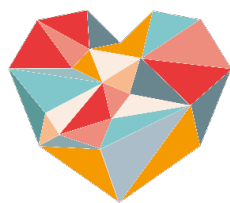


A box with (your) stories

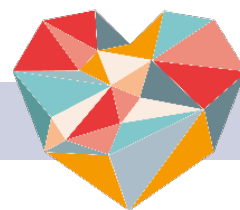


Dementia
in Cultural Mediation



With the support of the
Erasmus+ Programme
of the European Union

The activity



Name of the activity

The title of the activity is **'A box with (your) stories'**.

Summary

'A box with (your) stories' is a physical box with which stories can be told. The box can have different themes.

In the Hunebedcentrum museum the box can be used to introduce the story of the museum. The use of the box is interactive – the museum guide can respond to the stories and questions of the people with dementia and adjust the conversation based on their input. In the museum the box can help to start interactions and let people share their story. After the museum visit, the box can help the visitors to share their experience with each other and possibly evoke memories of the museum visit.

Inside the box objects can be found that inspire stories, evoke memories and stimulate interactions. The objects address all senses: see, hear, taste, feel and smell. Several objects can be combined to use different senses. This combination of objects refers to a specific story or a vague story that creates a lot of space for people to make it their own. Hopefully by combining all these objects it stimulates memories and foremost the feeling of familiarity. There is no wrong or right story or feeling which people associate with the object.

A theme can be given to the box, for example the hunebeds and the hunebed builders. Objects related to the hunebeds are then placed in the box. Those objects could possibly bring back memories and stories about the hunebeds. The box will contain stones, so the participants can feel the surface of the hunebeds, which they might have done a lot as children. The stones can be used to tell how the hunebeds were built and participants can try to build their own mini hunebed.

Another object can be an old postcard or a picture of people posing with the hunebeds. Perhaps the participants themselves took a similar photo while on vacation or sent a card home.

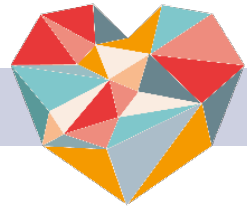
Another object can be a "schoolplaat" (a picture in the classroom) about the hunebeds. Every classroom had that picture from the fifties in the 20th century.

The sense of taste will be used with the tasting of prehistoric food. For example insects, nuts, crops, wild plants, mushrooms, fruit and honey. The origins and the production of these foods lie in prehistoric times. The participants will experience new flavors and recognize foods. The combination of known foods, or food with a familiar taste, reminds them of the daily life of the hunebed builders and their own youth.

An MP3 is also included in the box, on which participants can listen to animal sounds, music and ambient noises. Ones which are known and some which were present during the time of the hunebed builders.

Smells from nature and labor will illustrate the prehistory with another sense. Pottery with the smell of smoke and natural scents will evoke memories from the past.

Content



Target group

This activity is suitable for people with dementia in every stage. The box can be used in the museum itself or on a different location (a care home for example).

The objects in the box can address to all senses – see, hear, taste, feel and smell. So if a person with dementia has a hearing or visual problem, he or she can still join the activity.

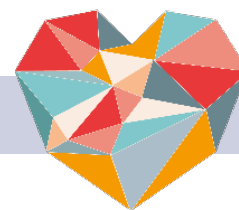
Objective

The objective of the activity is to evoke memories and inspire the participants to share their stories with each other.

Partners

If the activity is in the Hunebed museum itself there are no partners necessary. Depending on the location where the activity is organized, additional partners or organizations are needed.

Practical



Venue

'A box with (your) stories' can be used in any location and in the museum itself. Therefore it will be accessible for everyone, also for people who are not able to come to the museum. The box can also serve as an additional element in a larger program.

- The venue should accommodate approximately 15 participants.
- The group should be big enough to interact and small enough for participants to share their stories.
- The venue should be facilitated with a good plan of the table and chair settings (the plan should make the communication within the group, with the supervisor and the hosts better).
- There should be enough parking and public transport nearby.
- The venue must be accessible for people with disabilities or those who use a walker or sit in a wheelchair.
- The venue must have electricity and hardware to be able to share the sounds within the box.

Day, time & duration

The activity can be organized at various places.

In care homes or other (cultural) organizations a program of 1,5 to 2 hours can be organized in the morning and afternoon. The activity will have an introduction with coffee or tea, the activity itself with the group and if possible extra information through additional stories or a short lesson/lecture.

In the museum a program of 1,5 to 2 hours can be organized in the morning. The activity will have an introduction with coffee or tea, the activity itself with the group and a visit to the museum.

Group size

The activity works best in small groups or one on one. Bigger groups probably create too many stimulants and participants within the group will be easier distracted. The maximum group size is 15 participants but this might also depend on the available space at the location.

Supervisors and hosts

At least one host is required for this activity. They will be trained to organize the activity and they are also focused on the well-being of the participants. The activity can be done by one host, but if more supervisors help, the quality of the activity can improve because there are more contact moments. The host explains the program at the start of the activity and he/she will involve caretakers and relatives which are present.

The supervisors will be trained in the museum to become hosts. The training consists of helping with the activity/groups to learn everything step by step – first a supervisor, second a host for a specific part in the program, third as supervisor but with a host for help and finally they can do the activity alone.

Materials & facilities

There are some materials and facilities needed for the activity, like:

- A computer or laptop with HDMI connection.
- A beamer to show the presentation, pictures, videos and audio.
- Some kind of audio equipment for the sound of the videos and audio.

The required materials for the box depend on the story being told. 'A box with (your) stories' can have several themes.

