



# Dementia Friendly East Belfast

# What's On!

Your guide to dementia friendly services & activities in East Belfast **February 2025**

Information correct at the time of going to press.

## Dementia Friendly Belfast

This year has got off to a very busy start and there are dementia friendly activities across the whole of Belfast city. It really is worth highlighting all of the services and support across Belfast for people living with dementia and also for carers.

Each part of the city has a dementia friendly community initiative and the contact information for each of them is:

### Dementia Friendly South Belfast:

07394 569154

### Dementia Friendly North Belfast:

028 9075 5894

### Dementia Friendly West Belfast:

dementiafriendlywestbelfast@gmail.com

### Dementia Friendly East Belfast:

028 9073 5696

*Dementia Friendly South, North, and East Belfast can be found on Facebook.*

### Highlights of activities taking place across the city include:

#### South Belfast:

**The Carers' Café** is on the last Tuesday of the month in Ormeau Road Library between 10-11.30am.

**Music for the Mind** – an eight-week programme on Thursdays the 16th January 2025 at Fitzroy Presbyterian Church.

#### West Belfast:

**West Belfast Carers Support Group**, 27th February 2025, telephone 028 9244 5748.

#### North Belfast:

**Music and Memories**, Grace Family Centre, 14th and 28th February 2025, telephone 028 9074 3536.

**North and Greater Shankill Carers Support Group**, Chichester Library, 27th February 2025, email Justine.brown@belfasttrust.hscni.net.

For city-wide support from the Belfast Trust there are two Dementia Navigators and they can be reached by calling 028 9590 1407.

Belfast City Council's Age Friendly team is very supportive of the various dementia friendly initiatives, and has co-ordinated joint meetings and city-wide activities. It is encouraging to see initiatives reaching across Belfast. See inside this month's guide for more information on activities in East Belfast and across the city.



Follow us on Facebook: [DementiaFriendlyEastBelfast](#) Follow us on Twitter: [@DementiaEastBel](#)

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

# Dementia Friendly Artist in Residence

Engage with Age's Dementia Friendly Artist in Residence scheme has spread into North and West Belfast to help empower the creativity of people living with dementia in that part of the city.

The artist in residence programme is delivered by artist Anna O'Kane, who has been specialising in dementia friendly work with Engage with Age since 2015. Anna's method is to enable participants with mild to moderate dementia to make images and enjoy being creative using a range of art materials. Anna's methods emphasise good clear communication, a simple creative environment, and a working at an appropriate pace with participants.

Workshops take place with groups of five or six people, who participate over a ten week period on making works based on the memories, interests and the suggestions of the participants. Anna works to empower each participant to make art and experience the enjoyment of creativity.

This new programme is working at Hemsworth Court and Newington Day Centre, Cullingtree Meadows and Ballyowen Day Centre.

The work produced by the art workshops will result in an art exhibition which will be displayed in North and West Belfast and also Belfast City Centre.

Alongside art workshops, there is a series of art training sessions for family members, carers, and health staff.

Everyone will learn techniques that can be used to make sure people living with dementia enjoy creativity, and much of the training is transferrable to other situations.

The North and West Belfast programme has been made possible from generous support from the LFT Charitable Trust. Engage with Age's programme in East and South Belfast will commence later in this year thanks to support from the Arts Council of Northern Ireland's Arts and Older People Programme.

If you are interested in participating in art workshops please contact [eamon.quinn@engagewithage.org.uk](mailto:eamon.quinn@engagewithage.org.uk). Stay tuned to Dementia Friendly East Belfast's social media pages to find out more and for exhibition dates.



## 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**

Alzheimer's Society, 30 Skegoneill Street, Belfast BT15 3JL.  
11am-1pm, Thursdays 13th and 20th February 2025.

### **Online (via Zoom)**

11am-1pm Tuesdays 11th and 18th February 2025.  
2.30-4.30pm Wednesdays 19th and 26th February 2025.  
6-8pm Mondays 17th and 24th February 2025.

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 - February 2025

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.

