



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

BBC Memories and Dementia Season

The BBC has started a remarkable season on television, radio and online, raising awareness about dementia and embarking on a nation-wide conversation about the disease. Fronted by Dr. Punam Krishan, the "Memories and Dementia" season aims to help start conversations about dementia between people living with the condition, their families and friends, and the wider public. The season includes a specially created channel on BBC iPlayer, special films for television made for "Morning Live" and "The One Show", and features across the BBC's radio network. The "Eastenders" soap opera contains a new storyline concerning dementia affecting one of its characters.

This is a major campaign by the BBC, reaching an incredible audiences across the whole of the UK. Dr. Punam says: "I see patients with dementia in my practice – and know the strain the condition can place on people – as well as on their family and friends. One thing that can really help is reminiscence – using media like TV, pictures, or music, that captures history, or follows a familiar place, or interest,

something that evokes memories which can help start a conversation with loved ones and carers."

A major element of the season is using reminiscence to help start a conversation. There is a significant body of research showing how evoking memories can create connections between people living with dementia and their family and friends. The "Memories and Dementia" season has a huge collection of material from TV and radio. The content is organised into decades from the 1960s onwards, and key events covered include the 1969 "Panorama" special marking the first steps on the moon, ABBA's 1974 Eurovision win, and episodes of chef Keith Floyd's 1987 series "Floyd on France". The collection will help inspire memories and conversations, and which will stimulate enjoyment and pleasure.

"Memories and Dementia" is across television, radio and is on iPlayer with a special channel called "Memories". For further information visit: bbc.co.uk/memoriesanddementia



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Get in touch: Email: dementiafriendlyeastbelfast@gmail.com Tel: [028 9073 5696](tel:02890735696) Web: www.dementiafriendlyeastbelfast.com

The Greying Wood of Trees - A Dementia Anthology by Lynda Tavakoli

“The Greying Wood of Trees” is a digital book that tells of the experience of Lisburn-based writer Lynda Tavakoli. The book chronicles the journey that Lynda and her siblings went on as they supported their parents and their aunt, who lived with dementia.

The book is a digital book, which means that it is available online, and can be read at this link:
https://issuu.com/liveencounters/docs/the_greying_wood_of_trees_by_lynda_tavakoli_issuu

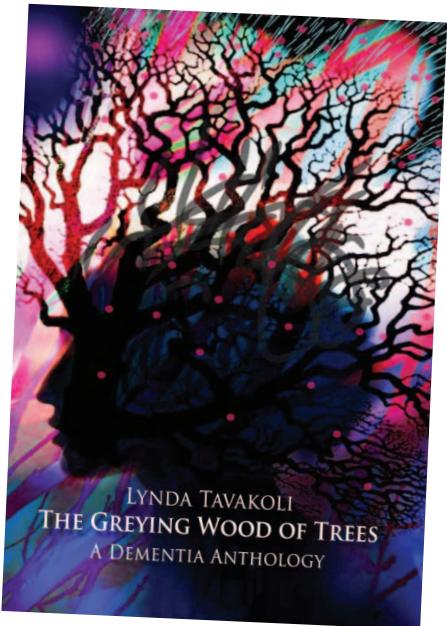
“The Greying Wood of Trees” is part chronicle, part-memoire, and is interspersed with photographs, poems, and some fictional short-stories. The book is a very honest account of the challenges of supporting a loved one as they experience dementia. Tavakoli celebrates her parents and her aunt, telling some of their stories, remembering who they were, as vibrant individuals. Tavakoli brings the reader with her as she and her siblings try their best to support their family members as the condition progresses. Poignant times are evoked from excerpts of the daily diary she and her siblings kept of how her parents and aunt were on the days they visited them in their care home.

Tavakoli says: “This is essentially a book about relationships. The content of these pages reflects moments of sadness, culpability, trust, acceptance and

love within my own family, where old age took hold like ice crystals penetrating a pane of glass – each contrary pattern evolving at its own speed, direction and time.”

“The Greying Wood of Trees” is a book that can be dipped in and out of, with lots of variety for the reader in the different forms of writing it contains.

Everyone’s experience of dementia is different, and all families are different. “The Greying Wood of Trees” is a thoughtful and helpful insight into the experience of one such family and three lives well lived. The author brings a helpful perspective to such challenging times, and writes: “...in times of trials, we can only do the best we can, and to hang on, as much as we are able, to what is good.”



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

Online (via Zoom)

9.30-11.30am Tuesdays 1st and 8th April 2025.

Face to Face

Alzheimer's Society, 30 Skegoneill Street, Belfast BT15 3JL. 11am-1pm, Thursdays 3rd and 10th April 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 crispse@alzheimers.org.uk

What's On - March 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.

