



## Remote Reminiscence – Getting Elders Online

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### Theme #9 – Family

This activity pack looks at memories of family.

You can use this resource to support memories around homes you've lived in, relatives, habits, rituals and family trees.

Remember that the topic of family can be challenging for some, so do be considerate with discussions here.

You can use this resource as a stand-alone series of activities or in conjunction with a short film available for free on our YouTube channel.

Why not have a look through and pick ideas to support activities with friends, family and in groups too.

**The link for the accompanying film can be found at the end of this activity.**





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This section is all about Family:

- We will look at sharing memories of family life and think about the many different kinds of families that people may be part of.
- You can also discuss pets too which might feel simpler for some.
- The accompanying short film will also discuss what tools you can use to trigger memories.

### **Icebreaker Activity**

- Can you remember something funny that happened to your family or a family member when growing up? Share your memories of this.



Figure 1: Nancy Kersey and family in the 1930s. With kind permission of Royal Voluntary Service.



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### Memories

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*My dad was an army officer and was often in training. Mum didn't work. I was born on April 1st. We went to school like normal kids. I had one sister and six brothers. My parents moved from Tehran to the north of Iran when my dad retired. I looked after my brothers. My mother had problems with her hands so I washed the dishes for her. My sister swept. My brothers helped with cleaning.*

**Effat**

*I was the last of four. My mum and dad and mum's mum, my sister who was nine years older than me, my eldest brother who was five years older than me and my youngest brother who was two years older than me; we all lived together in the same house.*

*We lived on a lovely wide road. You could play out in the street in those days as there was no traffic. Often there were horses and carts. Trees lined the pavement and we had a small garden at the front of our house. My mum played piano and dad used to have a sing-along. Under the stairs we stacked coal. In the kitchen you had a fire lit....it was lovely and warm in there, beautiful.*

*We had a bath on Friday nights. The tin bath used to come in from the garden. I was lucky, I was the first because I was the youngest - it was nice, hot soapy water- and everyone else went in after. Yes, I was the lucky one. I was brought up on shredded wheat. I still love it!*

**Eileen**

### Activity: Family photos:

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- Look out some family photos from different eras as a starting point for reminiscing.
- Who are the people in the photos?
- What are they wearing?
- Where did they live?
- What were the different relationships within the family?
- Can you remember specific things about different relatives – quirks and characteristics of each of them?
- Share some of your memories about those in your unit – whether related or not.



Figure 2: Family documents. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage



### Activity: Family Tree

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- Creating your own family tree can be a great reminiscence activity. It can be as simple or complex as you like. There are many templates for this online.
- Talk about the family relationships and feelings that you remember. If adopted or fostered, why not share memories of other people in your life you care about.
- Who makes up your family?
- What do you feel you have inherited from your family?

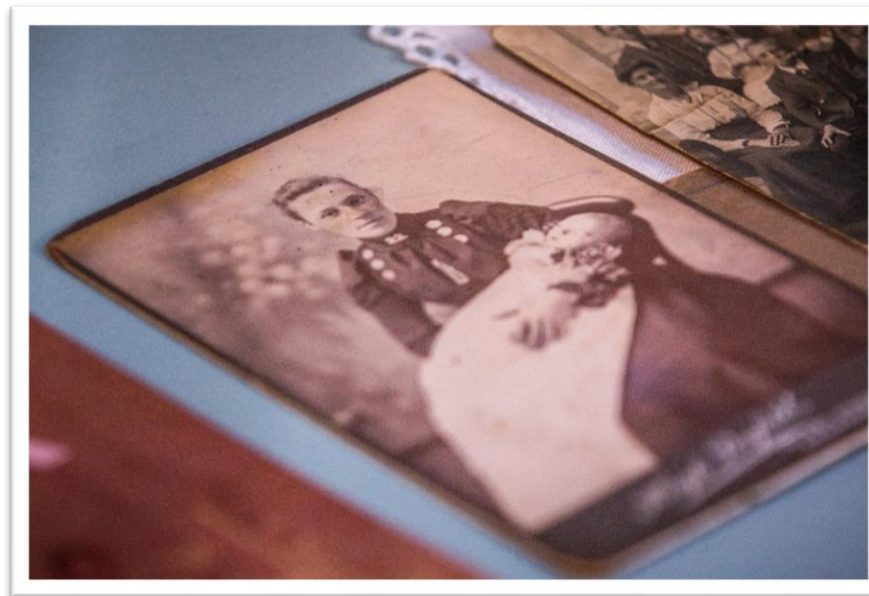


Figure 3: Family photograph. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



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### Activity: Rules and Regulations

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- Did your family have any particular rules and regulations when you were growing up?
- Do you think that things were stricter then than now?
- What happened if you misbehaved?
- What do you think is different now about children's relationships with their families compared with how things used to be?



Figure 4: Photo of a child. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage

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Figure 5: Family photographs. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage





## *Remote Reminiscence – Getting Elders Online*

### Visual Resources

Watch our short Family film here for more ideas and support: <https://youtu.be/pUrCd3gjHmk>

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