



## Quick links :

- [Pam's most recent publications](#)
- [Manuals and handbooks on reminiscence](#)
- [Books of edited reminiscences and photographs/documentation](#)
- [Books on Theatre-in Education](#)
- [Chapters in several books on theatre and related matters](#)
- [Extensive reference to Pam Schweitzer's reminiscence and theatre work](#)
- [Articles for many journals and magazines](#)

## Pam's most recent publications

**Remembering Yesterday, Caring Today: reminiscence in dementia care**, published in 2008 by Jessica Kingsley Publishers and written by Pam Schweitzer and Errollyn Bruce. [Click here](#) to visit the publisher's website. For information and an order form for 'Remembering, Yesterday, Caring Today', please [click here](#) [PDF file 137K].



"This book is hopeful, optimistic and realistic. It makes no unworkable claims and accurately presents the knowledge distilled from repeated practice. Case examples are widely used to illustrate the many practice applications, and exercises are described in detail to assist their replication. I wholeheartedly recommend this book and the approach it advocates to people whose lives are touched in so many different ways by dementia and to those who live or work with them."

**Faith Gibson**, Emeritus Professor of Social Work, University of Ulster

"Having long been an advocate of reminiscence work with people with dementia, it is a pleasure to welcome this volume which presents what I believe to be an approach at the leading-edge of this field. I very much hope that this book will inspire many services and organisations to explore the value of this approach in their own practice."

**Bob Woods**, Professor of Clinical Psychology of Older People, Bangor University, UK

[top](#)

**Reminiscence Theatre: Making Theatre from Memories**, published in 2006 by Jessica Kingsley Publishers. [Click here](#) for further information.



'Sheds new light on complex human issues and the message is loud and clear: reminiscence and reminiscence theatre can make a profound improvement in real people's real lives.'

From the Foreword by **Glenda Jackson MP**

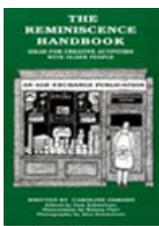
'The vast scope of the work recounted in this book as well as the detailed guidance it provides will become an invaluable resource for anyone who wishes to mine the riches of reminiscence work and to transform the spoken word into tangible artistic forms.'

**Faith Gibson**, Emeritus Professor of Social Work, University of Ulster

[top](#)

## Manuals and handbooks on reminiscence





### Lifetimes: photo-cards, memories and ideas for reminiscence

Schweitzer, P. (ed) (1987)

London: Age Exchange

### The Reminiscence Handbook: Ideas for Creative Activities for Older People

Osborn, C. & Schweitzer P. (1993).

London: Age Exchange

This manual is a must for those starting a reminiscence programme and looking for tried and tested ideas around key reminiscence themes.

“A splendidly practical ‘how to do it’ book which contains innumerable suggestions about how to encourage older people to recall their own past and to share their rich recollections with others.”

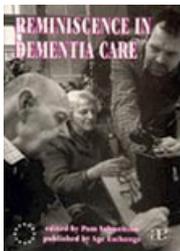
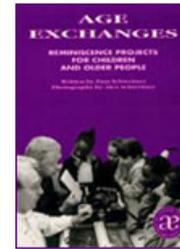
**Professor Faith Gibson**, University of Ulster.

### Age Exchanges: Reminiscence projects for children and older people

Schweitzer, P. (1993)

London: Age Exchange (also translated into German and French)

A handbook of reminiscence projects for children and older people to try together. Suggestions are offered as to how the activities described relate to the National Curriculum. All the ideas can be adapted for use in classrooms or community settings.



### Reminiscence in Dementia Care

Schweitzer, P. (ed) (1998)

London: Age Exchange (for the European Reminiscence Network)

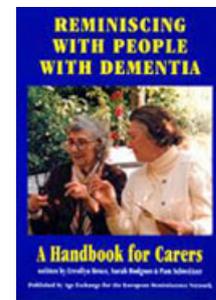
Articles by international experts who came together at a conference in London organized by Age Exchange for the European Reminiscence Network, promoting imaginative and humane approaches to dementia care using reminiscence and life review.

### Reminiscing with People with Dementia: a handbook for Carers

Bruce, E., Hodgson, S. and Schweitzer, P. (1999)

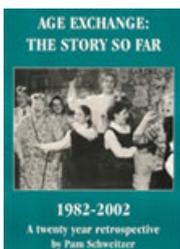
London: Age Exchange (for the European Reminiscence Network)

Subsequently translated and published in French, German, Italian, Spanish, Catalan, Danish, Swedish and Romanian editions. This handbook for carers contains a wealth of practical ideas and suggestions for using reminiscence to enrich communication with people with dementia. It is illustrated with delightful photographs from the many European Reminiscence Network partners who participated in this international dementia project.



