

V I R T
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 R E M I N I S C E N C E
 O R K S
 H O P S



Reminiscence can improve a person's emotional wellbeing. In our virtual **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. Workshops take place on Zoom and are suitable for groups of up to 10 people. Music and movement can also be incorporated.

FREE

To find out more or **BOOK A WORKSHOP** contact outreach@niwarmemorial.org

