



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Managing Your Money

Last month the NI Assembly announced it was stopping the automatic payment of the Winter Fuel Allowance to older people in Northern Ireland. This payment will now be means tested. The cost of fuel is also anticipated to rise by 9% this winter. Given these financial pressures, now is the time to plan to maximise your money and reduce your spending. It is better to act now and prepare for the colder months.

There are a number of ways you can maximise your income and also reduce your outgoings.

“Make The Call”: Many older people affected by dementia are entitled to benefits and supports. The “Make The Call” service makes sure people are in receipt of all of the benefits they are entitled to. A phone call can set up getting eligible benefits such as Pensions Credit, and Attendance Allowance. They can make a big difference to your bank balance. Call them on 0800 2321271.

East Belfast Independent Advice Centre (EBIAC): EBIAC provides a range of information and services. They can provide a check up on eligible benefits, check wider grants available for the home, and can also help filling in forms. All it takes is a phone call and their services are free of charge. Call them on 029 9073 5690.

Dementia Navigators: If you are affected by dementia and have a diagnosis or care for someone with a diagnosis, the Belfast Trust Dementia Navigators are a good source of information. They are networked to a range of services and can provide guidance and reassurance. Call the Dementia Navigators on 028 9590 1407.

Belfast City Council: There are a range of supports for householders. Belfast City Council runs a Fuel Stamp Scheme, which helps lower the cost of purchasing home heating oil. Contact staywarm@belfastcity.gov.uk or call 028 9027 0428. The City Council also runs a warm spaces scheme in the colder months, using community centres as hubs for older people. To find out more call 028 9032 0202.



Bryson Home Checks: The Bryson charity carries out home safety checks for people over the age of 65. These can also propose small adjustments to make houses more warmth efficient. If work is required, Bryson can offer a discounted rate for small household jobs. This scheme is supported by Belfast City Council and the Public Health Agency, so contact Bryson 0800 14 22 865.

NIHE Affordable Warmth Scheme: This can make homes more heat efficient and is available for people who live in, own, or rent a property in Northern Ireland. Other criteria exists. Call NIHE on 0800 111 44 55 or email NIenergyadvice@nihe.gov.uk

Please also see the contact details for organisations on the back page of this guide, such as Age NI, Engage with Age, and EBCDA, who can also help point you in the right direction. Act now and beat the cost of living.

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- **The "Presence in the Past" Exhibition**
- **Diary Date: East Belfast Dementia Information Day, 19th September 2024 (see inside for details)**

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

Silver Screen is Back

Though the Strand Cinema may be closed for major refurbishment, the cinema has set up in Connswater Shopping Centre, keeping customers entertained with the latest releases.

The ever popular Silver Screen series of matinees is continuing with a brilliant range of classic films. Screenings take place every Thursday afternoon at 2pm, with extra matinee performances on selected Sundays at 2pm (see the calendar of events on the next page for details).

The screenings are open to everyone who enjoys classic movies. Tickets only cost £4, and patrons also receive free tea, coffee and biscuits. The Strand Cinema also runs a discounted transport scheme for community groups and nursing homes.



In September the line up is "Sullivan's People" followed by the Marx Brothers and "A Night At The Opera".

To book in and find out more, contact the Strand Cinema on 028 9065 5830.

East Belfast Dementia Information Day 10.30am-1.30pm Thursday 19th September 2024

The East Belfast Dementia Information Day is in Willowfield Church Hall, Woodstock Road, Belfast between 10.30am-1.30pm on Thursday 19th September 2024.

The day is free of charge and offers a wide range of organisations who can help people affected by dementia. Organisations attending include Belfast Trust Dementia Navigators, Alzheimer's Society, East Belfast Independent Advice Centre, and more.

There are also goodie bags for everyone, arts and craft activities, and free relaxation therapy.

To find out more call 028 9045 1512 or email davina@ebcda.org



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.

The sessions are on Monday evenings between 6-8pm. The dates for September 2024 are:

6pm Monday 9th September 2024

Understanding Dementia

6pm Monday 16th September 2024

Carers Support in Belfast

6pm Monday 23rd September 2024

Enduring Power of Attorney and Controllership

6pm Monday 30th September 2024

Benefits

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 crispseni@alzheimers.org.uk

What's On - September 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.

