



Stirling City
HERITAGE TRUST



HERITAGE UNBOXED: REMINISCENCE THERAPY FOR DEMENTIA

ACCESSIBLE PUBLICATION AND STIRLING
REMINISCENCE BOX REPORT

Accessible Publication

In 2021, Stirling Council committed to making Stirling a Dementia Friendly City. Our Accessible Publication and Reminiscence Boxes contribute to these wider strategic plans for promoting mental health and wellbeing in Stirling. With an estimated 600+ people with dementia in Stirling City, its Eastern Villages, Bridge of Allan and Dunblane, and the prevalence of dementia in the population set to increase, projects like ours are vital.

In 2022, we launched *20 Great Buildings of Stirling*, an Accessible Publication, created for people living with dementia, in care communities, and New Scots. It provides accessible interpretation for each building, as well as reminiscence questions to engage users. This booklet invites readers to explore Stirling in a safe environment, allowing groups to reminisce and share stories together.

'We've been delivering the publication to encourage people to practice their English and learn more about the places around them. People have really enjoyed 'scavenger hunt'esque days out with the family to find these places and immerse themselves in local history.'

Forth Valley Welcome

20 Great Buildings was created in partnership with The Stirling Smith Art Gallery & Museum. Inspired by The Smith's *20 Great Paintings: Highlights from the Stirling Smith's Art Collection* publication, released in 2021.

The project was funded by Historic Environment Scotland and the booklet is available free of charge to local care homes, community support groups, and third sector organisations. Expressions of interest in copies of the publication are welcome, please get in touch with Stirling City Heritage Trust for more details.

20 Great Buildings has been distributed across Stirlingshire with the help of Stirling's Library Services, and we have also delivered it to a variety of community groups, local care homes and third sector organisations.





