



# Dementia Friendly East Belfast

# What's On!

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

Information correct at the time of going to press.

## Dementia Friends



On the 1st January 2024, Alzheimer's Society relaunched its Dementia Friends scheme. This is Alzheimer's Society's largest initiative in the UK to change perceptions and support people living with dementia.

There are a few ways that people can become involved in the scheme.

Become a Dementia Friend – a Dementia Friend is someone who learns about dementia so they can help their community. Everyone can become a Dementia Friend, and the training shows how small actions can help, such as visiting someone with dementia, or helping your community become more dementia friendly. Alzheimer's Society provides information sessions on becoming a Dementia Friend.

Become a Dementia Friend Ambassador – this is a

volunteer role to help create new Dementia Friends. Dementia Friends Ambassadors replace the old Dementia Champion role, and Ambassadors are trained by Alzheimer's Society.

Become a Dementia Friends Organisation – get your organisation to become involved. Any group can do this – a business, a shop, a company, a community based group... contact Alzheimer's Society and they will arrange the necessary training.

These are exciting times for making our communities more dementia friendly.

**To get more information on Dementia Friends, contact Alzheimer's Society on telephone 028 9066 4100 or email [nir@alzheimers.org.uk](mailto:nir@alzheimers.org.uk)**

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

# Open Doors Café

Engage with Age and East Belfast Community Development Agency are collaborating to provide an event to support people living with dementia and their carers.

For a number of years carers have been attending the Carers Café in Holywood Arches Library. For some carers, getting someone to sit with their loved one while they are away has been difficult. Open Doors Café solves that problem.

The first Open Doors Café session is on Tuesday 19th March 2024 at Walkway Community Centre, 1-9 Finvoy Street, Belfast BT5 5DH.

Carers and their loved ones both come along to the centre. Carers will go in to one room to enjoy the Carers Café experience, while their loved ones with dementia go into a room next door to enjoy dementia friendly activities. Refreshments are provided in both rooms. This initiative means carers and those they care for can go to the same place without the need to arrange additional support.

The normal Carers Café will still take place on the first Thursday of every month, with Open Doors happening in between.

**To book your place, please contact Paul on 07436 174793.**

**See you soon at the Open Doors Café!**

EAST BELFAST  
**OPEN DOORS CAFE**

For both those living with dementia & carers of those living with dementia

**WALKWAY COMMUNITY CENTRE**  
1-9 Finvoy St, Belfast BT5 5DH

**DEMENTIA ACTIVITIES ROOM**  
Refreshments provided

A safe space for people living with dementia to take part in small activities, have a chat and feel supported, by our staff/volunteers.

**CARERS CAFE ROOM**  
refreshments provided

A safe space for carers to share their experiences, learn about local services and focus on themselves all whilst being assured that their loved one is safe nearby.

**TUESDAY 19 MARCH, 10.30AM-12PM**

**For more information or to book a place call 074 36174793**

  

## 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 March 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, Mondays 26th February, 4th, 11th and 18th March 2024.

### **Face to Face:**

11.00am-1.00pm Thursdays 29th February, 7th, 14th and 21st March 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 - March 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.

