



Silverline's 'My Life Story' Project Introduction

Our Chief Executive, Sandra Hastings, founded Silverline Memories in December 2013. It was borne out of a passionate belief that life should not *stop* following a diagnosis of dementia and that there is still much joy to be found and a fully-active life to be lived.

The purpose of Silverline Memories is to provide “things to do and places to go” for individuals living with a diagnosis of dementia, and their families and carers. Based in Newcastle-upon-Tyne, Silverline Memories provides its members with a broad range of activities including groups, trips and events as well as 1-1 targeted support, advocacy, information, advice, guidance and emotional support. During the 2020 Covid-19 lockdown things changed! Support services continued, albeit remotely and activities such as carer support groups, weekly cafés, activities and quizzes moved to a virtual realm. Some activities, such as tea dances and trips out had to stop altogether; that was sad. With gaps in the programme the Life Story Project emerged as a new activity that individuals, carers and family members could enjoy sharing together at home.

This pack will help you to compile a Life Story, be it your own or that of a friend, relative, or someone you work with professionally. Don't try to write your entire book in one go though - you'd be exhausted! It's best worked through slowly, one page at a time; something you can do to relax. It's great fun and we've included plenty of space for personal touches such as photo's, drawings and memorabilia. When you've finished your project we suggest you remove this page, the notes pages and any irrelevant/spare pages so that you are left with your unique My Life Story book which you can share, as you wish, with friends, family and people such as carers, social/healthcare professionals who are involved in your life and care.

For simplicity, notes have been included at the beginning of each section. They are merely ideas, to guide your thoughts and stimulate memories as you compile your Life Story, by returning to the past; reflecting on the present and planning for the future... enjoy your Life Story journey!

The Silverline Team



Notes: Front Cover

- *If you have a photo of yourself please stick it in the large box on the front page.*
- *Write your full name*
- *Tell us the name you most like to be called - it might be a nickname or a shorter version of your Christian name or surname.*

Notes: Contents Page

It's not essential to have a contents page but if you would like one, we think it's best to compile it at the very end of the project. We've also created space to record who wrote your story and roughly when it was written.

When you have finished writing your Life Story and have added any photos, drawings or memorabilia...

- *Remove the introduction to Silverline Memories My Life Story Project page.*
- *Remove the notes pages (like this one) that you will find throughout the pack.*
- *Remove any pages that you have not used.*
- *Put the remaining completed pages in the order you want them to appear in your book.*
- *Give each page a page number*
- *On the Contents page, make a list of the main sections in your book and their corresponding page numbers.*
- *Insert the Contents page behind the front cover of your book.*

- *It would be good to know who has written your life story and the year in which it has been written. If you've written it yourself you can simply write "Me"! But if a friend, relative or carer is writing it for you, you might wish to record their name. You could also add the date that you started, or finished, writing your Life Story.*

My Life Story

My full name is

I like to be called



Notes: An introduction to my life

The aim of this section is to gather some background information and identify significant family members. Keep it simple; we'll go into more detail in later sections.

- *Enter your date of birth*
- *Where were you born? You might know the name of the town, city or county. You could include the name of the hospital, or perhaps you were born at home!*
- *What was your Mother's name?*
- *What did your mother do for a living?*
- *What was your Father's name?*
- *What did your father do for a living?*
- *Did you have any brothers and sisters? If you did, add their names.*
- *What was your position in the family - were you the eldest, youngest, in the middle? Or perhaps you were an only child.*
- *What language was spoken in your household when you were born? (We ask this because not everyone has English as their first language.)*
- *Did you have a nickname within your family? What did they call you? You could add a sentence about how you got that nickname or who gave it to you!*
- *Do you remember any other relatives e.g. Grandparents, Aunts, Uncles, Cousins?*

- *Share your earliest (youngest) memory in the box at the bottom of the page.*

Spare sheets have been included at the end of this document in case you need more space.

Notes: My relatives

- *List the names of significant relatives in your early life. These might include:*
 - *Grandparents/Great Grandparents*
 - *Uncles and Aunties*
 - *Cousins*

Pictures of my family

- *Personalise your book by adding photographs of you as a baby, or relatives.*
- *You might like to draw pictures of your family*
- *If you enjoy creative writing you might like to create a 'pen portrait' by writing a description of your relatives.*

Spare sheets have been included at the end of this document in case you need more space.

An introduction to my life

I was born on

I was born in

My Mother's name was

Her occupation was

My father's name was

His occupation was

I had siblings

My position in the family was

My first language was

My family called me

Thinking back, my youngest memory is...



My relatives

Relatives name	Relationship to me



Pictures of my family



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Registered Charity No.1163582 (England & Wales)

Pictures of my family



Continuation sheet for:



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