500

USERS REACHED
ACROSS SETTINGS



85%

SETTINGS FOUND THE
PUBLICATION HAD A GREAT
DEAL OF POSTIVE IMPACT



92%

FOUND THE
PUBLICATION USEFUL IN
THEIR SETTING



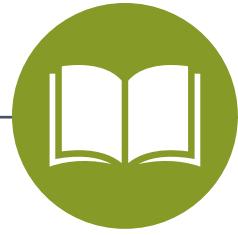
164

DISTRIBUTED TO
CARE HOMES



141

DISTRIBUTED TO
COMMUNITY GROUPS &
SUPPORT SERVICES



155

DISTRIBUTED TO
LIBRARIES

FIGURE 1 HOW USEFUL THE PUBLICATION HAS BEEN IN THEIR SETTING

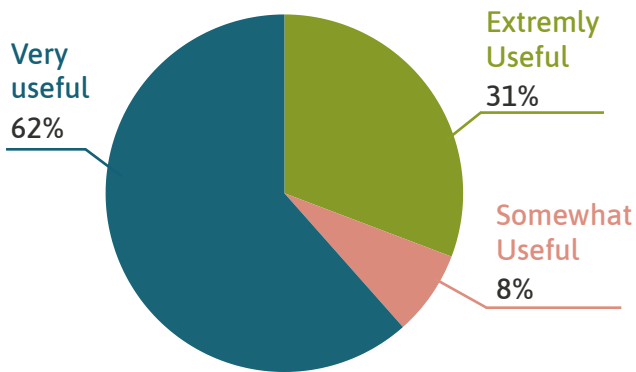


FIGURE 2 HOW MUCH HAVE USERS BENEFITED FROM THE PUBLICATION

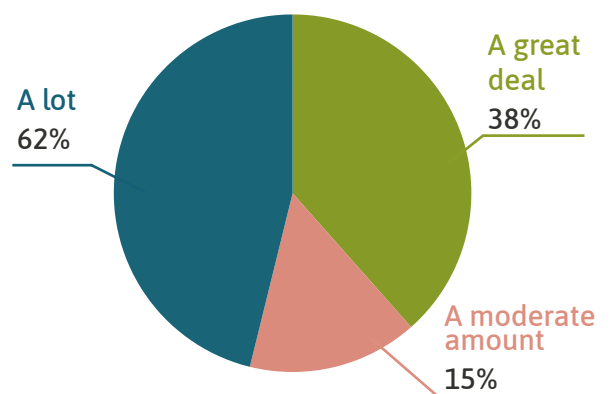


FIGURE 3 HOW MUCH THE PUBLICATION INCREASED USERS UNDERSTANDING OF STIRLING'S HERITAGE

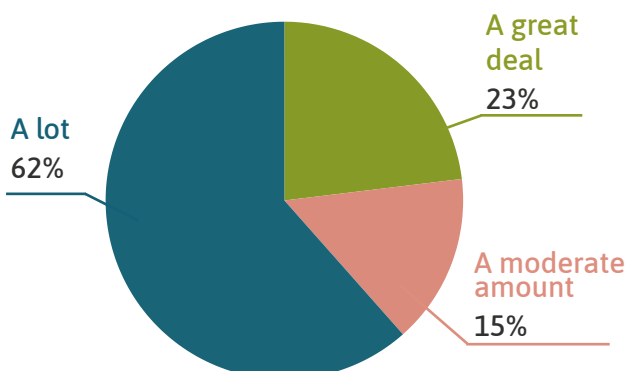
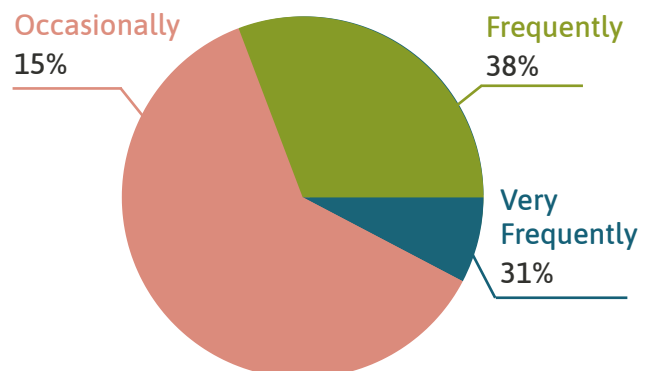


FIGURE 4 HOW FREQUENTLY WILL THE PUBLICATION BE USED THEIR SETTING



Reminiscence Box

Building on the success of our Accessible Publication, *20 Great Buildings of Stirling*, in 2023, we produced a new resource for people with Dementia and Alzheimer's, Stirling Reminiscence Boxes.

Reminiscence Therapy involves discussing events and experiences from the past, and aims to evoke memories, stimulate mental activity and improve a person's wellbeing. Research has shown that Reminiscence Therapy can help older people with depression to focus on positive aspects of their past, encouraging positive thoughts. It is particularly useful for people living with Dementia, as they often have a better memory for the distant past than they do for recent events. Our Boxes provide a

meaningful activity for users and they also give carers and loved ones an opportunity to reconnect with the person with Dementia.

Our Reminiscence Boxes are available in two sizes, and they celebrate the history and heritage of Stirling. They contain photographs, postcards, tickets and architectural plans relating to themes including work, leisure and entertainment, important local events, and education.

The Reminiscence Box project was made possible by funding from the Ideas, Innovation, Improvement Assessment Fund, administered by Stirling Voluntary Enterprise, and from Historic Environment Scotland.



