



Dementia Friendly East Belfast

What's On!

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

Information correct at the time of going to press.

Silver Screenings are BACK!



Belmont Bowling Club

We are delighted to report that the Strand Cinema and Arts Centre's "Silver Screenings" programme is back, at Belmont Bowling Club, 27 Belmont Park, Belfast BT4 3DU.

"Silver Screenings" is the Strand Cinema's weekly programme of classic movies, presented in an accessible format for older audiences. The Strand Cinema is currently out of its main premises at the top of the Holywood Road as a major renovation project is underway. The cinema had a temporary home at Connswater Shopping Centre, which sadly closed at short notice in March. But the cinema is back and its silver screen programme is excellent.

The Strand Cinema's "Silver Screenings" programme is back at Belmont Bowling Club. There is plenty of free parking on site for visitors.

The month of May sees the presentation of the classic "rom com" "Pillow Talk" with Doris Day and Rock Hudson, followed by the Ealing Comedy "Kind Hearts and Coronets". The season extends into the summer with "High Noon", "Casablanca" and "Singing In The Rain".

The Silver Screenings are a great opportunity to see a classic movie and to also meet other people and enjoy a trip down memory lane. Tickets cost £4 and include a complimentary tea, coffee and biscuits. Carers accompanying patrons go free.

Silver Screenings are a great way to spend an afternoon and develop enjoyment of classic cinema. As Humphrey Bogart said in "Casablanca" it could be "the beginning of a beautiful friendship..."

To book in for Silver Screenings, you can call 028 9065 5830 or book online at <https://strandartscentre.com/silver-screenings/>



INSIDE THIS MONTH'S GUIDE

- Dementia Action Week 19th-25th May 2025
- Storytelling at Holywood Arches
- "Thank you Davina"
- Details on over 50 activities

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

Training, Events and Information!

Dementia Action Week 19th-25th May 2025

It's Dementia Action Week again between 19th–25th May 2025. There are a lot of activities taking place, with the week also raising awareness of the importance of an early diagnosis and the need for support.

Alzheimer's Society highlights the importance of getting access to care but estimates that 1 in 3 people with dementia do not have a diagnosis. 91% of people affected by dementia say there are benefits to getting a diagnosis. Alzheimer's Society has a simple symptom checklist which can be used to help with a conversation with your GP about your condition if you have any concerns. Log on to their Dementia Action Week website on <https://www.alzheimers.org.uk/get-involved/dementia-action-week> to use the symptom checklist. The checklist does not provide a diagnosis but is intended to make it easier to have a discussion with your GP. An Alzheimer's Society Supporter said: "If someone's worried there's something wrong – like I was – get a diagnosis. A quicker diagnosis means more peace of mind, then you can fight it."

There are a range of events taking place over Dementia Action Week.

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 Belfast Trust is running a series of information events that include: an information stand at the Royal Victoria Hospital Monday 19th May 10am-4pm; an awareness stand at Musgrave Park Hospital and an afternoon activity; and awareness stands at the Mater Hospital and Crumlin Road Gaol.

Forward South is running activities including an Art and Dementia Training workshop, facilitated by Engage with Age.

To find out more, stay tuned to our Facebook page at: [https://www.facebook.com/DementiaFriendlyEast Belfast](https://www.facebook.com/DementiaFriendlyEastBelfast)



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, Thursdays 1st and 8th May 2025.
2.00-4.00pm, Wednesdays 14th and 21st May 2025.

Face to Face

Ormeau Library, Ormeau Road, Belfast BT7 3GG.
11.00am-1.00pm, Tuesdays 20th and 27th May 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 - May 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.

