



Newcastle
Libraries

The Memory Room Project

NSW Public Libraries Association

Colin Mills Scholarship

Kay Pisel

Memory Room

The Memory Room Project



Alice Ropata facilitating
a Memory Room session



Participants engaging
in an art activity

The Memory Room Project



Memory Room Session at Newcastle Art Gallery



The Memory Room Project



Memory Room session at Nobby's Beach



"You made my day! Paddling in my tin with sand and seawater ... and a couple of seagull feathers, was magic! Closest I've come to walking on the beach in a long time."

– Margaret Mowbay, participant and carer



Ink in the Lines

The Great Unwind!



William the Fourth



Cold Snap!!



Music Making



Access online

Images from the Newcastle Libraries' Local Studies collection

Simple written narratives to encourage conversation and reflection.



[www.newcastle.nsw.gov.au/library/experience/
library-projects/the-memory-room/the-memory-room](http://www.newcastle.nsw.gov.au/library/experience/library-projects/the-memory-room/the-memory-room)





**Children at Harold Myers Park
(Birmingham Gardens)
Ronald J. Morrison, 3 January 1960**

Newcastle Morning Herald

The Memory Room

newcastle.nsw.gov.au/Library/Whats-On/Library-Projects

What can you see in this picture? Do you remember playing in your local play ground as a child? What did it feel like to swing high in the air on a swing. Describe how your body felt as it moved through the air. Were you fearful, joyous? Why do you think there is so much hay on the ground? These children are running gleefully through the hay. What other games did you play in the playground?



