



Dementia Friendly East Belfast

What's On!

Your guide to dementia friendly services & activities in East Belfast **November 2023**

Information correct at the time of going to press.

Housing Support to Live Well

The moment a person requires some support to live independently can be a daunting one. Thankfully, Belfast has a range of Health Trust supported accommodation facilities that can provide a bit of help that enables people to maintain their independence.

In East Belfast there is Sydenham Court and Mullen Mews.

Sydenham Court is a facility with 25 apartments, just off the Holywood Road. It has one and two bedroom flats, homely communal areas and a beautiful garden. Staff are on hand to provide assistance. It also has a range of assistive technology to help with safety. Sydenham Court is secluded and private but also close to local amenities.

Telephone: 028 9504 2713.

Mullan Mews is a supported living scheme near the Cregagh Road. There are five spacious houses that accommodate six people per house. Tenants live in shared households, socialise at group meals, outings and shopping trips. There is 24 hour staff support, which is provided according to each person's needs.

Telephone: 028 9046 6480.

Elsewhere in the city there is:

Fairholme, a vibrant supported housing scheme for older people with a range of needs situated in south Belfast. Tenants are supported by staff and there is a range of activities. Accommodation includes ensuite rooms and comfortable communal areas. **Telephone: 028 9504 3005.**

Cullingtree Meadows, a new scheme for people living with dementia, just off the Grosvenor Road near Belfast City Centre. Cullingtree has a range of apartments, 24 hour support services and assistive technology for tenant safety. It also has a dedicated activity support worker.

Telephone: 028 9087 6000.



Hemsworth Court is located in BT13 and has 35 quality apartments and comfortable communal areas. Residents are supported by activity support workers.

Telephone: 028 9504 2694.

It's not just the quality of accommodation that matters at these facilities. It's the new lease of life they give to their tenants. One tenant has said "moving has given me my life back, my confidence, and independence, and the staff are able to give me support when I need it. It's my little piece of heaven."

Check out and see if these places can help you, or a loved one, to maintain a good quality of independent living.

Follow us on Facebook: [DementiaFriendlyEastBelfast](#) Follow us on Twitter: [@DementiaEastBel](#)

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

YOUR STORIES: 'There are People Here to Help'

Dementia Friendly East Belfast recently interviewed a carer, and this is their story.

"My husband was diagnosed with vascular dementia two years ago. I felt shocked but not surprised as I had noticed that over the previous two or three years he was having difficulty finding words and following what people were saying. The consultant was kind and said "I know it's hard to hear." She gave me a folder with lots of information that stopped me from feeling so alone and offered me a way to find help.

One leaflet had details about the Dementia Navigator Service with Belfast Trust. I called the contact number, got a quick reply, and Rebecca was wonderful. From then on, the door opened to all kinds of support in East Belfast and beyond, and activities for me and other carers.

My first step was to take the Alzheimer's Society Carer Information and Support Programme (CrISP). I met other carers, it felt safe and confidential, and people were honest. The information has stayed with me, from what it's like to see the world from the point of view of the person with dementia, to financial advice and lists of all of the activities that are open to carers. I was also linked with a 'dementia buddy' who has become a dear friend of mine. I found out that there are walks, yoga, t'ai chi, craft making, coffee mornings, and singing amongst the many activities listed in the monthly Dementia Friendly East Belfast What's On Guide.

Best of all for me has been the Carers' Café, held monthly in the Library at Holywood Arches. This is an easy, open gathering of people in the same position, who are looking



after someone with dementia. It is so good to hear about other people's experiences: the good, the massive challenges and exhaustion that can go with caring, along with the positive and sometimes funnier moments. There is no pressure to talk, and tea and coffee and buns make you feel looked after.

I can honestly say that all this has kept me going. The diagnosis of dementia in a loved one is devastating, but there are people and organisations there to help, and that make it just a little easier."

For contact details for the Belfast Trust Dementia Navigators and other services, see the back page of this guide.

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 November 2023

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-12.30pm Tuesdays 7th 14th, 21st and 28th November 2023

Face to Face:

10.30am-12.30pm Wednesdays 8th, 15th, 22nd, and 29th November 2023 - Newington Day Centre, 31-35 Atlantic Avenue, Belfast BT15 2HN.

