



Remote Reminiscence – Getting Elders Online

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Theme #6 – Going out

This activity pack looks at memories of evenings out.

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 what you did and where you went on evenings out with friends and family.
- Where you went on an evening out was dependent on lots of things, including work commitments, how much money you had, the facilities near you and how much freedom you were allowed.
- Have a think about what you used to like to do.
- The accompanying short film will also look at how you can use clothes and other items to trigger memories.

Icebreaker Activity

- What euphemisms can you think of for going out at night?
- Examples might include: *On the razzle*, *hitting the town*, etc.



Figure 1: Hairbrush and bus ticket. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



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"We used to do dancing at the Town Hall, the Labour Club and any clubs around that had dancing. The fellows used to stand all up by the door and the girls would be sitting around. Then, when the music started, they'd just go up to whoever they fancied.

We used to dance every step – quick step, foxtrot, one step – oh we used to enjoy it!"

Going Out



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Activity: Dances

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- If you enjoyed dancing, what dances can you remember? Can you name them? Make a list!

Going Out

DANCES - WHICH CAN YOU REMEMBER?

Some examples could be:

- Hokey Cokey
- Foxtrot
- Mash Potato
- Cha Cha
- Two Step
- Scottish dancing



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Going Out

DANCES – WHICH CAN YOU REMEMBER?

Other examples are:

Waltz

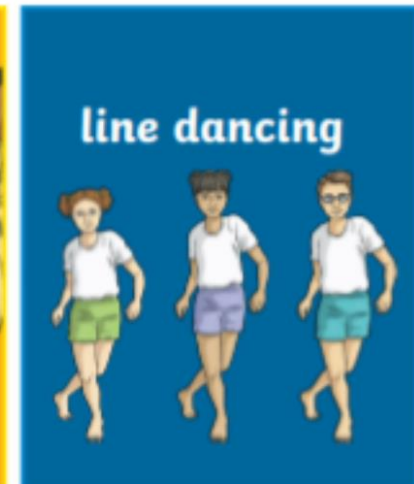
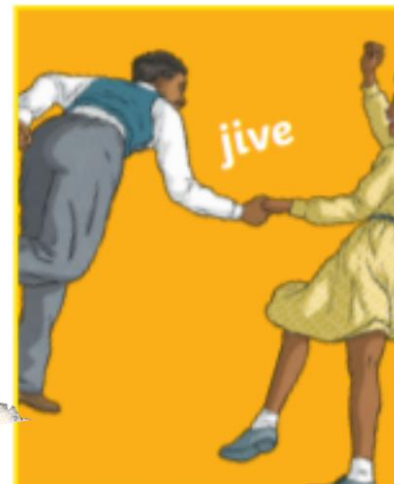
Line dancing

Jive

Disco

Watusi

Salsa



Activity: Dress Up

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- You could play dress up to get your memories flowing – why not get family members involved too?
- Do you still have any items of clothing or accessories that you used to wear to go out – perhaps a hat, gloves, or a hairdressing set that you used to get ready?
- Remind yourself of the feeling of getting dressed up to go out.
- Where would you have gone when you wore things like this?
- Do you still have any other items that would remind you of nights out, such as menus, bus tickets or concert programmes?

