

# **INTERGENERATIONAL MEMORY CAFES**


MONMOUTHSHIRE MUSEUMS SERVICE



Where it all began...

**By 2021 over 3,000 people living in Monmouthshire and Newport will be diagnosed as living with dementia (Alzheimer's Society).**

**Monmouthshire County Council's 2017 wellbeing assessment determined that Monmouthshire has 'an ageing population – by 2039 over 85s will increase by 186% and under 18s will decline by 14%'**

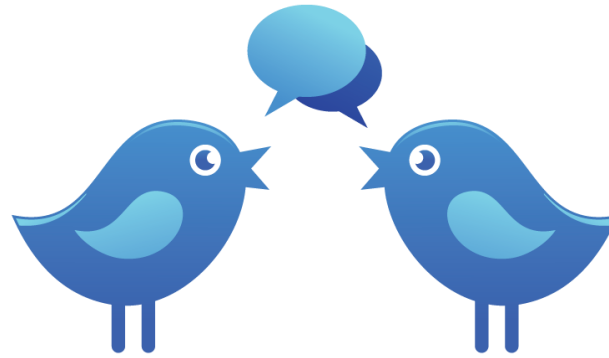




A healthier Wales




A prosperous Wales



# Monmouth Comprehensive School Welsh Baccalaureate Community Challenge

# The Process

- Dementia Friends information session
  - Reminiscence training
  - Select theme of café
  - Research costume, refreshments, music, trigger objects, social history, local history
  - Produce marketing
  - Deliver café
  - Evaluate
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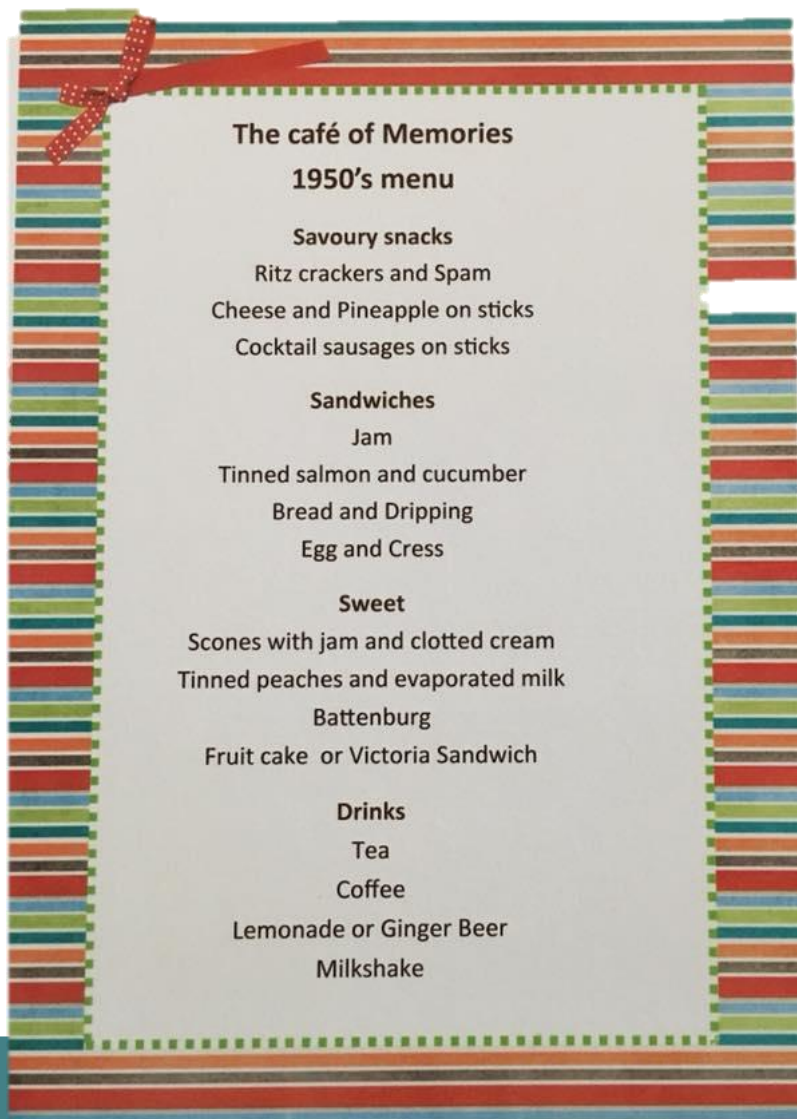












A 1950's inspired cafe





















Intergenerational Memory Café students receiving their GAVO  
Highly Commended award

*“This project will really help me in the future. It shows employers that I am an active part of my community and am a conscientious individual who cares about marginalised communities. The training in particular will help me to assist my family member in the near future.”*

Memory café student volunteer

*I spoke with one gentleman who dropped in purely by chance. He had a very low value of his life contribution. But on discussion arising from the session I discovered he had worked for the RAE Farnborough and had been involved with some of the most significant achievements made in aircraft developments.*

*Thanks to the opportunity to allow reflection on his role he left feeling happier, more socially engaged and self-confident.*

*The young people who facilitated the events were outstanding. They worked hard to develop their knowledge and interpersonal skills to allow for an effective activity to be carried out.*

*The programme is an exceptional template for other inter-generational projects to follow and will be used as an example of such to other Dementia Friends groups throughout the UK.*

*Ian Thomas  
Dementia Friends Co-ordinator  
Alzheimer's Society*



*'The Memory Cafe at Monmouth's Nelson Museum is a wonderful asset to the town, a great venue and ideal for those living with dementia. The young people from Monmouth Comprehensive School put a great deal of effort into researching each of the decades they focused on this year providing an afternoon tea, games, and wonderful displays of so many items including clothing, toys, kitchen gadgets and books, to mention just a few, relevant to those decades. It sparked so much discussion with the 89 years old lady I have taken on 3 occasions and she had so much fun.*

Carer of a person living with dementia

Whilst volunteering at the museum I have had the pleasure of helping organise memory cafes for those in the community living with dementia. Whilst volunteering I have trained to become a dementia friend, this has helped me understand those living with dementia, and has given me more confidence to work with them. It has also helped me with skills such as: organisation, teamwork and communication. The amount of work that goes on behind the scenes in the run up to a memory café is astounding and volunteering has also made me aware of the other services the museum provides for those with dementia, such as 'memory boxes', a collection of items from a certain time period or theme. Overall, volunteering with the museum to help organise memory café's has been an immensely rewarding experience seeing the good it can bring to those that participate and the benefit that it can bring to those that live with dementia.

Memory café student volunteer

Creative Lives



Active Lives



I don't have  
grandparents. Without  
this project I'm not sure I  
would ever get to talk to  
the older generation.

