



Reminiscence Network Northern Ireland

e-bulletin: October 2013

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Welcome to RNNI's monthly e-bulletin. Keeping you up-to-date with what's going on at RNNI and in the world of reminiscence.

ANNUAL GENERAL MEETING AND ANNUAL CONFERENCE 2013

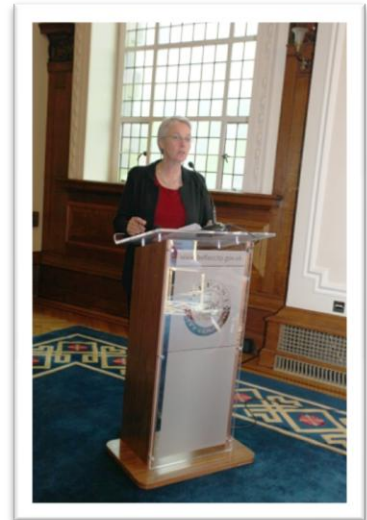
RNNI held its AGM and Annual Conference on 26th September 2013 at the City Hall, Belfast. It was a very sociable occasion, with a good turnout to celebrate the work of RNNI over the past year. RNNI Chair, Audrey Lockhart hosted the day and opened the proceedings by thanking the staff and the Board for their hard work, effort and expertise over what has been an eventful year. Audrey paid particular tribute to Director Alexey Janes and Training Officer Margaret

Gordon both of whom left RNNI during the year.

Audrey presented the 2012/2013 Annual Report and gained the approval of the members to move RNNI to a Company Limited by Guarantee with Charitable status.



We were delighted to have Claire Keatinge Commissioner for Older People for Northern Ireland, opening the Annual Conference and speak so encouragingly about the work of RNNI.



Presentations of their project work by Katrina Lavery, Norma Beggs and Geraldine Gallagher were very warmly received and we are especially grateful to volunteer Loretta Carty for her very moving contribution.

A Vintage Fashion Show followed with hilarious commentary from Marian and Bridget and the Conference was then brought to a rousing conclusion by the Rubbish Orchestra who entertained us with a variety of simple and home –made instruments.



NEW WEBSITE

RNNI launched its new website at the AGM event on 26th September. The new site with better and improved design will simplify your browsing of RNNI's website. You can follow our projects, training and progress, and find out about the benefits of reminiscence work and life story work. Take a few minutes and go through our web! www.rnni.org

THE EUROPEAN REMINISCENCE NETWORK PARTNERS MEETING

2nd – 6th October Poznan, Poland

A delegation of seven people consisting of RNNI staff members Deirdre Doherty and Katrina Lavery, Board Member Fiona Mc Gettigan and Northern Health and Social Care Trainees Dorothy Luney and Irene McCann, Angelina Cooper ALLY Foyle Older



People's Network and Mark McCollum Bluedrum Community Arts attended the Remembering Yesterday Caring Today partners meeting in Poznan, Poland from 2nd Oct to 6th October. Deirdre and Katrina gave presentations at the Interdisciplinary International Conference on the Theory and Practice of Care for the Elderly.

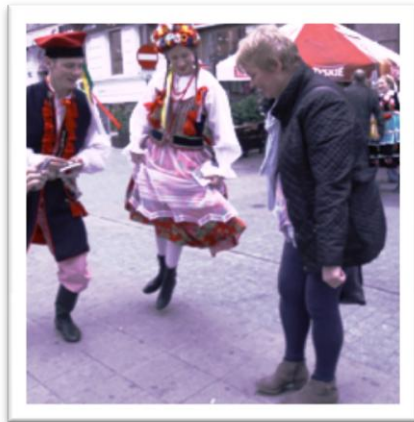
The European Reminiscence Network meeting was focused on the Remembering Yesterday Caring Today training and apprenticeship programme being run in all the member countries. Planning was also undertaken for the Remembering Yesterday Caring Today International Conference which will take place in Greenwich on 26th & 27th June 2014. Details of this conference will be available soon so please watch out for more information.

Some photos:



Deirdre Doherty speaking at the International Conference in Poznan, Poland.

Evening at Średzki Lake - with older people's groups and European Reminiscence Network.



Fiona learning some traditional Polish Social dance moves.

ANNIE'S STORY BOOK
Sharing Memories, Building
Communities



Annie is from Ballymena and she was helped by her daughter Loretta to create a history of their family going back for four generations.



Her book details her grandfather Murtagh who worked in the Linen Mill in Ballymena.