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					31/1
<p>2 "Presence in the Past" Skainos Centre to Wed 4th Sept 2024 10am-1pm Tea and Newspapers Holywood Arches Library Every Monday 11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>3 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204 Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>4 "Presence in the Past" Holywood Arches Library From 4th-13th Sept 2024 10.30-11.30am Cryptic Corner Holywood Arches Library 10.30-11.30am Carers Coffee Morning TIDE via Zoom</p>	<p>5 10am DFEB Steering Group meeting davina@ebcda.org 1pm The Carers' Café Holywood Arches Library 07922 423160 2pm "Sullivan's People" (1941) Strand Cinema at Connswater 028 9065 5830</p>	<p>6 11am T'Ai Chi Dee Street Community Centre 07436 174793 2.30pm Memory Lane Service Fitzroy Presbyterian Church 028 9031 9710</p>	7/8
<p>9 10am-1pm Tea and Newspapers Holywood Arches Library Every Monday 11am Gentle Walks C.S. Lewis Square 07799 112365</p>	<p>10 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204 Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk 2-4pm Tea Dance 2 Royal Avenue No booking needed</p>	<p>11 "Presence in the Past" Tullycarnet Library 10.30-11.30am Cryptic Corner Holywood Arches Library 11am Dementia Friendly Coffee Morning Café Refresh 07436 174793</p>	<p>12 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216 2pm "Sullivan's People" (1941) Strand Cinema at Connswater 028 9065 5830 2.30-3.30pm Male Carers Group TIDE via Zoom carers@tidecarers.org.uk</p>	<p>13 11am T'Ai Chi Dee Street Community Centre 07436 174793 "Presence in the Past" Tullycarnet Library From Mon 16th Sept 2024</p>	<p>14/15 Sunday 15th Sept 2pm "Sullivan's People" (1941) Strand Cinema at Connswater 028 9065 5830</p>
<p>16 10am-1pm Tea and Newspapers Holywood Arches Library Every Monday 11am Gentle Walks C.S. Lewis Square 07799 112365 6-7pm Yoga Avoneil Leisure Centre 028 9045 1512</p>	<p>17 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204 2-3.30pm Can't Pour from an Empty Cup TIDE via Zoom carers@tidecarers.org.uk Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>18 10.30-11.30am Cryptic Corner Holywood Arches Library 10.30-11.30am Carers Coffee Morning TIDE via Zoom carers@tidecarers.org.uk</p>	<p>19 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216 10.30am-1.30pm East Belfast Dementia Information Day Willowfield Church Hall 028 9045 1512 2pm "A Night at the Opera" (1935) Strand Cinema at Connswater 028 9065 5830</p>	<p>20 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	21/22
<p>23 10am-1pm Tea and Newspapers Holywood Arches Library Every Monday 11am Gentle Walks C.S. Lewis Square 07799 112365 6-7pm Yoga Avoneil Leisure Centre 028 9045 1512</p>	<p>24 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204 10.30am-12noon The Carers Café Ormeau Road Library 07394 569154 Singing for the Brain Trinity Methodist Church Lisburn singing@alzheimers.org.uk</p>	<p>25 10.30-11.30am Cryptic Corner Holywood Arches Library 11am Dementia Friendly Coffee Morning Café Refresh 07436 174793</p>	<p>26 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216 2pm "A Night at the Opera" (1935) Strand Cinema at Conn- swater 028 9065 5830</p>	<p>27 11am T'Ai Chi Dee Street Community Centre 07436 174793</p>	28/29
<p>30 10am-1pm Tea and Newspapers Holywood Arches Library Every Monday 11am Gentle Walks C.S. Lewis Square 07799 112365 6-7pm Yoga Avoneil Leisure Centre 028 9045 1512</p>	<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>				

Presence in the Past - Stories behind the artworks

The "Presence in the Past" exhibition is making its way across East Belfast throughout September before being exhibited at 2 Royal Avenue in October.

The exhibition is the work of Engage with Age's Dementia Friendly Artist in Residence programme, funded by the Arts Council of Northern Ireland and the Baring Foundation. People living with dementia make the artworks, which are inspired by their likes, hobbies and their lives. The workshops take part at dementia support centres and each group gets ten workshops.

During the workshops in Sydenham Court there was lots of talk about animals and some beautiful animal artworks made. Jean grew up in the country on a farm, and her favourite animal was "the wee lambs." Jean kept taking animals in as pets and she said: "My mum would get so cross and say animals live outside, not in your bedroom." Eileen lived in Ballycastle and talked about the birds on the rocks and how she loved to watch them. Linda introduced the group to her dog Alfie Boe saying "he is the best and most constant companion anyone could have."

To find out more visit "Presence in the Past" at the Skainos Centre, Hollywood Arches Library, and Tullycarnet Library this month.



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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