



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

East Belfast Dementia Info Day

Following the success of the Belfast Dementia Info Day, East Belfast is presenting its own session for local people affected by dementia.

The East Belfast Dementia Info Day is on Thursday 19th September 2024 between 10.30-1.30pm at Willowfield Church Hall, (on the opposite side of the road to Willowfield Church) Woodstock Road, Belfast.

The info day seeks to help people affected by Dementia in East Belfast, and carers, learn about all of the supports available in the local area, and also enjoy a few treats.

This is a dementia friendly event, and people living with Dementia and their carers can talk to a range of organisations about support. Organisations attending include Alzheimer's Society, Engage with Age, East Belfast Community Development Agency, Libraries NI, and service providers like Sydenham Court supported housing.

Belfast Trust's Dementia Navigators will be there providing information. Although it will not be possible for any staff to provide medical or clinical advice, the navigators will be able to link service users into to a wide range of supports and provide information about statutory support you may not be aware of.

In addition to information, people attending will be able to enjoy some arts and crafts activities, and there will be relaxation and personal care treats. Refreshments will be available on the day.



There is a huge range of support for people living with dementia, as the inside of this month's guide shows. Join us on Thursday 19th September 2024 between 10.30-1.30pm.

No booking is required for East Belfast Dementia Information Day. For further information contact davina@ebcda.org.uk or call 07922 423160.

See inside this month's **What's On Guide** for information on the touring "Presence in the Past" art exhibition, and on the **East Belfast Arts Festival**.



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Get in touch: Email: dementiafriendlyeastbelfast@gmail.com Tel: 028 9073 5696 Web: www.dementiafriendlyeastbelfast.com

Presence in the Past

From August right through to October, Engage with Age is exhibiting its "Presence in the Past" art exhibition at venues throughout Belfast.

"Presence in the Past" is the latest display of art works created by Engage with Age's Dementia Friendly Artist in Residence programme, funded by the Arts Council of Northern Ireland and the Baring Foundation.

Since January this year, artist Anna O'Kane has been working with people in five dementia support centres across Belfast undertaking art and crafting workshops. Over 50 workshops have taken place.

Anna facilitates art sessions in which people living with dementia talk about their interests and memories, and produce art works based on their experiences, their likes and their dislikes. A range of art mediums is used including paint, felting, collage, and work with pen and ink. During the art workshops participants share memories and stories about their lives.

The participating centres include Edgecumbe Day Centre, Sydenham Court, and Kirk House in East Belfast, and Mount Oriel Day Centre and City Way Day Centre in South Belfast.

The works have been gathered together in an exhibition that will be shown throughout Belfast. In August the exhibition will be at Newtownbreda Library between the 5th - 17th August, and the Skainos Centre between 19th - 30th August. Future venues include Tullycarnet

Library, and it will be at 2 Royal Avenue between 1st - 15th October as part of Positive Ageing Month.

For more information, please contact Engage with Age on 028 9073 5696.



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 August 2024

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

Previous participants have called it: "An excellent programme. I felt more supported with the other carers there being there and hearing their stories. It was good we could ask questions and plan for the future."

Online (Zoom):

10.30am-12.30pm, Wednesdays 7th, 14th, 21st, 28th August 2024

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

What's On - August 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.

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Every Monday and Thursday 7.00pm "The Sundown Sessions" www.youtube.com/singalongwithedelle</p> <hr/> <p>Every Monday 2.30pm - 4.00pm Singing for the Brain Online (singing@alzheimers.org.uk)</p>			<p>1 EastSide Arts Festival to 4th August 028 9045 1900</p> <p>10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216</p> <p>1pm The Carers' Café Hollywood Arches Library 07922 423160</p>	<p>2 11am T'Ai Chi Dee Street Community Centre 07436 174793</p> <p>2.30pm Memory Lane Service Fitzroy Presbyterian Church 028 9031 9710</p>	<p>3/4</p>
<p>5 "Presence in the Past" Knockbreda Library to 17th August 2024 10am-1pm Tea and Newspapers Hollywood Arches Library Every Monday 11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>6 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>7 10.30-11.30am Cryptic Corner Hollywood Arches Library</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>8 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216</p> <p>10.30-11.30am Male Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>9 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>10/11</p>
<p>12 10am-1pm Tea and Newspapers Hollywood Arches Library Every Monday 11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>13 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>14 10.30-11.30am Cryptic Corner Hollywood Arches Library</p> <p>11am Dementia Friendly Coffee Morning Café Refresh 07435 174793</p>	<p>15 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216</p>	<p>16 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>17/18</p>
<p>19 "Presence in the Past" Skainos Centre to 30th August 2024 10am-1pm Tea and Newspapers Hollywood Arches Library 11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>20 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>21 10.30-11.30am Cryptic Corner Hollywood Arches Library</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>22 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216</p> <p>2pm Silver Screening The Strand at Connswater "The Odd Couple" (1968) 028 9065 5830</p>	<p>23 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>24/25</p>
<p>26 10am-1pm Tea and Newspapers Hollywood Arches Library 11am Gentle Walks C.S. Lewis Square 07799 112365</p> <p>7-8pm Young Onset Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>27 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>28 10.30-11.30am Former Carers Group TIDE via Zoom carers@tidecarers.org.uk</p> <p>11am Dementia Friendly Coffee Morning Café Refresh 07435 174793</p>	<p>29 10.30am-12noon Knit and Natter Hollywood Arches Library 028 9050 9216</p>	<p>30 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>31/1</p>

EastSide Arts Festival

The EastSide Arts Festival is back with a huge array of arts and cultural events to suit all tastes.

The festival has been running from the 25th July and continues until the 4th August.

By the time this guide arrives we will already have experienced the fun and energy of ParkFest at CS Lewis Square and Orangefield Park on the 28th July, The Soda Popz Lunchtime Bop on the 31st July, and Candlemaking Workshops at Boundary Brewery.

The August programme for the festival includes: Belfast Tales and Tunes at Tullycarnet Library on Thursday 1st August; "Down The Road" – a celebration of Songs about Places and Journeys at Harland and Wolff Staff Club on 2nd August; and "The Picture House" a new play about the days of classic cinema, performed at Connswater Shopping Centre.

EastSide Arts Festival is a highlight of the year with

many events suited to a wide audience and plenty of activities in the community. Tickets to events are subject to availability.

To book tickets and find out more visit
<https://www.eastsidearts.net/whats-on/> or telephone.



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 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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