

## Where and when

Currently we are offering a choice of two dates  
**Wednesday 8th February at Colchester Castle, Colchester** or  
**Thursday 16th February at the Reg Driver Visitor Centre in Ipswich**  
Both sessions are **10am - 3.30pm**

Places are limited so please book early to avoid disappointment.



### Please bring your own lunch

Be aware that we are unable to provide parking, but both venues are close to public car-parks.

It is vital that we have a reliable contact telephone number in case any of the arrangements change.

Due to the high demand for this training, we have had to introduce a cancellation fee of £25 + VAT. You will be invoiced for this fee if you cancel within seven days of the booked date unless we are able to fill your place.



**“The day has been very helpful and we will use a lot of the information in everyday practice with in our jobs”**

### For more information please contact:

Geri Cowell, Assistant Community Outreach Officer,  
geri.cowell@colchester.gov.uk, 01206 506936, 07949 741733  
or visit [www.cimuseums.org.uk](http://www.cimuseums.org.uk)

## Free training for carers and support workers



Get the conversation flowing

**COLCHESTER CASTLE, Colchester**  
Wednesday 8th February 2012, 10am - 3:30pm or  
**REG CENTRE VISITOR CENTRE, Ipswich**  
Thursday 16th February 2012, 10am - 3:30pm

# Booking Form

WHICH SESSIONS WOULD YOU LIKE TO BOOK? (please tick)

Colchester Castle, Colchester, Wednesday 8th February 2012

Or  
Reg Centre Visitor Centre, Ipswich, Thursday 16th February 2012

If your preferred session is not available, would you be able to attend on the other date?  
Yes/No

If you cancel your place within 7 days of the booked date you may incur a cancellation fee of £25.00 + VAT

During the event, Colchester and Ipswich Museums there will be photography taking place to use in its publicity. These pictures may be sent out to the media with a press release, used for promotional publications or on our website. (Please note that websites can be seen throughout the world, and not just in the United Kingdom, where the UK law applies.)

- To help us comply with the Data Protection Act 1998, we'd like your permission before we take your photo.
- Photos will be stored in a secure location and only authorised staff will have access to them. They will be kept as long as they are relevant, and after that time destroyed or archived.
- Addresses will not be disclosed in detail, but we may state, for example, 'A Smith from Colchester'.
- We will not use the images taken, or any other information you provide, for any other purpose. Personal e-mail, telephone or fax numbers will not be disclosed.

I have read and understood the above and consent to my photograph being used

I do NOT consent to my photograph being taken

Your name.....

Your organisation.....

Address.....

..... Postcode.....

Email.....

Main contact number.....

Mobile contact number.....

Signed..... Date.....

## Please return to:

Gerri Cowell, Assistant Community Outreach Officer  
Colchester and Ipswich Museums, 14 Ryegate Road, Colchester CO1 1YG  
geri.cowell@colchester.gov.uk

# Programme:

## MORNING

- What is reminiscence?
- Benefits of using reminiscence based approaches
- Listening skills when reminiscing
- Avoiding upsetting memories

“Valuable information to pass on to members of our centre in creating a better person centred approach”



## AFTERNOON

- Practical advice
- One-to-one work
- Reminiscing in groups
- Where to find resources



“I've gained confidence when taking reminiscence to my place of work”

“I have a better understanding of reminiscence and how to interact better with the residents”