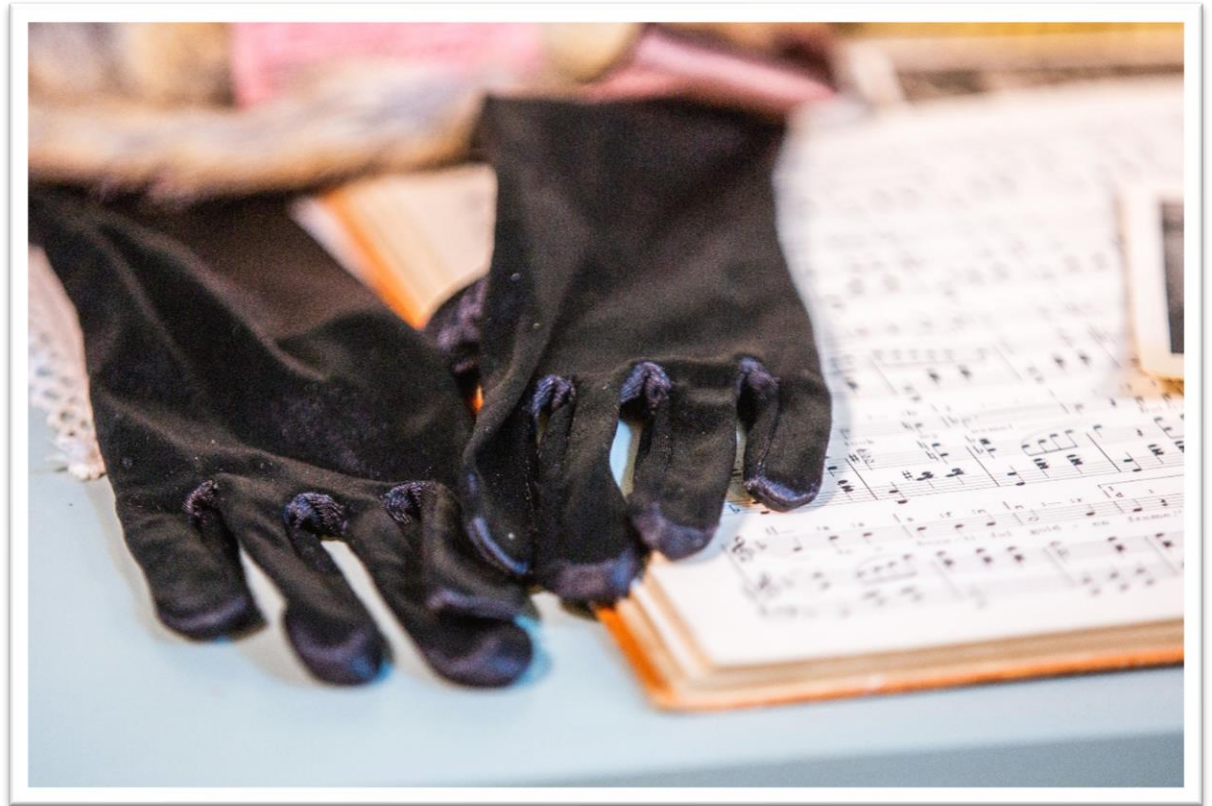


Figure 2: Gloves. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



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Activity: Songs

- What songs did you enjoy singing or listening to on evenings out?
- Why not make a list of your favourites.

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Going Out

Can you remember
your favourite songs
from going out?

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

Favourite songs

Ideas:

Please Please Me

Needles and Pins

Can't help falling in love

Smoke gets in your eyes

Dream lover

Those were the days ...

Don't go breaking my heart

Can you think of others?





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- Can you remember the tune to this song?

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Going Out

I Love a Lassie

*I love a lassie, a bonnie bonnie lassie,
She's as pure as a lily in the dell,
She's sweet as the heather, the bonnie
purple heather,
Mary, my Scots bluebell.*





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Memories

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"I used to go to the Eldorado milk bar. There was a 4ft Knickerbocker glory in the window. There was a Gaga coffee machine. This was in the early 1950's, '52? That ended in about '61/'62. We used to go to another café on the Old Shoreham Road. We used to have milkshakes once a week for tuppence. There was a cinema in North Street. The 'flea pit' we called it. They used to clean it with disinfectant spray. There was a generator out the back. We saw Laurel and Hardy films there". Rod

"The film used to burn up sometimes and you would see it burning on screen. We could get our money back then."
TP

"When I was in London and I used to do lots of roller-skating - then when I moved to Brighton, I was involved in local government and politics. Also went out boozing quite a lot because of the war there wasn't much else to do."
Joyce

"I used to go cycling on a tandem with my sister, and would go dancing and to the pictures." Mary

"I used to live near the Lion and Unicorn pub. I used to go to the Aquarium ballrooms and the Regent dance hall for tea dances, which a sprung floor. On the way home we used to go to Bart's hotdog and beef burger stall in Queens Square in Brighton. I had danced with this girl once and when she walked away, I found that she had an angora jumper and I was left with bits all over my suit." George

