



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Positive Ageing Month

October is Positive Ageing Month in Belfast. Throughout October there is an incredible range of events for older people, including people who are affected by dementia. Positive Ageing Month celebrates the contribution older people make to their communities and the city of Belfast.

The programme of activities includes information sessions for older people about services and opportunities for them, sessions with practical help such as home safety and support for IT, as well as walks, tours and entertainment.

Highlights include the "Be Prepared" event at 2 Royal Avenue, the Age Friendly Convention, virtual and in-person tea dances, and a free screening of "The Quiet Man" movie at Belfast City Hall.

For people affected by dementia there is in-person and online dementia training, art and dementia training for carers and crafters, events for carers, loneliness training, and the "Remember I Forget" exhibition at 2 Royal Avenue throughout the month.

As it is Positive Ageing Month, Dementia Friendly East Belfast is seeking to recruit people affected by dementia to join its steering committee. Come and join our friendly gang! See inside for details. The next committee meeting on Thursday 5th October 2023.



To find out more about Positive Ageing Month, call 07827 823998, email seniorsinfo@belfastcity.gov.uk or log on to www.makinglifebettertogether.com

Pick up your Positive Ageing Month programme at Belfast City Hall, any community centre, or 2 Royal Avenue.

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

Join Our Steering Committee

The Dementia Friendly East Belfast (DFEB) committee meets throughout the year, and it is made up of people who are committed to making East Belfast a friendly place for people affected by dementia.

The committee is a friendly bunch of individuals. Some committee members work within the health and community sector, some are business people, and some are individuals interested in helping.

The committee seeks input from people affected by dementia, both people living with dementia and carers.

We are asking for people affected by dementia to come forward and join in our campaign. The meetings are very friendly and welcoming.



Some are online and some are in person. The is often coffee and cake! Between us we support initiatives that help make life better for people affected by dementia.

If you can spare an hour every month, or every other month, please join in with our campaign.

Contact Davina on **07922 423 160** or Eamon on **07710 993 036** or email **dementiafriendlyeastbelfast@gmail.com**

Visit our website at

www.dementiafriendlyeastbelfast.com/

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 September 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 included understanding dementia, providing support and care, legal and financial matters, and coping day to day.

Online (Zoom):

Tuesdays 10th, 17th, 24th, 31st October at 7.00pm.

Face to Face:

11am - 1pm Tuesdays 4th, 11th, 18th and 25th October 2023, Alzheimer's Society Offices, 30 Skegoneill Street, Belfast BT15 3JL.

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

What's On - October 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.

