



Thanks for the Memory

Its Strange. We live our lives forwards, but lose our memories backwards.

We start to forget what we did yesterday, just now and what we have planned for tomorrow, but the far past stays with us and can be evoked through an event, music or something familiar happening.



Thanks for the Memory is about creating 'Memory Moments' to help those living with memory loss or dementia and to help their families.

We aim to:

- Promote memorable and enjoyable events to bring back memories for those attending
- Raise awareness of the issues families face caring for those living with dementia
- Create links to organisations who provide support and resources
- Offer a platform to promote events
- Provide information on organisations who can put on local events

What You Can DO:

◦Promote this idea to get more people putting on Memory Moments: tweet, link, email and talk about



- Put a link on your website back to ours
- Send us information if you could put on an event or help create a **Memory Moment**. Are you a band, choir, photographer, local or national organisation who can help it to happen?
- Send us a (very) short profile with logo and link if your organisation provides support
- Sponsor an event – tell us and we

will ensure you are recognised here. This is NOT a commercial venture but we recognise that it will need commercial support to succeed

◦Short articles – send one in if you have one and we can put it on the website with links and recognition of sources

This website is a resource which can and will evolve with your support.

Do something today and support

Thanks for the Memory.



@Memory_Moments

Create your own Memory Moment

Put together a photo album of favourite moments and share it with your relative. Create a sensory basket with smells evoking special moments from baby powder to suntan oil and perfumes ... or you could put on an event and invite family and friends; or make it a public event; or talk to your local residential homes who would welcome you in.

Some ideas for such Memory Moments could be:

- A play about a certain time in the past in period costume (1940's perhaps)
- Musical concert with music from past decades
- Period tea parties
- Tea dances
- Old film nights – really an excuse to watch Casablanca again!!!
- ... and any more you can think of.

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