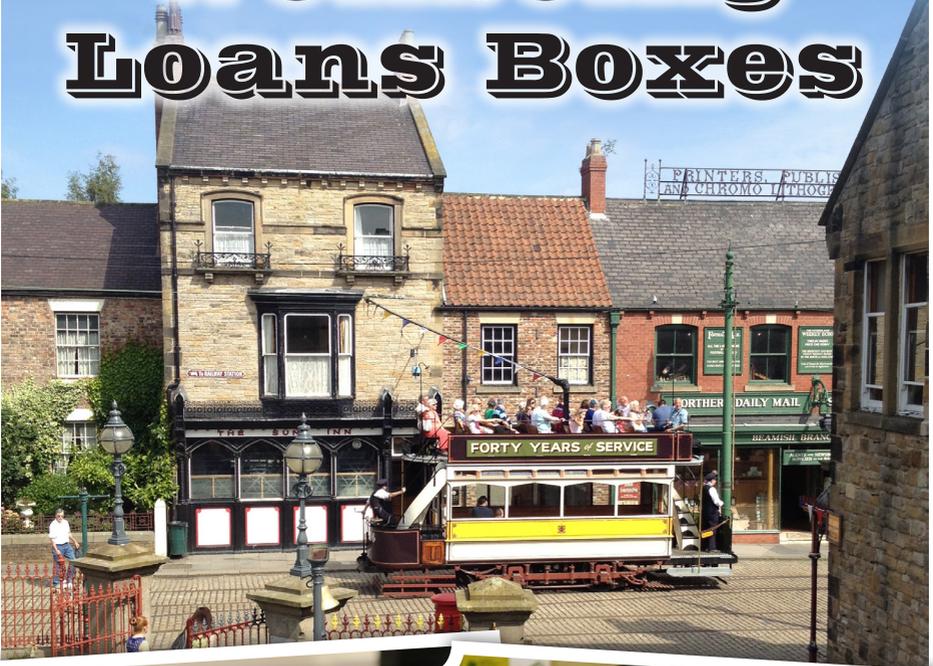


BEAMISH

THE LIVING MUSEUM OF THE NORTH

Wellbeing Loans Boxes





Loans Boxes

We have a range of themed health and wellbeing loans boxes containing objects, photographs and ideas for activities, which you can borrow, free of charge, to use with your group.

Each loans box is themed to inspire your group, topics include events and celebrations, nights out, domestic, wartime, man's world, costume and medical kit. Boxes can be borrowed for up to three weeks and should be booked in advance (a small deposit is required).

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Boys Will Be Boys

One of our “story suitcases”. Looking at the objects one-by-one, the group can make up a story about who the suitcase may belong to and where they might be going. There are no right or wrong answers, this is a fun way to use objects differently. All items are interesting in their own right if you don’t want to make up a story.

Boys Will Be Boys contains toys, clothing and books belonging to a child who has helped pack his own case and it includes his favourite things. Is he being evacuated, going to school or just going on holiday? There are some lovely objects that are sure to get groups talking.

Contains a folder of photos of 1940s, 1950s and 1960s childhood in the North East and information on how to turn the objects into a story.



Cleaning Day

The old saying goes “a woman’s work is never done”. In the days before washing machines, and when “make do and mend” was a necessity, there would be set days of the week to do all household tasks and often very little help in doing them.

Cleaning Day consists of a large tin bath containing items that used when doing housework. Objects include different types of irons, soaps with familiar smells, packaging from cleaning products, as well as clothes washing and mending equipment. There is also a folder of photographs of household tasks.

Talking points may include black leading the fire, cleaning brass, washing clothes in a poss tub, making clippy mats and the difficulty in keeping them clean.



Costume 1 & 2

These two loans boxes contain original clothing made in a range of different styles and fabrics - from day dresses, evening gowns and workwear to furs and pearls. There are also shoes, handbags, hats and a few items of original packaging.

The clothes date from the 1930s to the 1960s and some people in the group may even remember wearing similar clothing, or their parents wearing them.

They are fascinating to look at and imagine the type of person who may have owned them. Also contains a folder of photographs based around fashions in North East England.



Domestic 1

There were many jobs to do each day for parents and children, and the day wasn't finished until they were completed. This suitcase contains objects that were often a familiar sight around the home, including items used for baking, cleaning or for decoration. There are also a few mystery objects to get the group guessing.

The box contains an album of photographs showing different household settings and tasks.

Talking points that may come up while using this box are favourite meals that mother made – possibly from the Bero book - cleaning jobs that children used to hide from, how shopping in the 1940s and 1950s was very different to now (some people still remember their dividend number from Co-op) and preparing for parties or special days.



Events & Celebrations

Royal weddings, christenings, VE Day and coronations are just a few of the celebrations that feature in this loans box. Inside are items of clothing including a wedding dress and christening robe and commemorative ornaments such as a Coronation mug, photos of members of the Royal Family from the 1930s until present day, programmes and flags. These are used to get everyone talking about their favourite celebrations. There is also a folder of photos showing parties and celebrations from around the North East.

