

# Reminiscence Network Northern Ireland

## Sharing Memories Building Communities



We are seeking volunteers to help with creative reminiscence sessions with older people. Using storytelling, art, drama, craft and music we are running weekly, two-hour sessions to explore past experiences.

### Location:

The sessions which are run in partnership with the Northern Health and Social Care Trust are running in six day centres in Larne, Cookstown, Ballymena, Antrim, Magherafelt and Newtownabbey.

### Volunteering with the Reminiscence Network

Northern Ireland is a great way to:

- boost your CV
- learn new skills
- meet new people
- make a difference to an individual's quality of life

For more information please contact:

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Sharing Memories



Building Communities



Northern Health and Social Care Trust