



Rekindling memories of times gone by

www.surreyheath.gov.uk/heritage

What is Reminiscence?

Reminiscence is the act or process of recollecting past experiences or events.

How can Reminiscing help older people and those with dementia?

For the elderly, reminiscing is a way to affirm who they are, what they've accomplished in their lives, and a chance to relive happy times.

Talking about the past can encourage conversation and boost self-esteem.

Groups can choose from these themed sessions

- The War Years
- 1950s
- 1960s
- Looking good
- Childhood
- Shopping
- Christmas
- Chemist
- Holidays
- Everyday life
- School life
- Photography



Reminiscence sessions with Surrey Heath Heritage Services

Reminiscence is an effective tool in recalling people's memories. We bring to you objects from the past, flash cards, music and other items which can stimulate the senses and encourage discussion. This form of therapeutic intervention respects the life and experiences of the individual with the aim to help the participant maintain good mental health.



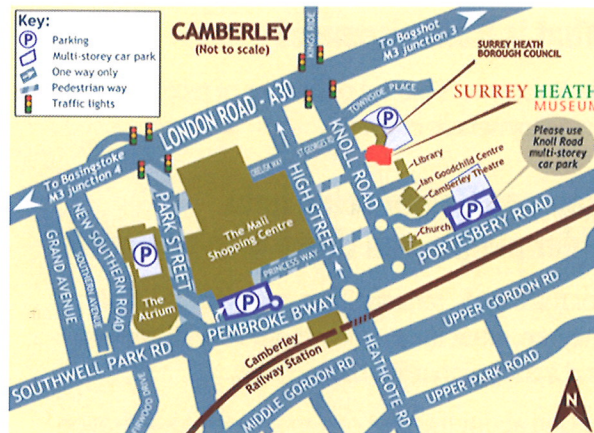


Our aims

- Increase ability to communicate. Often, when you encourage someone to re-tell a story, you watch them come alive with memory and emotion.
- Provide relief from boredom and a distraction from day-to-day problems. Alleviate symptoms of depression and helps to cope with aging.
- Re-establish life meaning for a person through connection to the past and reassert that person's feeling of importance.
- Increase self-worth and sense of belonging in the world.
- Preserve stories and memories for future generations.

We are happy to visit you at your Day Centre or Care Home.

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Surrey Heath Museum Reminiscence Services

Reminiscence sessions can be booked by contacting Heritage Services

Email heritage@surreyheath.gov.uk

Tel 01276 707284

Address Surrey Heath Heritage Services, Knoll Road, Camberley, Surrey GU15 3HD

Sessions are for an hour and cost £30. We feel that a maximum of 10 people per session works well.



Surrey Heath Heritage Services
Knoll Road
Camberley
Surrey GU15 3HD
Tel (01276) 707284
Email heritage@surreyheath.gov.uk

Free admission
Open Wednesday to Saturday 11am–5pm
Surrey Heath Borough Council



Reminiscence Sessions



For organisations working with older people in Surrey Heath

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