Talking points may include street parties with bunting and everyone bringing out plates of food to share, weddings on a shoestring budget with dresses made from parachute silk, the Royal Family and how the country celebrated alongside them and dancing that went on until the early hours when end of the war was announced. Other talking points include regular events such as May Day celebrations, Christmas and
8 Easter and how everyone prepared for them.



Jobs Around The Home

This box demonstrates items used for various domestic jobs in the 1940s and 1950s such as cleaning, DIY and baking. It includes a folder of photographs showing men and women carrying out many of the traditional roles around the home.

Talking points while using this loans box may include making proggy mats and which member of the family contributed to each part of it (often dad made the rug and children cut the fabric), “make do and mend”, playing with the button tin, setting up for Sunday tea and jobs such as cleaning brass.

There are many interesting objects for the group to look at.



A Night Out

Going out in the 1940s, 1950s and 1960s was a real treat and getting ready was half the fun. From radios to records and handbags to powder puffs, this box contains a variety of items that would be used by men and women while getting ready for a night on the town. The box also includes a folder of photographs showing different types of nights out for people of all ages.

Talking points while using this box may be where people liked to go on a night out, dance halls or to the pub with friends or the make-up people wore – and waiting until mam and dad were out of sight to put it on!

Other talking points include radio stations they loved to listen to, bands they enjoyed dancing to, what type of things they wore in their teenage years, and what they really wished they were allowed to wear.



Story Suitcase - Lady

Using the objects in this suitcase you can make up a story about who it belongs to and where they might be going. There are no right or wrong answers. All items are interesting objects on their own if you don't want to make up a story with the group.

The suitcase contains clothing, a handbag, shoes, jewellery and other items which a lady would have owned.

There's also a folder of interesting photos of women in the 1940s, 1950s and 1960s in the North East and information on how to make a story.



Story Suitcase - Man

The objects in this suitcase can be used to make up a story about who it belongs to and where they might be going. There are no right or wrong answers. All items are interesting objects on their own if you don't want to make up a story with the group.

The suitcase contains clothing, shoes, items relating to jobs, cigarette cases, a hat, badges, money and other items that may be found in a man's personal belongings.

There's also a folder of interesting photos of men in the 1940s, 1950s and 1960s in the North East and information on how to make a story.



Talking Points

This box includes different objects from the 1940s and 1950s and separate cards containing ideas of questions to ask, and how best to ask them to avoid putting pressure on people's memory.

Items include a gas mask, hair dryer, Coronation mug, darning mushroom, fur stole and a number of other interesting items.



Toys 1 and Toys 2

Inside are toys and games from the 1940s and 1950s for children of all ages. Also included are board games, baby/toddler toys, educational toys and puzzles. All items can be played with by the group.

Also contains a folder of photographs of toys and childhood memories.



Wartime

A suitcase containing items from the Second World War and the Home Front. With items such as a gas mask, utility clothing, ration books and original food packaging, there will be plenty to get the group talking.

Also contains a CD and a folder of photographs taken around the North East in the 1940s.

Tips for running activities

Small groups

We recommend groups of around six people, sitting around a table, or close together if in armchairs. This allows everyone to hear, see and touch the objects. It is better to hold several smaller, shorter sessions where the participants get an opportunity to contribute and really engage, rather than one large session where it is difficult to participate meaningfully.

Quiet area with no distractions

Try to create a relaxed and quiet space for the activities as this helps people to focus on the tasks. Background noises, e.g. radio, TV and other people having loud conversations, can be very distracting. Try to keep interruptions such as tea and biscuits and medication to the beginning or end of the session.

Focus on doing things

It is much easier for people to do things rather than simply talk about them. Keep people engaged and stimulated. Provide opportunities for the group to use different senses. Ensure that everyone can participate, regardless of their abilities, and that they can successfully complete tasks.

What can people see in front of them and around them?

Is there anything that they can touch, feel and use?

Is there anything they can smell and/or taste?

Is there music that they can hear and sing along to?

(This is best as a separate activity)

Good examples could be baking or gardening - there are lots of different ways that people can participate and use different senses: using the utensils and tools; weighing and mixing ingredients; planting bulbs and flowers; tasting the finished cakes and smelling herbs and flowers.

Slower pace

Try to break activities down into simple steps and do one at a time. Ensure that everyone in the group can participate in each task, whether independently or with a little support from you.

Don't ask too many questions

Try not to put people “on the spot” by asking them lots of questions. Instead, try starting conversations where people can join in if they would like to. The conversation doesn't need to be about something in the past, but it might naturally lead onto that if people are happy to share their memories. If not, then they are still engaged in conversation with others.

For example, rather than asking “where did you used to go dancing?” You could ask “I've heard that the [...local dance hall....] was a good place to go dancing” - people might then respond with a story from their past. If not, then perhaps move onto a different topic, or carry on talking and see if they join in.



To book a Loans Box, contact:

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