## February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Every Monday and Thursday 7.00pm "The Sundown Sessions" <a href="http://www.youtube.com/singalongwithedelle">www.youtube.com/singalongwithedelle</a>					1/2
Singing for the Brain Online Every Monday 2.30pm - 4pm, every Wednesday To join in online, email <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a>					
<b>3</b> 11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392  6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512	<b>4</b> 9am-5pm <b>Brew and Browse</b> Ballyhackamore Library 028 9050 9204  <b>Singing for the Brain</b> Bloomfield Presbyterian Church Registration required <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a>	<b>5</b> 10.30am-12.30pm <b>Tea and Newspapers</b> Cregagh Library  10.30-11.30am <b>Carers Coffee Morning</b> TIDE via Zoom <a href="mailto:carersconnect@tide.uk.net">carersconnect@tide.uk.net</a>	<b>6</b> 11am-12.30pm (every Thursday) <b>Music for the Mind</b> Fitzroy Presbyterian Church 07394 569154  1-2pm (every Thursday) <b>T'ai Chi</b> Mersey St Primary School Hall 028 9045 1512  1.30-3pm <b>The Carers Café</b> Hollywood Arches Library 028 9045 1512  2pm <b>Strand Cinema at Connswater</b> "Funny Face" (1957) 028 9065 5830	<b>7</b> 9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204  11am <b>T'ai Chi</b> Dee Street Community Centre 07436 174793  2.30pm <b>Memory Lane Church</b> Fitzroy Presbyterian Church 028 9031 9710	8/9
<b>10</b> 11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392  6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512	<b>11</b> 9am-5pm <b>Brew and Browse</b> Ballyhackamore Library 028 9050 9204  <b>Singing for the Brain</b> Bloomfield Presbyterian Church Registration required <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a>	<b>12</b> 10.30-11.30am <b>Cryptic Corner</b> Hollywood Arches Library  10.30am-12.30pm <b>Tea and Newspapers</b> Cregagh Library	<b>13</b> 11am <b>Dementia Friendly Coffee Morning</b> Hollywood Arches Library 07436 174793  11am-12.30pm <b>Music for the Mind</b>  1-2pm <b>T'ai Chi</b>  2pm <b>Strand Cinema at Connswater</b> "Funny Face" (1957) 028 9065 5830	<b>14</b> 9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204  11am <b>T'ai Chi</b> Dee Street Community Centre 07436 174793  12.30-2pm <b>Music and Memories</b> Grace Family Centre 028 9074 3536	15/16
<b>17</b> 11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392  6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512	<b>18</b> 9am-5pm <b>Brew and Browse</b> Ballyhackamore Library 028 9050 9204  12-1.30pm <b>Purposeful Activity Session</b> TIDE via Zoom <a href="mailto:carersconnect@tide.uk.net">carersconnect@tide.uk.net</a>  <b>Singing for the Brain</b> Bloomfield Presbyterian Church Registration required <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a>	<b>19</b> 10.30-11.30am <b>Cryptic Corner</b> Hollywood Arches Library  10.30am-12.30pm <b>Tea and Newspapers</b> Cregagh Library  10.30-11.30am <b>Carers Coffee Morning</b> TIDE via Zoom <a href="mailto:carersconnect@tide.uk.net">carersconnect@tide.uk.net</a>	<b>20</b> 11am-12.30pm <b>Music for the Mind</b>  1-2pm <b>T'ai Chi</b>  2pm <b>Strand Cinema at Connswater</b> "On Golden Pond" (1981) 028 9065 5830	<b>21</b> 9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204  11am <b>T'ai Chi</b> Dee Street Community Centre 07436 174793	22/23
<b>24</b> 10am-1pm <b>Tea and Newspapers</b> Hollywood Arches Library  11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392  6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512	<b>25</b> 10-11.30am <b>The Carers Café</b> Ormeau Road Library 07394 560154  2pm <b>Tea Dance</b> 2 Royal Avenue No booking required  <b>Singing for the Brain</b> Bloomfield Presbyterian Church Registration required <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a>	<b>26</b> 10.30-11.30am <b>Cryptic Corner</b> Hollywood Arches Library  10.30am-12.30pm <b>Tea and Newspapers</b> Cregagh Library	<b>27</b> 11am-12.30pm <b>Music for the Mind</b>  11am <b>Dementia Friendly Coffee Morning</b> Hollywood Arches Library 07436 174793  1-2.30pm <b>West Belfast Carers Group</b> Top of the Rock Healthy Living Centre 028 9244 3536  1-2.30pm <b>North and Shankill Carers</b> Chichester Library <a href="mailto:Justine.brown@belfasttrust.hscni.net">Justine.brown@belfasttrust.hscni.net</a>  1-2pm: <b>T'ai Chi</b>  2pm <b>Strand Cinema at Connswater</b> "On Golden Pond" (1981) 028 9065 5830	<b>28</b> 9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204  11am <b>T'ai Chi</b> Dee Street Community Centre 07436 174793  12.30-2pm <b>Music and Memories</b> Grace Family Centre 028 9074 3536	



# Dementia Friendly Church

Staying in contact with your community is an important way of getting support for people living with dementia and their carers. Church congregations are an important part of many people's lives.

A number of churches have had dementia friendly initiatives to make it easier for people with dementia to participate in their communities.

On the last Friday of every month, Fitzroy Presbyterian Church holds a "Memory Lane" church service. This is a 30 minute service with hymns and prayer and an opportunity for reflection. There is no need to book, and all are welcome to attend. The service is followed by tea and coffee for a chance to socialise.

Churches are very welcoming for people living with dementia and are important hubs for community contact. If you are seeking ways to retain connections with your congregation contact clergy in your local area on ways to make attending church more accessible for you.



## 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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