

Reminiscence

Dice Game



There's nothing better than remembering happy times, connecting with treasured memories, and sharing stories.

Community Integrated Care has teamed up with our partners at Age Exchange and the Rugby League World Cup 2021 to develop a new creative way to connect...the Reminiscence Dice Game!

This game has been co-designed by people living with dementia and older people. It offers thirteen brilliant themes that we have found are key to unlocking joyful and nostalgic memories, from tales of schooldays and holiday outings to the home and family life....and, of course, sport and rugby league, there is a theme for everyone!

Memories bring people together, they reveal who we are, they are key to our sense of self. Whether you are playing this game with a family member, a friend or even someone you support, we hope it brings you joy.

This simple activity can unearth precious memories, spur spontaneous conversations, unlock people's life experience. When you support someone to play, you are making a special impact on their lives – **thank you**.



Community Integrated Care is one of the UK's leading social care charities. We are proud to deliver life changing care and support to thousands of people across England and Scotland. Our impact and innovation has seen us named as the Charity Times 'Charity of the Year'.

We are committed to changing society and creating greater opportunities for people who access support. This is at the heart of our ground-breaking role as the Official Social Care Partner of the Rugby League World Cup 2021, delivering a world-first Inclusive Volunteering Partnership.

Our thanks go to the volunteers who have helped to develop and test this game, including people supported by Age Exchange in London and people supported at Community Integrated Care's Elliot Gardens and Wickham Hall services in Wigan. Your hard work will bring happiness to many!

www.CommunityIntegratedCare.co.uk



Age Exchange are the pioneers of arts, reminisce and intergenerational activity in UK social care. Since 1988, they have pursued a bold vision of harnessing the power of reminiscence to improve the health and wellbeing of older people and people living with dementia.

With an award-winning community hub in Blackheath, which welcomes hundreds of thousands of visitors every year, and incredible community programmes running across the UK, they use creativity and conversation to transform lives.

www.Age-Exchange.org.uk



This game would not have been possible without the support of **Sport England**, who have backed Community Integrated Care's RLWC2021 Inclusive Volunteering Partnership.

It's time to play!

The Reminiscence Dice Game is designed to support people to enjoy spontaneous conversations, with questions that are purposely designed to encourage recalling memories.

To play, you will need two dice. To support the conversation, you could use the additional images we have supplied, or use your own photos and objects that will help the nostalgia.

How it works:

You can play this game as a 1-1 activity or in a group. This game has thirteen reminiscence theme cards. Each theme has twelve questions. Simply choose which themes you would like to play with. Take your dice and roll them. Whatever number you roll is the question you ask. So, if you roll a 1 and a 2, you ask Question Three!

Top Tips!

Listen well!

Try to encourage conversation by discussing the answer. For many questions, we've provided follow up questions that can help you to support the person you are playing with.

Be patient!

Don't worry if people are struggling to find a memory. Just roll again. Photos that have been provided can help you to start and build a conversation.

Have fun!

Put the kettle on, get the biscuits out and find a comfy and calming place to play.

Bring it to life!

Music and video streaming services, such as Apple Music, Spotify or YouTube can be used to find songs and clips that might build the memory sharing.

Keep it flowing!

Once you feel like they have explored the question, roll again and move to another!

Get the most out of it!

Play this game if you want to connect, have fun, and have a great conversation with someone you support.

This game can be invaluable, particularly if you support someone who lives with Dementia. Whether its for five minutes or one hour, this is game is a fantastic planned or spontaneous activity. And remember, sometimes we don't feel like playing or can struggle to remember our stories. That's fine. There's always another day to play!



Share your story!...

To share photos, videos, and stories from playing this game with us, email: community@c-i-c.co.uk



We'd love to hear your feedback and how we can improve the game!

Keep in touch and you'll be the first to know about more games and activities coming soon!

Schooldays



1. What was your favourite subject at school – can you tell us why?
2. What games did you enjoy playing in the playground?
3. Did you have a favourite teacher – can you tell us why he/she was your favourite?
4. Did you have school dinners or take your own, or go home for lunch?
5. How did you get to school, did you walk, take a bus, get a lift?
6. Was discipline strict in your school?
7. What was the classroom like, did you have individual desks or big tables? Did you have a blackboard?
8. Did you have homework – what did you enjoy doing/making?
9. Did you wear a uniform or your own clothes?
10. Can you remember a poem or piece of text or a hymn you were taught at school?
11. Were you in a school team or group for anything? Sport? Chess? Music group?
12. When you left secondary school did you get a job?

