



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Carers Information and Support Programme

Sometimes it is difficult for carers of someone diagnosed with dementia to know where to turn to for support.

A dementia diagnosis can often be followed by a period of anxiety experienced by family members and carers. Questions and queries naturally arise as they cope with both the day-to-day challenges of supporting their loved one, and also thinking of the longer-term future.

Alzheimer's Society's Carers Information and Support Programme (CrISP), which is funded by the Belfast Health Trust, offers practical information on support and ways forward. This programme is ideal for partners of people living with dementia, children of people with a dementia diagnosis, family members, and carers.

The CrISP programme is four weekly advice sessions that take place every month. Delivered in person/ face to face, and also on zoom, each session lasts 1.5 hours and a range of topics are covered.

CrISP sessions are practical and designed with the carer in mind. Advice includes sessions on legal and financial issues such as banking and legal authority, the process of dealing with Power of Attorney, help to organise your living



space, and also advice on looking after yourself as a carer. Caring for someone living with dementia can be challenging so the sessions are provided by people who know what it's like. Dates for June 2024's CrISP sessions are inside this month's guide.

The CrISP programme is free of charge but needs to be booked in advance as places are limited.

To attend CrISP, contact crispbelfast@alzheimers.org.uk or call Alzheimer's Society in Belfast on 028 9066 4100 Monday-Friday 9am-5pm.

**See inside
this month's
edition for:**

- Review of the award-winning short film "Sundown".



- Top tips for going on holiday while living with dementia.



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

"Sundown"



"Sundown" is an award-winning short documentary film that charts the experience of Gail, a middle-aged woman who receives a diagnosis of early onset dementia. "Sundown" is a powerful film, and has won numerous awards at film festivals across the UK.

Gail was 54 years old at the time she had her diagnosis. Gail is a vibrant woman married to John, but became aware of days when she had anxiety and a degree of fuzziness. Investigations lead to her diagnosis.

Gail says, "What people don't realise is that as a couple, it's not just me that is affected, it affects him [her husband John] big time too. I married John, and now he has a different person."

"Sundown" charts a number of days in Gail's life, with some dramatic scenes recreated with actors to illustrate key moments. Gail's diagnosis is not the end of her story, rather the start of a new chapter of her life. In coping with dementia, Gail has taken up craft and photography hobbies. She also blogs about her experiences. Gail's blog is available at <https://dementiaalzheimers.home.blog/>



What makes this film compelling is the way Gail and John talk about the real affect this has had on their lives. Their experience is informative for anyone who is also going through a diagnosis, and family members who are on that journey as well. We learn how diagnosis has affected them, how they feel, and how they approach their lives now with this change.

Gail says her early onset diagnosis has changed her perspective. "When you get dementia, you see things differently. You see things in incredible detail because you look at every single thing."

"Sundown" is produced by Bournemouth Film School and it won Best Short Documentary at the 2024 British Documentary Film Festival. It has been commended by the Royal Television Society Awards, and selected for exhibition at the Crystal Palace International Film Festival.

"Sundown" is available to view online. To watch it search for "Sundown Dementia Short Film 2024" on Youtube.com or click: <https://www.youtube.com/watch?v=gjioGcuB24Q>

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 June 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 3rd, 10th, 17th, 24th June 2024.

Face to Face:

11.00am-1.00pm Wednesdays 5th, 12th, 19th, 26th June 2024 at Agápê Centre, 236-266 Lisburn Road, Belfast BT9 6GF.

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

What's On - June 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.

