

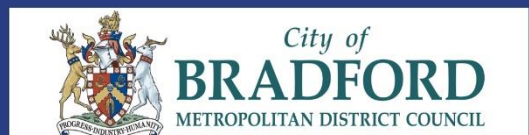


Bradford Local Studies Library

# Memory Boxes

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## **Memory Boxes**

### **Do you remember when?**

We all like an occasional trip down Memory Lane and reminiscence can be great fun for everyone involved, as well as being an important activity that affirms our sense of identity.

With this in mind the memory packs originally compiled for the Bradford Local Studies Library by the Bradford Memory Bank have been refreshed and updated. New items are being added regularly. The packs contain a selection of multi-sensory objects, pictures and memorabilia plus a beautifully illustrated book which reflects the topic. Most of the items are authentic, some are modern reproductions, but all of them can be handled.

Memories, first hand recollections and experiences of people are extremely important and valuable to us all. These Memory Boxes can stimulate arts, history and memory groups. They can be used in a variety of settings including social and community groups, day centres and residential homes. Thoughtful and engaging use of reminiscence when used well can be especially effective for people with dementia.

### **How to use the boxes**

There are many ways in which the pack can be used especially in groups.

Depending on the aims of the individual or group the pack can be used just once or for stimulating conversations and ideas over many weeks.

The boxes may be used to stimulate oral history or stimulating conversation as well as for reminiscence therapy.

It is important to realise the needs and abilities of the people involved as well as the context and the effects that it has on the individual or the group. People will react to the pack differently. For some it may revitalise happy and enjoyable memories whilst for others it may remind them of times that were painful and sad. Both responses are valid and both need different reactions and sensitivity from the co-ordinator.

**The series of packs include themes including:**

- 1950's
- What We Wore (1960's – 1970's)
- Family Life
- Family Life (women)
- Family Life (men)
- The kitchen and cooking
- Crafts
- South Asia – heritage
- South Asia – dress
- Working Landscapes

## 'Pictures to Share' books

Our boxes include a book in the series of 'Pictures to Share' books designed for people with dementia. These books can help and encourage communication and discussion when shared with carers, provide a calming activity for the person to do alone, and promote a feeling of worth and well-being.

Pictures to Share books are based on a variety of general themes. They include a wide selection of powerful, colourful and attractive images and texts.



### Borrowing the boxes

The packs may be borrowed free of charge for a period of up to 3 weeks initially from:

Bradford Local Studies Library,  
Margaret McMillan Tower,  
Princes Way,  
Bradford,  
BD1 1NN Tel: 01274 433688

[Local.studies@bradford.gov.uk](mailto:Local.studies@bradford.gov.uk)

It may be possible for the boxes to be collected from some of our branch libraries across the district. Please ask for further details.

***Bradford Libraries would like to thank the 'The Memory Bank' forum for creating the original concept and sourcing artefacts which form the basis of these collections.***