

#amillionhands

BUILD A MEMORY BOX

Make contact with a person with dementia and help to trigger their memories

SUITABLE FOR ALL

1 To link up with local people living with dementia, make contact with care homes and dementia care services. Use the letter printed on the last page of A Million Hands Dementia Resource Pack, which can be downloaded from amillionhands.org.uk.

2 Once contact has been established with a person living with dementia, start a discussion with them or with their carers to find out a theme from their past that interests them. Possible themes could be transport, gardening, the seaside, the local area, a sport, a hobby, music from a specific era etc.

You may wish to come up with a short questionnaire, which you can then use

to collate their answers.

3 Ask your section what kind of items they should collect for a memory box on this theme; this can be anything from small items and photos to a garment or a fragrance, for example.

4 With your section, decide what form your research will take. Depending on the theme, you could take a trip to the local museum or a particular local landmark or place. Once there, ensure that each person has a way of collecting memories. For example, taking photographs of images from that era, drawing pictures, recording sounds or music, or collecting physical objects from nature.

5 Source the memory box – a strong shoebox is ideal – and ask the Group to decorate it.

6 Once all the materials have been created and the items have been assembled, pool them and decide with your section which items should go into the memory box.

7 If appropriate, visit the care home with the Group to deliver the memory box.



TIME NEEDED

This is a staged activity

THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Our World Challenge Award



Scout Artist Activity Badge



Community Impact Staged Activity Badge

OUTCOMES

Beavers, Cubs and Scouts will discover that there is much more to the person than dementia. By making contact and interacting with those with dementia they make a direct impact – helping to reduce feelings of isolation and social exclusion that some people living with dementia can experience.

FURTHER ACTIVITIES

You and your Group may wish to join in with reminiscence activities with the person living with dementia, using the memory box. The memory box doesn't have to be a physical box. For example, the Group may want to learn a few songs from a relevant era and perform them to the people living with dementia.

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Find this and other great activities at scouts.org.uk/magazine.