



Dementia Friendly East Belfast



What's On!

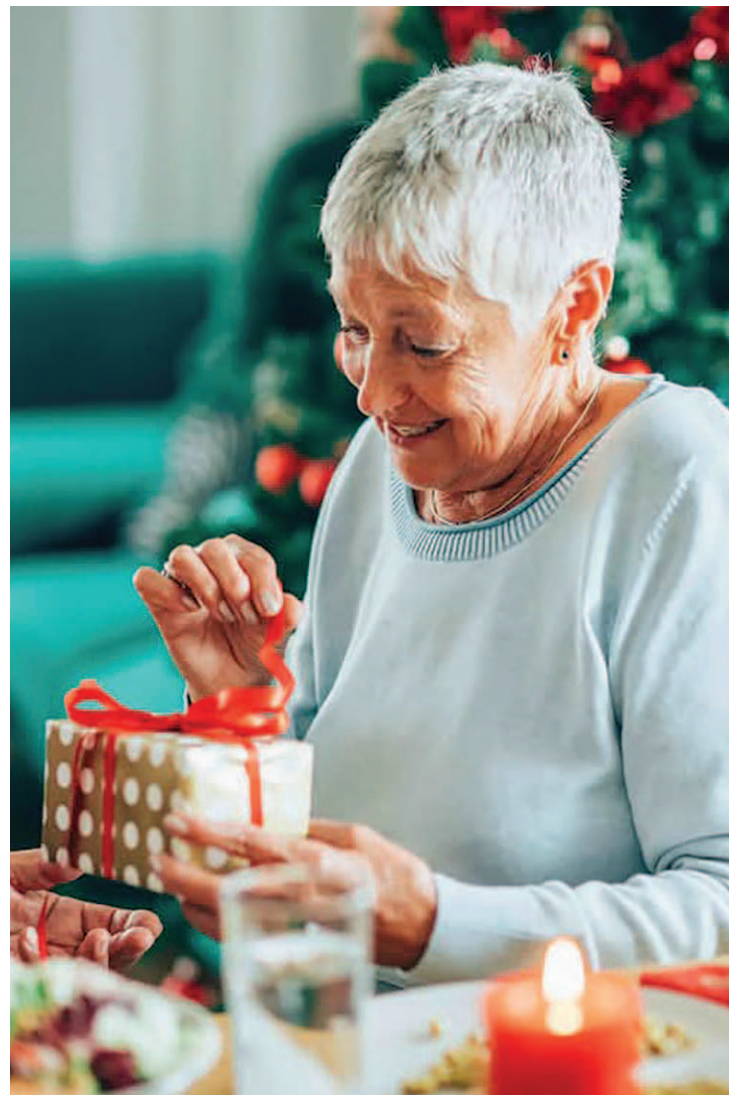
Your guide to dementia friendly services & activities in East Belfast **December 2024**

Information correct at the time of going to press.

Season's Greetings everyone!

Christmas is a special time but it can also be challenging for people affected by dementia. There can be lots of noise, distraction, and high expectations to have a good time. But there is no need to feel stressed out. Here are some tips to help make Christmas more enjoyable.

- Put decorations up gradually over a few days. Taking your time to put up the decorations can be fun. Think about decorations that flicker too much or have noisy sound effects in case they cause distress. A few items of decoration can be as effective as lots of Christmas clutter.
- Keep everything simple and familiar, and stay as close to your usual routine as possible.
- Have a quiet area somewhere in your home so you can take a quiet break.
- Plan for Christmas closures. Get medications in advance in case of holiday closures and prepare for health centre holiday times.
- Be aware that memories and traditions can be bitter-sweet and some traditions may no longer be possible.
- Try not to serve too much food and keep table decorations simple. Don't worry about timings! Eating together and enjoying being together is the most important thing.
- Christmas in a care home may mean there are adjustments. Do whatever is needed to relax and look after yourself and loved ones.
- Stay in touch with family and friends. If meeting up in person is too much, say hello over the phone.
- Be flexible. Have a "Plan B". Don't worry if things don't go as you hoped they would.
- Remember, Christmas Day is only one day and before you know we'll be headed into the new year.



**Enjoy the festive season.
Merry Christmas from everyone at the
What's On Guide.**

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

Phone First

The Belfast Health and Social Care Trust has launched a new "Phone First" service for some of its Emergency Departments. Instead of turning up to Accident & Emergency/ the Emergency Department with a medical concern, people are being urged to "Phone First". Callers will be "triaged" by a medical professional who will signpost the caller to the most appropriate service, which may not be the Emergency Department. If the caller needs to attend the Emergency Department the service can advise on wait times and how busy the Emergency Department is at the time of the call.

