

## Memory Archive

### Using People's Collection Wales to learn about dementia

*Nearly one in three young people know someone living with dementia. Often this person is a grandparent, but increasingly it could be a parent. This is why it's important that every young person feels prepared and understands what it's like to live with and be affected by dementia.*

- [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Raising dementia awareness develops learners' knowledge and understanding of this common life-changing condition. It can also provide them with valuable life skills allowing them to support people in their families and communities living with dementia.

This resource:

- will introduce you to the 'Memory Archive' on People's Collection Wales, an archive of images that you can use in reminiscence work with people living with dementia
- will introduce you to Alzheimer's Society's teaching resources for schools that make it easy to teach and learn about dementia
- gives guidance on how you can use the Memory Archive in two practical reminiscence activities: *Create a Memory Tree* and *Create a Memory Timeline*
- sign-posts to other free dementia resources, highlighting ones that are available in Welsh and English

## **Curriculum links**

### **Foundation Phase**

Personal and social development, well-being and cultural diversity  
Knowledge and understanding of the world

### **Key Stages 2, 3 & 4**

Personal and social education

### **Curriculum for Wales 2022**

Health and Wellbeing  
Digital Competence Framework

### **Lifelong Learning**

This resource has been developed for use in schools but contains activities that could be used by people of any age to work with adults living with dementia. It could be used by families to support a family member or by those working within a care environment.

## What is the Memory Archive?

'Memory Archive' ([www.peoplescollection.wales/users/29941](http://www.peoplescollection.wales/users/29941)) is an account on the People's Collection Wales (PCW) website. It holds hundreds of images that you can use for reminiscence work with people living with dementia. The Royal Commission on the Ancient and Historical Monuments of Wales (RCAHMW) leads on this PCW project.

The images are divided into Collections. Some are based on decades within living memory (e.g., 1950s, 1960s, 1970s, etc.); other Collections are based on themes related to home and work life, such as 'School Life', 'Kitchens', 'Mining' and 'TV and radio'.

This resource mainly focuses on the photos in the Memory Archive, although some of the Collections also hold sound clips (e.g., oral history or music), (360-degree) videos or documents.



## Learning about dementia in schools: Alzheimer's Society teaching resources

Alzheimer's Society has designed teaching resources for schools that make it easy to teach and learn about dementia. The resources are available in Welsh and English for Foundation Phase (Key Stage 1) through to Key Stage 4. No prior knowledge of dementia is required. The resources explain, in an age-appropriate way, what dementia is, how it relates to memory, who might be affected by it, and ways to support people living with dementia.



You can access the teaching resources here: [www.alzheimers.org.uk/get-involved/dementia-friendly-communities/dementia-teaching-resources/schools](http://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/dementia-teaching-resources/schools)

Learners and schools can also become Dementia Friends ([www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)) and learners can receive a badge and poster for the school. A Dementia Friend is somebody that has learnt about dementia and commits to take action in order to help people affected by the condition live well in their community.

While there are currently no dedicated post-16 teaching resources, the Dementia Friends Information Sessions work well for older learners and can be arranged virtually ([www.dementiafriends.org.uk/WEBSession](http://www.dementiafriends.org.uk/WEBSession)).

## What is reminiscence and why is it important?

Dementia is caused by diseases damaging the brain. This makes it harder for people to remember things well and they can have difficulties with movement, problem-solving or communication.

Reminiscence is the recall of memories and events from the past. It can be an important way of communicating and engaging with people by accessing their long-term memory.

This is particularly important for people who have short-term memory problems, a key feature of dementia. A person with dementia may not be able to hold a clear conversation about the present day, but if you go back to their childhood and early adulthood, they will probably be able to talk about things they have done.

Reminiscence can benefit the person living with dementia in many ways. For instance, when recalling memories, they become the teller rather than the told, which can be very empowering. It can also make people feel better about themselves, lift their mood or simply be fun!

[Adapted from Julie Heathcote, *Memories are made of this: Reminiscence activities for person-centred care* (London: Alzheimer's Society, 2009).]



Canolfan Peniarth Y Drindod Dewi Sant

## How can I use the Memory Archive?

You can use the Memory Archive both for 'simple reminiscence', which is a discussion (often in a group) around specific themes of the past, and for 'life story' work, which looks at a particular person's life from birth to the present day as in the two reminiscence activities described below.