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	<p>Every Monday and Thursday 7.00pm "The Sundown Sessions" www.youtube.com/singalongwithedelle</p> <p>Singing for the Brain Online Every Monday 2.30pm - 4pm, every Wednesday. To join in online, email singing@alzheimers.org.uk</p>		<p>1 11am-12.30pm Adapting Your Home TIDE via Zoom eleanor@tidecarers.org.uk</p> <p>1.30-3pm The Carers Café Holywood Arches Library 028 9045 1512</p>	<p>2 2.30-4pm Singing for Fun with Edelle Houben Centre justin.brown@belfasttrust.hscni.net</p> <p>2.30pm Memory Lane Church Fitzroy Presbyterian Church 028 9031 9710</p>	3/4
5 11am Gentle Walks C.S. Lewis Square 028 9002 9392 2-4pm Knit and Natter Ballyhackamore Library 028 9050 9204	6 11am Mindfulness online Libraries NI via Zoom 0345 450 4580 Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk	7 10.30am-12.30pm Tea and Newspapers Cregagh Library Singing for the Brain Hamilton Road Presbyterian Church Registration required singing@alzheimers.org.uk 4-5.30pm Dementia & Communication TIDE via Zoom eleanor@tidecarers.org.uk	8 11am Dementia Friendly Coffee Morning Holywood Arches Library 07436 174793 2pm "Pillow Talk" (1959) Strand Cinema at Belmont Bowling Club 028 9065 5830 2.30-3.30pm Male Carers Group TIDE via Zoom eleanor@tidecarers.org.uk	9 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 justin.brown@belfasttrust.hscni.net	10/11
12 11am Gentle Walks C.S. Lewis Square 028 9002 9392 6pm Yoga Avoneil Leisure Centre 028 9045 1512	13 11am Mindfulness online Libraries NI via Zoom 0345 450 4580 Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk 3-4pm Storytelling Holywood Arches Library 028 9050 9216	14 10.30-11.30am Cryptic Corner Holywood Arches Library 10.30-11.30am Carers Coffee Morning TIDE via Zoom carersconnect@tide.uk.net Singing for the Brain Hamilton Road Presbyterian Church Registration required singing@alzheimers.org.uk	15 10.30am - 12noon Knit and Natter Holywood Arches Library 028 9050 9216 2pm "Pillow Talk" (1959) Strand Cinema at Belmont Bowling Club 028 9065 5830 7-8.30pm Tullycarnet Yarn Spinners Tullycarnet Library 028 9048 5079	16 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 justin.brown@belfasttrust.hscni.net	17/18
19	20	21	22	23	24/25
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10am-4pm Info Stand Royal Victoria Hospital 11am Gentle Walks C.S. Lewis Square 028 9002 9392 6pm Yoga Avoneil Leisure Centre 028 9045 1512	Awareness Stand Meadowlands (Musgrave Pk. Hospital) 11am Mindfulness online Libraries NI via Zoom 0345 450 4580 Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk 4-5.30pm Carers Assessments TIDE via Zoom eleanor@tidecarers.org.uk	Awareness Stand Mater Hospital, Crumlin Road Gaol 10.30am-12.30pm Tea and Newspapers Cregagh Library Singing for the Brain Hamilton Road Presbyterian Church Registration required singing@alzheimers.org.uk	Awareness Stand Mater Hospital, Crumlin Road Gaol 11am Dementia Friendly Coffee Morning Holywood Arches Library 07436 174793 2pm "Kind Hearts and Coronets" (1949) Strand Cinema at Belmont Bowling Club 028 9065 5830	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 justin.brown@belfasttrust.hscni.net	
26 11am Gentle Walks C.S. Lewis Square 028 9002 9392 6pm Yoga Avoneil Leisure Centre 028 9045 1512 7-8pm Young Onset Carers Group TIDE via Zoom carersconnect@tide.uk.net	27 10-11.30am The Carers Café Ormeau Road Library 07394 560154 2pm Tea Dance - 2 Royal Avenue No booking required 11am Mindfulness online Libraries NI via Zoom Singing for the Brain Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk	28 10.30am-12.30pm Tea and Newspapers Cregagh Library Singing for the Brain Hamilton Road Presbyterian Church Registration required singing@alzheimers.org.uk	29 10.30am-12.30pm Tea and Newspapers Cregagh Library 2pm "Kind Hearts and Coronets" (1949) Strand Cinema at Belmont Bowling Club 028 9065 5830	30 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 justin.brown@belfasttrust.hscni.net	31/1

Storytelling at Holywood Arches Library

As part of its wide programme of activities, Holywood Arches Library is hosting a Storytelling event with storyteller John Savage, between 3-4pm on Tuesday 13th May 2025.



This event is suitable for all people including people with mild to moderate dementia, attending with their carers. It promises to be an afternoon of stories, memories and reminiscence. John Savage is visitor guide for the Ulster Folk and Transport Museum and has spent years spinning yarns and tales at charity events and care homes.

The event is free of charge, though booking is recommended by calling **028 9050 9216** or emailing holywoodarches.library@librariesni.org.uk

This month we bid a fond farewell and say thank you to Davina Mullin, who has been a stalwart of the Dementia Friendly East Belfast campaign since she started with East Belfast Community Development Agency. Davina has co-ordinated Steering Committee Meetings, the campaign's Action Plan, produced the website, created the Carers' Café, has refreshed the dementia hubs we have across East Belfast, and done so much more.



Everyone wishes Davina the best in her new endeavours and says thank you Davina for helping to make East Belfast a friendlier place for people affected by dementia.

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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