



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Drop In For Advice

Good advice is a key feature of addressing the impact of dementia. The better informed we are the better quality of life people affected by dementia can have. Throughout May there are a range of dementia information stalls throughout Belfast.

Alzheimer's Society Northern Ireland is running a series of drop-in sessions across Belfast in the month of May. The sessions are free and staff can take you through a range of support, local opportunities, benefits and sign posting on legal issues.

The drop-in sessions are taking place as follows:

11am-1pm Tuesday 7th May
at 2 Royal Avenue, Belfast City Centre

11am-1pm Tuesday 14th May
at Tesco Yorkgate Café

11am-1pm Tuesday 21st May
at Refresh Café, Skainos Centre, Newtownards Road

11am-1pm Tuesday 28th May
at the Crescent Arts Centre

If you would like further information, please contact
Melanie Witherall at Alzheimer's Society on 07561
865364 or email



During Dementia Action Week there are Pop-up Information Stalls throughout Belfast. Between Monday 13th and Friday 17th May there are stalls in North, South, East and West of the city. Keep your eyes peeled for stalls in shopping centres such as the Kennedy Centre, Forestside, and Yorkgate, and in places such as the Royal Victoria Hospital and more. A full list of stalls in in the Calendar of Events on the inside pages.

Make sure to pick up information, and see inside this month's guide for more information on Dementia Action Week.

Spring Booster

From mid-April the Covid-19 Spring Booster programme has been operating. The Spring Booster is available for people aged 75 years of age and older, residents in care homes, and those aged 6 months and older with weakened immune systems.

Contact your local GP or Health Centre to book your Spring Booster.

SPRING BOOSTER

COVID-19 spring booster
programme will begin on
15 April 2024



www.nidirect.gov.uk/covidvaccine

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

Dementia Action Week - 13th -19th May 2024

Dementia Action Week is back this May. Each year Alzheimer's Society works with individuals and organisations across Northern Ireland to encourage people to act on dementia.

This year communities are being encouraged to Stand Up For Your Loved Ones. Research has highlighted that people affected by dementia are often failed by the social care system, and during the Covid-19 Pandemic people affected by dementia were among the worst hit. The government is being asked to re-build the social care

system in 2024, both nationally and regionally.

During Dementia Action Week there is an extensive number of Dementia Information Stands across Belfast. Further events include Tea Dances, the launch of the Resilient West Belfast Wellbeing App, and the Big Busk for Dementia on Friday 17th May at Corn Market in Belfast between 12-2pm. There's lots on.

To find out about events taking place in Belfast and beyond log on to www.alzheimers.org.uk or call Alzheimer's Society in Belfast on 028 9066 4100.



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 May 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):

3.00-4.30pm, Tuesdays 7th, 14th, 21st and 28th May 2024.

Face to Face:

11.00am-1.00pm Wednesdays 8th, 15th, 22nd and 29th May 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

What's On - May 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.

