

# REMINISCENCE

## W O R K S H O P S



**Reminiscence** can improve a person's emotional wellbeing. In our **REMINISCENCE WORKSHOPS** we use objects and photographs from the museum's collection to stimulate conversations about the past and the Home Front in Northern Ireland during the Second World War. Our workshops are designed to be enjoyable and multisensory.

Topics we explore include:

- **The Belfast Blitz**
- **GIs in Northern Ireland**
- **Gas Masks, Identity Cards, and the Blackout**
- **Rationing, Austerity, and Make Do and Mend**
- **Evacuees**
- **Childhood and Toys**
- **Pastimes and Hobbies**
- **Women in Wartime**

Every workshop is different depending on the interests, needs and memories of the group. Music and movement can also be incorporated.

BOOKING REQUIRED



To find out more or book a FREE workshop please email **outreach@niwarmemorial.org** or telephone **028 9032 0392 Option 3**