Engaging young people in reminiscence work in the community can be very rewarding for the learners and the people they work with. Perhaps you could visit a care home or join in with a local dementia group? Covid-19 restrictions may mean that this is not possible straight away, but you may be able to make contact now, and make plans to visit outdoors or indoors when it is safe to do so.

Here are some inspiring examples of young people supporting those living with dementia:

- Video of 16-to-18-year-olds gardening and meeting residents at a care home:  
[www.alzheimers.org.uk/get-involved/dementia-friendly-communities/involving-young-people#content-start](http://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/involving-young-people#content-start)
- Primary school Dementia Friends and choir:  
[www.dementiafriends.org.uk/WEBNewsStory?storyId=a0B0J00000rOwvJUAS#.X8Eno2j7TO8](http://www.dementiafriends.org.uk/WEBNewsStory?storyId=a0B0J00000rOwvJUAS#.X8Eno2j7TO8)
- Five-year-old Dementia Friend Jennifer:  
[www.dementiafriends.org.uk/WEBNewsStory?storyId=a0B0J00000taEV1UAM#.X9NgaNj7TO9](http://www.dementiafriends.org.uk/WEBNewsStory?storyId=a0B0J00000taEV1UAM#.X9NgaNj7TO9)

Alternatively, you could run a dementia awareness session in your class, using this resource and images from the Memory Archive in this work. Then learners who know someone living with dementia will be able to take this knowledge of dementia and the Memory Archive home to their families. A fun classroom activity would be for learners to create a Memory Tree or Memory Timeline, either as a class or in smaller groups. This will help them to gain confidence and skills in using the Memory Archive and to demonstrate digital skills when searching the Archive and downloading images.



## Two reminiscence activities: Create a Memory Tree or Create a Memory Timeline

There are two reminiscence activities described below, the Memory Tree and the Memory Timeline. We have given step-by-step instructions for each activity so that if you wish you can print off each activity separately. However, the steps are very similar for the two activities.

The activities can be done in two ways:

**As a physical activity**, where you select images from the PCW website, print them and stick them to a physical version of a poster that you have drawn or printed.

If you are planning to do this exercise with people living with dementia, you may choose this option. People who regularly do reminiscence work, for example care home workers, report that those living with dementia prefer doing a physical activity. Holding a photograph in your hands and sticking it to a poster is a tactile and pleasurable activity. It is a familiar activity that is easy to understand. Creating a digital poster may be confusing to some people living with dementia.

**As a digital activity**, where you select and save images from PCW, and drag and drop them onto a digital version of the poster on your computer.

If you are planning to do this exercise just with your class, to help raise dementia awareness, give learners experience in reminiscence work and improve their digital skills, then you may choose this option. This could also be done outside of the classroom if learners are studying remotely, or it could be set for homework. This task is more suitable for older, more digitally able learners, as it requires them to download images, copy them into a MS Word document and adjust their size.

**We have created free posters for these activities.** These are available as jpg files for printing, or as Word docs so you can download and edit them digitally.

For each activity, step-by-step instructions are given first for the physical activity. If you would like to do the activity digitally, each step has some extra guidance on how to **Do it digitally**.

**Our posters are bright and engaging!** *Did you know that using different colours, particularly those that contrast, helps people who are living with dementia? Problems with sight and perception can cause people to misinterpret the world around them, adding to the confusion and isolation they're already feeling. For more information, visit Alzheimer's Society website ([www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/visuoperceptual-support](http://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/visuoperceptual-support)).*



## Activity 1: Create a Memory Tree

A Memory Tree is a way of collecting and sharing memories about a person's life. It is a picture of a tree with images added that have been chosen by the person living with dementia. Creating the Memory Tree is a collaborative activity. You would spend time with the person living with dementia, helping them to look at images and talking about the memories they trigger. You should take time and care while creating the Memory Tree, to allow the individual to reminisce and reconnect with memories from their lives. Afterwards, the Memory Tree itself is also a record of the things remembered. It can be used for further conversations with the person or between them and their family and friends.

