



# Dementia Friendly East Belfast

# What's On!

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

Information correct at the time of going to press.

## Best Foot Forward

With the winter months receding and spring on the way, now is a great time to get out and get some exercise and fresh air.

Walking is an excellent way to stay mobile and enjoy the outside world. With a bit of forward planning it can be a healthy addition to the routine of a person living with dementia and a great activity for carers to do with their loved ones.

Numerous academic studies highlight the benefits of walking. It relieves stress, it boosts the production of endorphins, and alleviates boredom. Walking in nature at this time of year can also provide very enjoyable sensory stimulation, through noticing nature, animals and birds as they emerge following the winter.

East Belfast's public parks and spaces are ideal for stretching the legs. They include Victoria Park, with its ponds that host local birdlife and swans, Orangefield Park,

Belmont Park and the grounds of Stormont Estate.

The Connswater Greenway is a well-managed walking facility stretching through the middle of East Belfast. The walking routes are well signposted, with estimates of the time it takes to walk between various points. The route is accessible and walkers can choose various locations including Victoria Park, Cregagh Glen, Braniel, and C.S. Lewis Square. There is good car parking at various points on the walk, accessible toilets, and a café at EastSide Visitor Centre.

Every Monday Eastside Greenways runs a "Gentle Walk" that leaves from C.S. Lewis Square. It is a cosy group of walkers of all abilities who enjoy a gentle stroll. To find out more and book in call 028 9002 9392.

Wherever you go, enjoy getting outside and putting your best foot forward.



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)

# Music for the Soul

The benefits of making and listening to music for people living with dementia are well known and Belfast has many opportunities to take part and enjoy.

Alzheimer's Society has been running its successful "Singing for the Brain" programme for many years. It is currently running on Tuesday afternoons in Bloomsfield Presbyterian Church. This is a facilitated weekly session during which professional musicians guide and lead singing and enjoying music. Participants must register first as this is not a "drop-in" activity, and the programme also moves between various locations. To register email [singing@alzheimers.org.uk](mailto:singing@alzheimers.org.uk) or call Alzheimer's Society on **028 9066 4100**.

Dementia Friendly South Belfast is mid-way through presenting its Music for the Mind programme on Thursday mornings at Fitzroy Presbyterian Church. This programme is for people living with dementia and their carers and is fun and friendly. For more information contact Sarah Jane on [communityhealth@forwardsouth.org](mailto:communityhealth@forwardsouth.org) or **07394 569154**.

For those of you who wish to enjoy music in your own home options include the "Playlist For Life" website which enables people to make their own "playlist" of music to enjoy. Visit <https://playlistforlife.org.uk>

There is also the hugely popular "Sundown Sessions" with singer Edelle which takes place online on Youtube at <https://www.youtube.com@SingAlongWithEdelle/streams>

These happen every Monday and Thursday at 7pm.

Alzheimer's Society also produces an online version of their "Singing for the Brain" programme. These sessions are delivered by trained and experienced group leaders. To participate contact Alzheimer's Society on [singing@alzheimers.org.uk](mailto:singing@alzheimers.org.uk) or telephone **07484 078886**.

Singing and music is wonderful for the brain and for mental health. Raise your voice and enjoy.



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

### **Face to Face**

Alzheimer's Society, 30 Skegoneill Street, Belfast BT15 3JL.  
11am-1pm, Tuesdays 18th and 25th March 2025.

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

11am-1pm Wednesdays 5th and 12th March 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 - 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.

