

To book a Memory Box and for more information contact:

**Luton Culture  
Skills & Talent Team**

Legrave Library, 1st Floor Office  
Marsh Road, LU3 2NL

Tel: **01582 598065**

Email: [outreach@lutonculture.com](mailto:outreach@lutonculture.com)

Also available the **Home Library Service**, bringing books to your door call: **01582 491428** to check your eligibility.



Our Memory Boxes are produced with the approval of the

**DAA**  
Luton Dementia  
Action Alliance



Luton Culture is a dementia friendly organisation



# Memory BOX COLLECTION

[www.lutonculture.com](http://www.lutonculture.com)



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**Luton  
Culture**



## MEMORY BOX COLLECTION

A Memory Box is a time capsule that connects people with the past through the items inside.

Memory Boxes are a great way to help recall events and people from the past, stimulating and prompting memories that can bring them back to a moment in time that is held dear and can stir thoughts of happy moments in life.

Recalling pleasant memories of people, places and events from the past can help reconnect with the outside world, improve emotional state and provide a sense of purpose and belonging.

Luton Culture are proud to be able to offer a variety of Memory Boxes. All our boxes are based around different themes and contain a wide selection of objects, music, smells and photographs to help evoke memories of the past.

You can borrow up to two different themed Memory Boxes at a time for up to 4-weeks and we have a number of Memory Boxes with a variety of emotive subjects such as the 1960's; Luton and School-days available for you to choose from.



For those living with Alzheimer's disease or other kinds of dementia, the joy of life's special memories are eventually lost. While dementia takes away a person's short-term memory, their long-term memory can remain intact much longer. A Memory Box can help stimulate those long-term memories and promote cognitive functioning, helping to recall happy memories and positive responses.

## Reasons to have a Memory Box

- **Stimulates The Senses** — exercises touch and other senses that will be relied upon as Alzheimer's progresses.
- **Can Inspire Conversation** — reminiscing about the objects in the box and retelling their stories can be really meaningful.
- **Awakens A Sense of Self** — the ability to recall important memories from the past can help us to feel encouraged and proud, being able to hold onto them is vital for a healthy sense identity.
- **Creates An Attractive Point of Interest** — an item that was meant to stir a certain memory can bring on another or, it could inspire a waterfall of thoughts, new memories and conversation.

**There are no rules about what should be kept in a Memory Box so whatever you do or however you decide to use ours we hope you enjoy what is inside and will choose another Memory Box experience.**