Reminiscence

Our most popular resources

These resources can be borrowed by our library members. NHS staff and people who work in health promotion in the Bradford and Airedale area are eligible for membership. To join please complete a membership form in person at the library.

There is no standard loan on these items. We ask for loans to be under two weeks to allow other library users to borrow our resources.

We recommend placing advanced bookings on items by contacting us with your required resources and the dates that you need them for. This ensures that the resources are available when you need to borrow them.

To see our full range of resources search our library catalogue at http://bradford.nhslibraries.com or come to the library with a work ID badge to see them in person. We are based in the old building to the right of main reception, our address is:

Library and Health Promotion Resources,
Lynfield Mount Hospital,
Heights Lane,
Bradford,
West Yorkshire,
BD9 6DP
Reminiscence

Schooldays / Childhood Box
B38428
A collection of original children’s books, toys and games that can be used in reminiscence activities.

Transport Box
B60493
A collection of original items including books, car and train models, car badges and games to support reminiscence activities.

Going Out Box
B38421
A collection of original items including LPs, beer glasses and mats, pub games e.g. dominos, cards and cigarette packets to support reminiscence activities.

Gentleman’s Box
B38419
A collection of original items including a man’s tie and hat, football and rugby memorabilia, Old Spice and Brylcreem to support reminiscence activities.
Reminiscence

**Holidays Box**
B60492
A collection of original items including sports equipment, postcards and travel memorabilia to support reminiscence activities.

**Household / Kitchen Box**
B60494
A collection of original items including Sunlight soap, Oxo tin, recipe books and a rolling pin to support reminiscence activities.

**Royalty Box**
B60495
A collection of original items including commemorative mugs, magazine pull-outs and books to support reminiscence activities.

**Ladies Box**
B60496
A collection of original items including gloves, handbag, hairbrush and mirror set, heated rollers and magazines to support reminiscence activities.
Reminiscence

**Polish Memory Box**
B61546
A collection of original items including Polska wooden plate, a Jasna Góra wall plaque, General Anders booklet to support reminiscence activities.

**Trains - Scentscape**
B61348
Sounds and smells from the Age of Steam. Play the CD whilst smelling the scents of smoke, train interior, engine room and seaside.

**Animal Timeslides Album**
B61344
Cards designed to spark a range of conversations around some favourite memories. This pack contains 15 carefully selected reminiscent images around the theme of animals in the era of 1950-1970.

**At Home - Scentscape**
B61350
Designed to stimulate everyday memories from the home. Play the CD whilst smelling the scents together for a unique activity. Features smells of home-made fruit cake, baby powder and shoe polish.
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<th>Reminiscence</th>
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<tr>
<td><strong>Teachable Touchables Texture Squares</strong>&lt;br&gt;B61144&lt;br&gt;A fun, hands on tactile resource with twenty squares (10 different pairs). Textures include rough, bumpy and furry.</td>
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<tr>
<td><strong>Life Histories Game</strong>&lt;br&gt;B38374&lt;br&gt;A board game to aid reminiscing, writing life histories and as an icebreaker. For 2 to 8 players. Topics include childhood, working life and family life.</td>
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<tr>
<td><strong>Chocolate Rain</strong>&lt;br&gt;B60367&lt;br&gt;A book containing creative activity ideas for people living with advanced dementia. It has a good mix of simple everyday things to do as well as more structured arts-based activities.</td>
</tr>
<tr>
<td><strong>Making a difference 2</strong>&lt;br&gt;B49448&lt;br&gt;An evidence-based group programme to offer cognitive stimulation therapy (CST) to people with dementia.</td>
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Because food plays such an important part in our lives it may trigger many memories. Linking activities and reminiscence with actual foods can enhance recollection and allow us to re-experience the tastes of the past.

Spanning the years 1930-1989 this highly practical and thoroughly enjoyable assortment of reminiscence puzzles covers events, famous people, entertainment and everyday life in the past. Designed to stimulate discussion and jog memories.

Spanning the 1930s-1960s the quiz book provides a fun yet informative activity for use in reminiscence work.