You can use any source of images in this work. A person could use their own photographs if they had access to them, but often this is not possible. The Memory Archive images are freely available, and you can download them (for non-commercial use only) onto a laptop or tablet. You can then sit with the person creating the Tree and look through the Collections together to explore which images spark a memory. You can save the ones that are of interest and then print them out to stick on your Memory Tree poster.

### Step 1: Prepare your Memory Tree poster

You can create your own Memory Tree or download one of the free posters that come with this resource.

**Create your own:** Draw an outline of a tree onto a large piece of paper (A2). You can draw it with bare branches! We recommend six or more branches to allow you the space to add six or more images, but it doesn't have to be too precise.

**Use our poster:** Print off one of our free posters. They come in different colours depending on the number of branches you think you'll need (six, eight or ten) and in different print sizes. <https://www.peoplescollection.wales/collections/1685691>

**Do it digitally:** Instead of printing one of our posters, download it to your computer instead. Look at the poster collection above, select the poster you want, scroll down to where it says, 'Doing the activity online', click the link and the poster will automatically download. You will find the file in your Downloads folder, save it somewhere you can find it! N.B. Different computers do things in different ways, so if the file doesn't automatically download, a pop-up window may appear asking you to save it. Follow the instructions and 'download' or 'save' the file when prompted.

### Step 2: Browse and select images from the Memory Archive Collections

**Find the Memory Archive:** Go to the People's Collection Wales website ([www.peoplescollection.wales](http://www.peoplescollection.wales)), search for 'Memory Archive' and filter by selecting 'Collections' in the left-hand menu. Or follow this link to go directly to the Memory Archive account: [www.peoplescollection.wales/users/29941](http://www.peoplescollection.wales/users/29941).

**Browse the Collections:** Look at the different Collections available, exploring which themes or decades particularly appeal to the person. Once you have browsed all the Collections, or the allocated time is up, select your images to stick on the Tree.

**Do it digitally:** No adaptations required to this step, just follow the instructions above

*If you are finding it difficult to select only ten images, you can of course create more than one Memory Tree! Likewise, you can also do this activity more than once, focusing on a different theme for each session, and create separate Memory Trees for each theme.*

### **Step 3: Download images from the Memory Archive Collections**

You can download and print all images in the Memory Archive Collections for use in reminiscence sessions. Please note that every item must be used within the remit of the Creative Archive License, and you are not allowed to make commercial use of any item. We recommend downloading the images first, so that you have more control over the printing size afterwards.

**Download individual images:** The easiest way to download images for your Memory Tree is to click on an image in the Collection (which will take you to the individual item) and click the grey 'Download' button below the image. A copyright message will appear above a thumbnail of the image – there may even be more than one if the Owner has bundled various images together. Click on the thumbnail of the image you want to download. This will open the image full-page. Now you can right-click with your mouse on the image and select 'Save image as'. A pop-up window will appear. Choose where on your computer you want to save the image (you may also wish to change the File Name, as that makes it easier to identify the image at a later stage) and click the 'Save' button. You now have the image saved on your computer!

Go back to the Memory Archive and repeat the process until you have your chosen six to ten images.

**Do it digitally:** Instead of printing your chosen images, you will be creating a digital version of the poster. You will still need to download your chosen images to your computer so follow the instructions above. Save your images in a folder with your poster.

### **Step 4: Print your images and add them to the Memory Tree**

Now we are getting to the creative bit. Have your scissors and glue at the ready!

**Collect your images in Word:** Pictures uploaded to PCW can be all different sizes. To make sure there is enough room on the Tree for all your images, we recommend that you open your images in a Word document and adjust their size if required. To start, open a new Word document and click on 'Insert' (in the ribbon at the top) – then 'Pictures' then 'This Device'. Select your images from where you saved them and click the 'Insert' button. Now you can play with the images, if any need to be made a little smaller. Once you are happy, print the document (ideally in colour) and cut out the individual images.

**Complete your Memory Tree:** Stick your selected images on or at the end of the branches of the Tree. (See the example below.)

If you want, you can also write on the Memory Tree to give some information about the memory associated with the image. Be as creative you like!

**Do it digitally:** You don't need to print your images! Instead, open the Word version of the poster that you saved to your computer in Step 1. Find the images that you



saved to your computer in Step 3. Select an image and place it on your poster. You can 'copy and paste' it or 'drag and drop' it.

