



**TIVERTON
MUSEUM**
of Mid Devon Life



REMINISCENCE SERVICE

Accessing the museum's collection for older people

WHAT WE OFFER

Tiverton Museum of Mid Devon Life runs an outreach reminiscence service, taking the museum's handling collection into residential homes and to memory cafés around Mid Devon.

- Discount for multiple bookings
- Sessions led by trained volunteers
- Uses museum handling collection

WHAT IS REMINISCENCE THERAPY?

Reminiscence therapy uses the senses (touch, sight, smell, sound) to help users remember events, places and people from their past. We use objects from the past to provoke reminiscence responses from service users.

Reminiscence Therapy has been shown to aid cognitive function, encourage memory recall and improve the health and wellbeing of older people and those suffering with dementia.

WHO IS THE SERVICE FOR?

Sessions work best with a group of 5-12 people. Reminiscing is great fun for everyone involved and can help care home staff to get to know residents, and residents to get to

know the people they live with better. We recommend the service for people with mild to moderate or no dementia.

Larger groups can be catered for with a 'Down Memory Lane' presentation.

WHAT YOU CAN DO TO HELP THE SUCCESS OF A SESSION

Providing the right atmosphere is key to the level of success of a session. An hour or more in a quiet space with no interruptions can bring amazing stories to the fore. Sitting in a semi-circle so that residents can see each other, and making sure that those present are interested in taking part can all contribute to making the experience pleasant.

We ask that members of the group do not have other commitments during the session time (eg. hairdresser appointment)

Family visitors are welcome to join in, but we ask that they attend the whole session to avoid interruptions.

Many of our collections include music.

Please let us know if a CD player is available. A member of staff should be present at all times.



OUR COLLECTIONS

We bring a collection of objects to your venue based around a theme such as 'Childhood'. By talking about and passing around these objects we encourage service users to talk about their memories of their lives.

Each visit we will bring a different collection to you. You can request certain collections or we can bring them in rotation. Sometimes you might feel that you want us to return with a collection as we rarely get through all the objects! Sessions take between 1 – 1.5 hours.

We can offer the following themes:

- 1 Childhood
- 2 Around the Kitchen Table
- 3 Home Sweet Home
- 4 The Working Week
- 5 School Days
- 6 Saturday Night Out
- 7 Celebrations and Jubilations
- 8 The War Effort
- 9 We're All Going on a Summer Holiday
- 10 Farming
- 11 Hobbies and Past Times

OUR CHARGES

The cost of sessions is £48 for venues within a 10-mile radius of the museum. For venues more than 10 miles away, there is an additional charge of 45p per mile.

Cancellation: we reserve the right to charge the full amount if the booking is cancelled by you within 48 hours of the session.

DISCOUNT FOR MULTIPLE BOOKINGS

If you book 6 sessions together, the sixth session will be FREE (travel expenses may apply – see above). All sessions must be booked at the same time and be within a twelve-month period.



HOW TO BOOK

Call or email the Learning & Participation Officer to discuss the needs of your group at education@tivertonmuseum.org.uk or call **01884 256295**



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