

# Inspire Libraries: Memory resources and activities



This easy read tells you about ways that Inspire Libraries can help to improve people's quality of life if they have dementia, Alzheimer's, or memory problems.

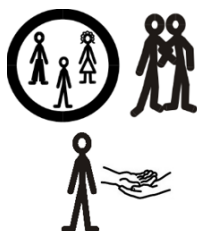
## Memory resources



Inspire Libraries have a collection of memory resources.



These are for people living with dementia or other memory problems.



They can help people talk to their families, friends and carers.

## Memory Lane Bags



Memory lane bags are bags with items and activities.



They can help people to connect with each other.



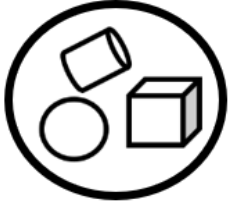
You can use them at home.



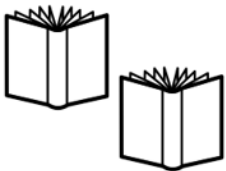
You can take them along when visiting someone in a care home or hospital.



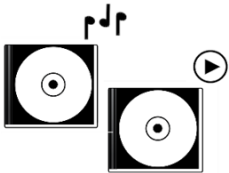
Each Memory Lane bag has:



- Some objects.



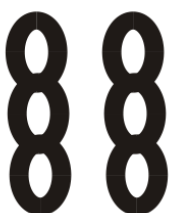
- 2 books.



- A CD or DVD.



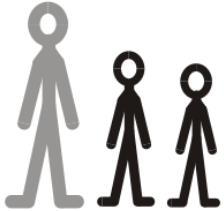
- Photographs or other printed things from the past.



The things in each Memory Lane bag are connected by a shared theme.



There are lots of different themes for Memory Lane bags. They include:



- Childhood



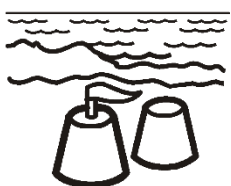
- Christmas



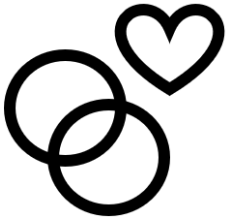
- Medicine



- In the garden



- Seaside



- Weddings



[You can read a list of all the themes here.](#)



Memory Lane bags are free to borrow for up to 3 weeks.



You can collect and return them at any Inspire Library.



You can ask for a bag from a member of staff.



You can also reserve a bag online.

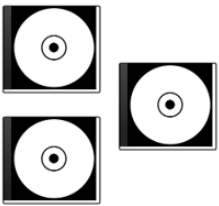
## Adult Care Cases



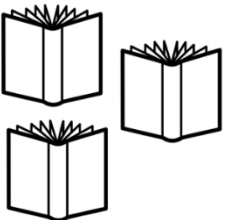
Adult Care Cases are bigger memory resources with more items.



### Each case has:



- Multiple DVDs or CDs.



- Books.



- Printed things from the past.



- Memory activities.



These items come in a suitcase with wheels.



They can be used in care homes, day centres or community groups.



Staff or volunteers in these places can borrow a case for free.



They can borrow a case for up to 12 weeks.



Because lots of people want to use the cases, you can not renew them.



If you return a case late, you must pay an overdue fee.

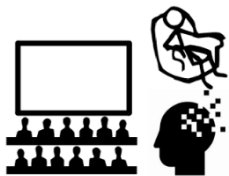


For more information or to ask for a case, visit your local library.



Or contact Ask Inspire by calling 01623 677 200 or emailing [ask@inspireculture.org.uk](mailto:ask@inspireculture.org.uk).

## Community Film Screenings



There are Relaxed or Dementia Friendly film screenings available at some local libraries.



Tickets cost £1 per person.



They can be booked using the website Eventbrite.



[You can find out more about Community Film Screenings here.](#)

## Sing with Friends



If you like music or singing, there are [Sing with Friends](#) events at some libraries.



Sing with Friends events are free and anyone can go.

