

Strike a Light Reminiscence



Reminiscence is known for its benefits to older people. It can help to increase participant's confidence and self-esteem and provide opportunities for social interaction.

A reminiscence group session is a structured participatory activity for older people that stimulates memories and facilitates the sharing of them with others.

Reminiscence sessions are with community based projects or in a care setting, however, activity ideas can be adapted for individual users in home visiting projects.

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To contact Strike a Light and to find out more about our exciting and varied activities for older people, please contact us at:

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'It was very good. I really enjoyed it. I learnt a lot I didn't know. A very happy event. Smashing!'

Strike a Light Reminiscence

Let us bring life and laughter to your group, through reminiscence, in a care home setting



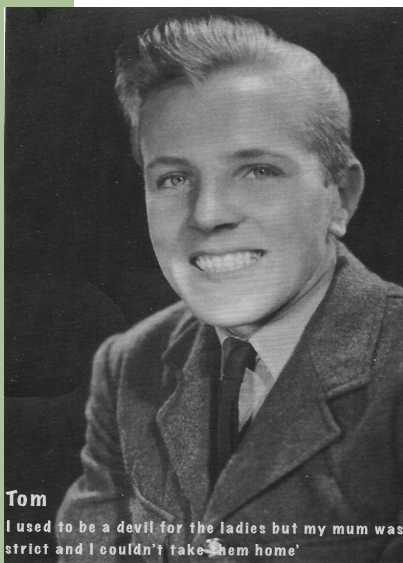
What we do:

Strike a Light Reminiscence offer a wide variety of drop in and themed reminiscence sessions at your venue, with ages from 50 and upwards.

Every week, or as required, we gather groups and individuals, to look at cherished memories and the good old days, on a variety of themes Including:

- *Courtship
- *Working Life
- *Childhood
- *Leisure
- *Schooldays
- *Then & Now

We bring in objects long forgotten, and memory boxes to spark your group or residents' interest, as well as songs, quizzes, music, photos and books, all of which help to bring memories alive!



Activities offered to your group:

Below are examples of our extensive reminiscence activities. These can be adapted to size of group, ability, theme/ topic of session and memorabilia available. **Please contact Nicola or Steve at Strike a Light for more information or tailor made projects:**

- One off or longer term programmes of reminiscence activities
- Oral history recordings
- Art, music, textiles, family history, talks & word games
- Intergenerational activities
- Themed events
- Life histories & creative arts



Through our reminiscence sessions, we aim to:

- Celebrate your local histories through participatory activities, offering entertainment and learning!
- Value older people and show appreciation of the contribution they have made to society.
- Build confidence & self esteem
- Reduce social isolation
- Promote positive ageing

