



# Dementia Friendly East Belfast

# What's On!

Your guide to dementia friendly services & activities in East Belfast **January 2025**

Information correct at the time of going to press.

## Your Local Libraries

January can be a dull and difficult month. So we are lucky to have a host of local libraries at our disposal to help dispel the January blues.

Gone are the days of libraries being revered places of hushed reading and learning. These days libraries boast a range of services and activities to support to the communities they serve.

In addition to books, libraries have an extensive range of magazines, CDs and DVDs available for loan. Libraries provide members of the public with free access to computers and the internet, allowing customers to undertake online administration, research and web, and stay up to date.

All libraries offer a range of activities throughout the week. These include tea and newspapers, at which customers can get a cuppa and browse the newspapers, knit and natter sessions, and "Rhyme Time" for children, parents and grandparents. Other sessions include film clubs, and specialist sessions such as regular game playing and chess clubs.

One of the most regular and popular library events in East Belfast is the monthly performance by Tullycarnet Yarnspinners, who routinely perform at Tullycarnet Library every month. Their story telling sessions bring tales and yarns presented by professional

story tellers, and also offer opportunities for new story telling talent to share their stories.

We can't recommend the library "Libby" online library app enough. The "Libby" app provides subscribers with access to thousands of audio books, music, and magazines. The "Libby" app also has the latest new releases. To download the "Libby" app log on to [www.librariesni.org.uk](http://www.librariesni.org.uk)

### Your local east Belfast Libraries are here to help:

#### Ballyhackamore Library:

028 9050 9204 [ballyhackamore.library@librariesni.org.uk](mailto:ballyhackamore.library@librariesni.org.uk)

#### Cregagh Library:

028 9040 1365 [cregagh.library@librariesni.org.uk](mailto:cregagh.library@librariesni.org.uk)

#### Hollywood Arches Library:

028 9050 9216 [hollywoodarches.library@librariesni.org.uk](mailto:hollywoodarches.library@librariesni.org.uk)

#### Tullycarnet Library:

028 9048 5079 [tullycarnet.library@librariesni.org.uk](mailto:tullycarnet.library@librariesni.org.uk)

#### Woodstock Library:

028 9050 9239 [woodstock.library@librariesni.org.uk](mailto:woodstock.library@librariesni.org.uk)

Opening times vary so always check before your visit.

Your local library is warm, welcoming and it's there for you.



Hollywood Arches Library

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](mailto:dementiafriendlyeastbelfast@gmail.com) Tel: 028 9073 5696 Web: [www.dementiafriendlyeastbelfast.com](http://www.dementiafriendlyeastbelfast.com)

# The Carers Information and Support Programme (CrISP)

The CrISP programme, provided by Alzheimer's Society, has refined its support to people affected by Dementia. CrISP seeks to provide carers with a range of information about practical and statutory supports, and advice on how to stay well while addressing the challenges of living with dementia and being a carer.

The programme is hugely beneficial, particularly for planning for the future. Carers have said: "The course was really helpful for me and was presented in a warm, caring and clear and informative way with professionalism. The content of the course all felt very relevant and has given me confidence."

The programme is now delivered over two sessions, and it is offered as a face to face programme or there are two online opportunities.

The Belfast programme is available to carers of anyone with a dementia diagnosis in the Belfast Trust area. Alzheimer's Society has said that people who are referred in to the programme and complete a referral form have a better and more useful experience of the CrISP Programme.

To register for the CrISP programme email Alzheimer's Society on [crispbelfast@alzheimers.org.uk](mailto:crispbelfast@alzheimers.org.uk)

There is also a CrISP programme in the South Eastern Health Trust delivered by Alzheimer's Society and to register for that email [crispni@alzheimers.org.uk](mailto:crispni@alzheimers.org.uk)  
See below for this month's CrISP dates.



## Dementia NI Events

### Belfast Empowerment Group

Fridays (Weekly) 10.30am until 12.30pm.

Contact: [amy@dementiani.org](mailto: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](mailto: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](mailto:amy@dementiani.org)

## Alzheimer's Society Dementia Information Programme

The Dementia Information Programme aims to improve the knowledge, skills, and understanding of people caring for someone living with dementia. The programme is delivered over four sessions, online using zoom. The topics covered include understanding dementia, power of attorney, carers support in Belfast, and benefits.

### Face to Face

Cullingtree Meadows, 106 Cullingtree Road, Belfast BT12 4BA  
6-8pm on Wednesday 16th and 23rd January 2025..

### Online (via Zoom)

11am-1pm Tuesday 14th and 21st January 2025.

9.30-11.30am Thursday 16th and 23rd January 2025.