Childhood Games



1. What sort of games did you play with your friends after school?
2. Did you play any sports either team or individual?
3. Did you have skipping rhymes or clapping songs? Can you sing any?
4. Were any of your games a bit naughty like 'Knock Down Ginger'?
5. Did you play board games like snakes and ladders when you were little or games like monopoly when you were older? Which was your favourite?
6. Did you make up games with your friends? Does one spring to mind?
7. Were any of the games you played quite dangerous by modern standards - games like 'British Bulldog' or worse?
8. When you were a child did you play in the streets or local parks or playgrounds – did you have a den?
9. Were there games you played in another country that weren't played in England?
10. Did you have days out with friends on your bicycles – where did you like to go? What would you do when you got there?
11. Can you name 5 games you played in the playground or at home?
12. Were there games you played with your parents or grandparents?

Working Life

Home Life & Family



1. Tell us about your first job...what did you do?
2. What was the best job you ever had and why?
3. Did you have music while you worked? Sing or hum a song from or about work.
4. Tell us a funny story from work.
5. What is your happiest memory from work?
6. Who was your best friend and did you get up to any mischief?
7. Where did you call home when you were younger?
8. Tell us about the most important person to you in your family.
9. What was the naughtiest thing you ever did as a kid?
10. Which household chore did you most dislike?
11. Tell us about your happiest family memory.
12. What family achievement are you most proud of?

Food




Cooking, Recipes & Shopping

1. Tell us about your earliest memory of food from your childhood.
2. Who taught you to cook? And what did you cook first?
3. What is your favourite meal? If you close your eyes can you smell that food?
4. Do you have a 'signature dish', the food you are most known for and proud of?
5. What was your worst cooking disaster?
6. Have you had family meal traditions, on days of the week or religious holidays?
7. When you were a child were you sent on a shopping errand that went wrong?
8. Have you ever kept animals like chickens or pigs – or had a family member who did?
9. Do you have 'green fingers'? Have you grown your own vegetables and flowers?
10. Were there street sellers in your street?
Tell us about them and their street cries.
11. Where did you and your family like to do the food shopping?
Local market or local shops? Tell us about where and what made them special to you.
12. Tell us about a memorable shopping trip....What produce do you most enjoy buying?

Holidays

Outings & Journeys

- 
1. Where did you go on the first holiday or outing that you can remember?
 2. What does holiday time mean to you?
 3. Where is your favourite place to go on an outing or on holiday – please describe it?
 4. What do you like to bring home from your holiday?
 5. What do you like to do most on holidays or outings?
 6. Tell us about a holiday time romance or friendship.
 7. What is your earliest memory of going on a journey?
 8. Tell us about the funniest or most unusual journey you have been on.
 9. Have you been on a journey that has changed your life?
 10. What was your happiest experience of travelling?
 11. Where would you like to travel to if you could today?
 12. If you could choose, who would you take on a journey with you?



Reminiscence

Dice Game



RUGBY LEAGUE
WORLD CUP
ENGLAND + 2021

Going Out



Dressing Up, Dancing, Pubs & Parks

1. If you went out on a Friday or Saturday night as a teenager how did you get there and who did you go with?
2. What did you like to wear when you 'dressed up' to go out?
3. Did you ever wear any fashion that your parents disapproved of?
4. Where did you go out dancing or to meet a partner?
5. Tell us about a favourite dance or band that you listened to or went to see.
6. What was your idea of 'a good night out?'
7. Did you have a favourite 'local', social club, or café?
8. Was there a piano or music in the pub or social club where you sang together – can you sing a favourite song for us?
9. Have you had a favourite tippie? Alcoholic or otherwise.
10. Where did you like to go for peace and quiet when you needed a break?
11. Did you ever visit a favourite park or beauty spot in the countryside near where you lived? Can you describe it for us?
12. If you could take us on your favourite walk where would that be?

Health

Hospitals & Care



1. Where you lived as a child did the neighbours look out for each other if anyone was ill or needed a helping hand?
2. Did you use the public baths or were you fortunate to have an indoor toilet and bathroom?
3. What did you do to keep warm in winter?
4. Describe the worst 'peasouper' fog or extreme weather that you can remember.
5. Did your family use any herbal remedies, tonics or 'pick me ups'?
6. Most of us have had a childhood illness. Tell us about a particular one you had.
7. Schools often dosed you with codliver oil, and had a visit from the 'nit nurse'. What happened at your school?
8. Tell us about an early memory of seeing the doctor either before or after the NHS was created.
9. Did you ever have to go to hospital when you were a child? What was it like to be there for the first time?
10. Who was/is the most caring person you have ever known and why?
11. Is there something you like to take to stay healthy – or a form of exercise you like to use? Now or in the past.
12. There have been many health sayings & claims like - "an apple a day keeps the doctor away" "phyllosan fortifies the over forties" can you remember any sayings about staying healthy your parents or grandparents used?