## March 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> <hr/> <p>Every Monday 10.30am &amp; 2.30pm and every Wednesday 10.30am  <b>Singing for the Brain Online</b>            (singin@alzheimers.org.uk)</p>				<p><b>1</b> 11am  <b>T'Ai Chi</b>            Dee Street Community Centre            07436 174793</p> <p>2.30pm  <b>Memory Lane Church</b>            Fitzroy Presbyterian Church            No booking required</p>	<p><b>2/3</b></p>
<p><b>4</b> 11am  <b>Gentle Walks</b>            C. S. Lewis Square            07799 112365</p> <p>2pm  <b>Knit and Natter</b>            Ballyhackamore Library            028 9050 9204</p> <p>6-7pm  <b>Yoga</b>            EBCDA at Avoniel Leisure Centre            eleanor@ebcda.org</p>	<p><b>5</b> 10.30am-12noon  <b>Adapting Your Living Space</b>            TIDE via Zoom            eleanor@tidecarers.org.uk</p> <p><b>Singing for the Brain</b>            Bloomfield Presbyterian Church            singing@alzheimers.org.uk            Contact Alzheimer's Society for times</p> <p>2-4pm <b>Tea Dance</b>            2 Royal Avenue            Booking not required</p>	<p><b>6</b> 11am  <b>Dementia Friendly Coffee Morning</b>            Cafe Refresh            07436 174973</p>	<p><b>7</b> 1-2pm  <b>T'ai Chi for Beginners</b>            Mersey Street Primary School            eleanor@ebcda.org</p> <p>1.30pm  <b>The Carers Café</b>            Holywood Arches Library            07922 423 160</p> <p>2pm  <b>"12 Angry Men" (1957)</b>            The Strand Cinema            028 9065 5803</p>	<p><b>8</b> 11am  <b>T'Ai Chi</b>            Dee Street Community Centre            07436 174793</p>	<p><b>9/10</b></p>
<p><b>11</b> 11am  <b>Gentle Walks</b>            C. S. Lewis Square            07799 112365</p> <p>2pm  <b>Knit and Natter</b>            Ballyhackamore Library            028 9050 9204</p> <p>6-7pm  <b>Yoga</b>            EBCDA at Avoniel Leisure Centre            eleanor@ebcda.org</p>	<p><b>12</b> <b>Singing for the Brain</b>            Bloomfield Presbyterian Church            singing@alzheimers.org.uk            Contact Alzheimer's Society for times</p>	<p><b>13</b> 10.30-11.30am  <b>Coffee Morning</b>            TIDE via Zoom            carers@tidecarers.org.uk</p> <p>11am  <b>Astronomy Talk</b>            Belfast Central Library            028 9050 9150</p>	<p><b>14</b> 1-2pm  <b>T'ai Chi for Beginners</b>            Mersey Street Primary School            eleanor@ebcda.org</p> <p>1pm  <b>Lunchtime Recital</b>            Central Library            028 9050 9150</p> <p>2pm  <b>"12 Angry Men" (1957)</b>            The Strand Cinema            028 9065 5803</p>	<p><b>15</b> 11am  <b>T'Ai Chi</b>            Dee Street Community Centre            07436 174793</p>	<p><b>16/17</b>            Sunday 17th 5.45pm  <b>"12 Angry Men" (1957)</b>            The Strand Cinema            028 9065 5803</p>
<p><b>18</b> 11am  <b>Gentle Walks</b>            C.S. Lewis Square            07799 112365</p> <p>2pm  <b>Knit and Natter</b>            Ballyhackamore Library            028 9050 9204</p> <p>6-7pm  <b>Yoga</b>            EBCDA at Avoniel Leisure Centre            eleanor@ebcda.org</p>	<p><b>19</b> 10.30am-12noon  <b>Open Doors and Carers Cafés</b>            Walkway Community Centre            07436 174793</p> <p><b>Singing for the Brain</b>            Bloomfield Presbyterian Church            singing@alzheimers.org.uk            Contact Alzheimer's Society for times</p>	<p><b>20</b> 10am-5pm            Tuesday-Sunday  <b>Anything Goes 1920s Fashion Exhibition</b>            Ulster Museum (to 24th April)            028 9044 0000</p>	<p><b>21</b> 1-2pm  <b>T'ai Chi for Beginners</b>            Mersey Street Primary School            eleanor@ebcda.org</p> <p>1-4pm <b>Tea Dance</b>            St. Gall's GAA Club            028 9030 1521</p> <p>2pm <b>"Madam X" (1966)</b>            The Strand Cinema            028 9065 5803</p> <p>8pm  <b>Tullycarnet Yarn Spinners</b>            Tullycarnet Library            028 9048 5079</p>	<p><b>22</b> 11am  <b>T'Ai Chi</b>            Dee Street Community Centre            07436 174793</p>	<p><b>23/24</b></p>
<p><b>25</b> 11am  <b>Gentle Walks</b>            C. S. Lewis Square            07799 112365</p> <p>2pm  <b>Knit and Natter</b>            Ballyhackamore Library            028 9050 9204</p> <p>6-7pm  <b>Yoga</b>            EBCDA at Avoniel Leisure Centre            eleanor@ebcda.org</p>	<p><b>26</b> <b>Singing for the Brain</b>            Bloomfield Presbyterian Church            singing@alzheimers.org.uk            Contact Alzheimer's Society for times</p> <p>10-11.30am  <b>Carers Café</b>            Ormeau Road Library            07394 569154</p>	<p><b>27</b> 10am-12noon  <b>Family History</b>            Central Library            028 9050 9150</p> <p>10.30-11.30am  <b>Carers Coffee Morning</b>            TIDE via Zoom            carers@tidecarers.org.uk</p>	<p><b>28</b> 10am-12noon  <b>Carers Support Group</b>            Top of the Rock Healthy Living Centre            028 9244 5748</p> <p>2pm  <b>"Madam X" (1966)</b>            The Strand Cinema            028 9065 5803</p>	<p><b>29</b> 11am  <b>T'Ai Chi</b>            Dee Street Community Centre            07436 174793</p>	<p><b>30/31</b></p>

# Beautiful Fundraising Art Postcards

Dementia Friendly East Belfast has produced a beautiful set of postcards to help raise funds for the work we do throughout the year.

The postcards feature images made by people living with dementia, facilitated by Engage with Age's Dementia Friendly Artist in Residence Anna O'Kane. The works cover the artist in residence programme going back to 2021, including works from the Festival of Windows.

The participating centres were Sydenham Court, Palmerston, Kirk House, Edgecumbe Day Centre, Mullan Mews, Nazareth Care Village, Mount Oriel Day Centre and City Way Day Centre.

Each set of 10 postcards costs £10, and all funds go to support Dementia Friendly East Belfast's ongoing work. This work includes providing online services and information, producing monthly What's On Guides, and providing training and information. The funds are administered by Engage with Age on behalf of, and for exclusive use on the campaign.

To purchase postcards, please log on to the Dementia Friendly East Belfast website at <https://www.dementiafriendlyeastbelfast.com/> or check out our Facebook page at <https://www.facebook.com/DementiaFriendlyEastBelfast>  
You can also call Engage with Age on 028 9073 5696 for further information.



## 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
<b>Dementia Friendly West Belfast</b>	<a href="mailto:dementiafriendlywestbelfast@gmail.com">dementiafriendlywestbelfast@gmail.com</a>	

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