

Playtime!

Memory Box



This Memory Box has been put together to support activity with individuals experiencing cognitive decline or a form of dementia. It has been created as a resource you can adapt to the needs of your group or person being cared for.

This resource includes:

- Memory box of objects and images for loan on the theme of Playtime and Childhood with a list of contents and supporting information
- An accompanying film exploring the objects and handling of them
- Links to online films of children's TV characters
- Ideas for activities as part of the session:
 - Making a Fortune Teller/ 'Nippy Nose'
 - Making a paper aeroplane
- Sweets and Treats to try
- Other Cambridgeshire resources for reminiscence and memory work

Memory Box Contents

1. Doll
2. Teddy bear.
3. Peter Rabbit by Beatrix Potter
4. Game of Snakes and Ladders
5. Dolly Dress Book
6. Skipping Rope (Replica)
7. Bag of Marbles
8. Pictures of Comic characters
9. 3 x Wooden Spinning tops (Replica)
10. 3 x Wooden yoyos (Replica)
11. 2 x Wooden Cup and Ball games

Playtime! Memory Session Outline

Playtime Film

<https://youtu.be/TbwhLX3G1Vo>

Here we have a short film introducing toys and games from the past that are available to loan so you can pass around and handle the items, as you follow the session along. The presenter also includes a quiz about comic and children's TV characters.

Vintage Children's TV and Playtime Online

Additional videos of our favourite children's TV characters can be seen here:

1. BBC Children's Hour TV <https://www.youtube.com/watch?v=UVaJ19-UT9g> Watch with Mother programmes such as Pinky and Perky, Toytown, The Woodentops, Bill and Ben and Muffin the Mule. (9 minutes and 30 secs)
2. British Film Institute One Potato, Two Potato, 1957 <https://www.youtube.com/watch?v=9DrGijdmBqU> (2 minutes and 55 secs) Showing street games and songs in Britain.

Why not add in a Craft Activity?

We used to make our own toys and children and adults love to create. These are simple paper folding activities that can be done together with carers or family. People can choose how to decorate them or personalise them. These craft activities have both been selected as once they are made, they 'do something' and can be played with.

These can be made with simple finger and hand co-ordination and can exercise hand motor skills while sitting in an armchair or at a table.

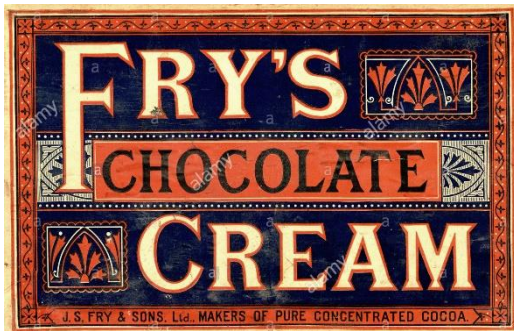
Making a paper aeroplane – refer to PDF resources

Making a Fortune teller/ 'Nippy Nose'- refer to PDF resources

Why not finish the session with a cup of tea and a childhood treat?

Sweets and treats were part of our childhood too and it can be fun to share a selection of goodies at the end of the session. Taste and smell can diminish for people with dementia but sharing and looking at packaging can be part of the memory session.

Try a Fry's Chocolate Cream chocolate bar - Fry's Chocolate was a well-known brand from 1930s to the present day. It was the



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first mass produced chocolate bar in the UK (before Cadbury's!) and was seen in widespread adverts on enamel signs, in magazines and shops.



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Or a Tunnocks Teacake! Tunnocks started in 1890 and are still operating today. During WW2 and afterwards when sugar and fat were rationed, this teacake was created as an alternative to cake with a shortcake base,

marshmallow centre and chocolate coating as a treat that had a long shelf life. The adverts for Tunnocks included the Tunnock boy and was familiar in shops, magazines and on TV.



Thank you for borrowing Playtime!