



# Dementia Friendly East Belfast

# What's On!

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

Information correct at the time of going to press.

## Coming to Terms with Grief

Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel. East Belfast Community Development Agency is running workshops during Grief Awareness Week in December to explore grief and to help provide support.

These grief awareness workshops are designed specifically for anyone who is experiencing grief or loss and wants an opportunity to reflect or remember a loved one, all in a very safe and protective environment. There will be hot chocolate and refreshments for participants, and an opportunity to make a personalised Christmas memorial decoration to take home.

The first workshop is on 4th December 6-8pm and is held at the East Belfast Network Centre on Templemore Avenue. Titled "Finding Light in the Darkness", this workshop focuses on making a memorial candle and looking at symbols of hope in difficult times.

The second workshop is on at 2-4pm on 6th December and is called "Finding Beauty in Grief". It centres on making floral arrangements, and learning about different flowers and what they have traditionally symbolised. This workshop is in Mersey Street Former Primary School.



These workshops are for anyone who lives, volunteers or works in East Belfast. Booking is advised as places are limited.

**To book email [admin@ebcda.org](mailto:admin@ebcda.org) or to find out more information contact Davina Mullan on email [davina@ebcda.org](mailto:davina@ebcda.org)**



### INSIDE THIS ISSUE:

- **Tips to keep your home warm**
- **The "Make the Call" Service**

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# Stay Warm This Winter

The nights are “drawing in” and temperatures are set to drop. Increasing energy prices can make keeping your home warm a challenge. Add to this the impact of the loss of the automatic Winter Fuel Allowance for those who are not in receipt of Pension Credit and it could be a very challenging winter.

The negative impact of keeping cold houses on our health is well documented. Here are some tips to keep you and your home warm.

- **Test your heating system:** make sure your heating system is working properly. An inefficient system will cost more to run.
- **Use your heating timer:** it is more cost effective to plan and time your use of heating throughout the day rather than turn it on and off yourself.
- **Use your curtains:** keep room curtains open until 3pm or 4pm as natural light helps heat rooms. When the sun sets, close them to help keep heat in.
- **Get the most from your radiators:** check if your radiators need bled. Move furniture away from them to allow heat to enter the room.
- **Block out the cold:** close the doors throughout your house, and use draught excluders to keep your room cosy.
- **Keep yourself warm:** have hot food and drinks throughout the day. Wear layers of clothing. Check if hot water bottles need replaced. Hot water bottles

have a stamp on the spout indicating the year of manufacture. If it is two or three years old it will need replaced.

- **Keep light levels high:** for people living with dementia low lighting can be a hazard, even though it's cozy. Keep light levels high so everyone can see clearly.

Check if you are entitled to Pension Credit or other benefits. It is estimated by the Northern Ireland Executive that every week £1M of Pension Credit goes unclaimed.

**Call the “Make the Call” service to see if you are entitled to Pension Credit or other benefits such as Attendance Allowance. This could help make your winter a little warmer. See the back page for information on the “Make The Call” service.**



## 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

At the Alzheimer's Society Offices, 30 Skegoneill Street, Belfast BT15 3JL.

11am-1pm on Tuesdays 7th, 14th, 21st and 28th November 2024.

### Online (via Zoom)

6pm-8pm Mondays 4th, 11th, 18th and 25th November 2024.

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 [crispseni@alzheimers.org.uk](mailto:crispseni@alzheimers.org.uk)

