

# LOCAL STORIES AT THE MUSEUM AMERSHAM

## Age Friendly at Amersham Museum

Join one of our Age Friendly  
Activities, in the museum or  
in the community



**Amersham Museum**  
49 High Street,  
Amersham HP7 0DP

01494 723700  
info@amershammuseum.org  
www.amershammuseum.org



## Museum Reminiscence Group

*"I have made  
some lovely  
friends and  
we always  
have a laugh"*

Amersham Museum runs a monthly reminiscence group where we share our stories and memories from the past. These sessions are both stimulating and fun and give us the opportunity to meet new people. The sessions cost £2 per person and last for around an hour and always include tea, coffee and biscuits.

The sessions are on Monday  
mornings, 10.30am - 11.30am

The dates for 2018 are: 5th February,  
5th March, 9th April, 14th May,  
11th June, 9th July, 10th September,  
8th October, 5th November,  
3rd December

*"It is so nice to meet new people, we  
have had lots of fun"*

*"I like remembering things from the  
past, and it is nice to share these  
memories with others"*

If you would like to come along to one of our sessions, then please either phone the museum on: 01494 723700 or email: jane@amershammuseum.org for more information.

## Memory Boxes

The museum has developed a collection of memory boxes which contain various objects, (including sensory objects for scent, sound and touch) photos and documents that help to promote discussion, sharing memories and laughter in a friendly environment.

Themes include

- A Night Out in the 1950s
- The 1960s
- Working Life
- Shopping
- Metro-land
- Toys

The memory boxes are a valuable resource for care homes, independent community groups, sheltered housing groups and sessions can either be delivered by a member of the museum or used independently. The boxes can be borrowed for a fortnight with a hire charge of £15 or we can facilitate a session for £30.

We have found that the memory boxes are interactive and fun and help trigger memories, generating much discussion and giving a lot of pleasure.



*"It is great to chat and be stimulated by other peoples stories and memories"*



## Make Your Own Memory Box

Join our special project to create your own memory box. Work with museum staff and an artist to bring together special objects, photos and documents to make a box or a book that you can share with friends and family. This is a project open to people of all ages! Booking is required but the sessions are offered for FREE with the support of the Santander Foundation, Tesco Bags for Help and Chiltern District Council.

The project runs for six weeks on a Monday afternoon, 1pm-3pm.

You can book for either Monday 19th February - 26th March OR Monday 11th June - 16th July

To book call 01494 723700 or email [emily@amershammuseum.org](mailto:emily@amershammuseum.org)



**TESCO**  
Bags of Help

**Chiltern**  
District Council

Supported by the  
**Santander Foundation**

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