



Memories of London Programme, Museum of London

These sessions all take place @ Museum of London DOCKLANDS (unless otherwise stated).

Session Title: Remembering Yesterday, Caring Today (RYCT)

Dates: Tuesdays from 30th August 2022, for 10 weeks.

Time: 2pm- 4pm

Location: Museum of London Docklands

- Remembering Yesterday Caring Today (RYCT), is a creative approach to engaging people in conversation and activities to build trust and draw out responses - Reminiscence Therapy (RT) involves the discussion of past activities, events and experiences with another person or group of people, usually with the aid of tangible prompts such as photographs, household and other familiar items from the past, music and archive sound recordings.
- RYCT is a series of two-hour reminiscence sessions offered to people living with dementia, together with a close relative – such as a husband, wife, partner, son, daughter, sister – once a week, for 10 weeks.
- The project has been successfully run all over the world and has produced measurable therapeutic benefits for both carer and cared for, including: Music, drama, drawing, singing, dancing and good conversation are used to create a light-hearted atmosphere for sharing memories and bringing families closer together. Experience shows that sharing past memories about relationships, life events and activities helps support these relationships in the present.
- Each session will be supported by trained volunteers who all have an understanding of dementia, group work and the art of reminiscence.

For further information or to register your interest, [email memories@museumoflondon.org.uk](mailto:email_memories@museumoflondon.org.uk)

Session Title: Singing for the Brain

Location: Museum of London Docklands

Dates: Second Wednesday of the month

Time: 2pm – 4pm

- Wednesday 08 August, Wednesday 9th September, Wednesday 12th October, Wednesday 9th November, Wednesday 14th November
- Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. Even when many memories are hard to retrieve, music is especially easy to recall.

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memories@museumoflondon.org.uk

Session Title: Dementia in Dub

Location: Museum of London Docklands

Dates: Wednesday 5th October for 6 weeks

Time: 2pm – 4pm

Dementia in Dub brings a Box of Smiles The Museum of London

- A programme for people with early-stage dementia/mild cognitive impairment and their companions.
- The aim of the 'Dementia in Dub Box of Smiles' programme is to encourage participants to express themselves through creative words of expression: poetry, lyric writing, and music influence – on the theme of the transformative power of a smile.
- This programme has been developed by Ronald Amanze, a music producer for many years who is living with dementia. Ronald has seen the benefits of engaging with music and song writing for himself and created the Box of Smiles initially as an on-line project during the Covid lockdown. Working with colleagues from Dementia in Dub, this has become a live workshop encouraging direct participation in creativity for those living with dementia and their carers.
- The 'Box of Smiles' programme is a down-to-earth approach to social prescribing where people come together to socialise and talk about what is good for their wellbeing.
- Participants attending the programme will be encouraged to write a few lines on the subject the subject of a smile and what does a smile mean to them. The participants will be encouraged to recite their work and have it recorded using with the background music as a backing track.
- The arts and creative expression for those who are facing memory loss, dementia, and minor mental ill health conditions, can be a route to the identifying the experience of joy in their lives every day through connecting, engaging, and interacting with others in a safe and positive environment to express themselves creatively.
- With the 'Box of Smiles' one's quality of life and mood can be brightened up and enhanced by triggering positive thoughts and memories, stimulating mind, body, and spirit.

Session Title: Cognitive Stimulation Therapy

Dates & Times: To Be Confirmed

Location: Museum of London Docklands

- These sessions are intended for people living with mild to moderate dementia. They are designed to be relaxed, fun, and to create opportunities for people to learn, express their views and work with others in a sociable setting.
- Group members take part in meaningful and stimulating activities proven to help maintain memory and mental functioning. The groups provide a fun, supportive environment where people can build new friendships.
- Activities include, discussions, word games, quizzes, creative, musical, and gentle physical activities such as dancing and indoor gardening.
- The group is asked to choose a name and a group song for themselves. A flip chart is used in each session, which acts as a 'reality orientation board'. The chart has information on the group and details including date, time, place, weather. To make sure that there is continuity between the sessions, the board and the information is used at the beginning of EVERY session.
- Activities are used to stimulate thinking and memory, and to connect with others such as by discussing current news stories, listening to music and/ or singing, playing word games doing a practical activity such as baking, which involves measuring ingredients and following a recipe. Each set of needs (carer and cared for) are catered for distinctly .

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Session Title: Creative Carers

Location: Museum of London Docklands

Dates & Times: To Be Confirmed

- Simple, targeted Weekly art & craft, creative and musical sessions for carers ONLY, run by facilitators practicing different disciplines. While carers are often in

search of activities to engage their cared-for, they also value time spent on activities without them. These sessions would provide an opportunity for carers to meet with each other, socialise, exchange experiences and ideas, and relax, art and craft sessions run by an experienced visual artist. Sessions can be a two hour one-off project, or a project taking place over 3 or 4 sessions and producing a specific artistic outcome, such as simple-bookmaking, felting, modelling with air drying clay, print-making, etc.

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Session Name: Making New Memories - creative activities

Location: Museum of London Docklands

Dates & Times: To Be Confirmed

- Monthly Culturally specific creative workshops for Black, Asian and Minority Ethnic elders. Run either as outreach at your venue, or on-site at Museum of London Docklands. We would seek to provide a safe and supportive space for people living with dementia to make new memories and ignite past memories.

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