June 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|--|---|--|---|--------------|
| 3 10am-1pm Tea and Newspapers Hollywood Arches Library Every Monday 11am Gentle Walks C.S. Lewis Square 07799 112365 6pm Yoga Avoniel Leisure Centre 028 9045 1512 | 4 Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk 2pm Tea Dance 2 Royal Avenue No booking required | 5 10.30-11.30am Cryptic Corner Hollywood Arches Library 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk 2pm D-Day Tea Dance 2 Royal Avenue infos@belfastcity.gov.uk | 6 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216 1pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512 1pm The Carers' Café Hollywood Arches Library 07922 423160 | 7 11am T'Ai Chi Dee Street Community Centre 07436 174793 2.30pm Memory Lane Service Fitzroy Presbyterian Church 028 9031 9710 | 8/9 |
| 10 11am Gentle Walks Dementia Info Stalls 10am-12noon Tesco Newtownbreda and 11am-1pm Connswater Shopping Centre 2pm Open Doors Café Walkway Community Centre 07436 173793 6pm Yoga , Avoniel LS | 11 2-4pm Family History Woodstock Library 028 9050 9239 Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk | 12 10.30-11.30am Cryptic Corner Hollywood Arches Library 11am Dementia Friendly Coffee Morning Café Refresh 07346 174793 | 13 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216 1pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512 | 14 11am T'Ai Chi Dee Street Community Centre 07436 174793 | 15/16 |
| 17 10am-1pm Tea and Newspapers Hollywood Arches Library 11am Gentle Walks C.S. Lewis Square 07799 112365 6pm Yoga Avoniel Leisure Centre 028 9045 1512 | 18 2-4pm Family History Woodstock Library 028 9050 9239 Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk | 19 10.30-11.30am Cryptic Corner Hollywood Arches Library 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk | 20 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216 1pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512 | 21 11am T'Ai Chi Dee Street Community Centre 07436 174793 | 22/23 |
| 24 10am-1pm Tea and Newspapers Hollywood Arches Library 11am Gentle Walks C.S. Lewis Square 07799 112365 6pm Yoga Avoniel Leisure Centre 028 9045 1512 | 25 10.30am-12noon The Carers Café Ormeau Road Library 07394 569154 2-3pm Intro to BFI Replay Woodstock Library 028 9050 9239 Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk | 26 10.30-11.30am Cryptic Corner Hollywood Arches Library 11am Dementia Friendly Coffee Morning Call Paul for details 07346 174793 | 27 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216 1pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512 | 28 11am T'Ai Chi Dee Street Community Centre 07436 174793 | 29/30 |

Every Monday and Thursday 7pm "The Sundown Sessions"
www.youtube.com/singalongwithedelle

Every Monday 10.30am & 2.30pm and every Wednesday 10.30am
Singing for the Brain Online (singing@alzheimers.org.uk)

'The Sundown Sessions' with Edelle



Fun in the Sun!

It's summer holiday time. Here are some tips for travel and holidays to help you enjoy your time away.

Be realistic: Think about what is possible. Holidays are for relaxation and time together. This can be achieved a few miles away from home as much as going overseas, so choose what will work for you.

Plan and Back-Up Plan: Let someone know where you are going and how to reach you. Bring your home contact details with you as well. Avoid early starts or late arrivals. Plan a realistic journey and allow time for breaks.

Dementia Friendly Airports and Stations: Most airports, train and bus stations make allowance. Book assisted support a good number of days in advance as supports may not be available on the day. This will help you avoid queues and you will often be the first to board.

What to bring? Don't bring the kitchen sink, but bring items you will enjoy wearing and using. Help relaxation by bringing a number of familiar clothes and comforters, such as a familiar pillowcase. Going somewhere sunny?... don't forget your sunscreen!

Medications: Bring an ample supply, plus extra should you be away longer than planned. Bring a written list of medications in case you need to get an emergency supply, and also the

schedule to for taking them which can be easily found by anyone who may need to help you.

Don't do too much: It always better to do fewer things in a more enjoyable and relaxed way. Don't exhaust yourselves.

Speak the Lingo!

If you would normally have to tell people that you need more time, then prepare the same phrases in the host language. Have it written on pieces of paper you can give to locals, and practice saying it.

Have fun: Do things you enjoy, eat your favourite meals, relax in the sun. Most of all, take time for you, and send us a postcard!



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

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| 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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