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>11am Gentle Walks C. S. Lewis Square 07841 592879</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>3 10.30am-12.30pm Be Prepared drop-in event 2 Royal Avenue Booking not required</p> <p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p>	<p>4 10am Art and Dementia Training 2 Royal Avenue 07710 993 036</p> <p>10.30am Carers Walking Group Waterworks Park 028 9504 2126</p>	<p>5 10am DFEB Steering Committee East Belfast Network Centre 07922 423160</p> <p>Memory Lane Church Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062</p> <p>2pm "Pillow Talk" Strand Cinema 028 9065 5830</p>	<p>6 10am-1pm Active Ageing Health Fair Girdwood Community Hub 07564 938004</p> <p>11am-12.30pm Financial Wellbeing Session Online 07827 823998</p>	<p>7/8 Sunday 8th 2.30pm Dementia Friendly Service Glenburn Methodist Church Alan.craig@ irishmethodist.org</p>
<p>9.30am-1.30pm Loneliness Training 028 9504 5257</p> <p>11am Gentle Walks C. S. Lewis Square 07841 592879</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>10 9am-12noon Mindful Colouring Ballyhackamore Library 028 9050 9204</p> <p>10.30-11.30am Understanding Grief TIDE via Zoom carers@tidecarers.org.uk</p>	<p>11 10.30-11.30am Carers Coffee Morning TIDE via Zoom</p> <p>2pm Film Screening "The Quiet Man" Belfast City Hall 028 9027 0428</p> <p>7pm Online Dementia Training Via Zoom 07710 993036</p>	<p>12 2pm "Pillow Talk" Strand Cinema 028 9065 5830</p> <p>1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p>	<p>13 3-4pm Virtual Tea Dance Via Zoom 07827 823998</p> <p>9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>14/15</p>
<p>11am Gentle Walks C. S. Lewis Square 07841 592879</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>17 11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p> <p>2pm Tea Dance 2 Royal Avenue No booking required</p>	<p>18 11am-12.30pm Carer Connect Café Lisburn Road Library 028 9504 2126</p> <p>2.30-3.30pm Rare Dementia Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>19 Memory Lane Church Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062</p> <p>2pm "Jailhouse Rock" Strand Cinema 028 9065 5830</p> <p>8pm Tullycarnet Yarnspinnings Tullycarnet Library 028 9048 5079</p>	<p>20 2-3pm Sing for Victory Workshop War Memorial Museum 028 9032 0392</p>	<p>21/22</p>
<p>9.45am-1.45pm Loneliness Training Inverary Community Centre 028 9504 5257</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>24 10am Carers Cafe Ormeau Library 07394 569154</p> <p>10am-12noon Dementia Awareness Training Inverary Community Centre 07827 823998</p>	<p>25 10.30am-1pm Age Friendly Convention Belfast City Hall 028 9027 0428</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom</p>	<p>26 1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p> <p>2pm "Jailhouse Rock" Strand Cinema 028 9065 5830</p>	<p>27 12-3pm Seniors Halloween Ball Dunmurry Presbyterian Church 028 9062 7863</p> <p>2-4pm Music and Memories session Grace Family Centre 028 9074 3536</p>	<p>28/29</p>
<p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p> <p>7.30-9.30pm The Spooky Slipped Disco The Oh Yeah Centre 028 9073 5696</p>	<p>31 10am Carers Café Ormeau Road Library 07394 569154</p>	<p>Every Monday & Thursday 7pm - "The Sundown Sessions" www.youtube.com/singalongwithedelle</p> <p>Every Monday 10.30am & 2.30pm and every Wednesday 10.30am Singing for the Brain (singing@alzheimers.org.uk)</p> <p>Throughout October - "Remember I Forget" exhibition, 2 Royal Avenue, Belfast BT1 1AR.</p> <p>Hollywood Arches Film Club, 4-12 Hollywood Road, Belfast BT4 1NT. Every Monday 2-5pm. Tel: 028 9050 9216.</p>			

Carer Support Service

The Belfast Trust is holding a Carer Support introduction session on Tuesday 3rd October 2023.

The session aims to inform carers of the breadth of supports available for carers including guidance, emotional support and social activities that provide invaluable social contact. There is a monthly programme of support including therapies, listening ear sessions, and counselling.

For further information telephone **028 9504 2126**.

 **Glenburn Methodist Church**
9 Glensharragh Gardens, Belfast BT6 9PH

Dementia Friendly Services

2nd Sunday of each Month



Sunday 8th October 2023 @ 2:30pm



Sunday 12th November 2023 @ 2:30pm

Sunday 10th December 2023 @ 2:30pm



Contact: Rev. Alan Craig

Each service will be approximately 30 minutes with familiar hymns, a short story, prayers, community singing, a cup of tea, a biscuit and a bit of craic. Come and meet other carers.



Email: alan.craig@irishmethodist.org



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](https://www.facebook.com/dfsouthbelfast)

Dementia Friendly North Belfast

dementiafriendlynorthbelfast@gmail.com

028 9075 5894 Facebook: [dementiafriendlynorthbelfast](https://www.facebook.com/dementiafriendlynorthbelfast)

Dementia Friendly East Belfast

dementiafriendlyeastbelfast@gmail.com

028 9073 5696

Dementia Friendly West Belfast

dementiafriendlywestbelfast@gmail.com

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