"During the war we weren't able to do much but at the weekend, there was ice-skating and camping with the Girl Guides. Through them I got into old-time dancing and would make my own dresses. I had one with about 20 underskirts. I would sometimes go to the 'bug hole' - the Pavilion Cinema". Gwen



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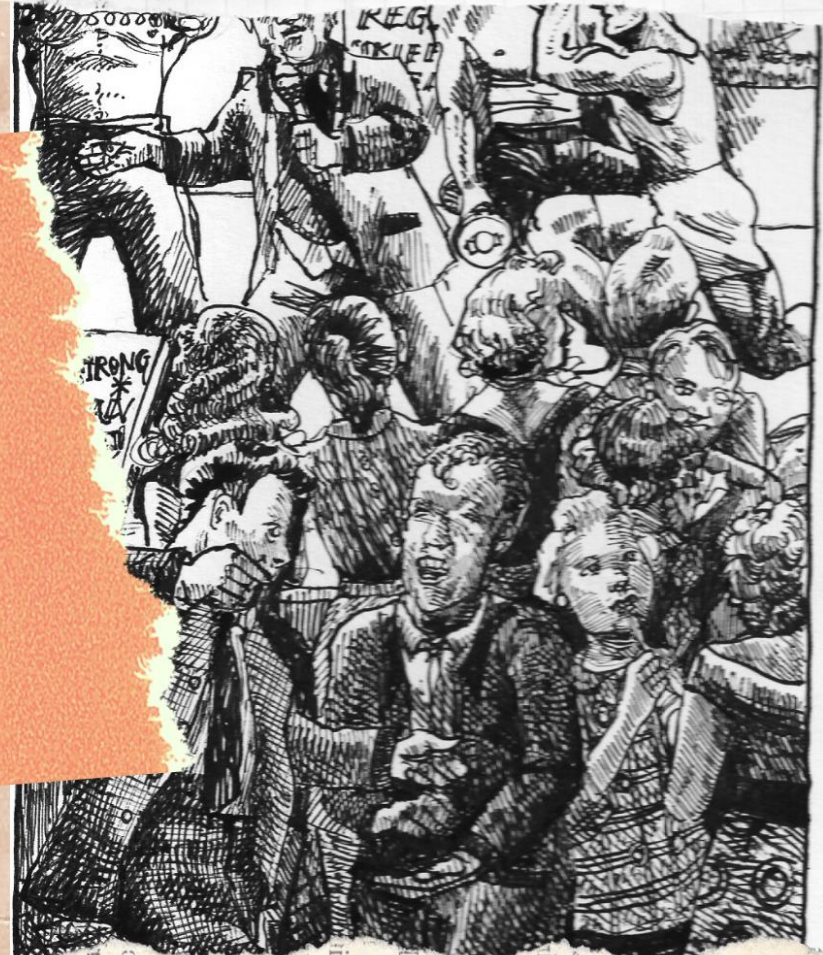
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Remote Reminiscence

Going Out: Prompts

<https://strikealight.org/>



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Activity: Going out prompts

- These are the sort of questions you could use when talking to people about their memories of evenings out.

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Activity: Using photos as prompts

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- Have a rummage and see if you can find any photos of going out. This could include:
 - Going out with work colleagues
 - Going out on your bike
 - Visiting a fair – which ride was your favourite?
 - Going to a club such as brownies or scouts, or amateur dramatics
- Look at the photos and talk about:
 - What you remember about where you went
 - What you did
 - Who you were with
 - What you wore



Figure 3: Photo of a night out in Sussex 1940-50s. Image taken by Summer Dean. Copyright Strike a Light - Arts & Heritage.



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Activity: Getting ready routine

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Going Out

What was your getting ready routine? Any of these?

- Bathing
- Curlers in hair
- Evening Gloves
- Brilliantine
- Dancing shoes
- 'Sunday best'
- Make up
- What else do you remember?





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Visual Resources

Watch two short Gong Out films here for more ideas and support:

Going out: <https://youtu.be/XC4cXOVuz1U>

Going out prompts: <https://youtu.be/5xZcBi91Pec>



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