You will probably find the image is large and that it is not easy to move it to where you want on your poster. You will need to alter the size of your image so that it fits nicely onto the poster, and format it so that you can move it around on the page.

One way to resize: 'left click' on the image to select it. Hover your cursor over one corner of the image until a 2-pointed arrow appears. Press and hold down the left button to select, and then drag the image to the required size.

One way to allow you to move the image: 'left click' on the image to select it. Then right click to open the pop-up menu, select 'wrap text' then 'in front of text'. Press and hold down the left button to select the image and then drag the image to the required position.

Repeat for all your images.

## Example

Rhiannon is 65 and lives in Bangor. She was born in 1955 in a village called Rhoshirwaun, near Aberdaron, Gwynedd, where she grew up on a farm with her parents, brothers and sisters. She can still remember the Revo electric cooker her father bought her mother – she was the envy of the village! Rhiannon loved to feed the animals and accompany her father and older brother Rhys to deliver the milk to the stand.

In 1973 she met her husband Osian at the Royal Welsh Show. It was love at first sight, as he looked like her idol, Tom Jones! They married in 1975 and have a son and a daughter, who loved to ride their bikes when they were young. As a family, one of their favourite pastimes was to go on caravan holidays across Wales each year.

When the children started school, Rhiannon worked part time as a Teaching Assistant, and she can still remember the school's nativity plays. Later she worked as a Secretary in an office, which she very much enjoyed until her recent retirement. Nowadays she loves being part of her local Merched y Wawr and singing in the Welsh choir.

Casgliad y Werin Cymru  
People's Collection Wales

Coeden Gof  
Memory Tree

CBHC  
Comisiwn Brenhinol  
Henebion Cymru  
Royal Commission on the Ancient  
and Historical Monuments of Wales



Gan: [Archif cof: Coeden Gof Casgliad y Werin Cymru i ddysgu am d dementia](http://www.casgliadywerin.cymru/learn/memory-archive-dementia)  
[www.casgliadywerin.cymru/learn/memory-archive-dementia](http://www.casgliadywerin.cymru/learn/memory-archive-dementia)  
From: Memory Archive: Using People's Collection Wales to learn about dementia  
[www.peoplescollection.wales/learn/memory-archive-dementia](http://www.peoplescollection.wales/learn/memory-archive-dementia)

Maint a argymhellir:  
Recommended size: **A2**

## Activity 2: Create a Memory Timeline

A Memory Timeline is another way of collecting and sharing memories about a person's life. It is a horizontal line depicting a person's life from birth to the present day. Where the Memory Tree is structured by theme, the Memory Timeline works chronologically. You add images along the timeline that represent important memories from the person's life.

As with the Memory Tree, creating the Memory Timeline is a collaborative activity. You would spend time with the person living with dementia, helping them to look at images and talking about the memories they trigger. You should take time and care to this stage of the activity, to allow the individual to reminisce and reconnect with memories from their lives. You can mark important dates on the timeline, e.g., birth date, childhood, school, work dates, wedding, holidays, etc., accompanied by an image. Or you can separate the timeline into decades, with images placed along it. As with the Memory Tree, you can keep the Timeline as a record of the things remembered. It can be used for further conversations with the person or between the person and their family and friends.

### Step 1: Prepare your Memory Timeline poster

You can create your own Memory Timeline or download one of the free posters that accompany this resource.

**Create your own:** Use a ruler to draw a horizontal line in the middle of a large piece of paper (A2). Then add a number of short vertical lines (branches) at regular intervals above and below your horizontal line. We recommend between six and ten branches to allow you the space to add six or more images, but it doesn't have to be too precise. You might also want to add a little box to each branch to mark specific dates or time periods along your Timeline.

**Use our poster:** Print off one of our free posters. They come in different sizes depending on the number of images you would like to select (six, eight or ten) and in different print sizes. <https://www.peoplescollection.wales/collections/1685691>

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**Browse the Collections:** Look at the different Collections available, exploring which themes or decades particularly appeal to the person. Once you have browsed all the Collections, or the allocated time is up, select your images to stick on the Timeline.

