

Do You Remember...

Reminiscence Sessions in Wiltshire Care Homes A Pilot



Evaluation Report 2019

**Wiltshire & Swindon
HISTORY
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Executive Summary

During March and May 2019 staff at the Wiltshire & Swindon History Centre and Wiltshire Libraries, working with Wiltshire Learning Resources conducted a pilot study of reminiscence sessions in a Wiltshire care home to look at the effects of health and wellbeing, social inclusion and confidence of participants.

The findings show that a suite of sessions tailored to the needs of participants was successful in helping to raise confidence and happiness with increased wellbeing. Participants built new relationships which it was hoped would increase their personal resilience in the short and longer term.

The approach and offer given to care homes and the willingness of care home staff to work with the reminiscence leaders proved the key to success.

This report will discuss the steps involved in planning and running reminiscence sessions in care homes through experiences gained during this pilot study, run at the Wiltshire Heights Care home in Bradford on Avon. It will consider the successfulness of the sessions, the possibilities for future work and a possible roll-out county-wide. Recommendations for further action will be given.

Background

Reminiscence therapy has been successfully utilised for the older generation since the 1980s and many local authorities have been undertaking such work in a variety of guises for a number of years. Those undertaking reminiscence work include trained freelance professionals, museum, archive and library staff and NHS workers. In Wiltshire reminiscence work is often done on an ad-hoc basis in a variety of ways, for example one-off sessions to groups by museum and archives/library staff, and work by other individuals. Dementia support through reminiscence is also offered in the community by groups such as Alzheimer's Support. At present it appears that there is no county-wide systematic coverage in Wiltshire for reminiscence work taking place in care homes in particular, or work which aims to help care home residents build new relationships and raise their confidence using a suite of sessions.

Reminiscence sessions can help older people in many ways. Faith Gibson (2011) suggests that the work can:

- Build bridges between people and build new relationships
- Help integrate and settle new residents into the care home environment
- Participants can discover themselves anew and encounter others with a greater understanding
- It can bring a fresh perspective
- Be enriching, informing and entertaining
- Improve wellbeing and quality of life
- Improve communication skills
- Help participants gain acceptance of current environments and life stages
- Draw on past experiences to help participants to cope
- Aid social inclusion
- Provide a climate of warmth and respect to feel valued
- Stimulate memory

Aim

By the end of the final session, participants will have built a rapport and relationship between each other, improved their wellbeing and quality of life and improved their confidence. Feelings of social isolation will have been reduced.

Project Planning

Who will take part?

Wiltshire Council staff planned and ran the project. It was envisaged that the pilot would be run by the Wiltshire & Swindon History Centre (WSHC) in conjunction with Wiltshire Libraries (WL). WSHC hold a number of resources which can be used in reminiscence sessions, such as magazines, photographs and postcards. WSHC's target group in terms of outreach meets the parameters of this project. WSHC has a 'health and wellbeing' and 'tackling loneliness' remit as part of Wiltshire Council's Business Plan. WL has logistical resources and contacts within the Wiltshire Care Home system. Julie Davis, County Local Studies Librarian at WSHC and Carolyn Kennedy, Access and Volunteer Development Manager at WL worked as reminiscence leaders, planning and running the sessions at Wiltshire Heights, aided by the Activity Team at the care home. Philip Berrett, Visual Resources Officer from Wiltshire Learning Resources supported the pilot by sourcing and loaning additional reminiscence items.

Running the sessions

Research was undertaken to discover best practice in the area (see bibliography). It was found that a number of sessions would be required with the same participants to make the sessions useful and meaningful. A total of 6 sessions were chosen, each topic to run on a specific theme; for the pilot this was the theme of 'shopping'. The ideal number of participants per session would be 6-8, to be continued throughout the project to chart progress. Although 6 sessions were planned, due to work constraints on the part of WSHC and WL, 5 sessions took place over April and May 2019.

It was hoped that by the end of the pilot sessions, the participants would increase in confidence, build bridges and improve their communication skills; improve their wellbeing, be enriched and entertained, and find social inclusion in an environment which was warm and respectful.

Locating the items

A mix of items was desired to allow for as many senses to be used as possible; visual, sound, smell and touch. WSHC holds a number of items: newspapers, magazines, photographs, postcards but a larger variety of items would be required. A number of low-cost items were purchased using the WSHC Local Studies budget specifically chosen for the topic, for example a bar of soap and sweets. The rest of the items were provided by Wiltshire Council's Learning Resources Team.

