



ArtCare

at Salisbury District Hospital

Guide to reminiscence workshops using
poetry, art, music and handling objects

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About ArtCare

ArtCare is the arts in health service for Salisbury NHS Foundation Trust. ArtCare brings colour and inspiration to the Trust by delivering a quality arts programme, which is accepted as a vital element to the healing process. ArtCare achieves this by:

- organising temporary exhibitions and acquiring permanent artworks for display around the hospital site
- organising visual, performing and participatory arts activities to inspire staff, patients and visitors to the hospital
- advising on interior design in the hospital

Arts in health is widely recognised as a valuable asset to the quality of care provided in hospitals. In all its activities ArtCare is looking to reinforce the link between the arts and healthcare and to raise awareness of the importance of a creative hospital environment to patient and staff well-being

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Background

These workshop factsheets have been written to provide creative ideas for those working with older people in hospital. Reminiscing encourages the recall of experiences and memories – this can be done through handling objects, art activities, music, poetry and general discussion.

This is not a therapy handbook but there will be a therapeutic element to these activities.

Not only is this a chance for patients to be creative it can have other benefits too, including:

- Improved ability to communicate
- Chance to talk and share stories
- More social interaction
- Ease boredom with a change of scenery (if taking place in day-room)
- Alleviate depression

If you are looking into reminiscence as therapy there are many resources online describing clinical evidence and available literature - some useful links are listed below.

Planning

Thematic ideas for activities have been suggested – don't attempt each one rigidly as activities will depend on group size and ability. Start off gently over a cup of tea!

When planning your workshop don't forget all the different senses, such as smell and sound, these can be as evocative as looking at handling objects – especially for those with visual impairment. Look out for the different symbols on the factsheets for extra pointers.

Include:



Looking at photographs, poems, paintings



Handling objects, such as toys and also activities making pictures, clay and artwork.



Listen to music, nursery rhymes, poems, stories and musical instruments



Smell using herbs, spices, scents etc



Tasting flavours of different foods

Getting started

- If possible work in comfortable surroundings away from the bedside
- Depending on the group arrange session to last between 30-60 minutes
(We worked in the morning before lunch when patients were less sleepy and didn't clash with other activities)
- When planning crafts think about the suitability of equipment – can patients physically manage scissors, pencils etc. Simple tasks have been suggested but you will have to adapt for different needs
- Topics have been suggested as a starter but don't worry if stories wander away from the theme!
- Sense of humour helps to break the ice and keep sessions fun
- Take your time
- Listen
- Don't be too concerned about checking off lots of activities – the pace should be set by the group. If you try to do too much patients can get confused
- When choosing handling objects make sure they are suitable and safe to handle
- Objects need to be cleaned or disposed of afterwards
- If using 'edible' prompts first check that there are no special dietary considerations

Online links:

<http://www.artcare.salisbury.nhs.uk/index.htm>

<http://www.age-exchange.org.uk/>

<http://alzheimers.about.com/cs/treatmentoptions/a/reminiscence.htm>

<http://www.bensoc.org.au/uploads/documents/reminiscing-handbook-jan2006.pdf>

<http://www.dorsethealthcare.nhs.uk/Portals/3/Leaflets/L141-09ReminiscenceTherapy.pdf>

<http://www.library.nhs.uk/LaterLife/ViewResource.aspx?resID=236843>

<http://www.reminiscencelearning.co.uk/>

Reminiscence workshop: Places, holidays, travel



Below are some ideas for workshops that focus on places, holidays and travel. Choose one or two activities depending on the size and capabilities of the group.

Materials:

- Paper
- Scissors
- Pencils
- Old magazines for cutting up
- Glue stick

Handling objects:

- Shells, pebbles, fossils
- Old postcards
- Foreign stamps or coins
- Pinecone, leaves
- Coconut or exotic fruit (can be tasted too!)
- Musical instrument (i.e. African percussion)

Other resources:

Music (try to find some tunes that use instruments from other countries, i.e. Indian sitar)

Discussion points:





Start off by asking about where everyone lives.

- Did you live here all your life?
- Where were you born?
- Is it quiet rural; busy town?
- Do you live near a river...?



Ask about holidays or travel?

Do you have a favourite place?

Practical activities:

    Pass around one of the handling objects and discuss.


- do the shells smell of the seaside?
- can you hear the sea?
- Taste the fruit – describe the flavour.
- Does it remind you of a place...?


  Pass round the musical instrument – hopefully some will try to play!

- what noises does it make?
- what place does this instrument come from...?

Cut out the printed words (below) or make up some of your own.

- get someone to draw out one word from each list at random and discuss the result i.e. mellow ruby wood
- Match three words together, one from each list, to make the beginning of a poem... can you write the next line?

 Create a postcard by sticking some cut out pictures on card. Perhaps write a message.

 Listen to a piece of music and discuss the sounds and places that it reminds you of.

garden	azure	glittering
meadow	sapphire	light
trees	cerise	frail
ocean	ruby	deep
river	yellow	soft
shingle	jade	smooth
beach	olive	gentle
shoreline	ivory	harsh
sand	black	mellow
wood	orange	tranquil
coppice	silver	serene
forest	russet	silky
heath	gold	dreary

Reminiscence workshop: weather, seasons, calendar



Below are some ideas for workshops that focus on weather, seasons and the calendar. Choose one or two activities depending on the size and capabilities of the group.

