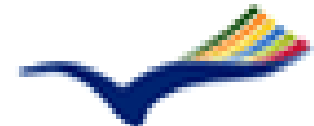
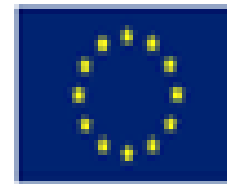


Remembering Yesterday, Caring Today

Remembering Yesterday, Caring Today Project

Carlisle, England

Phase 1 Dec 2011 – March 2012



Education and Culture DG

Lifelong Learning Programme

Remembering Yesterday, Caring Today

Aims:

The aim of the Carlisle Remembering Yesterday, Caring Today project is to work with carers and relatives with memory loss/dementia to produce individual life story books and a group poetry book through creative reminiscence sessions linked to the life stages.

This fits in with the European Reminiscence Network's partner groups' common aims, including, working with family carers, looking after a relative with dementia at home to engage in creative reminiscence together.

Remembering Yesterday, Caring Today

Outcomes for the project:

- Enhanced relationships between the carer and relative
- Enjoy participating in reminiscence sessions and sharing memories
- Enjoy producing individual life story books around the life stages
- Enjoy contributing to groups poems and themed around the life stages
- Enjoy producing a group poetry book.

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Life Story Sessions:

The life story sessions will be based on a theme around the different life stages. There will be a themed reminiscence box with a selection of objects and photos to stimulate memories. Participants can bring their own photos or other items to the sessions and share some of their memories if they wish.

There will be a group poetry activity based around the different life stages during the sessions.

Participants will be encouraged to work on the life stories at home. Trained volunteers will support the sessions.

Remembering Yesterday, Caring Today



Session 1 Introductions and 1940s Around the Home

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Session 2 Childhood

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Sharing Childhood Memories

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Childhood

Mayoress with a gold chain

Lady with a hat on

Little girl, holding a hamster in her hand

They are all intrigued by the hamster

except the boy at the back

Home made jumpers; a style that me

mother always used to knit

V-necked raglan sleeves

Some people may think it's a mouse

The two ladies might have a pink fit



Group Poem

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Session 3 Schooldays

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Sharing Schooldays Memories

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Schooldays

Seen outside without school beret - punishment!
School beret with 'bobble' on top
got pinched by the boys and 'de-bobbled'

Janet and John books - I learned to read and do me maths;
lovely teacher
I learned to like maths through mental arithmetic
and got a thre'penny bit for winning

I didn't answer the question in case I got it wrong
Ink stained fingers and pen nibs that sprayed ink everywhere
Milk, nice in the winter, smelly in the summer
I used to like playing marbles but they stopped us from doing it
I never got into trouble. I was always on my best behaviour

Schooldays Poem

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Visiting the Little Black Dress Exhibition

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Session 5 Going Out (Our Little Black Dresses)

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Bing Crosby Lookalike!

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Group Singalong

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Session 6 Tea-time

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Sharing Tea-time Memories

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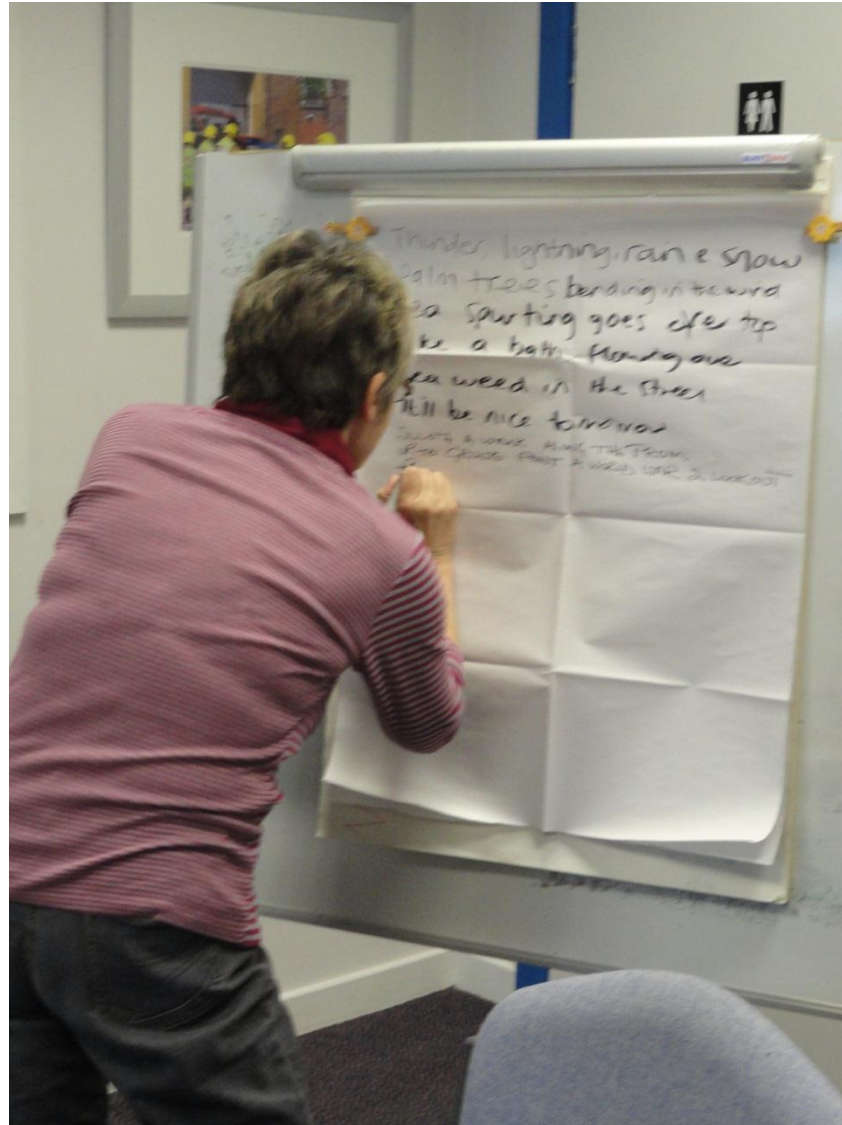
Discussing the Cover for the the Life Story Books

Remembering Yesterday, Caring Today



Session 7 Holidays

Remembering Yesterday, Caring Today



Carer Writing Down Holiday Memories

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Session 8 Weddings

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Wedding Ceremony

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Wedding Advice and Impediments

Don't do it!

Do you not think you are too young?

It's not too late, you can back out if you want

He's already married!

Three rings in a marriage; engagement ring, wedding ring
and suffering!

White dress, veil behind me

Borrowed garter, old blue necklace, me mum's pearls,
dress new

Flowers thrown from the bride for grandmother's grave

Here comes the bride, here comes the bride

Got married; he went to the men's block and I went to mine

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Cutting the Wedding Cake and Anniversary Quiz

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Visiting the Carlisle Lives Exhibition

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Session 9 Working Lives

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Scanning Photos for Life Story Book Collages

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Life Story Book

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I don't feel very helpful yet. I am still learning about dementia.

It was very good today. John said he really enjoyed it; praise indeed!

I enjoyed sharing the memories and making the group poem. It's been lovely. It has brought all memories back.

Loved the role playing (head teacher and pupils). Such a giggle and Susan you were a star. Teacher we were such a rowdy group of pupils!

I'll probably talk about 'the past' more instead of getting exasperated at repetition.

Remembering Yesterday, Caring Today



Creative Horizons Cumbria

using the past creatively to enhance the present



Education and Culture DG

Lifelong Learning Programme