For example different history and geology topics of the Hunebedcentrum museum are; hunebeds, ice ages, prehistory, archeology, geology, stones etc.

A few materials for example:

- The story of the hunebeds can be told by using stones, pictures, "schoolplaat" and old postcards.
- The story of the hunebed builders can be told by using clothing, textile or fur, pictures, shoes and prehistoric food.
- The story of the ice ages can be told by using pictures of ice, bones from ice age animals, pictures of ice age animals, a hand axe or a skull of a Neanderthal.

Tea, coffee and some sweets are offered at the start of the activity. Every participant will receive at least one consumption but a second cup should not cause a problem.

Costs

If the activity is organized in the museum, it costs the entrance fee (€12,50) and, if necessary, a small amount for the program. Depending on the size of the program.

When the activity is organized in a care home or other (cultural) organization, only a small contribution is needed to cover some expenses. This amount depends on the number of participants in the group, the hours invested and the level of support at the location.

Name tags

Within the box special name tags are included so the participants, host and supervisor can address each other directly.

Memento

At the end of the activity, a photo is taken of the participants at the hunebed, only with their approval. They can share this picture later with their caregiver and family.

Another possibility is that participants can write a postcard with their own story and send or give it to someone.

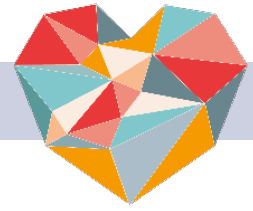
Afterwards

During the activity, pictures will be taken (after asking for consent) and published on the website of the Hunebedcentrum museum (www.hunebedcentrum.eu) and/or shared on any other relevant platform and social media channels.

After the activity, the Hunebedcentrum museum will make an article of the activity. This will be published on www.hunebedcentrum.eu but can also be shared on social media channels with other involved or interested organizations.

The aim is to work together with partners in a sustainable way. Each time the activity takes place, it is evaluated with the partners involved. As an extra service, pictures of the activity on location or the museum visit are shared.

Communication & Registration



Communication

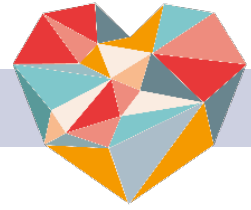
There will be a constructive cooperation with partners. The partners will promote the activity in different ways: online and offline.

Activities for individuals are promoted by the marketing and PR department of the Hunebed museum.

Registration

Participants can register via the website (www.hunebedcentrum.eu). In addition also by e-mail or by telephone via the reservations department. They always receive a confirmation.

Description & Program



Preparation

Before the activity takes place, it is discussed which theme the box should have. Depending on the theme, the box will be filled with the right materials.

The organization (the people who give the activity) and the location management (where the activity takes place) will set up the room together.

The participants are seated on a chair at a table with a U-shape arrangement so that there is enough room for interaction. The presentation takes place on a screen (beamer).

The participants are seated in such a way that they can all follow the presentation well.

Day of the activity

On the day of the activity, the box will be carefully checked whether the correct materials are in the box. There will also be a sound check.

Welcome

When the participants are seated, they are offered a cup of coffee or tea with a small snack. When everyone is provided, the participants are warmly welcomed. The activity is briefly explained and can begin.

Program

The program depends on the location where the activity takes place. In the museum the box is combined with a visit to the museum and at another location, such as a care home, the activity takes place in one room.

In both cases, the activity starts with a story told by the host. The story matches the theme of the box and is supported by the materials from the box, sounds and images.

In between, participants are given the opportunity to share their story. When the activity takes place in the museum, the participants take a guided walk through the museum. Stories are also told and shared during the activity.

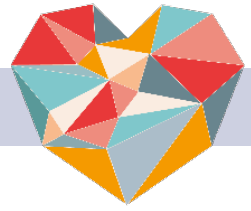
End of the program

At the end of the activity, the participants are asked what they thought of the activity and they will have the opportunity to share their story and opinion.

When the activity takes place in the museum, a group photo is taken at the Hunebed. This photo will of course be emailed to everyone as a reminder.

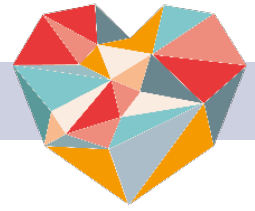
Everyone is thanked for their presence and the activity is ended.

Evaluation



The activity will be evaluated – within the organisation (supervisor / hosts / coordinator), with participants and with caretakers and professionals. The last group is asked to fill in an evaluation. The rest is discussed and written down

Checklist, when to do what



One month before the activity

- Appointment with the location when the activity takes place in a different location.
- Make agreements with the location home about the date, time and location/room.
- Arrange a room at the location and check whether the necessary equipment (beamer, audio, screen, tables and chairs) are available there.

Two weeks before the activity

- Contact the location home about how the registrations are going (how many participants).
- Check the registrations for the museum itself (how many participants).
- Spread promotion of the activity in the museum through the website and social media.
- Arrange the host and supervisors for the activity.

The week before the activity

- Arrange all necessary materials: the box and materials for inside the box (depending on the theme).
- Check the audio equipment in the museum (PowerPoint, audio check etc.).
- Promote the activity in the museum again through the website and social media.

The day before the activity

- Check if all materials are present in the box (only the box for the activity in an elderly care home) and in the museum.
- Check the registrations (how many participants) and pass it through to the host and supervisors.
- Plan the trip and travel time to the elderly care home so the location is reached on time.

Day of the activity

- Be present 60 minutes before the activity starts.
- Install and check everything: video and audio check.
- Prepare the room and get the coffee, tea and snack ready.

Corona

The activity can be done with a 1.5 meters distance and with a smaller group.

Points of attention