Cinema



1. Can you describe a memorable local cinema you went to as a child/young adult?
2. What did you enjoy at the cinema: thrillers, romances, musicals, historical epics, horror or comedies?
3. Was there an organist at your local cinema?
4. Who was your favourite film star and why?
5. What is your favourite film?
6. Did you go to Saturday morning pictures? What did you see? What was the atmosphere like?
7. What would you have to eat and drink in a cinema? Popcorn and ice creams or something else?
8. Did you ever go in the back row for a kiss and cuddle?
9. Have you ever been to an outdoor cinema or seen a film in an unusual place?
10. Did you go to the cinema with your mum and dad, your friends, your brother and/or sister?
11. If you could go and see any film now what would it be and which cinema would you like to go back to?
12. Where do you like to sit in the cinema? At the front or at the back?

Theatres



Concerts & Live Entertainment

1. What 'live entertainment' have you seen in a theatre or concert hall?
2. Do you like to go with a group of friends or on your own?
3. Do you have a favourite style of dance you like seeing: tap, ballet, modern, bhangra, African?
4. Do you have a favourite musical?
5. What would be your favourite choice for an evening of live entertainment? Music, dance, straight plays, variety or comedy plays?
6. What big stars have you seen 'live' maybe a comedian a singer or a famous actor?
7. Do you have a favourite concert venue or theatre and why is it special to you?
8. What sort of concert would you like to go to classical, jazz, folk or rock or a different type of music?
9. Have you ever seen a Shakespeare play? And/Or is there a Shakespeare play you particularly like?
10. What have you performed in 'live'? Have you ever sung or danced or been in a play?
11. What is the most popular live entertainment in your culture? Dance, music, big theatre shows, magic, comedians or something else?



Going to the Match

My Team

1. Is your team at the heart of the community and important to local people?
2. Can you remember the words to any of the chants or songs that you sang at matches – please sing us one if you can?
3. What did you eat or drink on the way to the match or after? Was there a kiosk or café you would always stop at?
4. Do you have a memento or programme you kept from a great match or sporting occasion? Why is it important to you?
5. Who was your favourite player and why?
6. Is there a team of a particular era you regard as the greatest – did you see any of their best matches?
7. How has your home ground changed over the years? More seating? More cover in bad weather? Better toilets?
8. Did you wear anything special to go to a match: scarf, rosette, hat, team shirt?
9. When you go to a match do you have a routine or ritual you follow? Are you superstitious?
10. How did you come to support your team? Was it something generations of your family had done? Did you go to the match with other family members?
11. Have you ever played in a rugby league team (or football etc)? At what age/level did you play? Do you have any memories/highlights of playing you'd like to share?
12. How do you feel the sport has changed since you started watching it and going to the match as a youngster?

My Town

This is where you grew up



1. What picture do you have in your mind when you think of your town?
2. What types of jobs did your friends and family do when you were growing up?
3. What is your favourite landmark in your town and why?
4. What do you remember about your street?
5. Can you remember any big celebrations in your street or town?
6. What have you got that reminds you of your town?
7. Is there anywhere you used to go to meet friends/eat/enjoy yourselves/play with your family in town?
8. Where did you play out with your friends when you were a kid and what did you play?
9. What do you remember most about school life?
10. What did you like to do at the weekend?
11. Do you remember your first job – what did you do?
12. What was the house like that you grew up in?

Sports



1. What is your favourite sport?
2. Who is your favourite sports team?
3. What sports did you used to play in school?
4. Did you used to play for any sports teams?
5. Can you remember going to any games as a child?
6. Do you have a favourite sports kit?
7. Are there any chants or songs that you remember?
8. What sports or games did you play with your friends growing up?
9. Do you remember any sporting events from when you were growing up?
10. What smells or sounds remind you of sport?
11. What did you eat on a match-day/when you were watching sport?
12. Who did you used to watch sports with?

Rugby League



1. Who is your favourite rugby league team?
2. Did you or any of your family play rugby league?
3. Do you have a favourite stadium? - What was the stadium like of the team you supported?
4. Do you remember any favourite foods or drinks that you would have when you were watching rugby?
5. Who was your favourite player when you were growing up?
6. Can you remember going to any games when you were growing up?
7. Can you remember any special games that you watched?
8. Are there any chants or songs that you remember?
9. Who did you used to watch the rugby with?
10. What was the best game or event that you have ever watched?
11. Did you have a favourite shirt or scarf you would wear to watch a rugby match?
12. Are there any smells that you remember from watching or playing rugby?



