

Memory Archive: Promoting health and wellbeing

The Memory Archive offers free curated digital archive materials suitable for reminiscence with people living with dementia. It is a People's Collection Wales initiative led by the Royal Commission on the Ancient and Historical Monuments of Wales. While aimed at healthcare professionals and family members, the Memory Archive is open and available for everyone to use.

The Memory Archive offers the following:

- **31 Collections with images, video clips and sound recordings for use in reminiscence sessions.** Based on consultation with healthcare professionals, the collections are catalogued by decade (1940s to the 1980s) and by theme (for example, Christmas, significant events, farming, cars, school life, music and dancing) to make for easy use.

Memory Archive - African and Caribbean	Memory Archive - 1980s	Memory Archive - University	Memory Archive - Shipping	Memory Archive - Pride
Collection [33 items] 730	Collection [42 items] 894	Collection [42 items] 256	Collection [55 items] 400	Collection [25 items] 141
Archif Cof - Dementia - Memory Archive	Archif Cof - Dementia - Memory Archive	Archif Cof - Dementia - Memory Archive	Archif Cof - Dementia - Memory Archive	Archif Cof - Dementia - Memory Archive

- **A teaching resource for Foundation Phase and Key Stages 2 to 4 pupils to raise dementia awareness.** This explains the idea of reminiscence and why this is important for people living with dementia. It shows how to use the images from the Memory Archive in two practical reminiscence activities: creating a Memory Tree (structured by theme) or a Memory Timeline (chronological), adding images that encourage conversation and stimulate recall.
- **A series of Memory Tree and Timeline posters for use with the reminiscence activities.**

**Coeden Gof
Memory Tree**

Casgliad y Werin Cymru
People's Collection Wales

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

Gwneir Archif Cof - Dementia gan Casgliad y Werin Cymru mewn gwrthiwl het algorithmaidd. www.royalcommission.org.uk/ancient-and-historical-monuments
From: Memory Archive: Using People's Collection Wales in reminiscence work www.peoplescollection.wales/how-to-use-memory-archives-dementia

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

The strengths of the Memory Archive are:

- It has been developed in consultation with healthcare professionals.
- It is free at the point of contact in contrast to the expensive commercial system a lot of hospital departments in Wales use.
- It has been developed in collaboration between the Royal Commission, the National Library of Wales and Amgueddfa Cymru–National Museum Wales. It draws on the strengths of each of the partners in areas such as technical innovation, education, copyright and community engagement.
- It brings together archive materials from the three national organisations, as well as from archives, libraries, museums, community groups and individuals across Wales.
- Its health use means that these archive materials reach a new audience who might not otherwise engage with heritage.
- It includes Welsh-language audio clips as when the condition progresses people living with dementia may understand or communicate in their first language only.
- It can be used 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.
- While it is a digital resource, research showed that there is still a great demand for hardcopy materials when it comes to reminiscence. The People's Collection Wales platform has therefore been developed to allow for easy printing of individual items, to allow for use of the resources for the purpose of reminiscence away from the platform, and to provide zip-files for each of the collections so that they can be downloaded for off-line use in one go.



www.peoplescollection.wales/users/29941

Find us on the People's Collection Wales website or search for 'Memory Archive' and filter on 'Collections'.

