



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.

World Alzheimer's Month

Alzheimer's disease and dementia affects people around the world. Every September people from all over the world come together to raise awareness and challenge stigmas associated with Alzheimer's through World Alzheimer's Month.

The World Alzheimer's Report 2019 highlighted that most people wrongly believe that dementia is a normal part of ageing. This perception is one of the motivations behind the public awareness campaigns that seek to change perceptions and inform attitudes.

It is estimated that the number of people living with dementia is set to triple by 2050. World Alzheimer's Month seeks to raise awareness of the risk factors associated with Alzheimer's and steps that can be taken to reduce the onset of dementia. Risk factors include physical inactivity, smoking, excessive alcohol consumption, air pollution, depression, and more.

The theme of this year's World Alzheimer's Month is "Never Too Early, Never Too Late".

World Alzheimer's Day itself is on 21st September each year. Across the world there will be awareness raising events, memory walks, and fundraising activities. On World Alzheimer's Day the 2022 World Alzheimer's Report will be launched, and this report will focus on post-diagnosis.

To find out more about World Alzheimer's Month log on to <https://www.alzint.org/get-involved/world-alzheimers-month/> and to find out about what is happening locally in Northern Ireland, log on to <https://www.alzheimers.org.uk/about-us/alzheimers-society-northern-ireland>



SEPTEMBER IS
World Alzheimer's Month



See inside this month's What's On for:

- Information on "The Herbert Protocol"
- Dementia Conference at Queen's University
27th September 2023

**Diary Date: Belfast Memory Walk,
Saturday 23rd September 2023**

Contact Alzheimer's Society on 0300 3305452 or
email memorywalk@alzheimers.org.uk

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

The Herbert Protocol

A new safety protocol to support people living with dementia has been developed called "The Herbert Protocol".

The Herbert Protocol aims to help locate people with dementia if they go missing. Sometimes people with dementia can go on unplanned journeys without informing their family and this can be a cause of alarm. Sometimes the person has gone for a stroll to a familiar place, or may wish to go further afield such as a childhood home or to visit a relative.

To avail of the protocol, the carers for someone with dementia fill in a protocol form on which they can give key information. Information provided can include medications, significant places to visit for that person, daily routines, a description and a photograph.

In the instance of a person going missing this information can be used by police to help locate them.

The PSNI highlights how it is important to respond quickly if a person goes missing. If the person can not be located PSNI recommends you contact police by dialling 101, or in an emergency dial 999.

For further information on The Herbert Protocol, log on to: www.psnipolice.uk/herbertprotocol or call **028 9065 0222**.

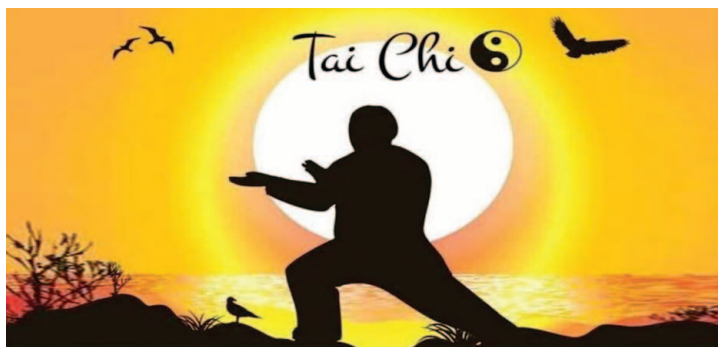


THE HERBERT PROTOCOL
Safe & Found

Find out more about the Herbert Protocol at www.psnipolice.uk/herbertprotocol

Helping to trace missing people with Dementia

Police Service of Northern Ireland



Yoga and T’Ai Chi are back

EBCDA is back following the summer break with Yoga every Monday 6-7pm at Avoneil Leisure Centre, and Beginner’s T’Ai Chi every Thursday 1-2pm at Victoria Park Marquee. To book in email eleanor@ebdca.org or call **028 9045 1512**.

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

Dementia NI also has an “In the Same Boat” peer support service and a “tablet loan” service for people living with dementia. To avail of any of these services, please contact our Head Office number on 028 9693 1555 (Monday to Friday 10am to 4pm) 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):

Wednesday 6th and 13th September (delivered over 2 weeks) 11.30am - 3.30pm (with an hour long break between 1-2pm).

Face to face delivery:

11am - 1pm Tuesdays 5th, 12th, 19th and 26th September 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 - September 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.

