



Our Reminiscence Collection boxes can help families, carers and staff in residential homes to share and stimulate memories with loved ones or residents, as part of one-to-one or group activities.

For more information, please contact Newbury Library:

The Wharf, Newbury RG14 5AU

Telephone: 01635 519827

Email: library@westberks.gov.uk

www.westberks.gov.uk/libraries

Volunteer with us

If you are interested in joining our friendly team, we would love to hear from you. Please use the contact details above to get in touch.

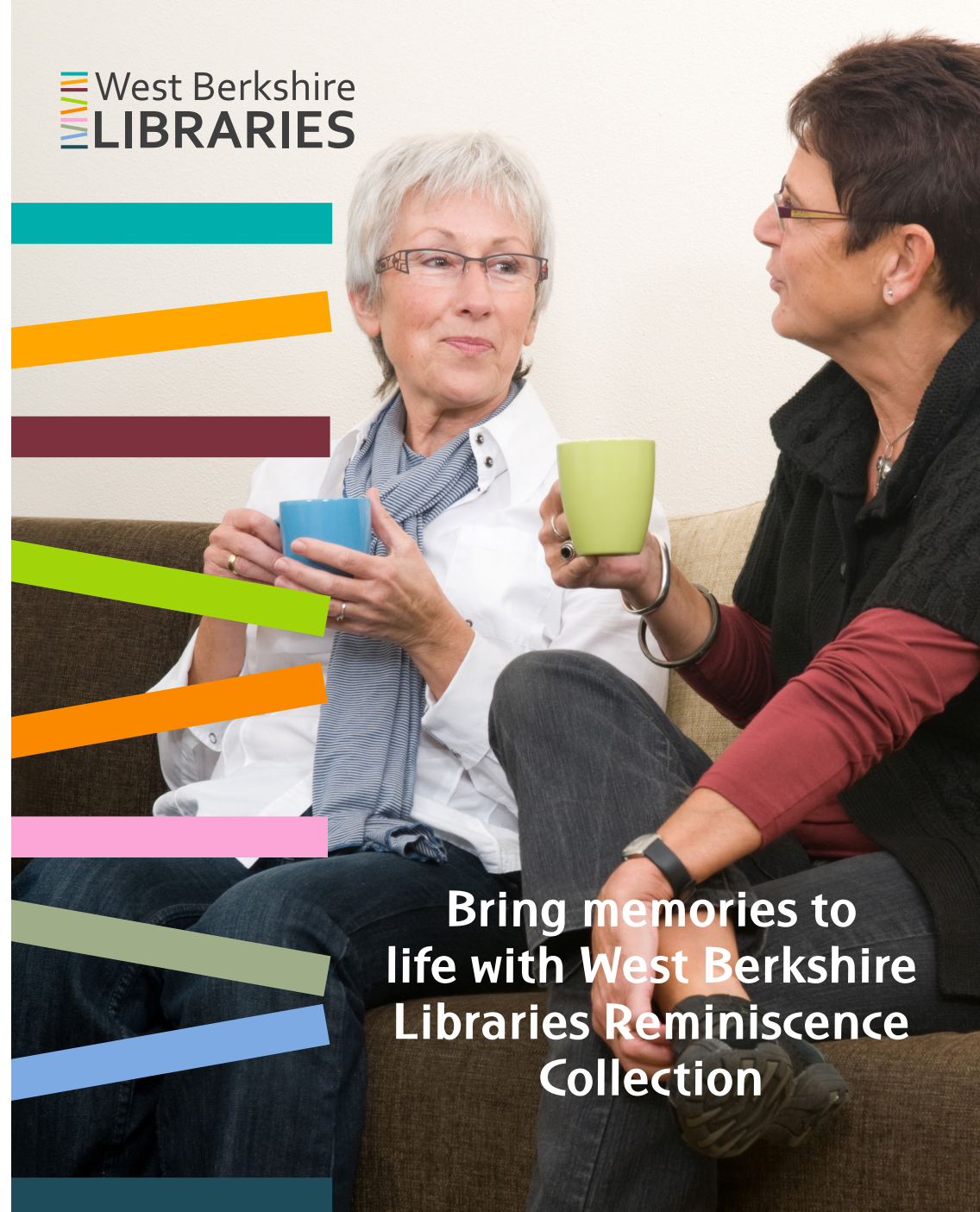


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 West Berkshire
LIBRARIES



**Bring memories to
life with West Berkshire
Libraries Reminiscence
Collection**



West Berkshire
COUNCIL

Our Reminiscence Collection provides themed boxes to aid reminiscence through touch, smell, vision and sound

Benefits of reminiscence

- Reminiscence is a valuable experience which is stimulating and fun
- It encourages communication skills
- It highlights assets rather than disabilities
- It can enhance feelings of self worth and esteem
- It can help to recall knowledge and skills from a long and varied life
- Sharing these experiences can bring people together

People with memory loss may enjoy recounting their life stories to someone who is willing to listen. Often people who cannot remember how old they are or what they had for their last meal can still recall events and stories from their childhood.

How to borrow

- All West Berkshire library members over 16 can borrow from this collection
- You can borrow one box at a time for up to three weeks
- You can place a reservation on a box at home via our online catalogue or at any West Berkshire library
- There is no charge for borrowing from the Reminiscence Collection but overdue charges will apply if the boxes are not returned on time
- This collection is based at Newbury Library, but you can arrange to collect your reminiscence box from any West Berkshire library.