RUGBY LEAGUE
WORLD CUP
ENGLAND + 2021



Reminiscence

Dice Game

Photographs to support your
reminiscence journey



Community
Integrated
Care

age
exchange



Schooldays

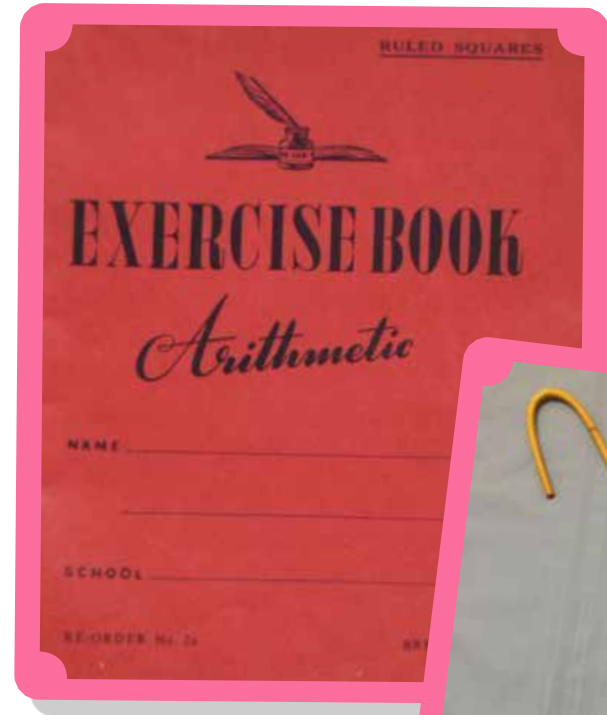
Schooldays



Schooldays



Schooldays





Childhood Games

Childhood Games



Childhood Games



Childhood Games



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H-1200 Cadillac Eldorado. 9/6

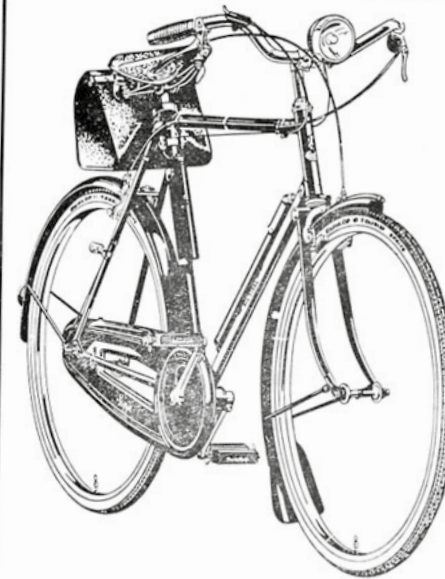
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Childhood Games