Approaching care homes

A considered and planned approach would be required to ensure success at getting a care home on board. Carolyn suggested a number of care homes with activity staff who had engaged well in the past with Wiltshire Libraries' Mobile Library Service. Julie produced a leaflet which it was hoped would help to get an initial meeting with a care home. Wiltshire Heights was chosen as the care home to approach and a meeting was arranged between the care home's activity team and the reminiscence leaders. The meeting proved successful with Wiltshire Heights willing to take part, on condition that the residents were willing to participate.

Running Reminiscence Sessions in Care Homes

A number of session topics were created under the theme of 'shopping':

- Confectionary
- Butcher/grocer
- Beauty products

- Larder goods
- Healthcare

Lists of items to match the topics were also produced. The items were then sourced from WSHC and Wiltshire Learning Resources. The first session was run in the morning, with subsequent sessions run in the afternoon (it became clear that this was the time of day residents were most likely to be up and about). The activity team initially chose the participants and brought them into a room with easy chairs and a table for morning/afternoon tea to be served. Participation levels began at 7 for session 1, increasing to 12 in session 5.



Wicker basket with item from session 1 and additional items



Session Evaluation

It was understood that the sessions would need to be evaluated so that meaningful data could be gathered to judge the success of the pilot. Weekly forms were devised, adapted from the research work of Banbury Museum which included an end of session form for both participant and activity staff, and an end of project form for both. The participant forms contained the depiction of a happy, neutral and sad face to help the residents describe how they were feeling at the end of each session. At the end of each session the results were discussed between activity staff and the reminiscence leaders. Observational notes were made the same day.

Findings: Successes, Constraints & Difficulties

A detailed summary of the findings of each session can be found in Appendix 1.

Overall, sessions were found to be interesting and enjoyable with good interaction between participating residents.

The majority of participants felt happy after the sessions, one feeling 'uplifted'. Many felt that they had been able to socialise with other residents, often ones they had not met before. Others noted that the sessions were friendly. They enjoyed sharing their memories and experiences, sometimes being surprised to realise that others had experiences in common with theirs. The majority felt that their wellbeing had been improved and most were 'very likely' to attend further sessions if possible. A number of residents felt that their confidence had increased over the course of the sessions. The

participants were interested in a range of topics which could be used for further sessions; the five most popular being school days, wartime, domestic/family life, how Sundays used to be.

Residents felt that the best things about the sessions were meeting and talking to people, sharing memories and exchanging opinions and experiences. Suggestions for improvement were to try to get people to listen more, and to speak more slowly. Although the activity staff consistently reminded the participants of the topic of the session they would be attending next, they frequently felt concerned at the beginning of the session (having forgotten the information); this was a pattern throughout the suite of sessions. The participating residents felt the need for reassurance about the forthcoming session even though they were happy to attend.

The residents appear to have been happiest during sessions 1 and 4. Participation levels increased and maintained at 12 when other residents heard about the sessions and wanted to join in. This raised the optimum participation level but the activity staff felt that it would be detrimental to discourage participation. The larger group sessions (8+) were harder to manage, due to the participants not being able to hear each other. Some participants also became frustrated at others talking over each other, mainly due to the excitement of the memories that were being evoked. However, session 4 which contained 12 participants was one of the most favoured sessions, in part due to the fact that a large table was provided for them to sit around which made it easier for them to take their tea and cake (a much enjoyed part of the experience with old-fashioned china teacups and saucers provided).



Table set up for session 4

Preferred items included photographs, postcards, old adverts, tins to open, magazines, corset, jelly mould, items of food. Unwrapping some of the items after guessing what they could be brought a great sense of excitement, as did pulling items out of a wicker basket before passing them around the group. Tea and cake on old fashioned china also made the session a real treat. Residents liked exploring the items, flicking through the magazine and opening the tins. Some of the items were rusty and difficult to open, others had residue still intact which could be touched by the residents.

These problems were difficult to eliminate when using original items which were very old. Very few of the residents could smell the items specifically brought for this purpose (such as calamine lotion and vinegar on paper for fish and chips) which frustrated a number. Music was only enjoyed by one resident when it was played at the beginning and end of the session; however there were technical problems with the modern equipment which appeared to confuse the residents.

The final session (session 5) felt a little flat which was a shame; it would have been lovely to conclude with something more special to mark the end of the suite of sessions and give a sense of celebration in the sharing that had taken place.