She details the lives of her four aunts one of whom, just one year after the Titanic disaster, emigrated to America on board the HMS California, one of the ships that had gone to the aid of the Titanic.

Annie details her love of singing, and her love of amateur dramatics especially the music of the Mikado. Her book has been digitized to reflect this great love of music and you can hear Annie talking about her photographs and singing her favourite songs. Her book also features her latest adventure as an artist for as part of the Sharing Memories Building Communities project Annie's self-portrait was featured in an exhibition at the Braid in Ballymena. The book is a precious record of her family life, her passions and her voice. Annie said she was delighted to have something so unique to pass onto her grandchildren.



Geraldine Gallagher

Community Reminiscence Worker

CREATIVE REMINISCENCE GROUP – ANTRIM DAY CENTRE

The second Creative Reminiscence Group was a ladies only group and over the 16 weeks they worked really hard and designed and completed their family trees as well as developing lovely collages demonstrating the things their hands have done over the years.



When looking at their family trees one lady said “*now if anybody could have told me I could do that I would never have believed them.*” The activities were designed especially to meet the needs of the participants and all that was needed was a willingness to give them a go.

Our discussions took many forms and we talked about growing up, the games we played, our social life and trips to the cinema and dance halls, holidays and day trips, shops and delivery men, love and marriage and the jobs we had. The Digital Film Archive was used along with items from yesteryear to trigger memories and participants photos and items they brought in. During these sessions we had shared our wedding albums and even discovered that one lady had saved an envelope of confetti, taken from her hair on her wedding day almost 50 years ago.

As each lady brought in photos to share they were scanned and made into a lovely DVD, which included photos taken each week, as a record of their time together and the memories shared.

At the end of the programme a Family Day was held to bring in family and friends to view all the products the participants had made and celebrate their hard work. This was a wonderful day for the ladies as they were the stars of the show.

Katrina Lavery

Senior Community Reminiscence Worker

CELEBRATION OF CREATIVE REMINISCENCE

Participants, family and friends attended a celebration of Creative Reminiscence at Wilson House in Broughshane on 10th October accompanied by an exhibition of their work, a range of flowers painted on silk.

RNNI Community Reminiscence worker, Geraldine Gallagher, gave a presentation of the work that the participants had engaged in over the sixteen-week multi-sensory programme.

This included reminiscing about weddings when the participants brought their wedding dresses and photographs to the class and tasting sweets from yesteryear and visiting Aunt Sandra's sweet factory in Belfast were some of the elements of the workshop.

At the end of the event the participants were presented with framed photographs of their time spent at the workshops.

The families of the participants were impressed to see the paintings and the range of work that their family members had produced. Some of the comments ranged from 'this is beyond magnificent', from a daughter of one participant stated that she had taken her mother to the memory clinic before she took part in the classes and took her back recently and was told that her mother's memory score had risen from 22 to 28. The daughter congratulated the staff on their work as she was convinced that the classes contributed to her mother's well-being. Another son noted that his mother was agitated the night before the class but on the night after the class she always slept well.

RNNI volunteer Loretta Carty was presented with an artwork 'The Four Seasons' by Geraldine Gallagher for all her tireless work with the participants. The Four Seasons will be the theme for the next exhibition at Wilson House at Christmas.

'The Sharing Memories, Building Communities' is a four year project by the Reminiscence Network Northern Ireland (RNNI) in partnership with the Northern Health and Social Care Trust funded by the Big Lottery, 'Reaching Out Connecting Older People' programme. The project aims to benefit older people with disabilities living in the Northern Trust area by providing them with the opportunity to take part in Creative Reminiscence Sessions in day centres in Larne, Ballymena, Newtownabbey, Antrim, Cookstown and Magherafelt.

INTRODUCTION TO REMINISCENCE AND LIFE STORY WORK



West Bann Community Centre, Coleraine

Participants from the Northern Health and Social Care Trust pictured at day one of the OCN training at the West Bann Community Centre, Coleraine.

Also pictured [front right] is Yvonne Carson Senior Health Promotion Officer (Older People), Health Improvement Service, Northern Health and Social Care Trust.



Crescent Arts Centre, Belfast

Participants from various organisations and individuals attended OCN training day 1 at the Crescent Arts Centre in Belfast on 9th October. The training for this groups will be completed on 20th November.

Well that's all for now, remember you can always send us your news and views for the next issue.

For further information visit our website: www.rnni.org

Don't forget to follow us on:



Best regards,

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