



Dear BBL

Thank you for your continued support of Memory Lane.

Here is my first report for Quarter April, May June 2016.

I've designed it to be similar to a diary entry so you can have an insight into the groups' sessions.

Memory Lane report for Boston Big Local.

For 3 sessions (**24/2, 9/3 and 23/3**) the Memory Lane group worked in collaboration with mosaic artist Fiona Gurney and supporting artist Carol Parker to plan and produce an enormous piece of public mosaic art. These sessions involved the group, not just in meaningful art activities but also, and more importantly for them, in reminiscing and discussing memories with others in the group.



For example:

Norma designed her mosaic piece in the RAF colours. Norma had been in the RAF herself and she reminisced about her then boyfriend, who was a spitfire pilot in the RAF. Her piece had a plain white tile in the centre which later had a transfer of a spitfire plane applied by Fiona.

Joyce's
piece



Norma's
piece



Joyce remembered lovely walks she used to take in and around Spilsby and Toynton St Peter. I went to school in Spilsby and was able to picture lots of the places she mentioned and she was delighted by this. It meant I could help her to fill some gaps in her memory of these places and she became very animated in her recollections of events and places. She found this common link between us very comforting and mentioned it several times after this session.

It was great to see Joyce and all her family at the unveiling and celebration event. By coincidence her daughter was visiting and able to see what her mum had achieved. Joyce was the centre of attention and her family were rightly proud of her.





During these weeks we also prepared knitted pieces for Dementia Awareness Week (15-21st May 2016) Memory Lane members and members of the Boston DAA were involved in a week-long programme of activities to raise awareness of dementia and share information.

Sarah (carer) learnt to knit. Sarah was very introverted and quiet when she first joined the group, but now sits with Carole and Marti and joins in conversations, laughing and smiling – her confidence has grown and she hasn't missed a session yet.



For our session of **13/4/2016** the theme was Built Architectural Forms

Homes in the style of bird houses were made from thick cardboard, upholstery quality fabric and double sided tape. Cable ties were used to secure the four sides of the house together, all achieved this with minimal help.

Joyce enjoyed choosing the fabric for each side of her house.

Carers in particular really enjoyed this session and decided it was because a lot of the preparation had been done for them which made the task a lot more straightforward and achievable within the timescale of the session.





On 27th April 2016 we had a singing session.

During each Memory Lane session music is played in the background from a choice of eras and when less concentration is needed for the activity, a lively singsong ensues.

So it was decided that we would hold a dedicated singing session but that we would also have a little hands-on project in the form of simple shakers, which could be used during the singing.

Andy and Marti from the group prepared some sheets of words for sea-shanties and other songs which people would have heard at some point in the past.

A short video of the part of the session is available for anyone brave enough to listen to us singing 😊



Wednesday 11th May 2016 – FELTING



Andy didn't fancy felting this week, so he set to work using the contents of the woodwork box.

The group were very amused by his creation!



Betty was tickled by her 'ninja turtle' soap felt



Wednesday 25th May 2016 – WEAVING week

Keeping our fine-motor skills in check.



Andy preferred wire work to the weaving and created himself a mask! Which he insisted on wearing on the way home, much to his wife's dismay! ☺

Carol, who cares for her husband with dementia really enjoyed this session. She found it very therapeutic and took her weaving home to finish. She now uses it as a mat in her home and is proud to tell everyone she made it.

Wednesday 8th June 2016 – Positive affirmations in cross-stitch.



Sarah, a carer, has struggled with some of the creative projects but found this really relaxing and was proud to make this for her sister.



Norma was reminded of her younger years when she did lots of needlework. Once reminded how to do cross-stitch, she was able to complete this independently.



As Andy had talked about poetry and prose he was offered a more wordy project and found having the words to manipulate useful in forming his ideas.

Wednesday 22nd June 2016 – ‘Little Books’



This week was also Joyce's 85th birthday so I organised a surprise tea party for her during the session.



We were also visited this week by Stuart, an ex-police officer, who now advises on safety issues. He talked to the group about keeping themselves and their possessions safe and offered lots of practical advice.

The numbers attending the sessions varies greatly between 5 and 12.

Unfortunately one regular couple now don't attend as the person living with dementia now lives in nursing home. Another couple have been having lots of family difficulties and are not attending presently but wish to return. They do keep in touch and I send them information to keep them up-to-date with what's on offer.

The next programme of 10 weeks is soon to be advertised. I have reduced the number of sessions delivered by Carol Parker to once each month to ensure the funding lasts until at least Christmas and also to begin to see how the group would be able to self-sustain were the funding to be removed.

The other session each month will be supported by myself and Sandra but open for the group to decide what they would like to do.

I've just begun to create a newsletter for the group and will enclose these with my report at Christmas (If they are well received!)