Initial contact with the care home was classed as excellent by the Activity staff. Wiltshire & Swindon History Centre and Wiltshire Libraries staff were commended for their engagement and commitment to the project.

Care home staff noticed that the confidence of the participants had increased and that this had transferred itself to other activities they participated in at the care home. Staff at the care home would like to run reminiscence sessions themselves and would recommend the sessions to other similar establishments. The care home staff knew their residents well; they could suggest a seating plan to encourage participation and keep an eye on those who may be in need of additional attention such as help with viewing photographs using a magnifier or those who needed a sound loop set up; a number of the residents had visual and hearing impairments. The residents often complained that they could not hear each other over the course of the session, but this problem was not reflected in their evaluation sheet responses. The issue of participants talking over each other or becoming disrupted was not addressed specifically during the pilot; in future it perhaps should be addressed at the beginning of each session to ensure that all participants are able to have an enjoyable and successful session.

Conclusion: The difference made by Do You Remember...

The reminiscence sessions were successful and met the aims of the pilot. They increased the confidence of residents who enjoyed meeting new people in a friendly environment, sharing memories and experiences. The sessions were found to be enriching and beneficial with the residents feeling their wellbeing had been improved. Some residents, who had previously been happy to sit alone in their room were now happily joining in and actively participating.

Groups of 8+ were harder to manage and tracking progress would have been easier if all participants had attended every session; the ability to run multiple suites of sessions on different topics may solve this issue; suggesting potential new members attend the next suite of sessions.

The majority of residents felt they would 'very much' like to attend further sessions of this type, and the Do You Remember sessions would be recommended by the activity staff at Wiltshire Heights. The wide variety of types of items used in the sessions were beneficial, and the number of sessions at 5 worked well to help residents begin to build relationships and develop more confidence. Enabling care home staff to deliver sessions themselves was seen to be beneficial by the activity staff, although cost would be a consideration.

Initial dialogue between the reminiscence workers and care home staff is key. To ensure that participants feel safe, valued and able to actively participate, reminiscence staff need to provide information on each individual's capabilities and temperaments. In this way the sessions can be organised appropriately to enable the highest level of enjoyment and the best outcomes for each individual. Ongoing evaluation is essential; it can highlight any issues and monitor improvement. A celebratory last session would also be beneficial.

Recommendations

- Explore ways to take a suite of 5 sessions to additional care homes in Wiltshire
- Investigate ways of training care home staff and loaning reminiscence items to enable the staff to undertake reminiscence themselves
- Look at developing a range of topics that can be used for reminiscence sessions in care homes
- Invest in reminiscence items to use in sessions which are easier to open and more suitable for the older generation
- Investigate the possibilities of working with partners to expand the opportunities for project participants
- Expand the project to cover sessions in Wiltshire Libraries and loan of items to carers looking after the elderly at home

Acknowledgements

Thanks go to Carolyn Kennedy, Access and Volunteer Development Manager, Wiltshire Libraries; Julie Adcock, Activity Organiser at Wiltshire Heights Care Home and Philip Berrett, Visual Resources Officer, Wiltshire Learning Resources for their hard work and support.

Julie Davis
County Local Studies Librarian
Wiltshire & Swindon History Centre
August 2019

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Appendix I

Evaluation summary

Session 1: Confectionary – 7 participants

Items: jelly mould, Quality Street tin, Wrigley's chewing gum sign, chocolate wrapper, postcards containing pictures of sweets, photographs of sweet shops, bag of sweets.

Description: Julie dressed up in a 1950s dress and hat, with a wicker basket holding the items. Carolyn played some songs relating to the theme at the beginning and end of the session. Items for the session began with photographs and then progressed naturally to other topics - the items were then taken out of the basket. Julie, Carolyn and the activity staff shared their memories in a minor way to keep the conversation going and encourage the participants. Preferred items by participants: Quality Street tin and sweets postcard were very engaging; the participants were most interested in them.

Observational Results: Only one person in the group responded to the music by swaying. Participants asked for people to talk more loudly and clearly during the session. Two of the participants started up a conversation, one asking the other how long she had lived in the UK – it was clear they had not met often before or had not exchanged more than pleasantries to date. It was hard for those with hearing difficulties to keep up with the conversation; it was hard for those with vision impairment to see the photographs in particular.

