

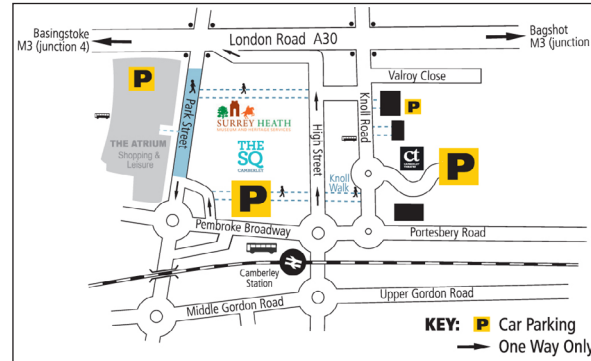


## Our aims

- 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 ageing.
- 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.

[www.e-voice.org.uk/surreyheathmuseum](http://www.e-voice.org.uk/surreyheathmuseum)



## Surrey Heath Museum Reminiscence Services

Reminiscence sessions can be booked by contacting Heritage Services

**Email** [museum@surreyheath.gov.uk](mailto:museum@surreyheath.gov.uk)

**Tel** 01276 23771

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

**COVID-19** There is at least a two-week period between discovery box bookings. All loan boxes contain antibacterial wipes, antibacterial hand gel and handling gloves.

Surrey Heath Heritage Services  
33 Obelisk Way  
The Square  
Camberley  
Surrey GU15 3SG  
Tel 01276 23771  
Email [museum@surreyheath.gov.uk](mailto:museum@surreyheath.gov.uk)

Free admission  
Open Wednesday – Friday 11am–3pm  
Saturday by appointment only  
(please contact museum for details)  
Closed bank holidays  
As restrictions lift, further opening days/times for the Museum may be possible, please check the website for up-to-date details

Surrey Heath Borough Council  
[www.surreyheath.gov.uk](http://www.surreyheath.gov.uk)



# Reminiscence Sessions



For organisations working  
with older people  
in Surrey Heath

[www.e-voice.org.uk/surreyheathmuseum](http://www.e-voice.org.uk/surreyheathmuseum)







**Rekindling memories of times gone by**

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## 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 boxes

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



## Reminiscence sessions with Surrey Heath Heritage Services

Due to the current Covid-19 pandemic, we are unable to offer Reminiscence sessions at the current time, however the museum has created FREE downloadable activity packs from our website. <https://e-voice.org.uk/surreyheathmuseum>. These packs and the hiring of loans boxes can be used to create your own sessions with real artefacts.

All loan boxes have a two-week loan period, a 'rest' period of two weeks, antibacterial wipes and disposable handling gloves at a cost of only £20 plus VAT. (The 'rest' period ensures that the box is not used for two weeks after it is returned to stop the spread of Covid-19). We are happy to drop off and collect the boxes from your facility.

