

“Home”

Reminiscence and Creativity Pack

This pack contains materials and ideas for Reminiscence and Creative activities linked to our earliest memories of home.

The pack has been designed for people living with dementia in mind with opportunities to collect valuable memories to share with family and friends but the pack is also suitable for anyone to use.

We hope that you enjoy it!

If you are posting any photos on social media please tag us #CareCreatively

Using the Pack

The activities in the pack can be used over several sessions, days or weeks, you can go back to it.

You can work with one person at a time or as a group activity.

You can do the activities in any order you like and you are free to adapt them to suit your setting and your residents.

You can add your own ideas and follow your residents' memories and creative ideas using the pack as a starting point.

Contents

Household Soap

Clothes Pegs

Pipe Cleaners

Ration book

Green shield Stamps

Activity Ideas

1. Reminiscence

2. Make a Peg Doll

3. Make and decorate a lavender bag

4. Shopping lists

Craft Materials

Fabric bundle

Coloured embroidery threads

Ribbons

Dyed wool (for hair)

Clothes Pegs

Pipe cleaners

Fabric crayons

Muslin bags

Lavender

Reminiscence Session

Objects: Household Soap, Old Fashioned Dolly Pegs, Pipe Cleaners, Ration book green shield Stamps, Lavender.

These objects may bring back memories relating to childhood and being at home with parents or grandparents, washing, bath-time, allotments, gardens meal times and shopping.

So much has changed regarding how we wash our clothes and a tin bath by the fire shared with siblings once a week is now a distant memory - Its really interesting to hear how different things were in the 40's, 50's and 60's compared to 2021!

House of Memories is a free App that you can download, designed by Museums Liverpool and has further collections of objects and sounds to look through and create personalised object collections

Preparing for a reminiscence session

Handle the objects one at a time – allowing time to feel and smell each one.

Memories are sometimes linked to a tune - if you have access to an I pad or tablet you could quickly look up the song on You Tube or what ever you have access to play it on.

It doesn't matter if the memories are not about the objects they are simply the trigger.

Making a Peg Doll

Choose from the fabrics available. Where might the doll be going, a dance or a disco?

Invent an imaginary world or a trip down memory lane! What kind of music would the doll listen to? Who would the doll meet?



Instructions

You will find an old fashion clothes pegs and pipe cleaners, fabric squares and wool or embroidery thread

You will also need a pen or pencil and a pair of scissors

Start by giving your peg a smiling face - it helps to give it a personality!

Wrap the pipe cleaner around the neck to make arms.

Now that your peg looks more like a *person you can decide how to dress it!*

Glue and wrap wool around the legs for trousers. You can use glue or stitch to secure clothes.

Be as adventurous as you like adding hair or a hat and decoration or keep it simple. We would love to see photos of your peg people! Link to "how to make a peg doll film" <https://vimeo.com/429228514>



Lavender bags

We have provided Lavender, small cloth bags, fabric crayons

Residents might have made their own lavender bags with lavender collected from their gardens to hang from the end of the bed, put in drawers or under the pillow to help you sleep.



First decorate the bags using fabric crayons - try making a rubbing by putting a leaf or a piece of paper doily inside the bag then rubbing with a crayon on the outside.

Then use a teaspoon to transfer the lavender into the bag, remember to tie it up securely, decorate with ribbons.

Shopping lists

If the ration books and green shield stamps have started some good conversations about food and shopping, use the shopping list templates provided to write a shopping list with your residents. You could plan some meals together, find out about rationing, play “I went shopping” game or even turn the list into a poem!