## March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					1/2
<b>3</b> <p>11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392</p> <p>6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512</p>	<b>4</b> <p>9am-5pm <b>Brew and Browse</b> Ballyhackamore Library 028 9050 9204</p> <p><b>Singing for the Brain</b> Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk</p>	<b>5</b> <p>10.30am-12.30pm <b>Tea and Newspapers</b> Cregagh Library</p> <p>10.30-11.30am <b>Carers Coffee Morning</b> TIDE via Zoom carersconnect@tide.uk.net</p>	<b>6</b> <p>11am-12.30pm (every Thursday) <b>Music for the Mind</b> Fitzroy Presbyterian Church 07394 569154</p> <p>1-2pm (every Thursday) <b>T'AI Chi</b> Mersey St Primary School Hall 028 9045 1512</p> <p>1.30-3pm <b>The Carers Café</b> Holywood Arches Library 028 9045 1512</p> <p>2pm <b>Strand Cinema at Connswater</b> "Airplane" (1980) 028 9065 5830</p>	<b>7</b> <p>9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204</p> <p>2.30pm <b>Memory Lane Church</b> Fitzroy Presbyterian Church 028 9031 9710</p>	8/9
<b>10</b> <p>11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392</p> <p>6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512</p>	<b>11</b> <p>12-1.30pm <b>Getting Ready for a Carers Assessment</b> TIDE via Zoom carersconnect@tide.uk.net</p> <p><b>Singing for the Brain</b> Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk</p>	<b>12</b> <p>10.30-11.30am <b>Cryptic Corner</b> Holywood Arches Library</p> <p>10.30am-12.30pm <b>Tea and Newspapers</b> Cregagh Library</p>	<b>13</b> <p>11am <b>Dementia Friendly Coffee Morning</b> Holywood Arches Library 07436 174793</p> <p>11am-12.30pm <b>Music for the Mind</b></p> <p>1-2pm: <b>T'AI Chi</b></p> <p>2pm <b>Strand Cinema at Connswater</b> "Airplane" (1980) 028 9065 5830</p>	<b>14</b> <p>9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204</p> <p>11am <b>T'ai Chi</b> Dee Street Community Centre 07436 174793</p>	15/16
<b>17</b> <p>11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392</p> <p>6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512</p>	<b>18</b> <p>9am-5pm <b>Brew and Browse</b> Ballyhackamore Library 028 9050 9204</p> <p>11am-12.30pm <b>Adapting Your Home</b> TIDE via Zoom carersconnect@tide.uk.net</p> <p><b>Singing for the Brain</b> Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk</p>	<b>19</b> <p>10.30-11.30am <b>Cryptic Corner</b> Holywood Arches Library</p> <p>10.30am-12.30pm <b>Tea and Newspapers</b> Cregagh Library</p> <p>10.30-11.30am <b>Carers Coffee Morning</b> TIDE via Zoom carersconnect@tide.uk.net</p>	<b>20</b> <p>11am-12.30pm <b>Music for the Mind</b></p> <p>12-1.30pm <b>How to Negotiate</b> TIDE via Zoom carersconnect@tide.uk.net</p> <p>1-2pm: <b>T'AI Chi</b></p> <p>2pm <b>Strand Cinema at Connswater</b> Rio Grande (1950) 028 9065 5830</p>	<b>21</b> <p>9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204</p> <p>11am <b>T'AI Chi</b> Dee Street Community Centre 07436 174793</p>	22/23
<b>24</b> <p>10am-1pm <b>Tea and Newspapers</b> Holywood Arches Library</p> <p>11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392</p> <p>6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512</p>	<b>25</b> <p>10-11.30am <b>The Carers Café</b> Ormeau Road Library 07394 560154</p> <p>2pm <b>Tea Dance</b> 2 Royal Avenue No booking required</p> <p><b>Singing for the Brain</b> Bloomfield Presbyterian Church Registration required singing@alzheimers.org.uk</p>	<b>26</b> <p>10.30-11.30am <b>Cryptic Corner</b> Holywood Arches Library</p> <p>10.30am-12.30pm <b>Tea and Newspapers</b> Cregagh Library</p> <p>2-3.30pm <b>Dementia and Communication</b> TIDE via Zoom carersconnect@tide.uk.net</p>	<b>27</b> <p>11am-12.30pm <b>Music for the Mind</b></p> <p>11am <b>Dementia Friendly Coffee Morning</b> Holywood Arches Library 07436 174793</p> <p>1-2pm: <b>T'AI Chi</b></p> <p>2pm <b>Strand Cinema at Connswater</b> Rio Grande (1950) 028 9065 5830</p>	<b>28</b> <p>9am-2pm <b>Tea and Newspapers</b> Ballyhackamore Library 028 9050 9204</p> <p>11am <b>T'AI Chi</b> Dee Street Community Centre 07436 174793</p>	29/30
<b>31</b> <p>10am-1pm <b>Tea and Newspapers</b> Holywood Arches Library</p> <p>11am <b>Gentle Walks</b> C.S. Lewis Square 028 9002 9392</p> <p>6pm <b>Yoga</b> Avoneil Leisure Centre 028 9045 1512</p>	<p>Every Monday and Thursday 7.00pm</p> <p><b>"The Sundown Sessions"</b> <a href="http://www.youtube.com/singalongwithedelle">www.youtube.com/singalongwithedelle</a></p> <hr/> <p><b>Singing for the Brain Online</b> Every Monday 2.30pm - 4pm, every Wednesday. To join in online, email <a href="mailto:singing@alzheimers.org.uk">singing@alzheimers.org.uk</a></p>				

# Belfast Trust Bereavement Services

Bereavement will eventually affect everybody who has a loved one living with dementia.

The Belfast Health and Social Care Trust has an excellent Bereavement service to support people experiencing grief. The service provides compassionate support for people who have lost loved ones. There is clear advice on understanding grief, professional counselling, and support for those whose experience of grief is pronounced and prolonged.

In addition to professional support, the service has a range of booklets available in a wide selection of languages, which can help. The service also signposts people to other services, some of which may be specialist.

The Bereavement Team telephone number is **028 9612 0222**.

This month we say a fond thank you and farewell to Linda Armitage, Co-Chair of Dementia Friendly East Belfast. Linda is moving on from her role as Health Development Director for East Belfast Community Development Agency. Linda has been Co-Chair from the start of the Dementia Friendly East Belfast campaign, providing leadership and inspiration, and supporting all of its endeavours. We wish Linda well and say a fond thank you for everything she's done to help 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

<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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