# What's On - November 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.

## November 2024

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></p> <hr/> <p>Every Monday 2.30pm - 4.00pm <b>Singing for the Brain Online</b>  <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a></p>				<p><b>1</b> 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>2/3</b></p>
<p><b>4</b> 10am-1pm  <b>Tea and Newspapers</b>                      Hollywood Arches Library</p> <p>11am  <b>Gentle Walks</b>                      C.S. Lewis Square                      07799 112365</p> <p>6-7pm  <b>Yoga from EBCDA</b>                      Avoniel Leisure Centre                      028 9045 1512</p>	<p><b>5</b> 9am-5pm  <b>Brew and Browse</b>                      Ballyhackamore Library                      028 9050 9204</p> <p><b>Singing for the Brain</b>                      Trinity Methodist Church                      Lisburn  <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a></p>	<p><b>6</b> 10.30-11.30am  <b>Cryptic Corner</b>                      Hollywood Arches Library</p> <p>11am  <b>Dementia Friendly                      Coffee Morning</b>                      Café Refresh                      07436 174793</p>	<p><b>7</b> 10.30am-12noon  <b>Knit and Natter</b>                      Hollywood Arches Library                      028 9050 9216</p> <p>1-2pm  <b>T'Ai Chi for Beginners</b>                      Mersey Street Primary School                      028 9045 1512</p> <p>2pm  <b>"The Adventures of Robin                      Hood" (1938)</b>                      Strand Cinema at Connswater                      028 9065 5830</p>	<p><b>8</b> 11am  <b>T'Ai Chi</b>                      Dee Street Community Centre                      07436 174793</p>	<p><b>9/10</b></p>
<p><b>11</b> 10am-1pm  <b>Tea and Newspapers</b>                      Hollywood Arches Library</p> <p>11am  <b>Gentle Walks</b>                      C.S. Lewis Square                      07799 112365</p> <p>6-7pm  <b>Yoga from EBCDA</b>                      Avoniel Leisure Centre                      028 9045 1512</p>	<p><b>12</b> 9am-5pm  <b>Brew and Browse</b>                      Ballyhackamore Library                      028 9050 9204</p> <p><b>Singing for the Brain</b>                      Trinity Methodist Church                      Lisburn  <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a></p>	<p><b>13</b> 10.30-11.30am  <b>Carers Coffee Morning</b>                      TIDE via Zoom  <a href="mailto:carers@tidecarers.org.uk">carers@tidecarers.org.uk</a></p>	<p><b>14</b> 10.30am-12noon  <b>Knit and Natter</b>                      Hollywood Arches Library                      028 9050 9216</p> <p>1-2pm  <b>T'Ai Chi for Beginners</b>                      Mersey Street Primary School                      028 9045 1512</p> <p>2pm  <b>"The Adventures of Robin Hood"                      (1938)</b>                      Strand Cinema at Connswater                      028 9065 5830</p>	<p><b>15</b> 11am  <b>T'Ai Chi</b>                      Dee Street Community Centre                      07436 174793</p>	<p><b>16/17</b></p>
<p><b>18</b> 10am-1pm  <b>Tea and Newspapers</b>                      Hollywood Arches Library</p> <p>11am  <b>Gentle Walks</b>                      C.S. Lewis Square                      07799 112365</p> <p>6-7pm  <b>Yoga from EBCDA</b>                      Avoniel Leisure Centre                      028 9045 1512</p>	<p><b>19</b> 9am-5pm  <b>Brew and Browse</b>                      Ballyhackamore Library                      028 9050 9204</p> <p><b>Singing for the Brain</b>                      Trinity Methodist Church                      Lisburn  <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a></p>	<p><b>20</b> 10.30-11.30am  <b>Cryptic Corner</b>                      Hollywood Arches Library</p> <p>11am  <b>Dementia Friendly                      Coffee Morning</b>                      Café Refresh                      07436 174793</p>	<p><b>21</b> 10.30am-12noon  <b>Knit and Natter</b>                      Hollywood Arches Library                      028 9050 9216</p> <p>1-2pm  <b>T'Ai Chi for Beginners</b>                      Mersey Street Primary School                      028 9045 1512</p> <p>2pm  <b>"Smokey and the Bandit" (1977)</b>                      Strand Cinema at Connswater                      028 9065 5830</p>	<p><b>22</b> 11am  <b>T'Ai Chi</b>                      Dee Street Community Centre                      07436 174793</p>	<p><b>23/24</b></p>
<p><b>25</b> 11am  <b>Gentle Walks</b>                      C.S. Lewis Square                      07799 112365</p> <p>1-3pm  <b>Open Doors Café</b>                      Walkway Community Centre                      07436 174793</p> <p>6-7pm  <b>Yoga from EBCDA</b>                      Avoniel Leisure Centre                      028 9045 1512</p>	<p><b>26</b> 9am-5pm  <b>Brew and Browse</b>                      Ballyhackamore Library                      028 9050 9204</p> <p>10.30am-12noon  <b>The Carers Café</b>                      Ormeau Road Library                      07394 569154</p> <p><b>Singing for the Brain</b>                      Trinity Methodist Church                      Lisburn  <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a></p>	<p><b>27</b> 10.30-11.30am  <b>Cryptic Corner</b>                      Hollywood Arches Library</p> <p>10.30am-1.30pm  <b>South Belfast                      Dementia Information Day</b>                      Holy Rosary Parish Hall</p>	<p><b>28</b> 10.30am-12noon  <b>Knit and Natter</b>                      Hollywood Arches Library                      028 9050 9216</p> <p>1-2pm  <b>T'Ai Chi for Beginners</b>                      Mersey Street Primary School                      028 9045 1512</p>	<p><b>29</b> 11am  <b>T'Ai Chi</b>                      Dee Street Community Centre                      07436 174793</p>	<p><b>30/1</b></p>

