



# Dementia Friendly East Belfast

# What's On!

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

Information correct at the time of going to press.

## Positive Ageing Month



October is Positive Ageing Month. This month long festival of events for older people is a celebration of everything that is best about enjoying later life in Belfast.

The Belfast City Council Age Friendly team has put together an eclectic programme of health events, information on opportunities for older people, events to stimulate our creativity, to keep us active, and for us to enjoy.

A number of events have a particular focus on health and wellbeing. These include health events at Girdwood Community Hub and Finaghy Community Centre, sessions on moving more to live more, and "Active Ageing Games" to keep us sprightly and have fun.

There is a terrific range of film screenings including "Calamity Jane" and "Arsenic and Old Lace" in Belfast City Hall. For anyone who enjoys a dance, there are Tea Dances and Halloween Tea Dances Knocknagoney Community Centre, Ligoniel Community Centre, and Girdwood Community Hub.

There are plenty of information sessions including the age Friendly Convention at Belfast City Hall on Friday 4th October.

To get a copy of the amazing Positive Ageing Month booklet, log on to:  
[www.belfastcity.gov.uk/positiveageingmonth](http://www.belfastcity.gov.uk/positiveageingmonth) or telephone 028 9032 0202.

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- **Dementia Friends Information Session in North Belfast**

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

# Online Interactive Dementia Training

Dementia Friendly East Belfast's Online Interactive Dementia Training is back at 7pm on Wednesday 9th October 2024.

The training was developed in 2021 as a way of coping with the restrictions of the need to stay at home for the Covid Pandemic. What was created is a fantastic series of training videos by experts covering a range of topics, presented in an interactive fashion using Zoom.

Learn how to make your home, managing money, going shopping and getting out and about more dementia friendly, from the comfort of your own home. Training participants get sent a Zoom link and spend the session sharing experiences, having questions answered, and watch specially made videos packed with low cost/ no cost top tips to make life more dementia friendly.

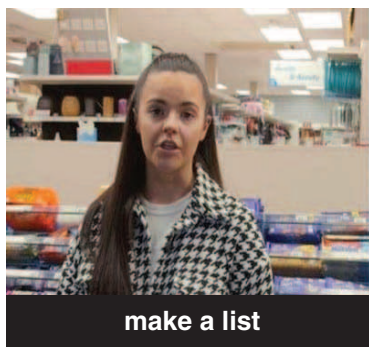
The training comes highly recommended by previous participants who have said:

"Very worthwhile session, excellent", "Great videos and visuals", "I definitely feel I know more".

The session is suitable for family members, carers and friends, and anyone who delivers a service such as running a centre or a shop. The session lasts 2 hours with a comfort break midway.

**To book, email [dementiafriendlyeastbelfast@gmail.com](mailto:dementiafriendlyeastbelfast@gmail.com), or call Engage with Age on 028 9073 5696, or you can book online at <https://InteractiveDementiaTrainingOctober2024.eventbrite.co.uk>**

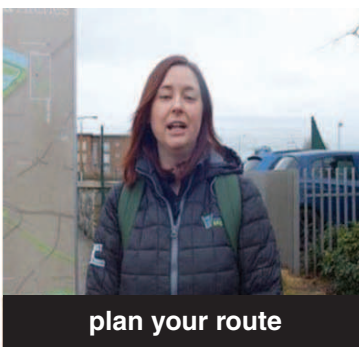
This is a wonderful training opportunity. Join us at 7pm Wednesday 9th October 2024 on Zoom.



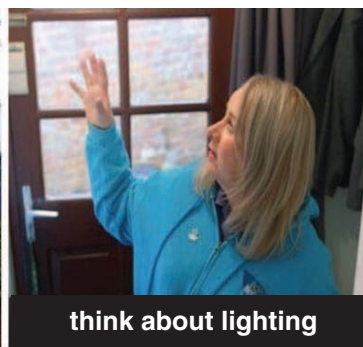
make a list



declutter and reorganise



plan your route



think about lighting

## 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 East Belfast Network Centre, 55 Templemore Avenue, Belfast BT5 4FP.

11am-1pm on Tuesdays 8th, 15th, 22nd and 29th October 2024.

### Online (via Zoom)

10am-12noon Thursdays 10th, 17th, 24th and 31st October 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 - October 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.