“This manual will give a new impetus to carers who are looking for positive ways to engage with those they care for.”

**Dr Nori Graham**, Chair, Alzheimers Disease International.



### Age Exchange: The Story So Far, a twenty year retrospective

Schweitzer, P. (2002)

London: Age Exchange

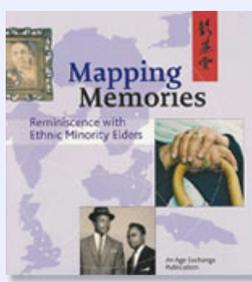
### Mapping Memories: reminiscence with ethnic minority elders

Schweitzer, P. (ed) (2004)

London: Age Exchange

A handsome new book featuring the lives of 24 elders who originate from the Caribbean, Africa, India and China. Follow their lives from earliest memories, through school days, courting and marriage, leaving home, settling in Britain and growing old far from ‘home’. The book has accompanying films recording the past and present lives of ethnic minority elders.

[Click here](#) for further information on this project prepared by Age Exchange.



"This book opens a window on to the lives of ethnic minority elders in Britain.... Reminding us what a rich and under-used asset Britain has with this cultural patchwork. It highlights the importance of developing an understanding of the forces which have created and continue to create such a mix, especially for the younger generations of our ethnically mixed societies."

**Alex Kalache**, World Health Organisation

### **Making Memories Matter**

Schweitzer, P. & Trilling, A. (2005)

Kassel, Germany: Euregioverlag

Over 100 older people from 7 European countries have worked with artists to make their life stories into Memory Boxes. These boxes are touring museums and galleries across Europe this year. On view together, they offer a fascinating mosaic of Europe's cultural heritage over the last 80 years. The exhibition is supported by a programme of performances, lectures and workshops. This bi-lingual (English and German) book has beautiful colour plates of the Memory Boxes and the life stories which accompany them. Enquiries to Pam Schweitzer.



[Click here](#) for further information on this project prepared by Age Exchange.

[top](#)

### **Books of edited reminiscences and photographs/documentation**

With every Age Exchange reminiscence theatre production over the last twenty years, Pam Schweitzer has edited and published a matching book containing edited reminiscences and related photographs and documentary material. Here are some of the titles. Others are on the Age Exchange website at [www.age-exchange.org.uk](http://www.age-exchange.org.uk).



#### **Fifty Years Ago: memories of the 1930s**

Schweitzer, P. (ed) (1983)

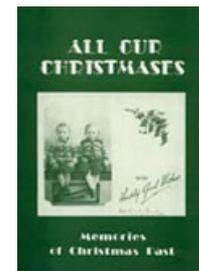
Life in the early 1930s through the recollections elderly people in South East London including unemployment, first jobs, marches and demonstrations, the cinema, courting days, and illness and holidays.

#### **All Our Christmases: memories of Christmas past**

Schweitzer, P. (ed) (1983)

London: Age Exchange

Pensioners recall late night Christmas shopping, making their own decorations, the ritual of Christmas pudding stirring and wishing, the last minute search for a turkey at a knockdown price, the Christmas meal and the festivities which followed. A complete guide to Christmas past.



#### **My First Job: Greenwich pensioners' memories of starting work**

Schweitzer, P. (ed) (1984)

London: Age Exchange

An anthology of memories and photographs from older people who started work between 1912 and 1940.



#### **A Place To Stay: memories of pensioners from many lands**

Schweitzer, P. (ed) (1984)

London: Age Exchange

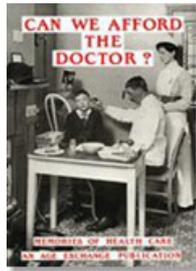
A unique collection of reflections by elders from many ethnic groups who have settled in Britain. Their frank and often poignant stories re told in English and in the speakers' original languages: Chinese, Hindi, Gujarati, Punjabi, Greek, Turkish, Polish and Italian.

## **What Did You Do in the War, Mum? Women recall their wartime work**

Schweitzer, P. Hilton, L. Moss, J. (eds) (1985)

London: Age Exchange

The story of women's work and lives during the First and especially the Second World Wars. At this time, a whole new range of activities suddenly became open to women. This book tells how they coped.



