



## **Reminiscence Network Northern Ireland**

### **e-bulletin: March 2014**

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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.*

## **Training Courses**

### **INTRODUCTION TO REMINISCENCE AND LIFE STORY WORK Training Course**

Dates and venue to be confirmed in Belfast.

### **POST QUALIFYING SPECIALIST AWARD MODULE - Reminiscence, Life Story Work and Life Review: Narrative methods, theory and application across the life cycle**

2014 recruitment is now open! One of the major principles in Transforming Your Care is promoting independence and personalisation of care. Ensuring person-centred care is also a major drive within the NI Regional Dementia Strategy. The approaches taught in this module are fundamental to person-centred and personalised care and will be beneficial in a diverse range of practice settings, including community, residential, domiciliary and day care services for adults; probation and after-care service; hospices and hospitals; and children's services.

Applicants for this course should complete and return the attached application form before 14 April 2014. Follow this link for further information <http://rnni.org/pages/training%20courses>

## News Update

### RNNI ON FILM

The staff and the Board of the Reminiscence Network were delighted to learn, just before Christmas, that we had been accepted by the BBC for a Lifeline Appeal to be broadcast in April.

It was with a great flurry of excitement that scripts were written and rewritten under the watchful eye of film producer Iain Webster, who had been commissioned by the BBC to produce the film. The first challenge was to try to capture, in a three minute film, the great variety of activities and training undertaken by the Network. The next challenge was to make this as interesting and as visual as possible.

The initial filming took place in Maghera Day Centre on 17 January and featured several people who had participated in both group creative reminiscence sessions and individual life story work, as part of the Big Lottery funded project 'Sharing Memories, Building Communities' which RNNI is running in partnership with the Northern Health and Social Care Trust. Chairperson, Audrey Lockhart and one of our volunteers was also filmed that day talking about the Reminiscence Network Northern Ireland.

The second of day focused on our training programme and took place on 28 January during the Introduction to Reminiscence and Life Story Work course at the Crescent Arts Centre in Belfast. The final filming session was held in Ballyowen Day Centre, where Emma-Louise Johnston recorded her presentation of the appeal.

None of this would have been possible without the help and support of many people and we are very grateful to everyone who made such a huge effort on our behalf.



It has been several weeks since the filming took place and we are now waiting anxiously to see the edited version. The screening will take place on 20<sup>th</sup>, 21<sup>th</sup> and 23<sup>th</sup> April and we will let you know the exact times when the programming schedule becomes available. This is between seven and ten days before the programme is aired.

## **FAMILY DAY CELEBRATION - Inniscoole Day Centre on 28<sup>th</sup> January 2014**



*These are the scrapbooks, booklets, life story book and memory box completed and celebrated on the Family Day.*



*One of the participants speaking of his enjoyment of the programme and pride in his scrapbook.*

Another sixteen week Creative Reminiscence Group came to a close with a wonderful Family Day and celebration on 28 January 2014.

Over the weeks this group had reminisced about their school days, childhood, working life, social life, getting married and settling down and having families. We tried different activities such as drawing, writing, slide shows, dancing and using objects to stimulate and capture memories and each session was filled with laughter and fun.

Many wonderful memories were shared orally and then we decided to create scrapbooks so that each person would have their own personal record. While some of the men were a bit sceptical about their abilities, with a little encouragement everyone produced a wonderful scrapbook which included a lot of their family histories. Photographs were talked about, shared and many similarities found in retelling of their life experiences.

One family member told us “our dad really enjoyed his time here. He enjoyed the company of others and sharing stories and experiences of the past memories. He looked forward to coming every week. When he returned home he would tell us about what he had been doing each week.”



2 sample scrapbook pages

The family day was also to celebrate the completed life story book and memory box for Isabel. Isabel has been diagnosed with Alzheimer. “I really didn’t know I had all these memories still there but it’s been great to find them again. I thought I had forgotten all those things but since joining you I would sit at night and other memories would come and I would jot them down.”

Isabel was so proud of her life story book and memory box and couldn’t wait for her daughter to see them.





*Well, that's all for now. Remember you can always send us your news and views for the next issue. Contact [monicaferrolopez@rnni.org](mailto:monicaferrolopez@rnni.org).*

*For further information visit our website: [www.rnni.org](http://www.rnni.org)*

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