

Make a Memory Box

Dementia affects many people. A gift of a Memory Box may be a wonderful gift for someone living with dementia.

Making a Memory Box for someone local who is living with dementia is a great way to reach out to your family or into the local community to show you care. If you are able to meet the person, then the Memory Box may make rewarding connections for you both.

What is a Memory Box?

A Memory Box can help you to enjoy sharing happy memories, particularly when more recent memories have been lost or words have become unreliable. A Memory Box contains a range of things to pick up and hold, helping to make life-affirming connections. It can give a wonderful focus.

Who will the Memory Box be for?

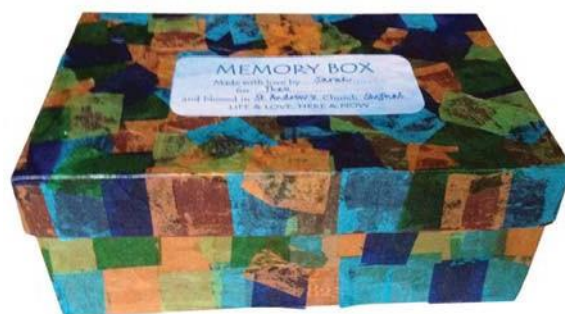
- An individual you know, perhaps a grandparent or parent, or a neighbour; or
- Someone in the local care home.

Your choice! If you are making a Memory Box for someone you know, consider making it with them. Personalise it together, drawing out connections from their life. If it is for a person in a care home, you may want to ask the staff about that person in order to make the box more personal to them.

Why is a Memory Box so valuable?

- It encourages positive memories and helps to make life-giving connections.
 - It makes visiting someone with dementia more rewarding for you both.
 - It stimulates touch and other senses.
 - It encourages conversation and creativity, both in making and using the box.
- Enjoy it!
- It affirms life and love, here and now.

Choosing and labelling the box



Use a sturdy shoe box or other lap-sized box. A Memory Box is something to share and use, so choose a box which will cope with plenty of handling and make sure that the lid opens easily. You can decorate or personalise the box in any way you like. And cut out the label from this leaflet for the lid.

Creating a themed Memory Box

How about a theme for the Memory Box?

Examples could include:

- Childhood games
- Work
- Holidays/Seaside
- Schooldays
- Garden/Gardening
- Farming
- Transport
- Sport
- Animals

What would you enjoy in yours?

It may help to start by thinking about what your own Memory Box would contain. What are the objects which link in to the key elements of your own life?

What shall I include in the box?

Anything that helps reminiscing and positive connections. Think about touch and texture too. Things which can easily be wiped are helpful, to keep them clean and avoid infection. Consider including 6-10 items.

Things which stir happy memories

Have a look at what you've got at home, from bygone days. Here are a few ideas - then over to you to be creative. Have fun!



- Old photos or postcards, pictures, or greetings cards, perhaps in a scrapbook
- Kitchen or garden equipment e.g., a trowel
- A book - perhaps an old Ladybird book or a picture book or a poetry book
- Sunglasses or a hat, a necklace, or a tie
- A holiday memento or key ring
- A stone or shell or dried flowers
- A rubber or ruler
- A tape measure or buttons
- A toy or a ball

What shall I avoid?

Use common sense here and avoid:

- Anything too big for the box
- Anything too small and swallowable
- Sharp objects
- Anything fragile or perishable

When shall I make the box?

You can make a Memory Box at any time, but you may want to like it with a special event or festival e.g. Christmas or Easter.

Easter life & love, here & now

Easter Day is all about transformation and hope. In Spring, life breaks through in new places. So, it's a wonderful day to bless these life-giving resources. The Memory Boxes will be shared as signs both of our love and of God's love which will not fail. You may even want to include a prayer or a Bible verse or passage, with a picture in the box. Easter hope: life & love, here & now!

For more information

To know more about dementia-friendly churches and schools in your area, contact **Sarah Thorpe, Dementia Friendly Church Enabler** in the Diocese of Lichfield. sarah.thorpe@lichfield.anglican.org 0798 224 8949

or **Alex Wolvers, Mission Enabler for Schools** in the Diocese of Lichfield alex.wolvers@lichfield.anglican.org 0794 807 7004

MEMORY BOX

A gift for

Made by the pupils of

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LIFE & LOVE, HERE & NOW.