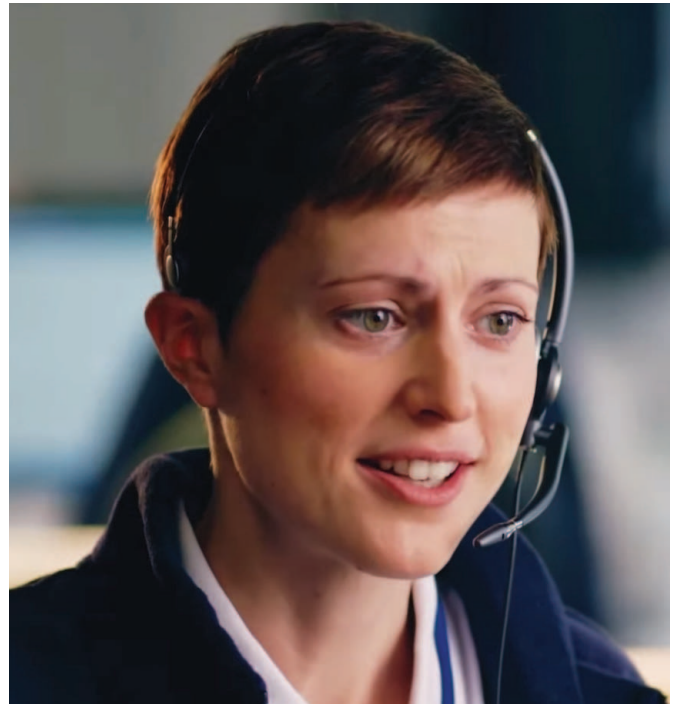


# Make the Call

The government's "Make The Call" service is there to make sure everyone is getting the benefits and supports they are entitled to. It has been estimated that £1M of Pension Credit goes unclaimed in Northern Ireland every week. Pension Credit is a 'gateway' benefit that can enable people to access other supports, such as the Winter Fuel Allowance, free TV licence for people aged 75+, discounts from companies such as BT, and more.

"Make The Call" will undertake a needs analysis of the benefits a person is entitled to. There are many benefits people should be accessing and they will provide guidance on Universal Credit and other benefits. They can also make you aware of other support such as Attendance Allowance. It is as simple as phoning the numbers below and taking it from there.

To get your benefits checked, phone the "Make The Call" service on 0800 232 1271, email [makethecall@dfcni.gov.uk](mailto:makethecall@dfcni.gov.uk) or you can text **ADVICE** on 079 8440 5248.



## 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>
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<b>Dementia Friendly West Belfast</b>	<a href="mailto:dementiafriendlywestbelfast@gmail.com">dementiafriendlywestbelfast@gmail.com</a>	

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