



## Community Action Project

Intergenerational Reminiscence

## Community Action Partner

Age Exchange

**Aim:** Reminiscence work aims to improve the quality of life for older people by emphasizing the value of their memories to old and young, through artistic, educational, and welfare activities. Through reminiscence work, elders take a break from being recipients of care and become more explicitly valued for the wealth of their life experience. Royal Holloway's Intergenerational Reminiscence Project aims to provide this experience by working with local schools, bringing children and elderly people together. Research for the Department of Health has shown that reminiscence work contributes to elders' mental and overall well-being. Elders are encouraged to reminisce, often by triggering memories with pictures, songs or objects. Young people benefit from the experience as they learn 'living history' and a great respect for the older generations

**Role:** Volunteers work in local schools and care homes, leading activities that encourage the different generations to interact, communicate and have fun together.

**Training:** Volunteers are trained fully for their role by Age Exchange, the internationally known leading UK reminiscence organization ([www.age-exchange.org.uk](http://www.age-exchange.org.uk)).

**Location:** Local schools and care homes

**Times:** Wednesday afternoons, yet could vary if more projects set up.

**CRB:** This project requires a CRB disclosure via Community Action office.

**Other:** Volunteers will be reimbursed travel expenses and has accessibility.

**Application:** All volunteers must be registered as Community Action volunteers. To do so, visit <http://www.rhul.ac.uk/services/volunteering/register.html>

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