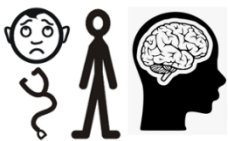


There is tea, biscuits and chatting.

## Reading Well



You can get books suggested for you that can help you take care of your health and wellbeing.



The books have information for people who have different problems with their body or mental health.



The books have advice for family, friends and carers too.



There are 5 different lists of suggested books, including [a list of suggested books for dementia](#).



You might be suggested a book by a doctor or other person who works in healthcare.



Or you can visit your local library and choose a book yourself.



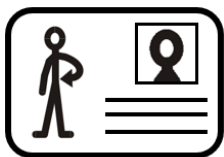
You must be a library member to borrow a book.



Becoming a library member is easy and free.



[You can join the library online,](#) or at your local library.



You will need one form of ID that shows your name and where you live.



You can borrow books for up to 3 weeks.



You can renew books 4 times, if no one else has asked to borrow them.



You can [renew your book online](#) or by calling Ask Inspire on 01623 677 200.



There is a lot of evidence that reading can make you healthier and happier.



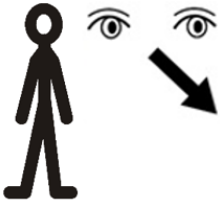
The Reading Agency does yearly checks of the Reading Well scheme.



These checks show the good effects it has on the people who use Reading Well.



The books have been picked by doctors using guides from NICE (National Institute for Health and Care Excellence).



They have also been tested by people who have the health problems the books are about.

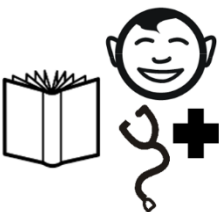


Reading Well is supported by lots of groups of healthcare workers. This includes Public Health England, NHS England, and The Royal College of GPs.



[You can see all the groups who support the Reading Well Scheme.](#)

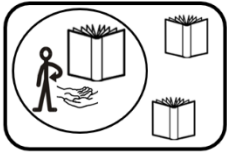
## More books about dementia



Our librarians have put together lists of books about health and wellbeing.



You can find these in a special section at some Inspire libraries.



The books are not just self-help guides.



[The lists have good books about specific issues, including true stories and fiction about dementia.](#)



You can click on the book covers to find them in the online catalogue.

## Links in this document

### Memory Lane Bags

[inspireculture.org.uk/reading-information/health-and-wellbeing/remembrance-resources-inspire-libraries/](http://inspireculture.org.uk/reading-information/health-and-wellbeing/remembrance-resources-inspire-libraries/)

### Reserve a Memory Lane Bag online

[emlib.ent.sirsiidynix.net.uk/client/en\\_GB/nelib/search/results?qu=memory+lane+bags&te=](http://emlib.ent.sirsiidynix.net.uk/client/en_GB/nelib/search/results?qu=memory+lane+bags&te=)

## **Community Film Screenings**

[inspireculture.org.uk/documents/2779/Community\\_Film\\_Screenings\\_-  
\\_Information\\_for\\_Customers.docx](https://inspireculture.org.uk/documents/2779/Community_Film_Screenings_-_Information_for_Customers.docx)

## **Sing with Friends**

[inspireculture.org.uk/arts-culture/community/memorable-movies-sing-  
with-friends/](https://inspireculture.org.uk/arts-culture/community/memorable-movies-sing-with-friends/)

## **Reading Well for Dementia**

[reading-well.org.uk/books/books-on-prescription/dementia](https://reading-well.org.uk/books/books-on-prescription/dementia)

## **Join the library online**

[nottslibraries.inspireculture.org.uk/protected/join-the-library](https://nottslibraries.inspireculture.org.uk/protected/join-the-library)

## **Renew your book online**

[inspireculture.org.uk/reading-information/renew/](https://inspireculture.org.uk/reading-information/renew/)

## **Organisations who support Reading Well**

[reading-well.org.uk/about](https://reading-well.org.uk/about)

## **Dementia friendly books**

[inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/dementia-friendly-books/](https://inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/dementia-friendly-books/)

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