Evaluation Sheets:

Care Home Staff: The session was suitable for their residents, the participants were interested, the session was well managed. Interaction between residents was excellent, learning and discovering new things – good; enjoyment – good; sharing memories and experiences very good; stimulus from objects and images 'just right'; improvements? – taste testing; other comments "very nice reminiscence, brought back new memories".

Participants (5 respondents): Favourite items – Quality Street tin, sweet postcard

Best thing about the event?

- Talking and reminiscing about sweets we had as children
- Thinking of old times
- Talking about old fashioned sweets
- Talking about being a child
- Like the idea of the session. It was hard to hear today

Any improvements?

- I think it was very good
- Listening to other people's ideas
- Speak slowly and clearly
- Informed about topic of session beforehand

How are you feeling?

Happy IIIII

Neutral
Sad

Session 2: butcher/grocer – 9 participants

Items: photographs of butchers and grocers' stores, pieces of cheese wrapped in baking paper, postcard of marmalade with a real orange, mock-up of 1950s newspaper wrapped up with vinegar on it to represent fish and chips. This topic proved harder to source relevant items. The group of 9 was still large enough to become fragmented which didn't help those with hearing difficulties.

Description:

It was felt dressing up wasn't necessary and music hadn't proved successful; neither were used in future sessions. One participant unwrapped the cheese without knowing what it might be and everyone was invited to taste some. The participants were also asked to take turns smelling the newspaper and suggest what the smell might be and what it could mean. The postcard and orange were introduced to the group together.

Observational results:

Bringing out the items and asking the participants what they thought they would be by touch, smell and taste caused a great deal of excitement and laughter but not all the participants liked it. Some couldn't join in as the group was large and situated far apart; they couldn't hear. The activity Team asked some questions of specific participants but there were too many for Julie and Carolyn to remember names. Name badges were suggested for future sessions. One participant was helping another who had a visual impairment by describing items to her. Participants seemed to have great difficulty getting a smell from the items, even though to those running the session they were very strong.

Evaluation Sheets:

Care Home Staff: The session was suitable for their residents, the participants were interested and the session was well managed. There was interaction between residents, enjoyment, sharing memories and experiences. Stimulus from objects and images was 'just right'; improvements? more things to handle; other comments "very interesting and everyone enjoyed the session".

Participants (5 respondents): Favourite items – photographs, marmalade postcard and orange

Best thing about the event?

- Meeting other ladies
- Brought back many happy memories
- Being with others
- Sharing memories and realising that others had the same memories
- It's good to talk about the old days. Makes me realise how old I am (93)
- Some experiences were different from others. Most was about food

Any improvements?

- None
- Didn't like the fish & chips paper smell
- Could have been longer
- All seemed to enjoy it

How are you feeling?

Happy – IIII

Neutral – I
Sad

Session 3: beauty products – 12 participants

Items: soap and postcard advertising soap, cosmetics box, perfume bottle, hair curlers, Picturegoer magazine, face powder tin, corset, photographs including a shoe shop and shop front

Description: the session began with photographs and as before items were handed around, often in response to the conversation as it flowed.

Observational results: Tried duplicate the photos so that more of the participants could see them at once. Many of the participants enjoyed touching the corset, it reminded them of their mothers. Another who was hard of hearing liked looking through the magazine. Fewer participants took part and the session became dominated by a couple of participants. When engaged with, a couple of the quieter participants joined in the session and engaged with it. It was helpful to talk things through with care home staff afterwards as they had insights on each participant.

Two of the participants who contributed a lot at the session would normally not talk and would stay in their rooms as much as possible. They had not been sure they wanted to come. One participant wasn't sure she'd stay as she wasn't from Wiltshire - Julie assured her she could contribute which she did throughout the session. One participant had worked at a chemist - when drawn out by asking her about her job which was relevant to beauty (worked in cosmetics at a chemist) she lit up and appeared to enjoy sharing her memories. One participant lit up when prompted by the magazine to think about films - started to sing Carmen Miranda's song 'I Like you Very Much'.

The larger number had become unmanageable as it was impossible for the participants to hear each other. It was a positive step that the sessions were becoming very popular, and it was difficult not to exclude new attendees who wanted to join in. Next session - try sitting around a table and use name place cards to stop the session breaking up. One participant in particular did not engage well with the session. The Activity Manager later relayed the fact that she did not have the same cultural experiences as the other participants which could have been a factor. The knowledge of care home staff about their residents is essential. On her evaluation form she stated that she did not know how anything in the session could be improved.