May 2024

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 Online (singing@alzheimers.org.uk)</p>		<p>1 10.30-11.30am Cryptic Corner Hollywood Arches Library</p> <p>11am Dementia Friendly Coffee Morning Café Refresh 07346 174793</p>	<p>2 1pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p> <p>1.30pm The Carer's Café Hollywood Arches Library 07922 423160</p> <p>2pm "Rear Window" (1954) The Strand Cinema 028 9065 5830</p>	<p>3 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>4/5</p>
<p>6 10am-1pm Tea and Newspapers Hollywood Arches Library Every Monday</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p> <p>6pm Yoga Avoniel Leisure Centre 028 9045 1512</p>	<p>7 10am-12noon Family History Workshop Ballyhackamore Library 028 9050 9204</p> <p>11am-1pm Drop-In Advice Centre 2 Royal Avenue 07561 865364</p> <p>Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk</p>	<p>8 10.30-11.30am Cryptic Corner Hollywood Arches Library</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>9 1pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p> <p>2pm "Rear Window" (1954) The Strand Cinema 028 9065 5830</p>	<p>10 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>11/12</p>
<p>13 11am Gentle Walks Dementia Info Stalls 10am-12noon Tesco Newtownbreda and 11am-1pm Connswater Shopping Centre</p> <p>2pm Open Doors Café Walkway Community Centre 07436 173793</p> <p>6pm Yoga, Avoniel LS</p>	<p>14 10am-12noon Family History Workshop Ballyhackamore Library 028 9050 9204</p> <p>Dementia Info Stalls 10am-4pm Tesco Jubilee Road 11am-1pm Tesco Yorkgate 11am-2pm 2 Royal Avenue</p> <p>Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk</p>	<p>15 Dementia Info Stalls 10am-4pm Royal Victoria Hospital 10am-3pm Dairy Farm Shopping Centre 10am-4pm Kennedy Centre, Belfast</p> <p>10.30-11.30am Cryptic Corner Hollywood Arches Library</p>	<p>16 Dementia Info Stalls 11am-2pm Forestside Shopping Centre</p> <p>1pm - T'Ai Chi for Beginners 2pm "Casablanca" (1942) The Strand Cinema 028 9065 5830</p> <p>12-3pm - Dementia Tea Party Youth Initiatives Poleglass</p> <p>8pm - Tullycarnet Yarn Spinners Tullycarnet Library 028 9048 5079</p>	<p>17 11am-2pm Dementia Info Stand Forestside Shopping Centre</p> <p>11am T'Ai Chi Dee Street Community Centre 07436 174793</p> <p>12-2pm Big Busk for Dementia Cornmarket Belfast</p>	<p>18/19 Sunday 19th May 5.45pm "Casablanca" (1942) The Strand Cinema 028 9065 5830</p>
<p>20 10am-1pm Tea and Newspapers Hollywood Arches Library</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p> <p>6pm Yoga Avoniel Leisure Centre 028 9045 1512</p>	<p>21 11am-1pm Dementia Info Stand Refresh Café No booking required</p> <p>Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk</p>	<p>22 10.30-11.30am Cryptic Corner Hollywood Arches Library</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>23 11am-2pm Volunteer Fair East Belfast Network Centre 028 9045 1512</p> <p>1pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p> <p>2pm "Casablanca" (1942) The Strand Cinema 028 9065 5830</p>	<p>24 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>25/26 Saturday 25th May 11am-1pm Tea Dance Willowfield Church Hall No booking required</p>
<p>27 10am-1pm Tea and Newspapers Hollywood Arches Library</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p> <p>6pm Yoga Avoniel Leisure Centre 028 9045 1512</p>	<p>28 11am-1pm Dementia Info Stand Crescent Arts Centre No booking required</p> <p>Singing for the Brain Bloomfield Presbyterian Church singing@alzheimers.org.uk</p>	<p>29 10.30-11.30am Cryptic Corner Hollywood Arches Library</p> <p>11am Dementia Friendly Coffee Morning Café Refresh 07346 174793</p>	<p>30 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216</p> <p>1pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p> <p>2-3.30pm Adapting Your Home TIDE via Zoom carers@tidecarers.org.uk</p>	<p>31 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	

Dementia Information Day

Belfast Dementia Information Day is on the way on Wednesday 29th May 2024. The event is taking place in Belfast City Hall between 11am-1pm.

Dementia Information Day is aimed at people affected by dementia, those living with the condition and also family members and carers, to publicise supports that are available in the local community.

The event takes place in the Great Hall at Belfast City Hall, with a smaller quieter room in the Banqueting Suite for people to take “time out”. There will be stalls from a number of partners including East Belfast Community Development Agency, Engage with Age, Age NI, Alzheimer’s Society, Praxis, Dementia NI, Eastside Greenways, and more. Belfast Trust Dementia Navigators will be there to promote how their service can assist people with a dementia diagnosis.

Dementia Information Day is free of charge and there will be complimentary refreshments. There is no need to book, but for further information email seniorsinfo@belfastcity.gov.uk or call 07827 823998.



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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