



Remote Reminiscence – Getting Elders Online

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Theme #11 – Friends

This activity pack looks at memories of friends and friendship.

This is a good opportunity to think about friends during different stages of life and remember anecdotes from these experiences.

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 Friendship.
- We will cover some of the activities you can use to reminisce about friendships you have had over the years.
- The accompanying short film will also discuss different types of friendships and the kinds of objects you can use to trigger memories.

Icebreaker Activity

- Did you have any best friends at school, or a gang you went around with in your youth?
- Who were you friends with at work?
- Think about a variety of starter topics – Can you remember:
Groups of friends, best friends, friends from school?



Figure 1: Friends and residents of Hyman Fine House. With Kind Permission of Jewish Care.



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Activity: letters from friends

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- Do you still have letters from friends in other parts of the country, or other parts of the world?
- Re-read these old letters to help you start thinking about those friendships and how they used to be.
- Write a new letter to someone that you haven't been in touch with for a while. Talk about your life now and what you remember about your friendship.





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Activity: Photos of friends

- Why not have a look through some photo albums. See if you can remember different friends, family friends and memories of them.
- Look through your photo albums at pictures of your friends, family friends and neighbours.
- Who were they?

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- How did you come to know each other?
- Did you know each other when you were growing up?
- What do you remember about them?

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Figure 2: Photograph of childhood friends Ena and Cath (and Woofer the dog) in the 1930s. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



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Activity: Friendships and groups

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Friends

Friendships and groups

Ideas:

Can you think of different kinds of friendships in your life?

Make a list. See how many you can think of!

Best Friend
Work colleague
School mates
Maid of honour
'Fun friend'
'Quiet friend'
Neighbours
School mums ...

Can you think of others?





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Past friends

- Take some time to think about friends that you have lost, but who have added something special to your life along the way. Find a nice way to remember them. Did they change your life in some way?

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Figure 3: Photo of friends in Lancing, West Sussex. Image taken by Summer Dean. Copyright Strike a Light - Arts & Heritage.



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Visual Resources

Watch our short Friends film here for more ideas and support: <https://youtu.be/d2Pbrk13iVE>



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<https://strikealight.org/> contact@strikealight.org