Evaluation Sheets:

Care Home Staff:

The session was suitable for their residents, the participants were interested and the session was well managed. There was interaction between residents, enjoyment, learning new things, sharing memories and experiences. Stimulus from objects and images was 'just right'. Nothing could be improved upon; other comments "Residents felt comfortable and able to contribute and engaged in the topics. Many shared memories and personal histories."

Participants (4 respondents): Favourite items – corset, metal curlers, magazine, soap, postcard, photographs

Best thing about the event?

- Listening to other people's experiences from childhood
- I can't say I enjoyed any of it
- Enjoyed all of it

Any improvements?

- I don't know

- Nothing

How are you feeling?

Happy III

Neutral

Sad I

Session 4: Larder Goods (12 participants)

Items: Lemonade bottle with marble stopper, printed flour bag, Lyon's custard powder tin, jelly mould, savings coupons, photographs of shops, postcard of ale.

Description: The residents were given tea and cake during the session and sat around a large table in the dining area with the kitchen behind them.

Observational Results: The new location in the dining area did not work well. We were not seated with the participants so had to stand behind. There was background noise making the tea, the room was larger without a carpet which meant it was even harder to hear people speak. However, it felt more intimate with the group closer together and it was helpful to have the place names with old advertising material on which interested the participants. Everyone seemed more excited and keen to speak at this session. The group still broke up, and those who found it harder to make themselves heard seemed quieter than ever. Feedback was good, however, and Julie (the Activity Organiser) reported that the ladies actively wanted to participate, hence the high number of attendees. Two residents began talking, one asking the other where she had lived previously. The attendees were confused by the metal custard tin.

Evaluation Sheets:

Care Home Staff: The session was suitable for their residents, the participants were interested and the session was well managed. There was interaction between residents, enjoyment, learning new things, sharing memories and experiences "with smiles and contentment as residents shared". Stimulus from objects and images was 'just right'. Possible improvements – scales and paper bags might have been nice; other comments "enjoyed concept around a tea & cakes session. Seemed easier for the residents to be at ease."

Participants (11 respondents): Favourite items – savings stamps, place name advertising, jelly mould, photo of the shop, the food, postcard

Best thing about the event?

- Getting together and chatting to the other ladies about the past
- Meeting other residents
- Other people's comments about life in the 1950s and 1960s – interesting
- Good to talk about the old days
- Surprised to see so many people here who were in the same position as me years ago
- Loved the tea & cake on fancy crockery
- Meeting everybody – everybody was friendly
- Hearing other people's experiences
- Listening to how things used to be
- Like listening to stories of the past
- Enjoyed listening to other people's memories

- Felt uplifted after the session

Any improvements?

- Try to get people to listen more
- None
- Tasting

How are you feeling?

Happy – IIIII IIIII

Neutral – I

Sad

Session 5: Healthcare (12 participants)

Items: Glycerin honey & lemon bottle, Presoband bandages box, bandage, camphorated oil bottle, Meggazone cough sweets tin, vapour rub tin, photograph of doctor and nurse in hospital, photograph of chemist and shop.

Description: The residents were sat in two groups in the cosy lounge area with one reminiscence worker looking after each group. Items from the basket were shared by both workers, using them and putting them back after they had been used. Tea was handed around.

Observational Results: Fewer helpers - down to two reminiscence workers but separated into two groups of 6. This worked better - more people had a chance to speak but still had trouble hearing, and occasionally the other group would spark something off with the other one - no problem but it meant they could hear each other and cause a distraction. One participant smiled a lot when the talk sparked a memory and people chatted to each other a lot - making connections with each other. This did not detract from the group discussion; as the group was smaller it was much easier to control it without being overbearing. One lady who had not contributed previously really enjoyed doing so today. One lady liked opening the tins and feeling to see if there was anything inside. Again, the participants struggled to smell the items; preferred touching them and looking at the packaging. It was a shame the normal evaluation sheets were not used to track progress further, but it was felt that having to fill in two sheets would be too much for the attendees. The face symbols at the bottom would have helped on the final evaluation sheets too. The session felt a bit flat for a final session; perhaps the final topic used could have been a little more fun in scope. It would have been nice to conclude with something more special to mark the end of the run of sessions and to provide a sense of celebration in the sharing that had taken place. Some of the items were difficult for the residents to open and explore due to being rusty.

Final Evaluation Sheets

Care Home Staff:

Do you feel the residents have benefitted from coming to the reminiscence sessions? If yes, why?

