



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Dementia Clinics are coming to Belfast



Dementia UK, in partnership with Nationwide Building Society, is bringing Dementia Clinics to Belfast this June.

The clinics will be in Belfast on the 17th, 18th, and 19th June 2025.

The appointments are for people who care for people living with dementia. You can book a free 45 minute appointment with a dementia specialist Admirable Nurse for expert tailored support. All appointments are confidential and are held in a private space within the branch. Video appointments are also available for anyone who can't attend in person.

There are a few ways to book an appointment:

Email: nationwide@dementiauk.org.uk

Text the word **APPOINTMENT** to 07478 724000

Or scan the QR code published on this page

Appointments in Northern Ireland are taking in Nationwide branches in:

Derry/ Londonderry	3rd, 4th, 5th June
Carrickfergus	10th, 11th, 12th June
Belfast	17th, 18th, 19th June
Newry	26th June
Ballymena	1st, 2nd, 3rd July

If you need immediate support and help you can contact Dementia UK's helpline on 0800 888 6678.

INSIDE THIS MONTH'S GUIDE

- The “Life’s Colourful Collage” exhibition
- Changing guard at Dementia Friendly East Belfast
- Details on over 50 activities

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

Life's Colourful Collage

Engage with Age's Dementia Friendly Artist in Residence programme has been going from strength to strength.

With support from the LFT Charitable Trust, artist Anna O'Kane ran art programmes for people living with dementia in four centres in North and West Belfast. Each centre received a series of ten workshops. The purpose of the programme is to empower people living with dementia to enjoy creativity and participate in sessions where memories may emerge or their interests are shared and celebrated. The sessions enhance social interaction and help build relationships between staff members and the people they support.

Anna undertook the programme in Hemsworth Court, Cullingtree Meadows, Newington Day Centre, and Ballyowen Day Centre. The creativity of the participants abounded. Memories of childhood sweetie shops and places from the participants neighbourhoods featured in many of the sessions. There was a significant amount of "collage" work, with participants making elements of paintings and pictures, using all kinds of materials, which were then assembled by Anna.

Anna also lead a series of art and dementia training workshops for staff and family members, sharing skills that can be used in a range of settings.

The North and West Belfast programme has created an exhibition called "Life's Colourful Collage" which is on tour throughout June and July.

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

The dates of the exhibition are:

6th - 20th June: Chichester Library, Salsbury Avenue, Belfast BT15 5EB (Tel: 028 9050 9210)

20th June - 4th July: Girdwood Community Hub, 10 Girdwood Avenue, Belfast BT14 6EG (Tel: 028 9521 9850)

4th July - 1st August: Falls Road Library, 49 Falls Road, Belfast BT12 4PD (Tel: 028 9050 9212)

Opening times vary at each venue.

Make a point of visiting "Life's Colourful Collage" and enjoy the creativity and memories of people living with dementia.



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. This month, the topics being covered include understanding dementia and legal and financial matters.

Online (via Zoom)

10.30am-12.30pm, Tuesdays 3rd and 10th June 2025.
6.30-8.30pm, Tuesdays 17th and 24th June 2025.

Face to Face

Alzheimer's Society's Office, 30 Skegoneill Street, Belfast BT15 3JL.

11.00am-1.00pm, Thursdays 5th and 12th June 2025.

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 - June 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.