*If you are finding it difficult to select only ten images, you can of course create more than one Memory Timeline! Likewise, you can also do this activity more than once, focusing on a different time period (e.g., decade) or life phase (e.g., childhood) for each session, and create separate Memory Timelines for each of these.*

**Do it digitally:** No adaptations required to this step, just follow the instructions above.

### **Step 3: Download images from the Memory Archive Collections**

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If you want, you can also write on the Memory Timeline to give some information about the memory associated with the image. Be as creative you like!

**Do it digitally:** You don't need to print your images! Instead, open the Word version of the poster that you saved to your computer in Step 1. Find the images that you saved to your computer in Step 3. Select an image and place it on your poster. You can 'copy and paste' it or 'drag and drop' it.

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One way to resize: 'left click' on the image to select it. Hover your cursor over one corner of the image until a 2-pointed arrow appears. Press and hold down the left button to select, and then drag the image to the required size.

One way to allow you to move the image: 'left click' on the image to select it. Then right click to open the pop-up menu, select 'wrap text' then 'in front of text'. Press and hold down the left button to select the image and then drag the image to the required position.

Repeat for all your images.

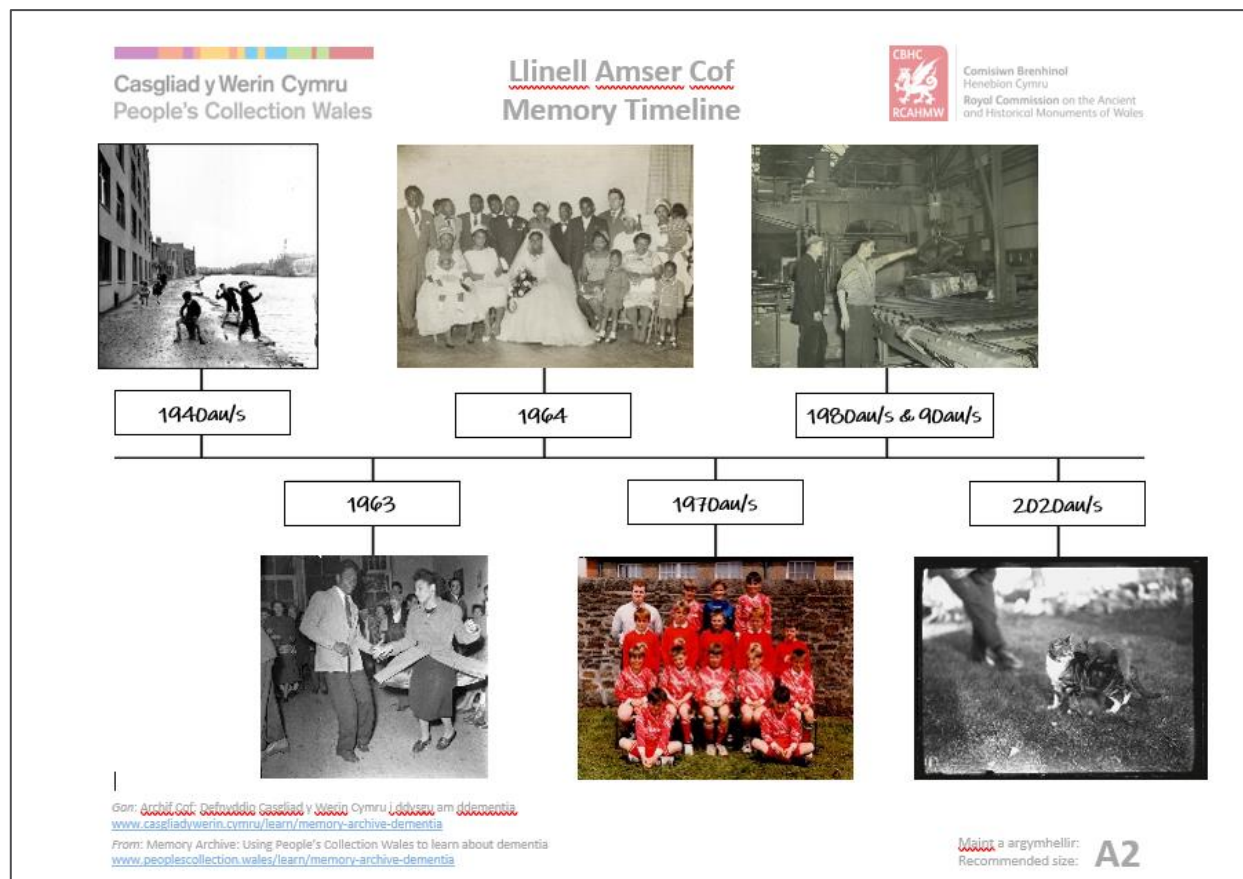
There are text boxes on the poster next to each image. To add dates or text, click inside the text box and typing a date or short label. If you want to write more you can make the boxes bigger by selecting and dragging the corner of the text box, and by changing the font size.