Childrens Library, 1955

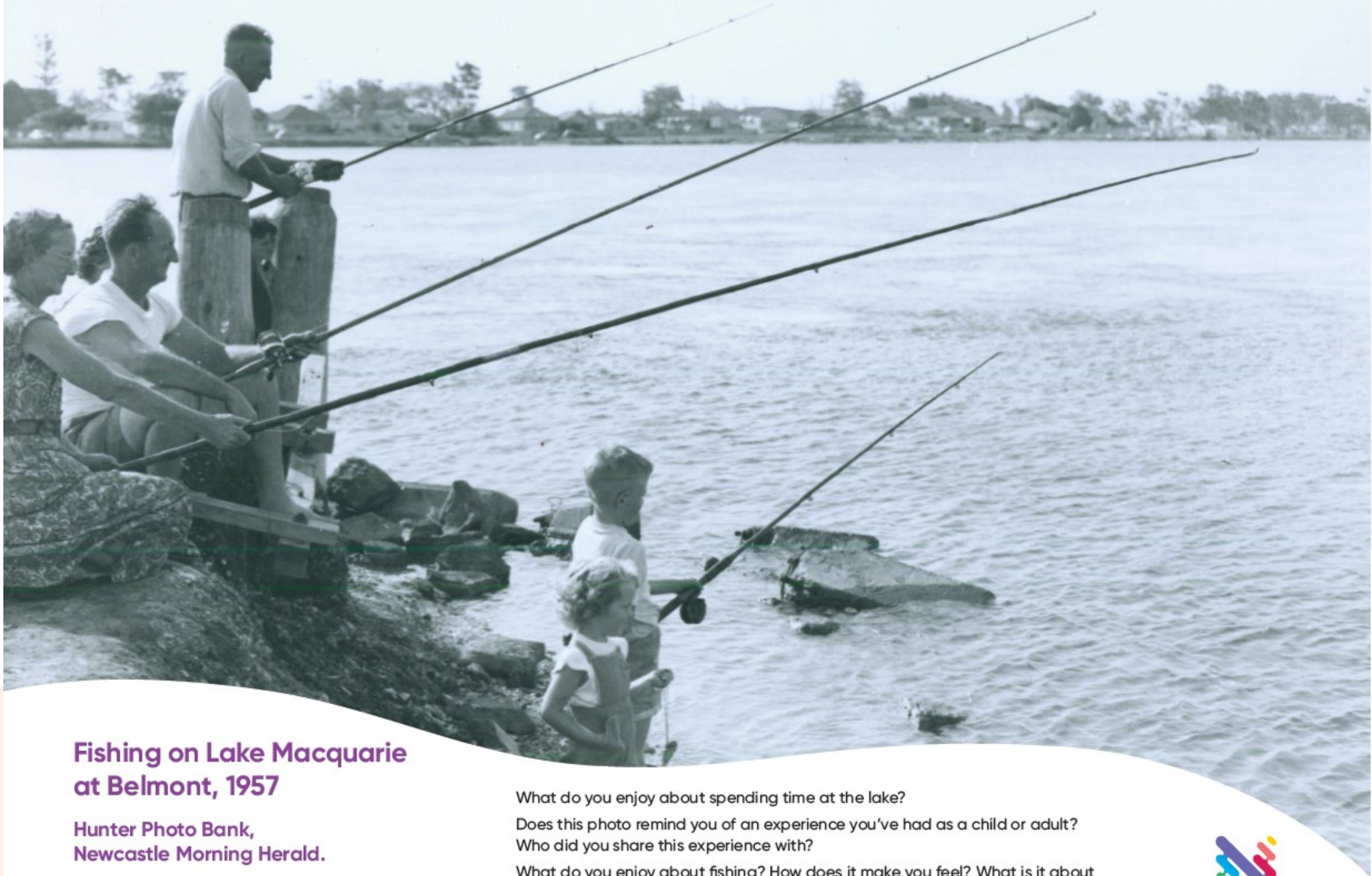
Newcastle Morning Herald

The Memory Room

newcastle.nsw.gov.au/Library/Whats-On/Library-Projects

What do you think might be going on in this photograph? Where do you think this photograph might have been taken? What do you see that indicates this?

Do you recall borrowing books from the library as a child? Which library was your local library? Did you have a favourite book as a child? Do you recall the last book you read or the last story you heard? What was it about?



Fishing on Lake Macquarie at Belmont, 1957

Hunter Photo Bank,
Newcastle Morning Herald.

The Memory Room

newcastle.nsw.gov.au/Library/Whats-On/Library-Projects

What do you enjoy about spending time at the lake?

Does this photo remind you of an experience you've had as a child or adult?

Who did you share this experience with?

What do you enjoy about fishing? How does it make you feel? What is it about fishing that makes you feel this way?

What other memories can you recall about spending time on Lake Macquarie?



Mr Mel Jurd of Wollombi and his 8ft carpet snake, 1974

Hunter Photo Bank

Have you ever had a close encounter with a snake? Perhaps you've discovered one by your back door, or curled up behind a plant outside, or even hiding inside somewhere? Describe your experience. How did this snake encounter make you feel? What else do you recall about this event?

Do you like snakes? What is it about snakes that you do or do not like?

Looking at the man in the photograph, would you say he looks afraid of the snake? Or do you think it is possible he is enjoying this rare moment?



Swimming race Newcastle Police Boys Club c.1950

Have you ever dived into a cold pool? How did the water feel against your body as you dived in? Do you recall the experience of swimming in a race? Can you describe the feeling of standing on the blocks ready to dive in? What thoughts were going through your head as you raced to the finish line? Do you recognise any structures in the image that indicate where this photo was taken?





**Sand erosion at
Stockton Beach c.1950**
Newcastle Morning Herald

Have you ever visited Stockton Beach? Did you swim, go fishing, have a picnic?
Looking at the photograph, what do you think may have occurred causing the sand to erode?
This photograph was taken in 1950, what do you see in the photograph that is an indication of this time period?



Cold snap!

Setting the scene - an introductory activity

Invite participants to bring along some winter woollies such as favourite scarves, beanies or woolie blankets.

Introduce the theme by asking participants about the coldest places they have visited.

Conversation starters and prompts

- What are your memories of spending time in the cold?
- Have you ever lived or holidayed in particularly cold places?
- What are your memories of spending time in the snow?
- Have you visited countries where the temperature is extreme compared to what we are used to in Australia? What was this like for you?
- What is it about being in the cold that you enjoy/ do not enjoy?
- What are your favourite foods to eat in winter?
- Have you worked outside or played sport in the cold? What are your memories of these experiences?