Materials:

- Paper
- Scissors
- Wax crayons
- Pencil
- Old magazines for cutting up
- Glue stick

Suggestions for handling objects:

- Snow photographs
- An old calendar
- Seasonal clothing
(i.e. gloves/sunglasses)
- Dried lavender
- Cinnamon biscuits

Other resources:

Music (i.e. Vivaldi's *Four Seasons*!),
Christmas carols for December workshops
etc....

Discussion points:

Start off by talking about the weather today/this week.

What different types of weather have you experienced?

- Have you been snowed in?
- How did you feel as a child during a lightening storm?
- What about the climate in other countries that you have visited?

What month is your birthday?

What else happens in that month?
(i.e. weather, festivities, plants)

Practical activities:

👂 Listen to a piece of music and discuss.
(i.e. Does it make you think of a season/time of year - what else happens during that time/season?)



Pass around one of the handling objects and discuss

- Smell the lavender – what does it make you think of?
- Do you associate it with a particular time of year?
- Taste the biscuits! – what spice are they made with?
- Does it remind you of a time of year?



Make a paper snowflake (see instructions over)



Place your paper snowflake under a sheet of paper and make a wax rubbing

Create a simple poem by picking a weather word (i.e. snow) then list any rhyming words, describing words and 'is like...' words (see worksheet template below)



Create a collage calendar for a month of the year. Use pictures cut out of old magazines.

Snowflakes instruction sheet

Materials and equipment:

- Scissors
- Paper – plain white or shiny wrapping paper, tracing paper, kitchen foil
- Cotton or fishing wire
- Sticky tape



1. Use a square sheet of paper and fold in half to make a triangle
2. Fold the triangle again & fold once more
3. Cut the arms of the snowflake along the fold towards the centre point. Remember that snow flakes are ice crystals so use angular shapes not curvy ones
4. Unfold carefully to see your snowflake. Try simple shapes first and once you are happy you can get more complicated

Use sticky tape to attach them to cotton or fishing wire and hang the string of snowflakes in a window or around the walls. You could make small ones and make a long garland for the Christmas tree.

Other ideas:

- make Christmas cards
- use them as a stencil
- use them to make wax crayon rubbing picture
- laminate them so that they are stiff and make a mobile
- add glitter for a frosty sparkle

More creative ideas and instructions are available on ArtCare's resources webpage <http://www.artcare.salisbury.nhs.uk/Resources.htm>

Starting word.....

Rhyming words:

Describing words: i.e. Colour, texture, shape ...

Is like:

Reminiscence workshop: Childhood, toys, school



Below are some ideas for workshops that focus on childhood, toys and school. Choose one or two activities depending on the size and capabilities of the group.

Materials:

- Paper
- Scissors
- Pencils
- Old magazines for cutting up
- Glue stick

Handling objects:

- Toys (i.e. Teddy, toy car, marbles)
- School tie
- Baby rattle
- Photographs games/ school
- Old glass milk bottle
- Liquorice sweets
- Ration book

Other resources:

Nursery rhymes

Discussion points:

Start off by asking about where people went to school.

- Was it a big school?
- What subjects did you study?
- What about playtime?

Ask about what everyone did when they were not at school.


- What chores did you have to do?
- Was this different for girls/boys?


Practical activities:




Pass around one of the handling objects and discuss. For example:


- Did you have a teddy/doll?
- What other toys did you have? Maybe compare this to grandchildren's toys today.
- Was it more about imagination games... what were they?
- Did you have a school uniform?
- Did you have milk at school?
- If appropriate all have a liquorice sweet for tasting - Discuss!

 Use a baby rattle or musical toy for those with poor vision.

 Listen to a nursery rhyme.

- Do you know any others?
- Do you remember playground songs?

 Use a nursery rhyme and create a collage picture.

 Looking at the ration book – did they experience rationing?

- What foods were scarce?
- Were there recipes that were used as alternatives to rationed item

Reminiscence workshop: Garden, flowers, plants



Below are some ideas for workshops that focus on garden, flowers and plants... Choose one or two activities depending on the size and capabilities of the group.

Materials:

- Paper
- Scissors
- Pencils
- Old magazines for cutting up
- Scrap paper
- Glue stick

Handling objects:

- Photographs/ garden magazines
- Garden flowers
- Seed packets
- Fresh herbs
- Fresh vegetables or fruit

Other resources:

Music

Discussion points:

Start off by asking whether anyone has a garden.

- How big?
- What sort of thing grows there?
- Do you have any fruit/ vegetables?


Ask if anyone has been to an ornamental/public garden.

- What was it like?
- Did it have water/fountains?
- What plants were flowering...?


Do you have a favourite flower in the garden?

- What does it look like?
- Does it have a scent?
- What time of year does it flower?

Practical activities:

 Pass around one of the handling objects and discuss. For example:

- Have you planted seeds?
- Do you/family grow tomatoes...?
- Do you/family have a greenhouse?
- Do the flowers smell?
- What do the herbs smell like?
- What do we use these herbs with?
- Does anyone have fruit trees – what are they?
- If appropriate all have fresh vegetables or fruit for tasting - Discuss!
- Have you ever picked blackberries?

 Create a garden collage picture out of old magazines or coloured paper – perhaps you could take the nursery rhyme 'Mary, Mary, quite contrary' as inspiration!



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