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

What's On - November 2023

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.

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Every Monday and Thursday 7pm "The Sundown Sessions" www.youtube.com/singalongwithdelle</p> <p>Every Monday 10.30am & 2.30pm and every Wednesday 10.30am - Singing for the Brain (singing@alzheimers.org.uk)</p> <p>Hollywood Arches Library Film Club 4-12 Hollywood Road, Belfast, BT4 1NT Every Monday 2-5pm Tel: 028 9050 9216</p>		<p>1 10.30am-12.30pm Tea and Newspapers Cregagh Library 028 9040 1365</p>	<p>2 10am DFEB Steering Committee East Belfast Network Centre 07922 423160</p> <p>1.30pm The Carers Cafe Hollywood Arches Library 07922 423160</p> <p>2pm & 8.15pm "King Kong" The Strand Cinema 028 9065 5803</p>	<p>3 2.30pm Memory Lane Church Fitzroy Presbyterian Church No booking required</p> <p>8.15pm "King Kong" The Strand Cinema 028 9065 5803</p>	<p>4/5</p>
<p>6 11am Gentle Walks C. S. Lewis Square 07799 112365</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>7 9am-12noon Mindful Colouring Ballyhackamore Library 028 9050 9204</p> <p>10.30am-12noon Understanding Grief TIDE via Zoom carers@tidecarers.org.uk</p>	<p>8 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p> <p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p>	<p>9 2pm "King Kong" Strand Cinema 028 9065 5830</p> <p>2.30-3.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>10 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>11/12 Sunday 12th 2.30pm Dementia Friendly Service Glenburn Methodist Church Alan.craig@irish methodist.org</p> <p>5.45pm "King Kong" Strand Cinema 028 9065 5830</p>
<p>13 11am Gentle Walks C. S. Lewis Square 07799 112365</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>14 9am-12noon Mindful Colouring Ballyhackamore Library 028 9050 9204</p> <p>1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>15 10.30am-12.30pm Tea and Newspapers Cregagh Library 028 9040 1365</p> <p>2.30-3.30pm Rare Dementia Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>16 2pm "The League of Gentlemen" (1960) Strand Cinema 028 9065 5830</p> <p>1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p> <p>8pm Tullycarnet Yarnspinnings Tullycarnet Library 028 9048 5079</p>	<p>17 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>18/19</p>
<p>20 6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>21 9am-12noon Mindful Colouring Ballyhackamore Library 028 9050 9204</p> <p>1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p>	<p>22 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p> <p>11am-12.30pm Carer Connect Cafe Lisburn Road Library 028 9504 2126</p> <p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p>	<p>23 1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p> <p>2pm "The League of Gentlemen" (1960) Strand Cinema 028 9065 5830</p>	<p>24 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>25/26 Sunday 26th 5.45pm "An America In Paris" Strand Cinema 028 9065 5830</p>
<p>27 1-3pm Living Grief TIDE via Zoom carers@tidecarers.org.uk</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>28 9am-12noon Mindful Colouring Ballyhackamore Library 028 9050 9204</p> <p>10am Carers Cafe Ormeau Library 07394 569154</p>	<p>29 10.30am-12.30pm Tea and Newspapers Cregagh Library 028 9040 1365</p> <p>4-6pm Former Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>30 1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p> <p>2pm "An American In Paris" Strand Cinema 028 9065 5830</p>		

Get Online and Stay Connected

Libraries NI provides a range of IT training opportunities for computers, tablets and smart phones. The internet is an incredible source of information, and with more and more services going online, becoming IT savvy is a very sensible idea.

Libraries NI has a programme called “Go On” events. They are computer and tablet skills classes for adults to help with everyday tasks.

The classes take place in libraries across Northern Ireland and are FREE for Library members. They include 1-2-1 eClinics for beginners and provide help with mobile devices, general IT assistance, and information about library e-services.

Libraries also offer free wifi within Library buildings themselves, and many libraries have IT suites where customers can use Library computers to go online.

To find out more about the “Go On” and other IT services, visit www.librariesni.org.uk for more information, or call 0345 450 4580, or ask at your local library.



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