



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Beat the January Blues

January can be a dreadful month, cold, wet and dark... Why not shake the January blues?

On Monday 15th January 2024 join East Belfast Community Development Agency for it's "Hello Monday" session. It is a fun morning of activities, yoga, story telling and inspiration. There is also a guest speaker from the fantastic "Art of Brilliance".

"Hello Monday" is at the East Belfast Network Centre. The session begins at 10am for tea and scones, with workshops starting at 10.30am, and lunch served at 1pm. This event is an ideal event for a treat for carers of people with dementia.

Booking for this event is essential and places are limited. To book email eleanor@ebcda.org.uk or call 028 9045 1512.

See inside this month's guide for more information on how to beat the winter blues!

HELLO MONDAY!

Want to beat the January blues on Blue Monday?
Join us on Monday 15th January 2024 at 10.00am for a morning of fun activities and inspiration!

We have yoga, art therapy, story telling, music and a special guest speaker from the fantastic 'Art of Brilliance'!

Event being held at
East Belfast Network Centre, 55
Templemore Ave, Belfast.

10.00am for tea and scones
10.30am Workshops start
1.00pm Lunch served

Booking essential as places limited.
To book a place email
eleanor@ebcda.org

art of Brilliance
'inspiring people'

HSC Public Health Agency

Cost of Living Support Guide

Winter is a time when fuel bills increase and the cost of living can be keenly felt.

Belfast City Council has produced a Cost of Living Support Guide with information on how to reduce costs and maximise income.

The guide has information relevant to a wide range of people including older people and families. Topics covered include: help with energy costs; tackling increasing food costs; keeping homes warm; and the

Belfast City Council Warm and Welcome Spaces programme.

To get your copy of the guide, log on to:
www.belfastcity.gov.uk/costofliving
or call 028 9032 0202.

See the back page of this month's guide for information on the "Make The Call" scheme to increase uptake on benefits and entitlements.

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 Tel: 028 9073 5696 Web: www.dementiafriendlyeastbelfast.com

Beating the Winter Blues

Now that the excitement of Christmas is over, January and the winter months can be difficult for people living with dementia and for carers.

The “Dementia Researcher” network is a partnership of UK academics and experts researching dementia. It has produced evidence based research highlighting the best ways for people affected by dementia to feel better as we make our way through the winter months.

Here’s their Top Five Tips:

1. Establish a regular sleep pattern. The Christmas season can disrupt routines and patterns, so try to get back to regular sleep as soon as possible.
2. Make time for the things you enjoy. Spending time doing things you want to do, rather than the things you “have to do”, can greatly boost feelings of wellbeing.
3. Get healthy. Eat well and get some physical exercise, be that walk outside or some chair exercises.
4. Get organised. Make a manageable ‘to do’ list and get rid of some of those tasks that can cause stress.
5. Remember, slip-ups are okay. No-one will mind if you don’t keep up with your plans – you can always start again.

Hopefully these five short tips will help you as we move forward to the brighter months.

For further information on the Dementia Research Network, log on to

<https://www.dementiaresearcher.nihr.ac.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 January 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 8th, 15th, 22nd and 29th January 2024.

Face to Face:

11.00am-1.00pm Tuesdays 9th, 16th, 23rd and 30th January 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 - January 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.

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	2	3 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk	4	5 2.30pm Memory Lane Church Fitzroy Presbyterian Church No booking required	6/7
8 11am Gentle Walks C. S. Lewis Square 07799 112365 2pm Knit and Natter Ballyhackamore Library 028 9050 9204	9 10.30am-5pm Framework Gallery Open Mon-Sat	10 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973 1.30-3.30pm Living Life to the Full East Belfast Network Centre eleanor@ebcda.org	11 2pm "Gold Diggers of 1933" The Strand Cinema 028 9065 5803 3.30-4.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk	12 11am T'Ai Chi Dee Street Community Centre 07436 174793	13/14 Sunday 14th 2.30pm Dementia Friendly Service Glenburn Methodist Church Alan.craig@irishmethodist.org
15 10am "Hello Monday" event East Belfast Network Centre eleanor@ebcda.org 11am Gentle Walks C. S. Lewis Square 07799 112365 2pm Knit and Natter Ballyhackamore Library 028 9050 9204	16 10.30am-12noon Living Grief TIDE via Zoom carers@tidecarers.org.uk	17 1.30-3.30pm Living Life to the Full East Belfast Network Centre eleanor@ebcda.org 2.30-3.30pm Rare Dementia Group TIDE via Zoom carers@tidecarers.org.uk	18 2pm "Gold Diggers of 1933" The Strand Cinema 028 9065 5803 2.30-3.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk 8pm Tullycarnet Yarn Spinners Tullycarnet Library 028 9048 5079	19 11am T'Ai Chi Dee Street Community Centre 07436 174793	20/21
22 11am Gentle Walks C. S. Lewis Square 07799 112365 2pm Knit and Natter Ballyhackamore Library 028 9050 9204 6-7pm Yoga EBCDA at Avoniel Leisure Centre eleanor@ebcda.org	23 2pm Go On - BFI Replay Holywood Arches Library 028 9050 9216	24 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973 1.30-3.30pm Living Life to the Full East Belfast Network Centre eleanor@ebcda.org	25 2pm "Three Godfathers" The Strand Cinema 028 9065 5803	26 11am T'Ai Chi Dee Street Community Centre 07436 174793	27/28
29 2pm Knit and Natter Ballyhackamore Library 028 9050 9204 3pm Online Reading Group Libraries NI aisling.press@librariesni.org.uk 6-7pm Yoga EBCDA at Avoniel Leisure Centre eleanor@ebcda.org	30 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk	31 1.30-3.30pm Living Life to the Full East Belfast Network Centre eleanor@ebcda.org	<p>Every Monday and Thursday 7pm "The Sundown Sessions" www.youtube.com/singalongwithedelle</p> <hr style="border: 0.5px dashed white;"/> <p>Every Monday 10.30am & 2.30pm and every Wednesday 10.30am Singing for the Brain Online (singing@alzheimers.org.uk)</p>		

Make the Call

The “Make The Call” service is a government programme to ensure members of the public are getting all of the benefits and entitlements they can avail of.

It is a free scheme for Northern Ireland residents only, and it can unlock significant amounts of money. Funded by the Department for Communities, “Make The Call” will undertake a benefits check to see if callers are receiving all of the support they should. The service is free.

To “make the call” telephone **0800 232 1271 9am-5pm Monday to Fridays (except public holidays)**. You can also email the service at makethecall@dfcni.gov.uk



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	

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 Tel: 028 9073 5696 Web: www.dementiafriendlyeastbelfast.com