1000

USERS REACHED
ACROSS SETTINGS



84%

SETTINGS FOUND THE
BOXES HAD A GREAT DEAL
OF POSTIVE IMPACT



83%

FOUND THE BOX
VERY USEFUL IN THEIR
SETTING



42

DISTRIBUTED TO
CARE HOMES



38

DISTRIBUTED TO
COMMUNITY GROUPS &
SUPPORT SERVICES



42

DISTRIBUTED TO
LIBRARIES

FIGURE 1 HOW USEFUL THE BOX HAS BEEN IN THEIR SETTING

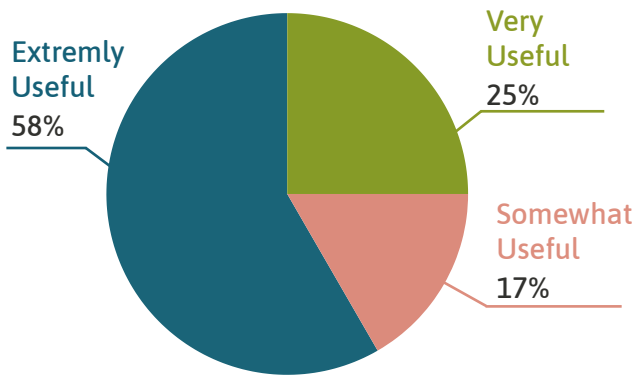


FIGURE 2 HOW MUCH THE BOX HAS POSITIVELY IMPACTED USERS

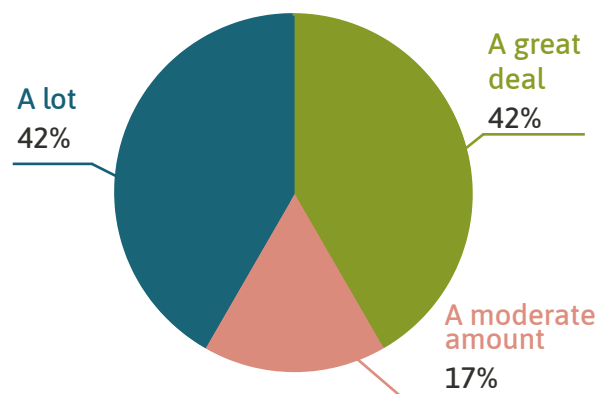


FIGURE 3 HOW MUCH THE BOX HAS HELPED WITH REMINISCENCE ACTIVITIES

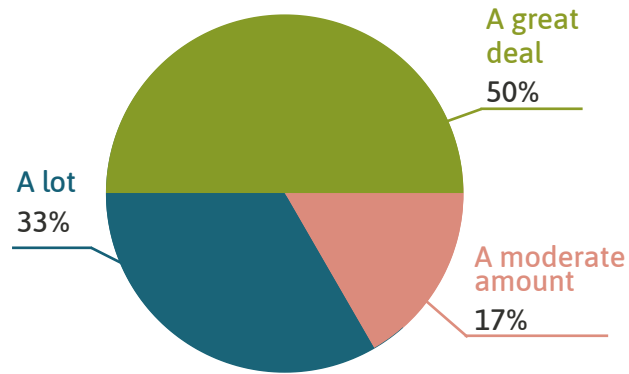
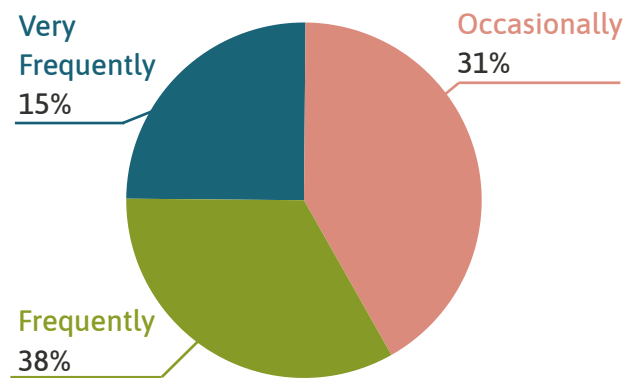


FIGURE 4 HOW FREQUENTLY THE BOX WILL BE USED IN THEIR SETTING



'It's amazing what you're doing and it will be greatly appreciated by the whole sector. Thanks again for all your support and for the incredible resource you've gifted us.'

Activities & Media Manager, William Simpsons Care Home



Feedback

We produced 130+ Boxes and 500 Accessible publications and they are being used across the Forth Valley in a variety of settings by a range of organisations:

- 13 care homes
- 16 Libraries across Stirling Local Authority Area, including the Mobile Library which serves rural communities
- National organisations including Alzheimer's Scotland and the NHS
- Local organisations including Dementia Friendly Dunblane, Town Break, and Stirling University's Dementia Services Development Service
- Community Organisations and charities including Balfron Lunch Club, Forth Valley Welcome and Raploch Local History Society

The Accessible Publication and Reminiscence Box have had over 1500 users combined, and this number will increase as they continue to be enjoyed by more people across Stirling and the Forth Valley.

'The publication will help parts of our community who can sometimes be forgotten about, those who live in care homes. While it may be difficult for them to get out and visit Stirling's landmark buildings, this book can help them to remember the places where they lived or visited in the past. I am sure it will be a much-welcomed resource and also by New Scots who have arrived recently to our city and want to learn more about its history.'

David Black, Chairman of Stirling City Heritage Trust





'Patients from the area of Stirling were given the book or used it as a discussion point with staff for reminiscence. One patient said it was 'great, I recognised 19 out of the 20 buildings, a lovely book' the patient approached me a week later and was still discussing the book and telling me in more detail about the buildings.'

NHS Forth Valley

'We offer the publications out at family carer/volunteer workshops - particularly useful for this group as it links in well with life story, meaningful activities.'

*Dementia Services
Development Centre,
University of Stirling*



'The residents loved talking about the old buildings and how they used to look.'

*Annfield House
Care Home*



'All our branches think the reminiscence boxes are great. The staff have enjoyed looking at them too. They have been a big hit with people, everyone loves to reminisce about stuff.'

*Community Library Officer, Stirling
Libraries*

'We can literally spend hours looking through the boxes and reminiscing, it was just wonderful in the group in Alloa. All of the literature and information was amazing. We have had many great conversations with the boxes and will continue to use them in the future.'

*Alzheimer Scotland, Community Activities Officer,
Forth Valley*

'Our residents loved looking through the boxes. It generated a lot of memories and they enjoyed discussing with others. The box was lovely to sit and talk through with our residents, we heard a few stories from back in the day!'

Randolph Hill Nursing Home



PARTNERS

These projects were made possible via funding from Historic Environment Scotland, and the Ideas, Innovation, Improvement Assessment Fund administered by Stirlingshire Voluntary Enterprise and Clackmannanshire Third Sector Interface.

Many thanks to our partners Stirling Archives and The Stirling Smith Art Gallery & Museum for generously supplying us with images from their collections for use in our Reminiscence Boxes and Accessible Publication.

With thanks also to Stirling Library Services for their help in distributing these resources.

ABOUT SCHT

A registered Scottish Charity and a private company limited by guarantee.

The Trust is managed by a Trust Manager and overseen by a Board of up to 11 voluntary Trustees. Funding is from **Historic Environment Scotland** and **Stirling Council**.

Stirling City Heritage Trust,
Ground Floor, Cameron House,
Forthside Way, Stirling, FK8 1QZ

Company number: SC277033
Scottish Charity number: SC037888



Stirling City
HERITAGE TRUST



SUPPORTED BY