The number of residents who attended is a good indication that they enjoyed the sessions and felt enabled and comfortable to speak and listen and be engaged talking about stories in their past.

Have you noticed any changes in behaviour that may be associated with attendance? If yes, please give examples

We have noticed confidence during the session which has escalated over to other activities whereby a resident is quite keen on talking about her area and her past.

Has participating in the sessions led you to think differently about the participants?

Care home staff are very aware of their residents' history and so did not think differently about them after the end of the group of sessions.

Do you think that introducing regular reminiscence sessions would benefit the residents at your establishment?

Introducing regular reminiscence sessions would definitely benefit residents as it can build confidence for those who may not engage initially this was indicated by the growth in attendance and confident in talking to the group by residents.

Would you like the opportunity to borrow reminiscence items to run reminiscence sessions in-house yourselves?

Care home staff would welcome the opportunity to run reminiscence sessions in-house. They would not be prepared to pay a small fee for this service because most establishments have a restricted L&W budget and would prefer allocated costs to keep to use ongoing.

Wiltshire Heights would recommend the 'Do You Remember?' sessions to similar establishments. First contact and initial approach/promotion of our offer by the session providers was excellent as the objectives were given clearly and constructively and it was clear this was a joint venture. More samples to eat, taste and smell would have been useful. Wiltshire Heights enjoyed the way that the two members of staff were totally engaged and committed to the project.

Participants (7 respondents):

Has given me an opportunity to socialise with other residents – IIII III

I have learnt and discovered some new things - IIII

It has been enjoyable/made me feel happy – IIIII I

I have been able to share my own memories and experiences – IIIII I

It has increased my confidence - II

Attending the sessions improved their wellbeing – IIII III

Attendees met other residents for the first time - IIIII

Participants would attend another set of reminiscence sessions? Very likely - IIIII Maybe -II

Topics of interest:

- School days - IIII
- During the war – IIII I
- Domestic/family Life – IIIII
- Working life/jobs & careers - II
- Royal days - III
- How Sundays used to be - IIII
- 1940s/50s fashion – III
- Food – III
- Entertainment and holidays - I
- Celebrations/weddings - III

The best thing about coming to the Reminiscence sessions:

- Getting to know the other residents
- Hearing people's stories
- Meeting people and exchanging opinions
- Very enjoyable – good to talk to the others about the old days
- Reminiscing and enjoying others' experiences
- Meeting other people
- Talking to other people and hearing what they have to say

Appendix II Promotional leaflet

Wiltshire Council
Where everybody matters

Reminiscence Sessions Care Homes and Sheltered Accommodation

Contact Us

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What is Reminiscence?

The sharing of memories of our personal life experiences.

The act of reminiscence can help to ease the anxiety of life events such as losing good health, moving home or losing loved ones, the loss of familiar places and possessions and the routines of a lifetime. They can be useful for new residents in care homes or sheltered accommodation to help them overcome the strangeness of a new environment and can contribute to a care plan tailored to individual needs.

The elderly will benefit when purposefully encouraged to pursue group activities which help others to see them as constructive, contributing and valued members of society, helping them to remain socially engaged.

Reminiscence sessions can offer a sense of belonging, helping participants retain a sense of self-worth, self-esteem, personal identity and wellbeing.

Reminiscence work can empower those who feel isolated and can increase their trust in others.



Is Reminiscence for us?

The session organiser Julie Davis will be happy to have a chat and answer any questions you may have.

Tel: 01249 705534 or
Email: julie.davis@wiltshire.gov.uk

Benefits of Reminiscence Sessions

- Building bridges between people and building new relationships
- Discovering yourself anew and encountering others with a greater understanding
- Bringing a fresh perspective
- Enriching, informing and entertaining
- Improving wellbeing and quality of life
- Improving communication skills
- Gaining acceptance of current environments and life stages
- Drawing on past experiences to help to cope
- Aiding social inclusion
- Providing a climate of warmth and respect to feel valued
- Stimulating memory

Wiltshire Libraries & Local Studies Service

Wiltshire Libraries are working with the Local Studies Service based at the Wiltshire & Swindon History Centre to provide sessions, training, support and access to reminiscence materials for care homes and sheltered accommodation across Wiltshire.

Our Offer

- ❖ Six free one hour sessions delivered by staff on a themed topic
- ❖ Working with a participatory group of 6-8
- ❖ Feedback on the progress of participants