

radioreminisce

the soundtrack to yesteryear

On The Wireless Resource Sheet

Welcome to On The Wireless. These programmes have been specially created for the 70+ generation and people living with early onset dementia. On The Wireless combines music with the memories of home life, popular culture and of course, the famous songs of the given year, hosted by ex-BBC presenter Ashley Franklin. The power of music is amazing and we hope these programmes can help spark wonderful memories and aid conversation, bringing family and friends together, whether in your own home or in a place of care. We hope this can help combat the feeling of loneliness for some, and help offer comfort to those living with dementia. By creating this resource sheet, we hope to offer creative guidance and bring another dimension to the radio programme via activity and discussion.



Memories may be strongest when people were between their early teens and late twenties. Select a programme that best fits this age bracket; for example, 1950-1965 for someone who is around 80.



Playing familiar music may help relax people. Use Radio Reminisce as a tool to help with stress and anxiety, helping refocus the mind onto something that is familiar to them. This may be useful in a breakfast or lunchtime club where eating can sometimes be an issue. Caring for someone can be extremely difficult at times; try playing a programme or our live radio stream and see if it can help ease a situation.



We love good memories. Let's use these to help bring the 'here and now' to the listener wherever we can. Our resource sheet suggests activities you could try in the days ahead after listening to the programme.



Dementia is complex. We hope we only spark good memories but of course not so good memories can be triggered too. This resource sheet lists the tracks played in the programme you are about to listen to, so you can decide whether the content is suitable. Be aware of the reaction the listener has and if in doubt, mute the programme until the subject or track has passed.

On The Wireless with Ashley Franklin: 1948

Featured Music:

Buttons And Bows - Dinah Shore. Nature Boy - Nat King Cole. Sally - Gracie Fields. Now Is The Hour - Gracie Fields. Kiss Me Goodnight Sargent Major / Run Rabbit Run / Ma I Miss Your Apple Pie / Bless Em All - Max Bygraves. Mañana - Peggy Lea. I'm Looking Over A Four Leaf Clover - Art Mooney. Woody Woodpecker Song - Sportsman and Mel Blanc. You Can't Be True Dear - Vera Lynn. Dream Of Olwen - Mantovani. Easter Parade - Judy Garland and Fred Astaire. We're A Couple Of Swells - Judy Garland and Fred Astaire. It's Magic - Doris Day. With A Song In My Heart - Perry Como.



Using the track information above, why not find the lyrics online ready to sing along with the radio programme? Lyrics to virtually every popular song are available on the internet.

★ It's 1948 and only 3 years after the end of the war. Make do and mend was still probably the mind set of most people. Can our listeners recall the clothing they used to wear in the 40s? Maybe they have photographs hidden away or clothing items that they can share with you?

★ Do our listeners still like to make things? Maybe they still like to mend their own clothes or maybe even enhance them! Maybe knitting and sewing is just for pleasure nowadays. What items have our listeners created that they have been most proud of?



Ashley plays the track Button and Bows by Peggy Lea. Let our listeners create their own art by sticking buttons onto an outlined template. Internet search 'Picture Outlines Flowers' and print out onto A4. Colour in the image and then glue inside the lines of the image. Then stick on your buttons! Do make sure buttons do not end up in our listeners mouths! To see a video on how to do this activity, YouTube search: How To Make Simple Button Tree Wall Decor.



★ 'I wanna tell you a joke!' said the famous Max Bygraves. Can our listeners tell you their favourite jokes? Or how about a funny story that happened to them in the past? Who was their favourite comedian and what was it that made them like them so much?



Internet search 'Best Jokes Ever' and share them with our listeners - which one made them laugh the most? See if you can find any video clips on YouTube of any of the comedians mentioned by our listeners and share it with them.

★ Let's head down to the beach! Did our listeners spend much time by the seaside? What did they like to do whilst there? Maybe rock pooling or crabbing - did they ever catch anything? Maybe they liked to go for a paddle - if so, how deep did they dare go? Maybe they loved to swim, or how about skimming pebbles on the waves? Maybe simply relaxing on the sands and building the odd sandcastle was more their thing!



If you're lucky enough to have a little space, maybe it's possible to create a small beach environment for our listeners? Maybe use a child's sandpit and build sandcastles for them. Open out some chairs or deckchairs and let them put their feet on the sand and run the sand through their fingers. You can search 'Seaside Soundscapes' on YouTube and have the sounds of the seaside in the background. Maybe bring out the odd ice-cream or two!!

★ Dame Vera Lynn was once asked about the secret to old age. Keeping active, take interest in things, read books and stay in touch with what people are enjoying were some of her tips, but what are our listeners' secrets to ripe old age? (If this applies to them of course!!!)



Ask our listeners what activities they enjoy the most and pencil them in for the days ahead.