Working Life

Home Life & Family

Working life

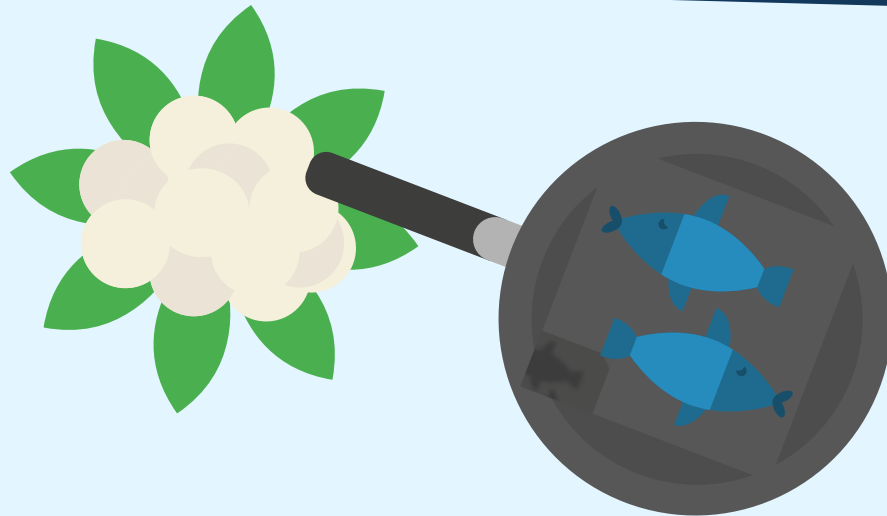


Working life



Working life

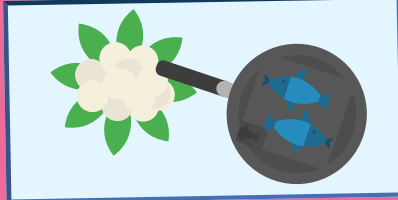




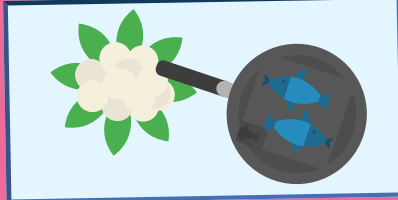
Food

Cooking, Recipes & Shopping

Food



Food



Eat more milk
in
Cadbury's

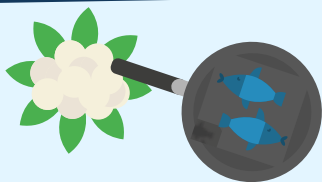


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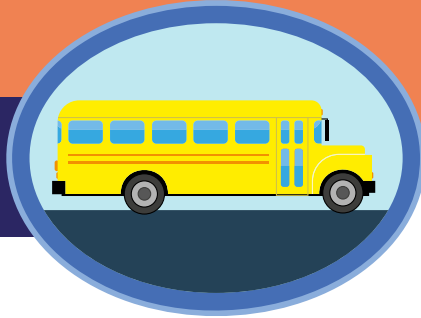
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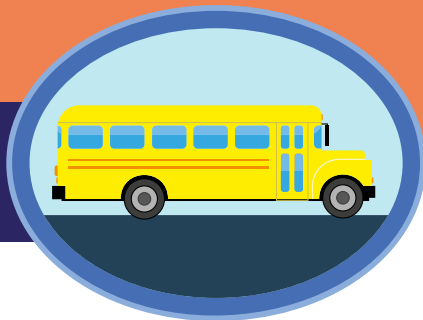
Holidays

Outings & Journeys

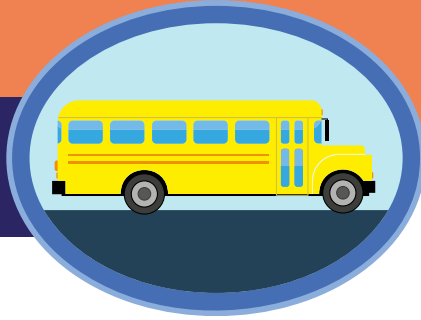
Holidays



Holidays



Holidays





Going Out

Dressing Up, Dancing, Pubs & Parks

Going Out



Going Out



Hammersmith Palais

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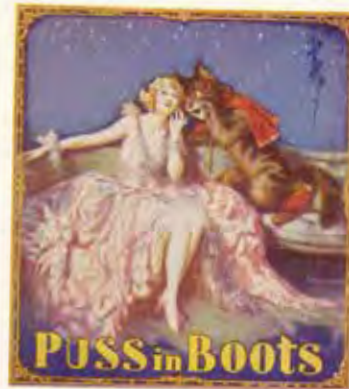
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Going Out



