

# REMINISCENCE

Contributed by Administrator  
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Reminiscence is a wonderful communication tool!

Trisha is pleased to be working with Brendoncare friendship clubs in Dorset and Hampshire. She has provided a reminiscence session on the subject of 'SHOPPING' at many of the clubs - a great tool for getting the groups to chat and share stories. Surprising how many people still remember their co-op DIVI number!! And what happened to all the DRAPERS!!!!

She recently provided a special 'CHRISTMAS PAST' session at GOSPORT DISCOVERY CENTRE - a highly enjoyable experience all round

Trisha works regularly with Hampshire County Council as part of their Active Hearts programme - loads of lovely reminiscence sessions with loads of lovely people - and lots of anecdotes! Music, touch, smell, visual..... all the triggers and lots of laughs along the way! Trisha is now also offering individual reminiscence sessions within the client's home with the carer involved - a wonderful communication tool. This can also lead on to compilation of memory books. Ask for details.