This service is for the Royal Victoria Hospital, the Matter Hospital and the Royal Victoria Children's Hospital. The telephone number to call is 028 9615 9444 and the service is available 8am-6pm Monday-Friday excluding Bank Holidays.

Please note, in the instance of emergencies, always call 999 immediately.

PHONE FIRST

Before going to the Emergency Department at the Royal Victoria Hospital, Mater Infirmorum Hospital or Royal Belfast Hospital for Sick Children you should PHONE FIRST

028 9615 9444

Operating from
8am to 6pm
Monday to Friday,
excluding bank
holidays



Get directed to the right care, first time

FOR EMERGENCIES - 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY

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 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 Wednesday 4th and 11th December 2024.

Online (via Zoom)

6pm-8pm Thursdays 5th and 12th December 2024.

To attend, email 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

What's On - December 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.

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Every Monday and Thursday 7.00pm "The Sundown Sessions" - www.youtube.com/singalongwithedelle Singing for the Brain Online - Every Monday 2.30pm - 4pm, every Wednesday To join in online, email singing@alzheimers.org.uk					30/1
2 10am-1pm Tea and Newspapers Hollywood Arches Library 6-7pm Yoga from EBCDA Avoniel Leisure Centre 028 9045 1512	3 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204 Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk	4 10.30-11.30am Cryptic Corner Hollywood Arches Library 10.30am-12.30pm Tea and Newspapers Cregagh Library	5 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216 1-2pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512 11am and 2pm "It's a Wonderful Life" (1946) Strand Cinema at Connswater 028 9065 5830	6 11am Dementia Friendly Coffee Morning Hollywood Arches Library No booking required 2.30pm Memory Lane Service Fitzroy Presbyterian Church 028 9031 9710	7/8
9 10am-1pm Tea and Newspapers Hollywood Arches Library 6-7pm Yoga from EBCDA Avoniel Leisure Centre 028 9045 1512	10 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204 Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk	11 10.30-11.30am Cryptic Corner Hollywood Arches Library 10.30am-12.30pm Tea and Newspapers Cregagh Library	12 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216 11am Dementia Friendly Coffee Morning Hollywood Arches Library 07436 174793 11am and 2pm "Miracle on 34th Street" (1994) Strand Cinema at Connswater 028 9065 5830	13 11am T'Ai Chi Dee Street Community Centre 07436 174793	14/15
16 10am-1pm Tea and Newspapers Hollywood Arches Library 11am-1pm Knit and Natter Woodstock Road Library	17 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204 Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk	18 10.30-11.30am Cryptic Corner Hollywood Arches Library 10.30am-12.30pm Tea and Newspapers Cregagh Library	19 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216 2pm "Miracle on 34th Street" (1994) Strand Cinema at Connswater 028 9065 5830 7pm Tullycarnet Yarnspinners Tullycarnet Library 028 9048 5079	20 11am T'Ai Chi Dee Street Community Centre 07436 174793	21/22
23	24	25	26	27	28/29
CLOSED FOR CHRISTMAS					
30 10am-1pm Tea and Newspapers Hollywood Arches Library 11am-1pm Knit and Natter Woodstock Road Library	31 Mindful Colouring 11am-1pm Ballyhackamore Library 1.30-2.30pm Knit and Natter Cregagh Library	Merry Christmas to All Our Readers!			



Xmas Recipe - Xmas Fruit Bannock

Looking for something to do on a chilly December day? This “make it together” Xmas Fruit Bannock couldn’t be easier! Making this bannock is a terrific way to spend an afternoon, leaving you with a wonderful seasonal treat to have with a cup of tea.

Ingredients:

- 6 ounces caster sugar
- 1/4 pint milk
- 6 ounces sultanas
- 4 ounces margarine/butter
- 8 ounces self-raising flour
- 1 large egg
- Half a teaspoon of cinnamon

Method:

Put the sugar, milk, and butter/margarine into a saucepan and bring slowly to the boil, stirring well. Allow to cool slightly then add the flour, half a teaspoon of cinnamon, and the beaten egg. Roll the sultanas in a little flour then add to the Bannock mix (this will prevent the sultanas from falling to the bottom during baking). Pour into a well-greased loaf or cake tin . Bake for one hour at 350°F/ 180°C or Gas no 4, but check after 45 minutes. The cooked bannock is delicious spread with butter for afternoon tea.



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 9590 1407	
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