Going Out



Going Out





Health

Hospitals & Care

Health



Health

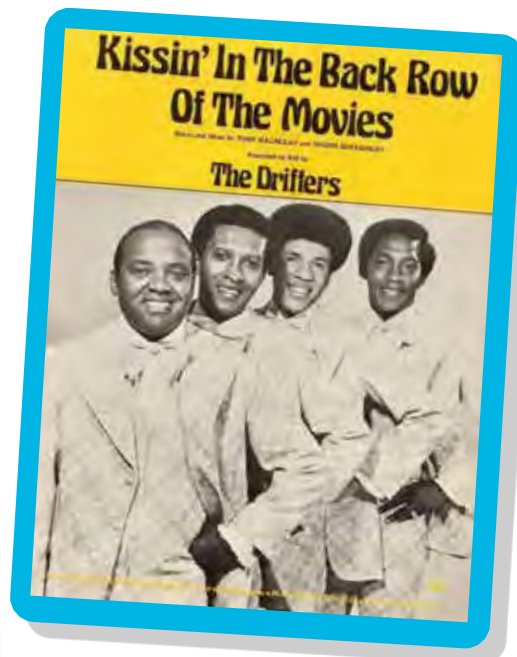


DRINKA
PINTA
MILKA
DAY



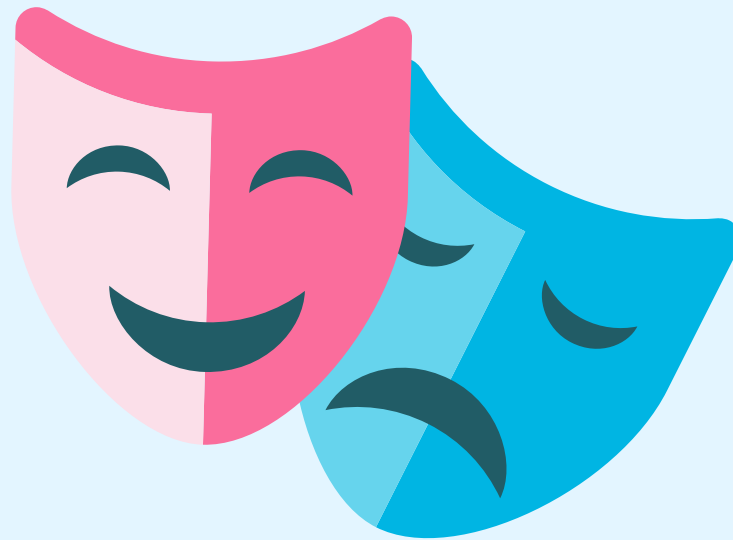
Cinema

Cinema



Cinema





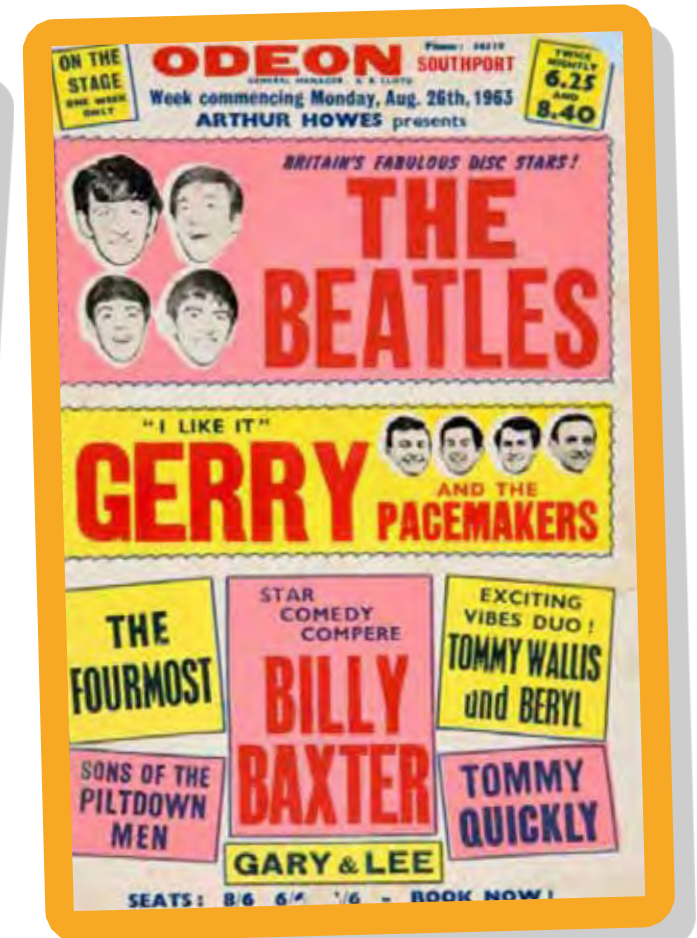
Theatres

