

This book helps you share and record stories about the belongings that matter to you. It's been put together and reviewed by people living with early stage dementia.

Fill it in and use it as a conversation starter about the things that you'd always like to keep close.

Belongings that matter to me

For people living
with early stage de-
mentia, their family,
friends and carers

**iNSPIRE
NORTH**



UNIVERSITY OF LEEDS



Would you like to help us develop this book further?
Tell us what you think by emailing
talkingaboutthings@leeds.ac.uk

Would you like to download a free electronic copy of
this book?

Visit <https://www.inspirenorth.co.uk/our-services/dementia-support/>



Many thanks to those who helped create the material
for this booklet:

Lauren Dowie, Jeanne-Louise Moys, Jane Wood,
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Special thanks to our Advisory Group and to all our
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experiences and co-creating artwork.

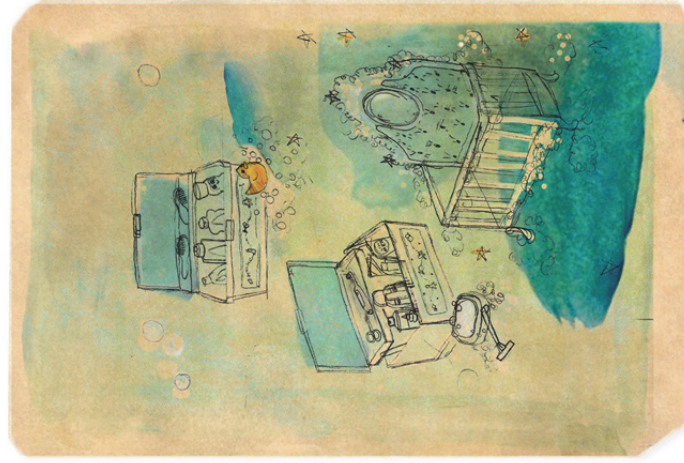


Sajida and Beth



Sajida

Some of the pictures include a mixture of memories, what else could you draw around your belonging?



Sajida and Beth

Introduction

This book helps you record the belongings that matter to you and why they are special. These could be any kind of object – something you like to look at, use or talk about.

You can fill it out on your own or with someone you know. The book can be used as a conversation starter so keep it somewhere where it's easy to find. It's an important collection of the belongings that you love!

We have included examples of other people's special belongings to inspire you.



How to use this book

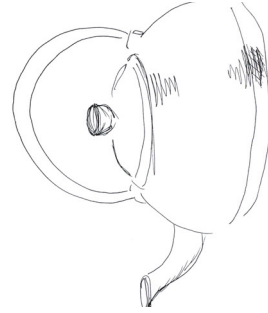
On each page you will choose a belonging and explain your choice.

There is also space for you to describe it in words or pictures.

Below are some suggestions of different approaches to take.

You could draw it. It doesn't matter if it's a rough sketch!

You could write a short story, a poem or a rhyme.



*My mother's teapot
Warms my heart
And my tea*

*Her love pours
into me
every morning*

Sandra and Kitty wrote a poem about a trinket box as if it was for sale. How would you write a poem using the same approach?

A Collectible for Enthusiasts

Pretty Hong Kong-made trinket box, floral design with some small signs of wear.

Measures four and a half, by two, by three inches, and was probably brought to the UK by Uncle Dennis.

The top features turquoise moulding reminiscent of the sea in Scarborough when the coach pulled in and they all turned to look.

Attractive red and yellow flower design reflecting Nana's favourite scarf and the chrysanthemums on the window sill for George. The white gypsophila is likely for holy communion and the snow on Halton Moor in 1979.

No makers mark, but perfect for storing small items - see pics, good condition. A few slight marks of wear and tear but the colours still sing out like mother in the back kitchen.

Inside the box is nicely finished with a gold rim, recalling the

altar cloth at St. Mary's on the Mount. Good strong hinges allow the well-fitting lid to rise like Eliza's Yorkshire puddings.

Would look great in a glass cabinet with a porcelain figurine set featuring a wagon and horses.

The box design is reminiscent of traditional Hong Kong craftsmanship, making it a truly charming collectible for enthusiasts.

Comes complete with a tiny baby, Nana's best earrings, and the memory of waking up to a walking doll on Christmas morning.

Any questions, please ask.

Further inspiration

People with early stage dementia collaborated with artists to create images and poems of the objects that matter to them. Here are some examples of their work:



Graham and Catherine

Catherine and Graham made a picture about Graham's brothers and their time working in a fruit market. Each piece of fruit stands for a brother.

If you had to represent your family members in a photograph as an object what would it be?

If you have a photograph of your belonging, you could glue it in or you could take a photograph and print it out especially for this book.

If you have any paper or old magazines, you could cut them into the shape of your belonging and glue it in the book.



Auntie and Emma

Here's something that reminds me of holidays/days out.

Describe your belonging using words or images.

My chosen belonging is:

I chose it because:

Need an example?

Here is Jane's story.
Jane chose a stone from the Isle of Wight. She enjoyed touching as it reminded her of walking along the beach.

Here's another belonging
that really matters to me

Describe your belonging using
words or images.

My chosen belonging is:

I chose it because:

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Here's something that keeps me entertained

Describe your belonging using words or images.

My chosen belonging is:

I chose it because:

Need an example?
Tom chose a vinyl record that he likes to listen to. The music reminds him of dancing in a nightclub in Leeds in the 1990s.

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Here's another belonging
that really matters to me

My chosen belonging is:

I chose it because:

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Describe your belonging using
words or images.

Here's something that
represents my favourite pastime

Describe your belonging using
words or images.

My chosen belonging is:

I chose it because:

Need an example?

Ian loves talking
about his signed
Liverpool Football
Club ball. It stands
for his love of the
game and passion
for Liverpool who he
has supported all his
life.

Here's another belonging
that really matters to me

My chosen belonging is:

I chose it because:

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Describe your belonging using
words or images.

Here's something that helps
me look after my health and
well-being

Describe your belonging using
words or images.

My chosen belonging is:

I chose it because:

Need an example?

Here's Phil's story
Phil chose his
injection pen.
It gives him
confidence when
he leaves the house
and helps him
manage his health
condition.

Here's something that
makes me proud

Describe your belonging using
words or images.

My chosen belonging is:

I chose it because:

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Need an example?
Here's James' story
for inspiration.
James chose his
framed University
degree certificate.
He enjoyed studying
and felt a real sense
of achievement
when he graduated.

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Here's something that I like
to take outside or carry with me

Describe your belonging using
words or images.

My chosen belonging is:

I chose it because:

Need inspiration?

Here's Pat's story.
Pat chose a little
wooden cross that
she carries in her
purse. It reminds
her of watching her
daughter-in-law
singing in the choir
– she was given it at
the end of the
performance.

Here's something that
brings me comfort

My chosen belonging is:

I chose it because:

Need an example?

Here's Amy's story
Amy likes to look at
photographs of all
her pets from the
past. She likes to
remember all the
good times she had
with them.

Describe your belonging using
words or images.

Here's something that
reminds me of loved ones

Describe your belonging using
words or images.

My chosen belonging is:

I chose it because:

Need some help?
Here's Jatinder's
story. Jatinder chose
some items of
jewellery. Looking
at them reminds her
of her Mother who
gave them to her.

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