



HOW TO RUN A REMINISCENCE GROUP

Want to start up a new session or looking for fresh ideas?

As a recognised leader in reminiscence work, Age Exchange can provide you with the skills to set up and run sessions. Develop your person centred-care approach by working in collaboration with your service users, enhancing wellbeing and building a sense of identity for the group.

Reminiscence groups help to improve relationships, reducing symptoms of ill health and efficiently assist in meeting people's needs in care settings, without additional strain on resources – find out how on this course.

We can provide reminiscence training at our premises or for groups of up to 16 people at your own venue. For more information please: e-mail: training@age-exchange.org.uk, call: 020 8318 9105 or book at: www.age-exchange.org.uk.