



Age Exchange Core Training Programme



Age Exchange has over 30 years' experience of using reminiscence to improve the lives of older people; promote intergenerational understanding and community cohesion. We work in partnership in a range of settings including health and social care, housing, museums, schools and libraries.

Reminiscence is the core of our work. Using people's memories and experiences enables our projects to be truly person-centred and to engage with people across cultures, age groups and abilities.

Our services include:

- Intergenerational projects to support communities in regeneration schemes
- Creating communities in extra care schemes
- Interventions to improve the wellbeing of people with dementia
- Training programmes to improve communication with older people especially those with dementia and to develop skills and knowledge in reminiscence and intergenerational work
- Working with museums, libraries and archives to develop reminiscence skills to improve audience engagement

We provide high quality outreach and training in the field of Reminiscence Arts practice in the community, independent living schemes, extra care schemes and care homes. We draw on best practice, research and a wealth of experience delivering this and intergenerational arts projects.

Previous customers have included Kings College Hospital, Guy's and St Thomas Hospital, L&Q Housing, Peabody Trust, Jewish Museum (Manchester), Jeffrey Museum, London Wildlife Trust.

<p>CORE REMINISCENCE TRAINING Age Exchange has a long history of providing reminiscence training. Courses can be delivered in-house or places can be booked on our training programme that takes place in our centre in Blackheath. Courses can be tailored to meet specific needs. Our previous clients include care homes, museums, housing associations and libraries.</p>	
<p>INTRODUCING REMINISCENCE ACTIVITIES TO YOUR WORKPLACE – 1 DAY COURSE Using past histories and present objects; this training gives you a strong foundation to understanding good reminiscence practice and learning skills for engaging vulnerable older people; through everyday conversation or in groups.</p>	<p>£800 per day for up to 14 participants Or £115 per place at Age Exchange</p>
<p>HOW TO RUN A REMINISCENCE GROUP – 1 DAY COURSE <i>Want to start up a new session or looking for fresh ideas?</i> 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.</p>	<p>£800 per day for up to 14 participants Or £115 per place at Age Exchange</p>
<p>PRACTICAL REMINISCENCE – 1 DAY COURSE Make your own resources & know how to use them <i>Learn how to design practical sessions for participants to get hands on with the simple but effective materials you make during this course.</i> Whether you work with people on a dedicated 1:1 basis, through daily domiciliary care, in groups, at community settings or residential homes, this day shows you how to create reminiscence resources aimed to stimulate the senses, start new conversations, aid memory, enhance your client’s sense of wellbeing and improve the quality of your interventions. Pitched to be memorable, this experience also provides plenty of ideas to incorporate inexpensive everyday items for easy application in the workplace.</p>	<p>£800 per day for up to 14 participants Or £115 per place Age Exchange</p>
<p>BESPOKE TRAINING We provide bespoke training based on your learning objectives and organisational needs.</p>	<p>£300 development cost per course plus course costs</p>