

Contact Details

How to loan boxes and Laptops.....

- ◆ If you want to borrow a box or laptop, then please contact the relevant office. Details can be found on the back of this leaflet
- ◆ Arrangements for collection and return is the responsibility of the borrower.
- ◆ Broken items must be reported, so they can be removed for safety reasons and replaced if possible.

A Big Thank You to:

Ellen Barber's Family

Mark Curteis
Heritage, Learning
and Access

MillRaceIT



**essex
cares**

www.essexcares.org

Community Based Services

Hogarth Centre
Riseway
Brentwood
CM15 8BG

Tel: 01277 228254

South West Essex

Merefields
James Court
Partridge Road
Harlow
CM18 6TD

Tel: 01279 411795

South East Essex

Tyrells
39 Seamore Ave
Thundersley
SS7 4EX

Tel: 01268 638444

Mid Essex

Highfields
Moulsham Street
Chelmsford
CM2 0JA

Tel: 01245 352250

North East Essex

Marylands
43 Shrub End Road
Colchester
CO3 3UE

Tel: 01206 571862



Memory Box Project



What is the Memory Box Project?

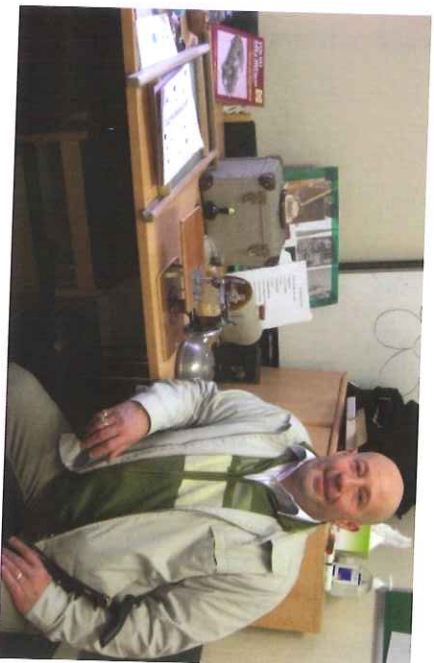
In 2007 Day Services gratefully received a bequest from Mrs Ellen Barber. Staff took a vote and it was decided the money would be used to benefit customers with dementia.

Reminiscence Therapy and Memory Boxes

Much research has been undertaken to identify the benefits of using reminiscence therapy, these benefits include improved communication, reduction in symptoms of depression and improved quality of life. People with dementia can often recall past events better than recent events.

Having familiar objects around can be reassuring and can stimulate memory recollection from the distant past. Reminiscence Therapy uses music to sing along to, conversation, quizzes, familiar objects and pictures from the past.

Reminiscence is usually cumulative, which means that one memory leads to another. And now we have the Memory Box Project.



Themes and Location of the Memory Boxes

South East Essex

Local - Southend
Entertainment

South West Essex

1970's
New Town Harlow

Community Based Services

School Days
Holidays
Fashion
Food/Gardening

Mid Essex

Sport & Toys
Royals
Transport
Photography & Crafts/Arts
Night Life

North Essex

Local - Colchester
1960's
House Hold Items

21st Century Technology - Laptops



Taking the Memory Box Project into the world of technology. Laptops with "pay as you go" internet access will give people the opportunity to use the World Wide Web to access memory lane websites, networking sites and to researching past hobbies and interests.

These will be available on a loan system via Operations Managers.