To attend, email [crispbelfast@alzheimers.org.uk](mailto:crispbelfast@alzheimers.org.uk)

Alzheimer's Society also delivers a Carers Information programme in the South Eastern Trust area. For more information, please contact Bronagh McGlinchey by email [crispsemi@alzheimers.org.uk](mailto:crispsemi@alzheimers.org.uk)

# What's On - January 2025

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 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Every Monday and Thursday 7.00pm  <b>"The Sundown Sessions"</b>  <a href="http://www.youtube.com/singalongwithedelle">www.youtube.com/singalongwithedelle</a>  <hr/> <b>Singing for the Brain Online</b>                      Every Monday 2.30pm - 4pm, every Wednesday                      To join in online, email  <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a></p>		<p><b>1</b></p> <p><b>Happy New Year</b></p>	<p><b>2</b></p> <p>10.30am-12noon  <b>Knit and Natter</b>                      Hollywood Arches Library                      028 9050 9216</p>	<p><b>3</b></p> <p>9am-2pm  <b>Tea and Newspapers</b>                      Ballyhackamore Library                      028 9050 9204</p>	<p><b>4/5</b></p>
<p><b>6</b></p> <p>10am-1pm  <b>Tea and Newspapers</b>                      Hollywood Arches Library</p> <p>11am-1pm  <b>Knit and Natter</b>                      Woodstock Road Library</p>	<p><b>7</b></p> <p>9am-5pm  <b>Brew and Browse</b>                      Ballyhackamore Library                      028 9050 9204</p>	<p><b>8</b></p> <p>10.30-11.30am  <b>Cryptic Corner</b>                      Hollywood Arches Library</p> <p>10.30am-12.30pm  <b>Tea and Newspapers</b>                      Cregagh Library</p>	<p><b>9</b></p> <p>11am  <b>Dementia Friendly Coffee Morning</b>                      Hollywood Arches Library                      07436 174793</p> <p>2pm  <b>"Viva Las Vegas" (1964)</b>                      Strand Cinema at Connswater                      028 9065 5830</p> <p>2.30-3.30pm  <b>Male Carers Group</b>                      TIDE via Zoom  <a href="mailto:carersconnect@tide.uk.net">carersconnect@tide.uk.net</a></p>	<p><b>10</b></p> <p>11am  <b>T'ai Chi</b>                      Dee Street                      Community Centre                      07436 174793</p> <p>2.30pm  <b>Memory Lane Service</b>                      Fitzroy Presbyterian                      Church                      028 9031 9710</p>	<p><b>11/12</b></p>
<p><b>13</b></p> <p>11am  <b>Gentle Walks</b>                      C.S. Lewis Square                      028 9002 9392</p> <p>10am-1pm  <b>Tea and Newspapers</b>                      Hollywood Arches Library</p>	<p><b>14</b></p> <p>9am-5pm  <b>Brew and Browse</b>                      Ballyhackamore Library                      028 9050 9204</p> <p>10.30am-12noon  <b>Can't Pour from an Empty Cup</b>                      TIDE via Zoom  <a href="mailto:carersconnect@tide.uk.net">carersconnect@tide.uk.net</a></p>	<p><b>15</b></p> <p>10.30-11.30am  <b>Cryptic Corner</b>                      Hollywood Arches Library</p> <p>10.30am-12.30pm  <b>Tea and Newspapers</b>                      Cregagh Library</p>	<p><b>16</b></p> <p>10.30am-12noon  <b>Knit and Natter</b>                      Hollywood Arches Library                      028 9050 9216</p> <p>2pm  <b>"Viva Las Vegas" (1964)</b>                      Strand Cinema at Conn-                      swater                      028 9065 5830</p>	<p><b>17</b></p> <p>9am-2pm  <b>Tea and Newspapers</b>                      Ballyhackamore Library                      028 9050 9204</p> <p>11am  <b>T'ai Chi</b>                      Dee Street                      Community Centre                      07436 174793</p>	<p><b>18/19</b></p>
<p><b>20</b></p> <p>10am-1pm  <b>Tea and Newspapers</b>                      Hollywood Arches Library</p> <p>11am  <b>Gentle Walks</b>                      C.S. Lewis Square                      028 9002 9392</p>	<p><b>21</b></p> <p>9am-5pm  <b>Brew and Browse</b>                      Ballyhackamore Library                      028 9050 9204</p>	<p><b>22</b></p> <p>10.30-11.30am  <b>Cryptic Corner</b>                      Hollywood Arches Library</p> <p>10.30am-12.30pm  <b>Tea and Newspapers</b>                      Cregagh Library</p>	<p><b>23</b></p> <p>10.30am-12noon  <b>Knit and Natter</b>                      Hollywood Arches Library                      028 9050 9216</p> <p>2pm  <b>"The Ladykillers" (1955)</b>                      Strand Cinema at Connswater                      028 9065 5830</p> <p>7pm  <b>Tullycarnet Yarnspinnners</b>                      Tullycarnet Library                      028 9048 5079</p>	<p><b>24</b></p> <p>9am-2pm  <b>Tea and Newspapers</b>                      Ballyhackamore Library                      028 9050 9204</p> <p>11am  <b>T'ai Chi</b>                      Dee Street                      Community Centre                      07436 174793</p>	<p><b>25/26</b></p>
<p><b>27</b></p> <p>11am  <b>Gentle Walks</b>                      C.S. Lewis Square                      028 9002 9392</p> <p>11am-1pm  <b>Knit and Natter</b>                      Woodstock Road Library</p> <p>7-8pm  <b>Young Onset Carers</b>                      TIDE via Zoom  <a href="mailto:carersconnect@tide.uk.net">carersconnect@tide.uk.net</a></p>	<p><b>28</b></p> <p>11am-1pm  <b>Mindful Colouring</b>                      Ballyhackamore Library</p> <p>1.30-2.30pm  <b>Knit and Natter</b>                      Cregagh Library</p> <p>4-5.30pm  <b>Dementia and Communica- tion</b>                      TIDE via Zoom  <a href="mailto:carersconnect@tide.uk.net">carersconnect@tide.uk.net</a></p>	<p><b>29</b></p> <p>10.30-11.30am  <b>Cryptic Corner</b>                      Hollywood Arches Library</p> <p>10.30am-12.30pm  <b>Tea and Newspapers</b>                      Cregagh Library</p>	<p><b>30</b></p> <p>10am-12noon  <b>Dementia Carers Support Group</b>                      Top of the Rock Healthy                      Living Centre                      0289244574</p> <p>10.30am-12noon  <b>Knit and Natter</b>                      Hollywood Arches Library                      028 9050 9216</p> <p><b>"The Ladykillers" (1955)</b>                      Strand Cinema at Connswater                      028 9065 5830</p>	<p><b>31</b></p> <p>9am-2pm  <b>Tea and Newspapers</b>                      Ballyhackamore Library                      028 9050 9204</p> <p>11am  <b>T'ai Chi</b>                      Dee Street                      Community Centre                      07436 174793</p>	