A relaxing snowy drive through Norway



Relaxing Snowy Drive in Norway | Olden to Geirangerfjord, Driving Sounds for Sleep and Study ASMR

Provide participants with hot chocolate to drink, turn the lights off and try to darken the space. Rug up in winter woollies and watch approx. 20-25 minutes of the YouTube video – *Relaxing Snowy Drive in Norway*. https://www.youtube.com/watch?v=fe_NILSF820

Inform participants that they will be watching a video for 20-25 mins to allow them the time to really switch off and relax into the drive.

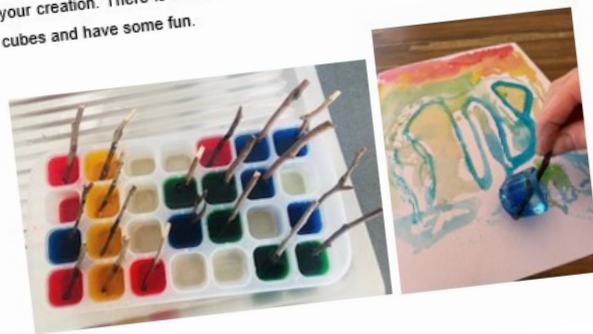
Post video questions

- What did you notice on the snowy drive?
- What did you notice about the colours?
- Which country do you think we were driving through?
- How did this video make you feel?
- Did it bring back any memories for you? If so, please share.
- How cold do you think it might have been there?
- Describe the snowy landscape.

Art Therapy – mark making with frozen water colours.

For this activity, pre-fill an ice cube tray with water and use food colouring to dye the water blue, red, yellow, and green. Place sticks in each cube before placing in the freezer to freeze overnight.

Pop the coloured ice cubes on sticks from the tray, and place on plates for participants to use. Hold the frozen cubes in your hand and use them as water colours to draw and make abstract marks with, on the water colour paper. Create swirling lines, patterns or shapes of your choosing. Experience the ice melting in your hand and onto the paper, let the ice cubes lead your creation. There is no right or wrong way to create your image. Experiment with the ice cubes and have some fun.



Activity 2

Using black cardboard and a white oil pastel or soft pastel, create a snowscape inspired by the snowy drive through Norway. What was the process like for you? What memories came to mind as you were creating your snowscape?

Materials

- Ice tray
- Water
- Food colouring
- Small sticks
- Water colour art paper
- Plates
- Black cardboard
- White oil pastels or soft pastels

Memory Kits

Pictorial books, music CDs, DVDs, puzzles, tactile games, activity cards, etc.

Aussie Birds!

www.newcastle.nsw.gov.au/library/experience/library-projects/the-memory-room/memory-kits



Memory Kit - in the Garden





The Memory Room

A photograph can evoke much more than a memory. It evokes emotion! Use the images in our Memory Room to encourage conversation, share stories, laughter, and connection. The project is specifically for people living with dementia and their carers.



Memory Kits

Our Memory Kits are specifically designed to stimulate memories, encourage conversation and provide entertainment for people with dementia (and similar conditions), and their families and support workers.



The Magic Table

Come use our Magic Table! It uses interactive light projected onto a table to stimulate and engage people with cognitive disabilities or dementia through interactive games. Find out more.



Laughter and Tears: Living with Dementia Podcast Series

Hosted by ABC broadcast journalist, Dan Cox, this podcast series invites members of our community living with dementia to share their experiences of love, loss, courage and hope. Listen now to find out more.



Dementia Australia Programs

Find upcoming Dementia Australia programs that are available online and in-person for those with dementia and their families.



Other Dementia Resources

Find helpful resources for loan in our collections, useful website and apps that support, guidance and fun for those with dementia and their families.

Thank you

kpisel@ncc.nsw.gov.au

<https://www.newcastle.nsw.gov.au/library/experience/library-projects/the-memory-room>