

What shall I include in the box?

Anything that helps reminiscing and positive connections. Think about touch and texture too. Things which can easily be wiped are helpful, to keep them clean and avoid infection. Consider including 6-10 items.

Things which stir happy memories

Have a look at what you've got at home, from bygone days. Here are a few ideas – then over to you to be creative. Have fun!



- Old photos or postcards, pictures or greetings cards, perhaps in a scrapbook
- Kitchen or garden equipment e.g. a trowel
- A book – perhaps an old Ladybird book or a picture book or a poetry book
- Sunglasses or a hat, a necklace or a tie
- A holiday memento or key ring
- A stone or shell or dried flowers
- A rubber or ruler
- A tape measure or buttons
- A toy or a ball

What shall I avoid?

Use common sense here and avoid:

- Anything too big for the box
- Anything too small and swallowable
- Sharp objects
- Anything fragile or perishable

When shall I make the box?

You can make a Memory Box at any time, but our local churches are particularly inviting people to make Memory Boxes in the run up to Easter. If you bring your Memory Box to church and ask your vicar, it can be blessed in church on Easter Day. Then it can be given as an Easter gift.

Easter life & love, here & now

Easter Day is all about transformation and hope. Life breaks through in new places, even breaking through loss or pain or death. So it's a wonderful day to bless these life-giving resources. The Memory Boxes will be shared as signs both of our love and of God's love which will not fail. You may even want to include a prayer or a Bible verse or passage, with a picture in the box. Easter hope: life & love, here & now!

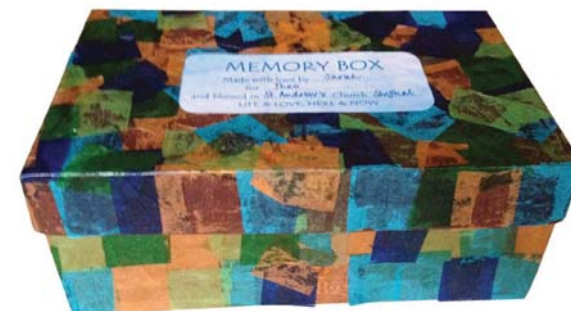
To know more about dementia-friendly churches in your area, contact Sarah Thorpe, Dementia Support Officer in the Church of England's Diocese of Lichfield. sarah.thorpe@lichfield.anglican.org 0798 224 8949.

For more information

YOUR LOCAL CHURCH CONTACT

Make a Memory Box

Dementia affects many people. Let's give a gift with an Easter message: life and love are still possible, here and now.



We enjoy making Christmas shoe boxes as gifts for children around the world. Now let's make a Memory Box for someone local who is living with dementia. Use the contents of the Memory Box to enjoy reminiscing, making life-giving connections together. It makes visiting someone with dementia more rewarding for you both.



What is a Memory Box?

A Memory Box can help you to enjoy sharing happy memories, particularly when more recent memories have been lost or words have become unreliable. A Memory Box contains a range of things to pick up and hold, helping to make life-affirming connections. It can give a wonderful focus.

Who will the Memory Box be for?

- An individual you know, perhaps a grandparent or parent, your husband or wife, a friend or a neighbour.
- Perhaps a local church or care home. In church, we'd love to offer resources to people living with dementia, as a creative focus when they come to church.

Your choice! If you are making a Memory Box for someone you know, consider making it with them. Personalise it together, drawing out connections from their life.

Why is a Memory Box so valuable?

- It encourages positive memories and helps to make life-giving connections.
- It makes visiting someone with dementia more rewarding for you both.
- It inspires conversation and links with family, friends and carers.
- It stimulates touch and other senses.
- It encourages creativity, both in making and using the box. Enjoy it!
- It affirms life and love, here and now.

Choosing and labelling the box



Use a sturdy shoe box or other lap-sized box. A Memory Box is something to share and use, so choose a box which will cope with plenty of handling and make sure that the lid opens easily. You can decorate or personalise the box in any way you like. And cut out the label from this leaflet for the lid.

Creating a themed Memory Box

How about a theme for the Memory Box? Examples could include:

- Childhood games
- Work
- Holidays/Seaside
- Schooldays
- Garden/Gardening
- Farming
- Transport
- Sport
- Animals

What would you enjoy in yours?

It may help to start by thinking about what your own Memory Box would contain. What are the objects which link in to the key elements of your own life?

MEMORY BOX

Made with love by

for

& blessed in Church

.....

LIFE & LOVE, HERE & NOW.