# Dementia Friendly Coffee

Engage with Age has moved its dementia friendly coffee mornings to Holywood Arches Library every second and fourth Thursday of the month.

The coffee mornings are relaxed and enjoyable affairs, and are provided free of charge. The coffee mornings are operated by volunteers, overseen by Engage with Age staff, and are open to anyone with dementia attending with a family member/ carer.

The coffee morning runs between 11am-12noon, and participants are offered free tea and coffee and a scone or a bun. There is also lots of chat and crack, and opportunities to avail of the libraries

It is preferred if we know how many people are attending in advance so we know how many scones to bake!!! So, to attend the coffee morning please **contact Paul at Engage with Age by emailing [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk) or telephoning 07468 174793**. Everyone is welcome.



## 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

<b>Alzheimer's Society</b>	Tel: 028 9066 4100	<a href="mailto:crispbelfast@alzheimers.org.uk">crispbelfast@alzheimers.org.uk</a>
<b>Age-friendly Belfast</b>	Tel: 07827 823998	
<b>Check In and Chat</b>	Call free 0808 808 7575	Monday-Friday 9am-5pm
<b>Scam Aware</b>	<a href="http://www.nidirect.gov.uk/articles/scams">www.nidirect.gov.uk/articles/scams</a>	
<b>Belfast Trust Dementia Navigator Service</b>	Tel: 028 9590 1407	
<b>Dementia NI</b>	Tel: 028 9693 1555	<a href="http://www.dementiani.org">www.dementiani.org</a>
<b>Age NI</b>	Tel: 028 9024 5729	<a href="http://www.ageni.org">www.ageni.org</a>
<b>Carers NI</b>	Tel: 028 9043 9843	<a href="http://www.carersuk.org/northernireland">www.carersuk.org/northernireland</a>
<b>TIDE</b>	<a href="mailto:carers@tidecarers.uk.net">carers@tidecarers.uk.net</a>	<a href="http://www.tide.uk.net">www.tide.uk.net</a>
<b>Dementia Friendly South Belfast</b>	<a href="mailto:dementiafriendlysouthbelfast@gmail.com">dementiafriendlysouthbelfast@gmail.com</a> 07394 569 154	Facebook: <a href="https://www.facebook.com/dfsouthbelfast">dfsouthbelfast</a>
<b>Dementia Friendly North Belfast</b>	<a href="mailto:dementiafriendlynorthbelfast@gmail.com">dementiafriendlynorthbelfast@gmail.com</a> 028 9075 5894	Facebook: <a href="https://www.facebook.com/dementiafriendlynorthbelfast">dementiafriendlynorthbelfast</a>
<b>Dementia Friendly East Belfast</b>	<a href="mailto:dementiafriendlyeastbelfast@gmail.com">dementiafriendlyeastbelfast@gmail.com</a> 028 9073 5696	
<b>Dementia Friendly West Belfast</b>	<a href="mailto:dementiafriendlywestbelfast@gmail.com">dementiafriendlywestbelfast@gmail.com</a>	

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](mailto:dementiafriendlyeastbelfast@gmail.com) Tel: 028 9073 5696 Web: [www.dementiafriendlyeastbelfast.com](http://www.dementiafriendlyeastbelfast.com)