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
31 March 11am Gentle Walks C.S. Lewis Square 028 9002 9392 6pm Yoga Avoneil Leisure Centre 028 9045 1512	1 9am-5pm Brew and Browse Ballyhackamore Library 028 9050 9204 11am Mindfulness online Libraries NI via Zoom 0345 450 4580 Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk	2 10.30am-12.30pm Tea and Newspapers Cregagh Library 10.30-11.30am Carers Coffee Morning TIDE via Zoom carersconnect@tide.uk.net	3 11am-12.30pm Understanding Grief TIDE via Zoom carersconnect@tide.uk.net 1.30-3pm The Carers Café Holywood Arches Library 028 9045 1512	4 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 2.30pm Memory Lane Church Fitzroy Presbyterian Church 028 9031 9710	5/6
7 11am Gentle Walks C.S. Lewis Square 028 9002 9392 6pm Yoga Avoneil Leisure Centre 028 9045 1512	8 11am Mindfulness online Libraries NI via Zoom 0345 450 4580 1-2.30pm Can't Pour from an Empty Cup TIDE via Zoom carersconnect@tide.uk.net Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk	9 10.30-11.30am Cryptic Corner Holywood Arches Library 10.30am-12.30pm Tea and Newspapers Cregagh Library	10 11am Dementia Friendly Coffee Morning Holywood Arches Library 07436 174793 2.30-3.30pm Male Carers Group TIDE via Zoom carersconnect@tide.uk.net	11 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 11am T'ai Chi Dee Street Community Centre 07436 174793	12/13
14 11am Gentle Walks C.S. Lewis Square 028 9002 9392 6pm Yoga Avoneil Leisure Centre 028 9045 1512	15 10.30am-12noon Purposeful Activity TIDE via Zoom carersconnect@tide.uk.net 11am Mindfulness online Libraries NI via Zoom 0345 450 4580 Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk	16 10.30-11.30am Cryptic Corner Holywood Arches Library 10.30-11.30am Carers Coffee Morning TIDE via Zoom carersconnect@tide.uk.net	17 10.30am – 12noon Knit and Natter Holywood Arches Library 028 9050 9216 8-10pm Tullycarnet Yarn Spinners Tullycarnet Library 028 9048 5079 Friday 18th April	18 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 11am T'Ai Chi Dee Street Community Centre 07436 174793	19/20
21 Easter Holidays 11am Gentle Walks C.S. Lewis Square 028 9002 9392	22 Easter Holidays 11am Mindfulness online Libraries NI via Zoom 0345 450 4580	23 10.30-11.30am Cryptic Corner Holywood Arches Library 10.30am-12.30pm Tea and Newspapers Cregagh Library 2-3.30pm Dementia and Communication TIDE via Zoom carersconnect@tide.uk.net	24 10.30am-12noon Knit and Natter Holywood Arches Library 028 9050 9216	25 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 11am T'Ai Chi Dee Street Community Centre 07436 174793	26/27
28 9am-2pm Tea and Newspapers Ballyhackamore Library 028 9050 9204 7-8pm Young Onset Carers Group TIDE via Zoom carersconnect@tide.uk.net	29 10-11.30am The Carers Café Ormeau Road Library 07394 560154 2pm Tea Dance 2 Royal Avenue No booking required	30 10.30am-12.30pm Tea and Newspapers Cregagh Library 4-5pm Former Carers Group TIDE via Zoom carersconnect@tide.uk.net	Every Monday and Thursday 7.00pm "The Sundown Sessions" www.youtube.com/singalongwiththedelle		
Singing for the Brain Online Every Monday 2.30pm - 4pm, every Wednesday. To join in online, email singing@alzheimers.org.uk					

Libraries Mindfulness

Libraries NI is delighted to announce the return of mindfulness online. The sessions will take place every Tuesday at 11am from the end of March through until October 2025.



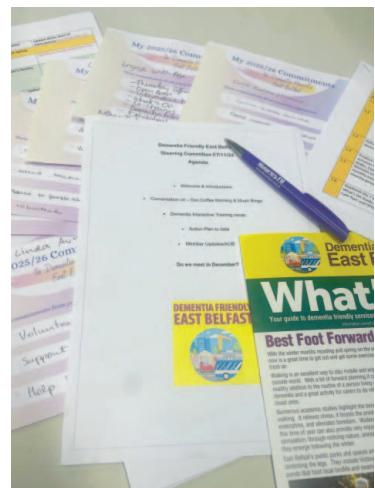
The sessions are taken by practitioner Bridgeen Re-Kaya (pictured above) and they are designed to be accessible for all. There is a structure to this six-month programme and every month Bridgeen focuses on certain kinds of mindful practice such as mindful movement, stress reduction and self-compassion. Sessions are free. To register visit <https://www.librariesni.org.uk/news/libraries-ni-announces-return-of-free-online-mindfulness-sessions> or call 0345 450 4580.

Plans for 2025

The steering committee of Dementia Friendly East Belfast met during March to update its Action Plan. Stay tuned for forthcoming news of workshops, information sessions, and activities. A number of programmes are due to re-start in May.

Membership of the steering committee is open to anyone who wants to help make East Belfast a friendlier place for people affected by Dementia and we are particularly keen for the involvement of people living with dementia and carers.

To find out more or volunteer to join the steering committee email dementiafriendlyeastbelfast@gmail.com or telephone 028 9073 5696.



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

Dementia Friendly South Belfast

dementiafriendlysouthbelfast@gmail.com
07394 569 154 Facebook: [dfsoutbelfast](https://www.facebook.com/dfsoutbelfast)

Dementia Friendly North Belfast

dementiafriendlynorthbelfast@gmail.com
028 9075 5894 Facebook: [dementiafriendlynorthbelfast](https://www.facebook.com/dementiafriendlynorthbelfast)

Dementia Friendly East Belfast

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Dementia Friendly West Belfast

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