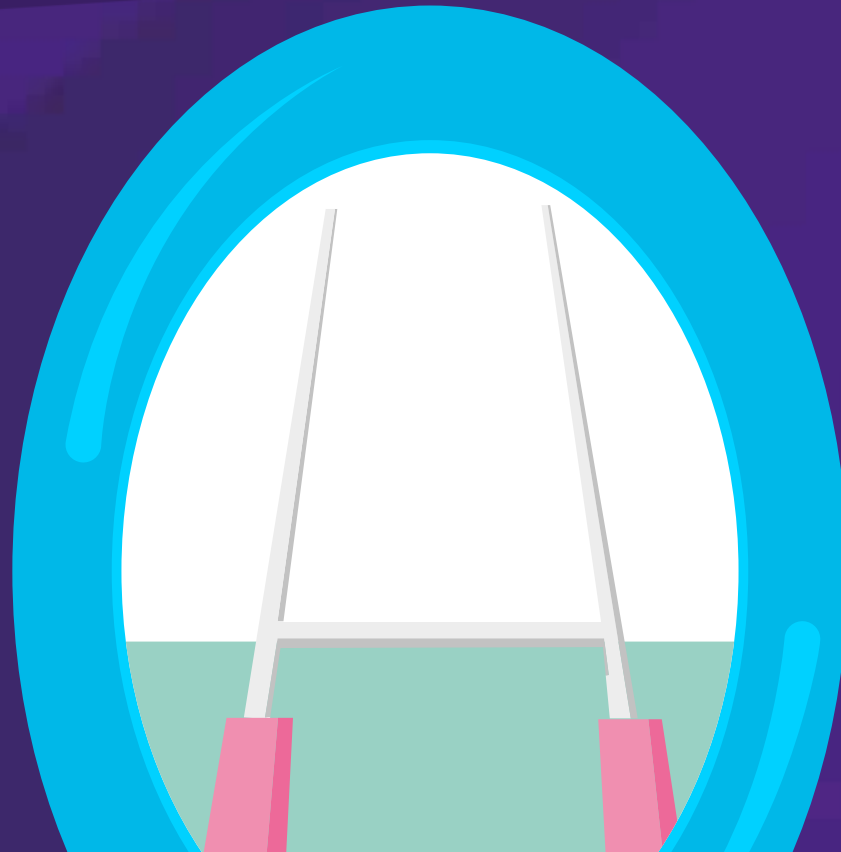
Concerts & Live Entertainment

Theatres



Theatres

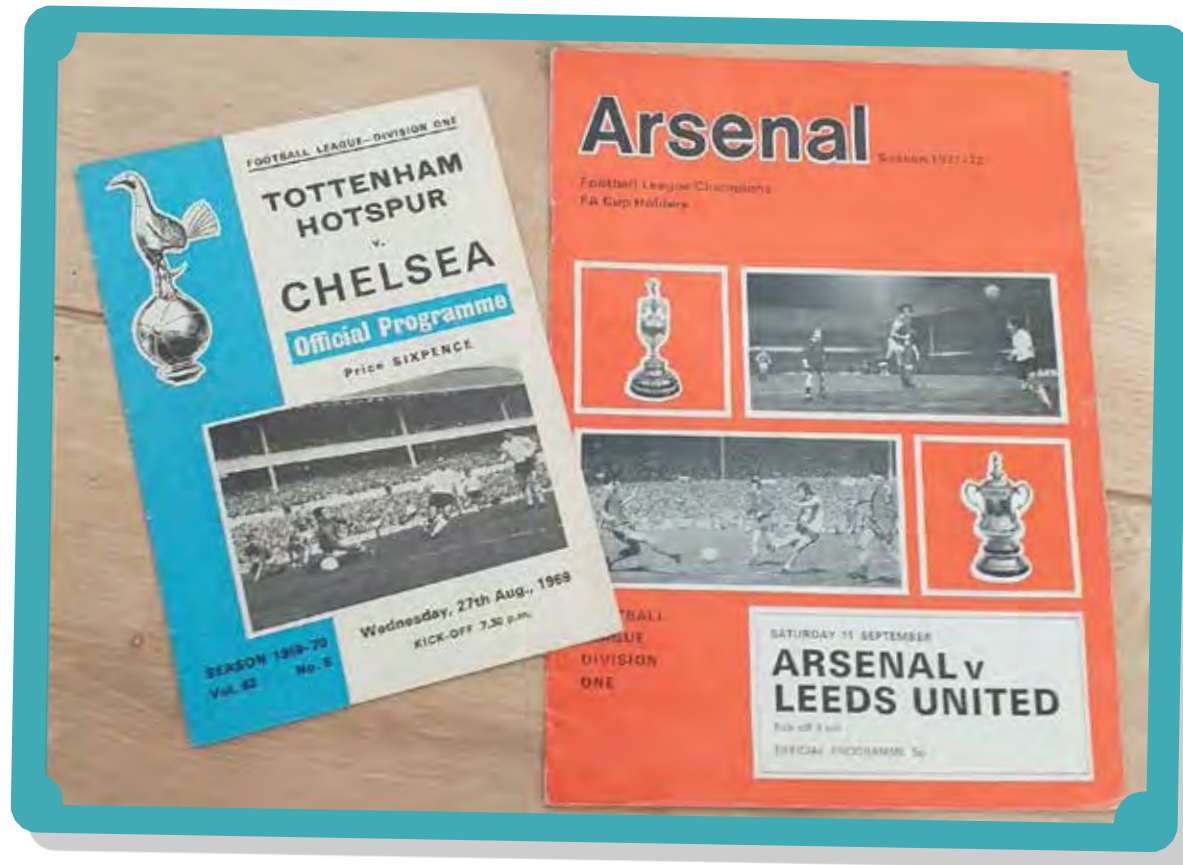




Going to the Match

My Team

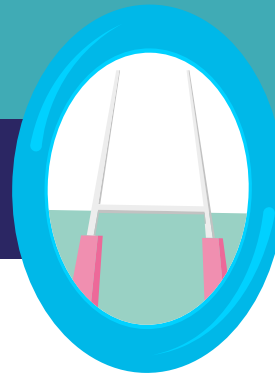
Going to the Match



Going to the Match



Going to the Match





My Town

