



Memory book

Building communities (St Albans)

Mothers' Union in the diocese of St Albans have produced a memory book for frail and elderly patients as part of a wider hospital project started eight years ago. Requested as support for patients with dementia, members were given guidelines regarding the contents of these memory books.

Photos and postcards of well known places can jog memories, serve as icebreakers and help patients talk to visiting relatives, nurses and therapists. Familiar items often include pictures relating to World War II, London, actors or animals.

Everything must be plastic covered so that it can be wiped clean. Plastic display folders are excellent and available cheaply from discount stores or supermarkets. Photographic albums with plastic sheets are also suitable. The first page should show that it is compiled by Mothers' Union members; suggested wording: *'This book has been compiled with love by members of Mothers' Union in the diocese of (...).'* Hospital staff tell us:

"We really do appreciate these folders, they work well and help us to interact with the elderly, especially those suffering from Alzheimer's."



For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.mothersunion.org