



Sheppards Row, Exmouth. EX8 1PW

TALKS OR REMINISCENCE SESSIONS

Accessing the museum's collection for people in the community

WHAT WE OFFER

Exmouth Museum provides reminiscence sessions and talks away from the museum, we can visit places like Clubs, Care Homes and Memory cafes in and around the Exmouth area.

- Sessions are usually run by two volunteers
- We bring items of hand manageable size
- Normally run for an hour to hour and a half

WHAT IS REMINISCENCE SESSION

Reminiscence session encourage and promote use of all the different senses (touch, sight, smell and sound) to help people to remember perhaps a childhood item, a place or sometimes a person from their past. By using items from the past to provoke a memory.

Reminiscing has been shown to aid in encouraging memory recall and improve the health and wellbeing of older people and those suffering with dementia.

WHO IS THE SERVICE FOR?

Sessions work best with a group of 5-12 people, Larger groups can be catered for.

Reminiscing is great fun for everyone involved and on many occasions it has helped staff of the care home to grow their relationship with their residents.

We can do the sessions for people with no dementia and mild to moderate dementia.

WHAT YOU CAN DO TO HELP A SESSION BE SUCCESSFUL

Provide the right place where people can sit comfortably like a lounge, with no interruptions and noise. The correct environment and a relaxing environment can bring amazing stories to the fore. Sitting in a semi-circle so that people can see each other is important and producing an environment/setting that helps encourages those present to in take part and contribute in a non threatening way making the experience pleasant and beneficial to all.

When in a Care Home we would ask that those staff/volunteers assisting and taking part in the group(for support) do not have other commitments meaning that they may have to leave the group part way through the session, this can lead to disruption and hamper the dynamics of the group. Also we ask that at less one member of staff is partaking at all times.

Family visitors are welcome to join in but we ask that they stay for the whole session so to avoid interruption.





OUR COLLECTIONS

We bring a collection of objects to your venue based around a theme of your choice, such as 'War Time', by talking and passing around items/objects, we encourage people within the session to talk and tell us their memories, talk of their lives at the time and even where they lived.

If you should book a return visit we will bring a different collection to you. You can request return visits at the time of booking the first visit if you wish, or contact us again after.

You can request certain collections, or you may request that we return with the same collection if we were unable to show all of the items due to lack of time to get through the whole collection in the one session, sessions take between 1 - 1.5 hours.

This is example of what we can offer,

- Pictures of old Exmouth - Talk
- The history of Exmouth - Talk
- The History of the Museum - Talk
- War Time Memory - Reminiscence box
- 1940's item Memory - Reminiscence box
- Victorian Memory - Reminiscence box
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OUR CHARGES & HOW TO BOOK

The cost of a session is £20 for venues in the Exmouth area, for venues more than a 10 mile radius of the museum will be £30 per session.

To Book: Call or email the Management Committee Chair Carole Evershed to discuss your requirements on Tel: 01395 260339 or Email: exmouthmuseum@gmail.com

Cancellations: we reserve the right to charge the full amount if the booking is cancelled by you within 48 hours of the session



Exmouth Museum & Heritage Centre
 Sheppards Row, Exmouth, EX8 1PW
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