This is where you grew up

My Town



My Town



My Town



My Town





Sports

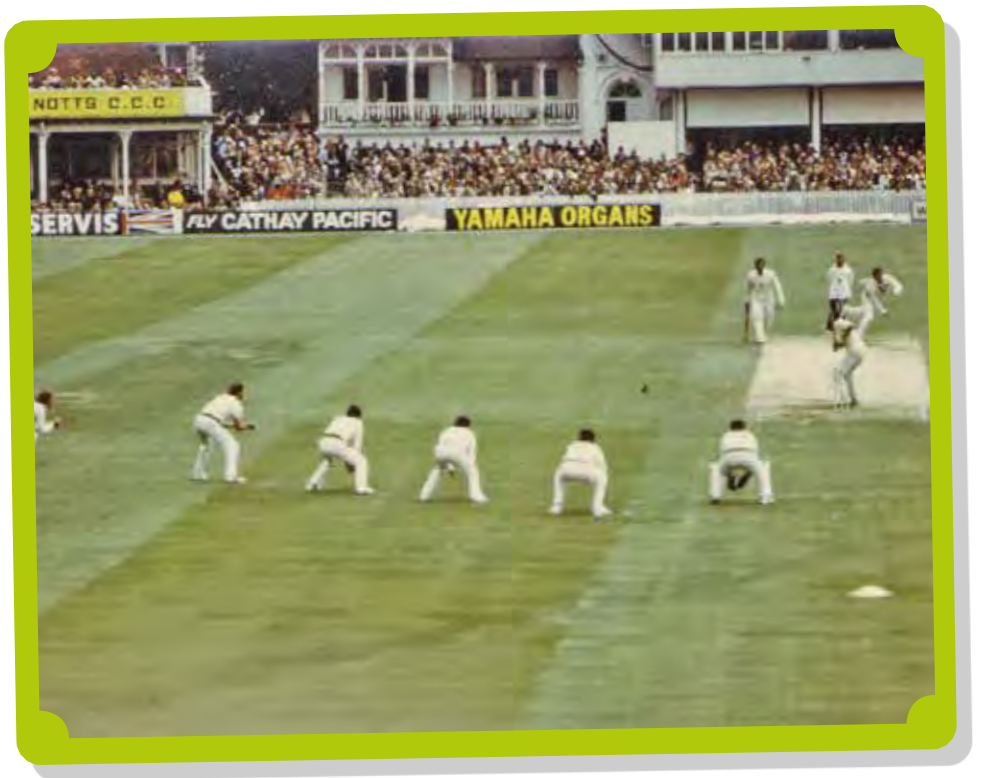
Sports



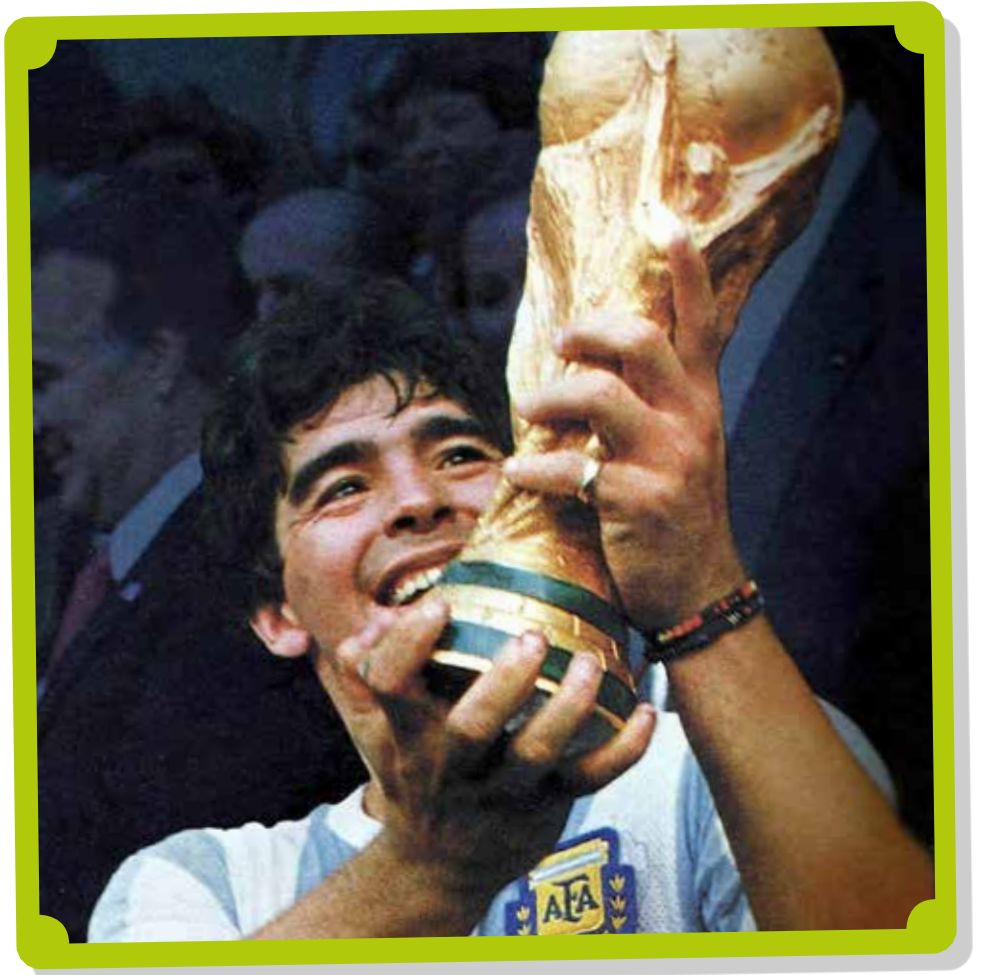
Sports



Sports



Sports



Sports





Rugby League

Rugby League



Rugby League



Rugby League

