



Remembering Yesterday, Caring Today

Remembering Yesterday, Caring Today Reminiscence Arts meetings for people living with dementia and their families

Over 8 weekly meetings, families can share important events
and memories together.

From early memories such as schooldays, we then explore travel, work-
ing lives and setting up homes using music, role play, discussion and art
in an enjoyable and friendly environment.

Saturdays from 7th October 2023 11am to 1pm. Lunch at 1 pm

Caroline and Deborah, highly experienced facilitators, welcome you



Caroline



Deborah

The RYCT sessions will be at the **Third Age project, Cumberland Market
NW1 3RH**. If you would like to come along to, or know someone who
would, please contact: Third Age Project phone [020 7383 4922](tel:02073834922)

Email; info@thirdageproject.org.uk

For further information contact

Caroline Baker information.RYCT.Projects@gmail.com

A training course on reminiscence in dementia care and RYCT
takes place on Friday 22nd September 2023.

What people said about

Remembering Yesterday Caring Today:

"Good opportunity to share past experiences together, and to do this in a stimulating, warm, humorous environment." Kate, a family carer

"It's felt like being part of a big family" Hazel, a person with dementia

"Very good for meeting carers and 'cared for' and you get to find out about other things going on in the area" Rick, a carer

"Always left with an uplifted feeling afterwards, highly enjoyable, like going to a party every week" Dev, a volunteer

Remembering Yesterday Caring Today is a series of two hour creative sessions offered to people living with dementia and a supporter who could be a close relative such as a partner, son, sister or a friend.

Music, drama, drawing, singing, dancing and good conversation will be used to create a light-hearted atmosphere for sharing memories and bringing families and people closer together.

Experience shows that sharing past memories about relationships, life events and activities helps support these relationships in the present.

Sessions are supported by volunteers who have an understanding of dementia, group work and the art of reminiscence.