



## *Remote Reminiscence – Getting Elders Online*

### **Theme #7 – Staying In**

1

This activity pack looks at memories of staying in for the evening. What did you do on nights you stayed at home?

We will explore games, hobbies and pastimes in this session.

You can use this resource as a stand-alone series of activities or in conjunction with a short film which is 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.**



## *Remote Reminiscence – Getting Elders Online*

- This section is all about Staying In.
- We will look at the many different activities you might have undertaken in your evenings at home.
- Here, we can think about things you liked to do after work or with your time off such as hobbies.
- The accompanying short film will also discuss how to use different items to trigger memories about how you spent your time.

### **Icebreaker Activity**

- Do you remember home habits shared with your family?
- Did you have certain nights for specific activities or visitors?
- Was there anything you all liked to join in with, like playing board games for example?

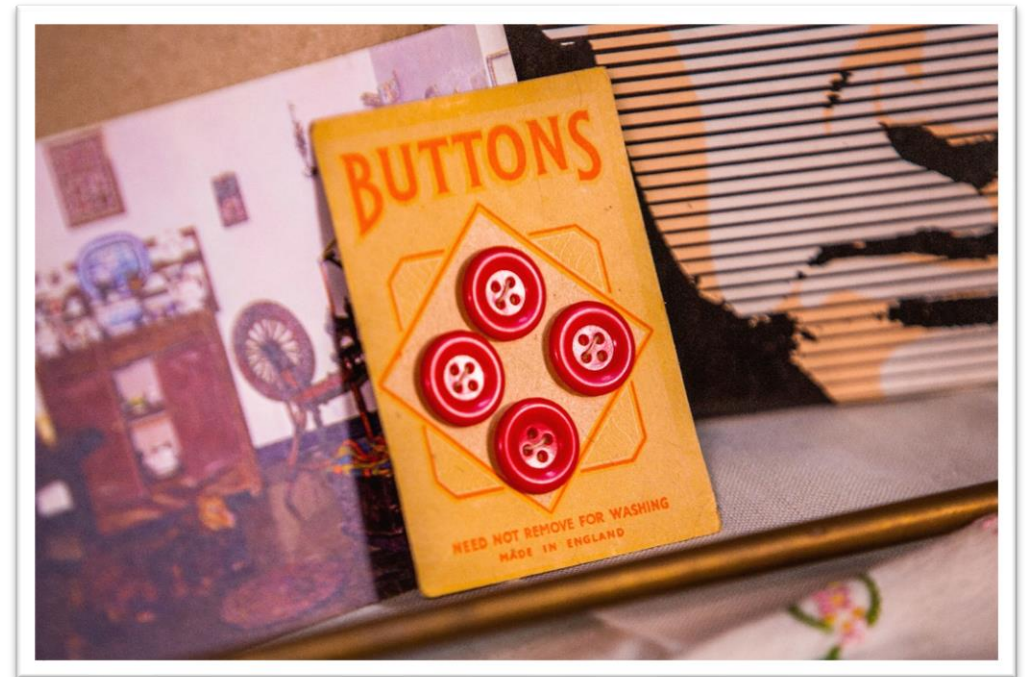


Figure 1: Button. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



## Remote Reminiscence – Getting Elders Online

### Activity: Hobbies

3

- Did you explore a creative side with creating sketches or paintings – was this a favourite hobby?
- What about hair and hairstyles – did you use time at home to practice new styles to get ready for a night out on another occasion?
- Do you like to exercise – running or badminton for example?
- Did you enjoy attending evening classes to learn something new? If so, what kinds of sessions have you attended?
- Did you play board games at home?



Figure 2: Sewing Susan. Photograph taken by Summer Dean. Copyright Strike a Light - Arts & Heritage.



### Activity: Using objects as memory prompts

4

- Gather a collection of items that you can use to trigger memories – you might find some interesting items in a charity shop or junk shop, or you might have some objects at home that you can use.
- You could also borrow a memory box from selected local libraries and museums (WSCC offer this service).
- Objects could include:
  - Playing cards – did you play cards at home in the evening? If so, what games did you play?
  - Fire tools – do you remember evenings by the fire?
  - Sewing or knitting patterns – did you keep busy making, mending or darning clothes in the evenings?
  - Drinking glass
  - Tobacco tin – did you enjoy smoking a pipe or having a cigarette in the evening?



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



## Remote Reminiscence – Getting Elders Online

### Activity: Television and Radio

5

- Did you watch television or listen to the radio in the evenings?
- If so, did you do this as a family or in different rooms?
- What were your favourite programmes?
- Can you remember any these famous catchphrases in the text below? Why not quiz a friend about these.

### Staying In

#### Catchphrases you remember!

- 'Are you sitting comfortably, then we'll begin' – BBC Light Program
- "Evenin' all!" – Dixon of Dock Green
- "He's fallen in the wah-taa!" – The Goons
- "You stupid boy!" – Dad's Army
- "I don't mind if I do" – It's That Man Again
- "Just like that" – Tommy Cooper

Can you think of any other ones?





## Remote Reminiscence – Getting Elders Online

### Staying in: Other reminiscence ideas

- Did you listen to music or records?
- What made you happy to spend your time doing?
- What did you do as a family? What did you talk about?
- Did you have a pet that kept you company?
- Did you phone family and friends to chat?



Figure 4: 'Daily Mirror' newspaper. Image taken by Summer Dean. Copyright - Strike a Light – Arts & Heritage.





## Remote Reminiscence – Getting Elders Online

7

### Questions to get you thinking

WHAT KINDS OF THINGS WOULD YOU HAVE DONE ON AN EVENING IN?

- DID YOU PLAY ANY BOARD GAMES? WITH WHO?
- WOULD YOU OR YOUR FAMILY HAVE DONE ANY SEWING OR KNITTING? WHAT DID YOU MAKE/REPAIR?
- WOULD YOU HAVE LISTENED TO THE RADIO OR GRAMOPHONE? CAN YOU DESCRIBE WHAT IT LOOKED LIKE? WHAT KIND OF MUSIC/SHOWS DID YOU LISTEN TO?
- DID YOUR FAMILY HAVE FRIENDS OF NEIGHBOURS ROUND IN THE EVENING?
- DID YOUR FAMILY HAVE A TELEVISION?
- WHAT WAS THE MAIN FAMILY ROOM IN YOUR HOUSE?
- DID YOU READ BOOKS, MAGAZINES, COMICS? DID YOUR FAMILY READ NEWSPAPERS? DID YOUR MUM OR DAD READ STORIES OR TELL TALES?



## Staying In

### Activity: Reading

8

- Did you spend time reading in the evening?
- Did you read to yourself or did someone read aloud?
- Did you have stories at bedtime? What was your favourite?
- Did your parents tell stories or tales to you when you were growing up, or did you tell tales to your family?
- Did you read the newspaper? An old newspaper can be a great prompt for remembering how things used to be.



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





## *Remote Reminiscence – Getting Elders Online*

9



Figure 6: Record cover. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



## Remote Reminiscence – Getting Elders Online

### Visual Resources

Watch our short Staying In film here for more ideas and support: [https://youtu.be/QBNc\\_ued-U](https://youtu.be/QBNc_ued-U)

10



All work copyright of Strike a Light – Arts & Heritage  
<https://strikealight.org/>    [contact@strikealight.org](mailto:contact@strikealight.org)