## Example

Tom is 80 and lives in Cardiff. He was born 1940 in Butetown, known at the time as Tiger Bay, a vibrant multicultural area around Cardiff Docks. Tom's father originally came from Barbados and worked in the Docks, and his mother was Welsh. Tom worked for the Merchant Navy and travelled the world on ships out of Cardiff and Barry docks.

He met his wife Pearl in Butetown in 1963 and married in 1964. They liked to go out dancing and listening to music. They have two sons and Tom remembers how much they loved football when they were young. He used to watch them play with their school team and would play football in the park with them on the weekends.

Later Tom worked in the steelworks and clearly remembers the heat, the smoke and the smell. Since Tom retired he likes spending time with his grandchildren. He and his wife love animals and they have two cats, although they have never had a pet squirrel!





## Other free dementia resources

The People's Collection Wales Memory Archive contains a list of other free resources available for reminiscence work, including:

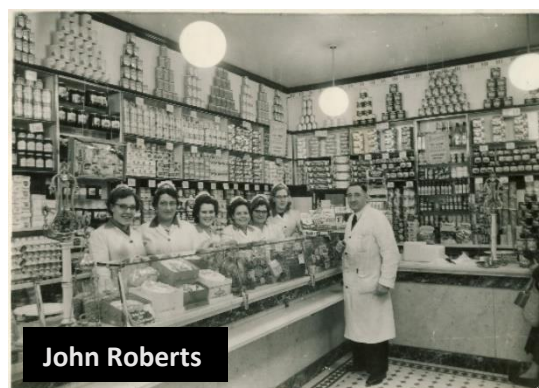
- The Royal Commission's digitised content about historic buildings and landscapes of Wales, Coflein, specifically its historic postcards and special collections
- The National Library of Wales' catalogue, digiDo image library and Living Memory audio-visual content (available in both Welsh and English)
- Amgueddfa Cymru – National Museum Wales' Object of Comfort activities (available in both Welsh and English)

And many more ideas! Find the list here: [www.peoplescollection.wales/story/966201](http://www.peoplescollection.wales/story/966201).

## Publishing on People's Collection Wales (PCW)

If you create any digital content as part of your dementia learning, we would love you to share it on PCW!

Perhaps you could take photographs of the Memory Trees or Timelines? Or photographs of learners using the Memory Archive or other dementia resources mentioned above? Perhaps you could make a recording of a dementia session in school or out in the community? Or learners could write their own accounts of what they have learnt? You can then upload these things to PCW to create an engaging multimedia collection.



Read our easy to follow 'How To' guides ([www.peoplescollection.wales/help-centre](http://www.peoplescollection.wales/help-centre)) to learn how to register an account, upload and publish. The skills developed when creating an account and uploading items to PCW fulfil many of the requirements of the Digital Competence Framework. Visit our Teaching Toolbox ([www.peoplescollection.wales/learn/digital](http://www.peoplescollection.wales/learn/digital)) to see more about how learners can publish content and improve their digital skills.

Why not take this opportunity to explain copyright and metadata to your class? PCW have created a series of teaching resources for KS2 & 3 called 'Copyright and metadata made easy' ([www.peoplescollection.wales/learn/copyright-and-metadata](http://www.peoplescollection.wales/learn/copyright-and-metadata)).

**KS2:** Upload content as a class. There is a document in the Metadata teaching resource called the 'Metadata Template'. Learners can complete this which will give you all the information you need when you upload content.

**KS3 & 4:** Learners can upload content themselves. The resources above will show them how.