for readers living with dementia.

Research has shown that reading decreases or often stops after a dementia diagnosis. Barriers to reading include cognitive issues such as the complexity of stories or length of books. There are also physical barriers such as problems with turning pages. Cognitive Books produces engaging stories, presented in easy-to-read chunks, with large text and accessible colours. The books come with free audio versions.

"Looking Back at The Beatles" takes the reader through the main points in the Beatles' career. It prompts memories of some of their most famous moments such as their debut on the Ed Sullivan TV Show in America, and the "Sgt Pepper's Lonely Hearts Club Band" album. The



book contains lots of terrific illustrations, and also comes with an accompanying audio book narrated by the actor Bill Nighy. Reviews have included: "Nice drawings and story, worth every penny", and "She [mother] sat for ages reading it and really loved it."

"Looking Back at The Beatles" is available at Amazon and also Waterstones.

Singing for the Brain

Those who enjoy music will be pleased to hear that Alzheimer's Society's Singing for the Brain programme starts up in Lisburn in July, on Tuesday afternoons from 23rd July 2024 until September.

For further information contact singing@alzheimers.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

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 July 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):

6.00-7.30pm, Tuesdays 9th, 16th, 23rd, and 30th July 2024.

Face to Face:

11.00am-1.00pm Tuesdays 9th, 16th, 23rd, and 30th July 2024 at Alzheimer's Society Offices, 30 Skegoneil Street, Belfast BT15 3JL.

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

What's On - July 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.

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>1</p> <p>10am-1pm Tea and Newspapers Holywood Arches Library Every Monday</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>2</p> <p>9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>6.45-7.45pm Adult Reading Group Woodstock Road Library 028 9050 9239</p>	<p>3</p> <p>10.30-11.30am Cryptic Corner Holywood Arches Library</p>	<p>4</p> <p>10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216</p> <p>1pm The Carers' Café Holywood Arches Library 07922 423160</p>	<p>5</p> <p>11am T'Ai Chi Dee Street Community Centre 07436 174793</p> <p>2.30pm Memory Lane Service Fitzroy Presbyterian Church 028 9031 9710</p>	<p>6/7</p>
<p>8</p> <p>10am-1pm Tea and Newspapers Holywood Arches Library Every Monday</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>9</p> <p>9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p>	<p>10</p> <p>10.30-11.30am Cryptic Corner Holywood Arches Library</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>11</p> <p>10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216</p> <p>10.30-11.30am Male Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>12</p> <p>Friday 12th July BANK HOLIDAY</p>	<p>13/14</p>
<p>15</p> <p>Monday 15th July LIBRARIES CLOSED</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>16</p> <p>9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p>	<p>17</p> <p>10.30-11.30am Cryptic Corner Holywood Arches Library</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>18</p> <p>10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216</p>	<p>19</p> <p>11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>20/21</p> <p>Saturday 20th Sunday 21st July 12noon – 5pm Rose Week Lady Dixon Park</p>
<p>22</p> <p>10am-1pm Tea and Newspapers Holywood Arches Library</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>23</p> <p>9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>24</p> <p>10.30-11.30am Cryptic Corner Holywood Arches Library</p> <p>11am Dementia Friendly Coffee Morning Café Refresh 07436 174793</p>	<p>25</p> <p>10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216</p> <p>2pm Silver Screening The Strand at Connswater "The Odd Couple" (1968) 028 9065 5830</p>	<p>26</p> <p>11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>27/28</p>
<p>29</p> <p>10am-1pm Tea and Newspapers Holywood Arches Library</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>30</p> <p>10.30am-12noon The Carers Café Ormeau Road Library 07394 569154</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>31</p> <p>10.30-11.30am Former Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<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>		

Staying Cool in Hot Weather

A range of weather is forecast this summer, and it is good to be ready for those times when the temperature soars. Here are some tips for staying cool during hot weather:

- **Stay out of the sun.** During very hot spells, the damage from direct sunlight can vary from irritations, to sunburn, through to sunstroke. Remember, the sun is hottest and at its highest between 12noon – 3pm. Plan activities to happen earlier or later in the day.
- **Wear a hat and bring a water bottle with you when you are out and about.**
- **When going out wear sunscreen, and make sure not to miss any spots, for instance bald patches.**
- **When at home, keep windows closed and blinds down when it's cooler inside.**
- **A cool bath, a shower, or a damp cloth on the back of the neck can be as effective for cooling you down as a fan.**
- **Stay hydrated by drinking plenty of water. Avoid alcohol, though, as it can dehydrate!**
- **Stick to your regular eating pattern and eat food that**

can be served cold or that has plenty of water in it, such as fruit or salads.

Fingers crossed for some good weather.



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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