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					31/1
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				
2 11am Gentle Walks C.S. Lewis Square 028 9002 9392 2-4pm Knit and Natter Ballyhackamore Library 028 9050 9204 6pm Yoga Avoneil Leisure Centre 028 9045 1512	3 111am Mindfulness online Libraries NI via Zoom 0345 450 4580 Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk	4 10.30am-12.30pm Tea and Newspapers Cregagh Library Singing for the Brain Hamilton Road Presbyterian Church Registration required singing@alzheimers.org.uk	5 1.30-3pm The Carers Café Holywood Arches Library 028 9045 1512 2pm "High Noon" (1952) Strand Cinema at Belmont Bowling Club 028 9065 5830	6 "Life's Colourful Collage" Chichester Library 028 9050 9210 (to 20th June) 2.30-4pm Singing for Fun with Edelle Houben Centre Justine.brown @belfasttrust.hscni.net 2.30pm Memory Lane Church Fitzroy Presbyterian Church 028 9031 9710	7/8
9 11am Gentle Walks C.S. Lewis Square 028 9002 9392 2-4pm Knit and Natter Ballyhackamore Library 028 9050 9204 6pm Yoga Avoneil Leisure Centre 028 9045 1512	10 10.30am-12noon You Can't Pour from an Empty Cup TIDE via Zoom Book via www.tide.uk.net/events 11am Mindfulness online Libraries NI via Zoom 0345 450 4580 Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk	11 10.30-11.30am Carers Coffee Morning TIDE via Zoom Book via www.tide.uk.net/events 10.30am-12.30pm Tea and Newspapers Cregagh Library Singing for the Brain Hamilton Road Presbyterian Church Registration required singing@alzheimers.org.uk	12 11am Dementia Friendly Coffee Morning Holywood Arches Library 07436 174793 2pm "High Noon" (1952) Strand Cinema at Belmont Bowling Club 028 9065 5830 2.30-3.30pm Male Carers Group TIDE via Zoom Book via www.tide.uk.net/events	13 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 11am T'ai Chi Dee Street Community Centre 07436 174793 2.30-4pm Singing for Fun with Edelle Houben Centre Justine.brown @belfasttrust.hscni.net	14/15
16 11am Gentle Walks C.S. Lewis Square 028 9002 9392 6pm Yoga Avoneil Leisure Centre 028 9045 1512	17 Nationwide Dementia Clinic nationwide@dementiauk.org.uk 11am Mindfulness online 0345 450 4580 Singing for the Brain singing@alzheimers.org.uk 2-3.30pm Living Grief TIDE via Zoom Book via www.tide.uk.net/events	18 Nationwide Dementia Clinics nationwide@dementiauk.org.uk 10.30-11.30am Cryptic Corner Holywood Arches Library Singing for the Brain Hamilton Road Presbyterian Church Registration required singing@alzheimers.org.uk	19 Nationwide Dementia Clinics nationwide@dementiauk.org.uk 10.30am – 12noon Knit and Natter Holywood Arches Library 028 9050 9216 2pm "Casablanca" (1942) Strand Cinema at Belmont Bowling Club 028 9065 5830	20 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 11am T'Ai Chi Dee Street Community Centre 07436 174793 2.30-4pm Singing for Fun with Edelle Houben Centre Justine.brown @belfasttrust.hscni.net	21/22
23 & 30 11am Gentle Walks C.S. Lewis Square 028 9002 9392 6pm Yoga Avoneil Leisure Centre 028 9045 1512 7-8pm (23 June only) Young Onset Carers Group TIDE via Zoom Book via www.tide.uk.net/events	24 11am Mindfulness online Libraries NI via Zoom 0345 450 4580 11am-12.30pm Adapting Your Home TIDE via Zoom Book via www.tide.uk.net/events 2pm Tea Dance 2 Royal Avenue No Booking Needed Singing for the Brain Bloomfield Presbyterian Church	25 10.30am-12.30pm Tea and Newspapers Cregagh Library Singing for the Brain Hamilton Road Presbyterian Church Registration required singing@alzheimers.org.uk	26 11am Dementia Friendly Coffee Morning Holywood Arches Library 07436 174793 2pm "Casablanca" (1942) Strand Cinema at Belmont Bowling Club 028 9065 5830	27 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 11am T'Ai Chi Dee Street Community Centre 07436 174793 2.30-4pm Singing for Fun with Edelle Houben Centre Justine.brown @belfasttrust.hscni.net	28/29

Changing of the Guard at Dementia Friendly East Belfast

It has been all change at Dementia Friendly East Belfast, though we are pleased to announce the addition of new members of the Dementia Friendly East Steering Committee.

This month, co-chair Eamon Quinn, Director of Engage with Age, moves on after nine years leading and supporting the campaign. Eamon was central to establishing the campaign with Linda Armitage and a host of other active dementia activists. Eamon's work included establishing the brand, 40+ info hubs, the What's On Guides, training and exhibitions.

Joining the campaign in June and July we have the new Health Development Director for EBCDA Marie Anne Templeton, and new Engage with Age CEO Michelle Bolton. We wish them all a very warm welcome and look forward to the future development of Dementia Friendly East Belfast.

In a photograph from the past, pictured are artist Fionnuala Duffin, Linda Armitage, and Eamon Quinn at a "Forget Me Not" making workshop in Connswater Shopping Centre.



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

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