## October 2024

★ = Positive Ageing Month event

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>★ "Presence in the Past" exhibition 1-14th Oct 2 Royal Avenue 15-31st Oct Tullycarnet Library</p>	<p><b>1</b> 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><b>2</b> 10.30-11.30am Cryptic Corner Holywood Arches Library</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom</p> <p>★ 12-3pm Health Day Finaghy Community Centre 07394 569154</p>	<p><b>3</b> 1pm The Carers' Café Holywood Arches Library 07922 423160</p> <p>1-2pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p> <p>2pm "Calamity Jane" (1953) Strand Cinema at Connswater 028 9065 5830</p>	<p><b>4</b> 11am T'Ai Chi Dee Street Community Centre 07436 174793</p> <p>12-2pm Age Friendly Convention Belfast City Hall</p> <p>2.30pm Memory Lane Service Fitzroy Presbyterian Church 028 9031 9710</p>	<p>5/6</p>
<p>10am-1pm Tea and Newspapers Holywood Arches Library</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p> <p>6-7pm Yoga from EBCDA Avoniel Leisure Centre 028 9045 1512</p>	<p><b>8</b> 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>★ 11am-1pm Line Dancing 14 College Square North 028 9023 2020</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p><b>9</b> 10.30-11.30am Cryptic Corner Holywood Arches Library</p> <p>11am Dementia Friendly Coffee Morning Café Refresh 07436 174793</p> <p>7pm Online Interactive Training DFEB via Zoom 07710 993036</p>	<p><b>10</b> 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216</p> <p>1-2pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p> <p>2pm "Calamity Jane" (1953) Strand Cinema at Connswater 028 9065 5830</p> <p>2.30-3.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p><b>11</b> 10am-12noon ★ Armchair Aerobics Concord Community Centre No booking needed</p> <p>10am-3pm ★ Active Ageing Games Girdwood Hub</p> <p>11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	<p>12/13</p>
<p>10am-1pm Tea and Newspapers Holywood Arches Library Every Monday</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p> <p>6-7pm Yoga from EBCDA Avoniel Leisure Centre 028 9045 1512</p>	<p><b>15</b> 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>10.30am-12noon Dementia Friends Info Session Grace Family Centre dementiafriendlynorth belfast@gmail.com</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p><b>16</b> 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p> <p>★ 12-2pm Lunch Club Inverary Community Centre inverarycc@belfastcity.gov.uk</p> <p>12-2pm Alzheimer's Society Meet the Team 028 9066 4100</p>	<p><b>17</b> 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216</p> <p>1-2pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p> <p>2pm "Arsenic and Old Lace" (1944) Strand Cinema at Connswater 028 9065 5830</p>	<p><b>18</b> 11am T'Ai Chi Dee Street Community Centre 07436 174793</p> <p>★ 1-4pm Over 50s Group Knocknagoney Community Centre 028 9076 1432</p> <p>★ 2-4pm Sing for Victory War Memorial Museum 028 9032 0392</p>	<p>19/20</p>
<p>10am-1pm Tea and Newspapers Holywood Arches Library</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p> <p>6-7pm Yoga from EBCDA Avoniel Leisure Centre 028 9045 1512</p>	<p><b>22</b> 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><b>23</b> 10.30-11.30am Cryptic Corner Holywood Arches Library</p> <p>★ 10.30-12noon Brunch Club Knocknagoney Community Centre 028 9076 1432</p> <p>11am Dementia Friendly Coffee Morning Café Refresh 07436 174793</p>	<p><b>24</b> 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216</p> <p>1-2pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p> <p>2pm "Arsenic and Old Lace" (1944) Strand Cinema at Connswater 028 9065 5830</p>	<p><b>25</b> 11am T'Ai Chi Dee Street Community Centre 07436 174793</p> <p>★ 1pm Arts and Crafts Club Clonduff Community Centre 028 9040 1444</p>	<p>26/27</p>
<p>10am-1pm Tea and Newspapers Holywood Arches Library</p> <p>11am Gentle Walks C.S. Lewis Square 07799 112365</p> <p>6-7pm Yoga from EBCDA Avoniel Leisure Centre 028 9045 1512</p>	<p><b>29</b> 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204</p> <p>10.30am-12noon The Carers Café Ormeau Road Library 07394 569154</p> <p>Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p><b>30</b> 10.30-11.30am Cryptic Corner Holywood Arches Library</p> <p>10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p><b>31</b> 10am ★ Keep Fit Inverary Community Centre Inverarycc@belfastcity.gov.uk</p> <p>10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216</p> <p>1-2pm T'Ai Chi for Beginners Mersey Street Primary School 028 9045 1512</p>	<p>Every Monday and Thursday 7.00pm "The Sundown Sessions" <a href="http://www.youtube.com/singalongwithedelle">www.youtube.com/singalongwithedelle</a></p> <p>Every Monday 2.30pm - 4.00pm Singing for the Brain Online (singing@alzheimers.org.uk)</p>	



# North Belfast Dementia Friends Session

The dementia friendly communities movement is active across Belfast, and all four campaigns meet occasionally to share ideas and experiences.

Dementia Friendly North Belfast is holding a Dementia Friends session between 10.30am-12noon on Tuesday 15th October 2024.

The dementia friends session is a chance to find out more about dementia and see how people can help make their community more dementia friendly. There will be information from local service providers including Dementia Navigators and organisations that support carers and people living with dementia.

The session is taking place at the Grace Family Centre, 77-95 Alliance Avenue, Belfast BT14 7PJ.

**To find out more, contact Dementia Friendly North Belfast by email at [dementiafriendlynorthbelfast@gmail.com](mailto:dementiafriendlynorthbelfast@gmail.com)**



## Alzheimer's Society - Meet the Team

Come and meet the Alzheimer's Society Team with an open office event between 12-2pm on Wednesday 16th October 2024. Pop in for a cuppa and learn more about their services and how they can help you. Whether you are an individual affected by dementia, or a local business interested in showing support, come on in. There's no need to book, but if you'd like more information telephone 028 9066 4100.

## 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>	

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