Book by professionals working in different specialisms ranging from drama and movement to massage. Also contains practical guidance, hints and suggestions for activities for those supporting people with dementia.
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| **The 1930s Scrapbook**  
B48984  
The 1930s scrapbook has drawn together the best from the Robert Opie collection. Coronation souvenirs, film and fashion magazines, fireworks, comics and Christmas crackers survive to tell a remarkable story. |
| **The Wartime Scrapbook**  
B43632  
Over 1000 items fill the Wartime Scrapbook including images of songsheets and patriotic magazines, dramatic newspaper headlines, comic postcards, treasured sweets and wartime games. |
| **The 1950s Scrapbook**  
B43630 and B61020  
Images from the era when TV was first introduced, as well as self-service shops and products such as Omo for the new washing machines. The Rock and Roll era and flowing fashions styled from nylon and Terylene. |
| **The 1960s Scrapbook**  
B43629  
Known as the Swinging Sixties, the 1400 items in this book reflect the decade—mini skirts and minis, the Beatles and the Stones, boutiques and discotheques and winning the World Cup. |
| **The 1970s Scrapbook**  
B60576  
The 1400 items in this book reflect Seventies fashion and furnishings, film posters and football fever, along with the crisps, confectionery, cigarettes and cars of the time. |

This page lists a selection of scrapbooks compiled by Robert Opie to reflect the life and times of the decade.
<table>
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| **Spot the Intro 1960s Rock & Pop Book + CD Music Game**  
**B43570**  
This book comes with an audio CD crammed with over 200 snippets of music. Also contains 100s of trivia questions on all aspects of the 60s. |
| **Spot the Intro 1970s Rock & Pop Book + CD Music Game**  
**B48261**  
This book comes with an audio CD crammed with over 200 snippets of music. Also contains 100s of trivia questions on all aspects of the 70s. |
| **Spot the Intro 1980s Rock & Pop Book + CD Music Game**  
**B43572**  
This book comes with an audio CD crammed with over 200 snippets of music. Also contains 100s of trivia questions on all aspects of the 80s. |
| **More Famous Faces**  
**B38354**  
Contains 36 images of memorable people. An excellent activity to use with individuals or groups. |
| **Mental Fitness Cards**  
**B48990**  
100 activity cards designed to exercise the brain and improve memory. These cards can be used by individuals or small groups to keep the mind active. For any age. |
| **Time Sequencing Colorcards**  
**B49455**  
This activity game contains 38 photographic colorcards and a CD-rom. Designed to enhance understanding of the passing of time. E.g. Spring, Summer, Autumn and Winter. |
Images of Bradford 1860-1970
B60434
This book contains historic photographs of the Bradford area and can be used to start discussions about past events or places and changes over time.

Images of Keighley
B60443
Images of Keighley charts the history of this West Riding town in photographs from Victorian to recent times.

As We Were
B61345
Images of typical occupations from 1950s -1970s. Evocatively rendered in full colour.

Childhood Days in Pictures
B60386
Captures in pictures and thought-provoking words, something of those special childhood days.
<table>
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<tr>
<td>Grandpa Sea Shells</td>
<td>B38352</td>
<td>A book to help adults talk to younger children about dementia. Suggestions for activities and fun pages support the story to make this a charming and sensitive book.</td>
</tr>
<tr>
<td>Grandma</td>
<td>B60491</td>
<td>Grandma tells the story of a little boy called Oscar whose grandma has dementia and has to go into a care home.</td>
</tr>
<tr>
<td>Coping with Dementia</td>
<td>B47554</td>
<td>DVD for people caring for someone with mid- to late-stage dementia. Designed to increase our understanding of dementia and learn from carers' experiences. In English with or without subtitles. Running Time: 7 parts, each from 8 to 30 mins</td>
</tr>
<tr>
<td>Throwaway History</td>
<td>B38411</td>
<td>Stuffed full of our favourite brands, this feature length documentary is a new and entertaining way of looking at history - with a powerful nostalgic punch! Running Time: 123 mins</td>
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