

What is a Memory Box?

Boxes contain a collection of objects from the 1930's to the 1970's. The boxes are often based on a theme. The objects appeal to all the senses.

The boxes provide opportunities to share stories and compare past experiences.



We have many boxes. Here are some examples:

- Home Front
- Christmas Past
- Looking Good
- Staying Healthy
- Royalty
- In the Kitchen
- School Days
- Travels and Holidays
- Tools and Gadgets



Refreshing Memories

Reminiscence Service

Contact

This service is run by [Action East Devon](#).

Action East Devon is the leading local charity working to create the services and support people need to live happier and healthier lives.

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Part of Action East Devon



HAPPY HEALTHY COMMUNITIES



What we do

Reminiscence connects a person with their past, present and future, who we are today and how we got here.

Here are some benefits:

- Encourages sociability and new relationships.
- Confirms a persons unique identity.
- Assists life review processes.
- Aids and informs care planning by increasing personal knowledge of group members.
- Gives pleasure and can be a lot of fun.

“E and M were talking about their exploits during the war, the ration books were a great hit. E had been a land girl and told us of meeting her husband through this. I left the group chatting happily”

Group leader



Reminiscence Groups

Sessions are available for older people in Honiton, Axminster and Seaton. Groups can meet anywhere there is a quiet comfortable space, with room for up to 10 people.

We currently run groups in Care Homes, Sheltered Accommodation, Community Halls and Memory Cafes. Sessions last about an hour and are suitable for anyone, including people with sensory impairment.

Community Sessions are offered on a donation basis and Residential settings pay a fee towards costs.

“Even though A is partially sighted she was able to join in. it gave her a sense of belonging and the sessions had a positive effect on her sociability”

Staff Nurse at Care Home

Who We Are

The Forget me not Service has grown from and compliments the Axe Valley Visiting scheme. We are a group of trained and supported volunteers who give time on a regular basis to running reminiscence groups using the Memory Boxes.

Volunteers are supported by the part time Co-ordinator who provides training, carries out Criminal Records Checks and takes bookings for new sessions.

We always need more volunteers.

The project is run by Action East Devon and has received funding from Axminster Hospital League of Friends and Dunhill Medical Trust.