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Every Monday & 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 (singing@alzheimers.org.uk)</p> <hr/> <p>Throughout September - "Remember I Forget" exhibition, Skainos Centre, Newtownards Road</p>				<p>1 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p> <p>2pm Memory Lane Service Fitzroy Presbyterian Church No booking needed</p>	<p>2/3</p>
<p>11am Gentle Walks C. S. Lewis Square 07841 592879</p> <p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p> <p>2-4pm Movie Club Holywood Arches Library 028 9050 9216</p>	<p>5 1.30-2.30pm Knit and Natter Cregagh Library 028 9040 1365</p> <p>2.30pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)</p>	<p>6 10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p> <p>10.30-11.30am Cryptic Corner Games Holywood Arches Library 028 9050 9216</p>	<p>7 Memory Lane Church Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062</p> <p>1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p> <p>2pm "A New Leaf" Strand Cinema 028 9065 5830</p>	<p>8 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>9/10</p>
<p>10am Tea and Newspapers Holywood Arches Library 028 9050 9216</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>12 9am-12noon Mindful Colouring Ballyhackamore Library 028 9050 9204</p> <p>2.30pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)</p>	<p>13 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p> <p>10.30am-12.30pm Tea and Newspapers Cregagh Library 028 9040 1365</p>	<p>14 2pm "A New Leaf" Strand Cinema 028 9065 5830</p> <p>1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p> <p>2.30-3.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>15 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>16/17</p>
<p>11am Gentle Walks C. S. Lewis Square 07841 592879</p> <p>11am Dementia Friendly Coffee Morning Cafe Refresh 07436 174973</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>19 10.30am "Casablanca" Grand Opera House Belfast www.goh.co.uk/whatson (free tea at 10.30am, screening at 11am)</p> <p>2.30pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)</p>	<p>20 10.30am-12.30pm Mindful Colouring Tullycarnet Library 028 9048 5079</p> <p>10.30-11.30am Cryptic Corner Games Holywood Arches Library 028 9050 9216</p>	<p>21 Memory Lane Church Service Joanmount Methodist Church Contact Rev. Daphne for times 07717 805062</p> <p>1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p> <p>2pm "Buck and the Preacher" Strand Cinema 028 9065 5830</p>	<p>22 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>23/24 Saturday 23rd September From 10am Memory Walk Ormeau Park 0300 3305452</p>
<p>10am Tea and Newspapers Holywood Arches Library 028 9050 9216</p> <p>6-7pm Yoga with EBCDA Avoneil Leisure Centre 028 9045 1512</p>	<p>26 10am Carers Cafe Ormeau Library 07394 569154</p> <p>2.30pm Singing for the Brain Bloomfield Presbyterian Church 07484 078886 (booking required)</p>	<p>27 9am-4pm Dementia Conference Queen's University Belfast scraig22@qub.ac.uk</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>28 9am-12noon Cryptic Corner Ballyhackamore Library 028 9050 9204</p> <p>1-2pm Beginners T'Ai Chi Victoria Park Marquee 028 9045 1512</p> <p>2pm "Buck and the Preacher" Strand Cinema 028 9065 5830</p>	<p>29 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204</p>	<p>30/1</p>

Dementia Conference

Queen's University of Belfast is hosting the "Dementia: Caring for Today, Planning for Tomorrow" conference on Wednesday 27th September 2023. The conference marks the close of World Alzheimer's Month, and looks at latest local research to optimise the quality of care and the quality of life for people living with dementia. Presentations will come from Dr. Julie Christie, Professor Christine Brown Wilson, Dr. Frances Duffy, the "Inspired Reminiscence" App Team, Dementia NI and Alzheimer's Society. The conference is supported by the Health and Social Care Research and Development Unit and the Public Health Agency.

Attendance is free of charge. For enquiries contact scraig22@qub.ac.uk or search www.eventbrite.co.uk



Back on the Big Screen

Film screenings are back this autumn!

The Strand Arts Centre's Silver Screen programme is back every Thursday at 2pm, offering a classic movie and free tea and coffee for just £4 per ticket. To find out more **visit www.strandartscentre.com or call 028 9065 6830.**

Don't miss the screening of Casablanca at the Grand Opera House Belfast. This is a dementia friendly screening on Tuesday 19th September 2023, with complimentary tea and coffee at 10.30am and the screening starting at 11am. Tickets at £6. To book log on to **www.goh.co.uk or call 029 9024 1919.**

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