## **Can We Afford The Doctor? memories of health care**

Schweitzer, P. (ed) (1985)

London: Age Exchange

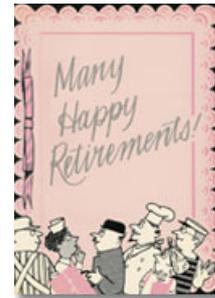
This book examines health and social welfare in the early part of this century when people often had to rely on their own resources and remedies to cope with illness or disability.

## **Many Happy Retirements: a collection of personal reflections on retirement**

Schweitzer, P. (ed) (1986)

London: Age Exchange

Older people share their experience of the retirement process. The book includes some of the sketches developed for performance on pre-retirement courses and triggers for discussion.



## **Across The Irish Sea: memories of London Irish pensioners**

Schweitzer, P. (ed) (1989a)

London: Age Exchange

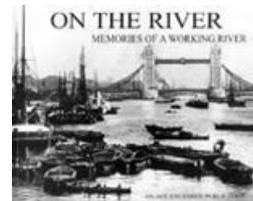
Individual stories with personal photographs, documenting the experience of growing up in rural Ireland, seeking work in London, courting, settling down and having children over here and maintaining links with 'home'.

## **On The River: memories of a working river**

Schweitzer, P. & Wegner, C. (eds) (1989)

London: Age Exchange

The recollections of older Londoners who have lived by and worked on the River Thames. Their stories recapture the sense of bustle and industry when the river was London's main thoroughfare and a crucial source of livelihood for thousands of families. The book contains over 100 full page photographs of the river in its heyday.



[top](#)

## **Good Morning Children: Memories of Schooldays in the 1920s and 30s**

Schweitzer, P. (ed) (1989)

London: Age Exchange

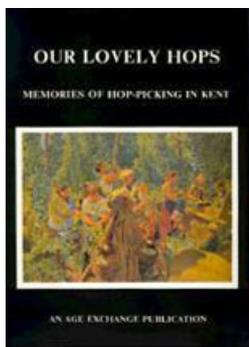
## **Goodnight Children Everywhere: Memories of Evacuation in World War II**

Schweitzer, P. (ed) (1990)

London: Age Exchange

A remarkable collection of first hand experiences of evacuation in the Second World War. The contributors speak honestly, in many cases for the first time, about the upheaval they went through as children, illustrating their stories with letters they wrote at the time and the photos of themselves which were taken to send home to their parents. Over 250 superb photographs.





### **Our Lovely Hops: memories of hop-picking in Kent**

Schweitzer, P. and Hancock, D. (1991)

London: Age Exchange

Memories of hop-picking in Kent, plus over 100 delightful photos of work and play 'down hopping'.

### **Just Like The Country: memories of London families who settled the new cottage estates 1919-1939**

Schweitzer, P. (1991) London: Age Exchange

What was it like to leave family and friends and start a new life in a brand-new place? How did families become communities?

### **Grandmother's Footsteps: older people remember their grandparents**

Schweitzer, P. (ed) (1994)

London: Age Exchange

Travel back in time to meet people born in the nineteenth century through the memories of their grandchildren, now in their seventies and eighties.



### **Jubilee: Memories, photos, a play and the story of how it was made**

Schweitzer, P. (2002)

London: Age Exchange

Older people recall their lives in the early 1950s, especially around the time of the coronation. The Good Companions older people's theatre group created a play featuring these memories and Pam Schweitzer describes how the play was created through improvisation.

[top](#)

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## **Books on Theatre-in Education**

### **Theatre in Education Directory: a descriptive guide to theatre in education teams and children's theatre groups**

Schweitzer, P. (1975)

London and Los Angeles: TQ Publications Ltd (Theatre Quarterly)

### **Theatre In Education: Four Secondary Programmes**

Edited and introduced. Schweitzer, P. (1980)

London: Eyre Methuen in Methuen Young Drama series

### **Theatre In Education: Four Junior Programmes**

Edited and introduced. Schweitzer, P. (1980)

London: Eyre Methuen in Methuen Young Drama series

### **Theatre In Education: Five Infant Programmes**

Edited and introduced. Schweitzer, P. (1980)

London: Eyre Methuen in Methuen Young Drama series

[top](#)

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## **Chapters in several books on theatre and related matters including:**

**'Participation Programmes: a theatre of reality'** in Learning Through Theatre

Schweitzer, P. (1980)

Ed Tony Jackson, Manchester: Manchester University Press, pages 78-85

**'Theatre in Education as a Resource for the Teacher'** in Drama and the Whole Curriculum

Schweitzer, P. (1982)

Ed Jon Nixon, London Melbourne Sydney Auckland Johannesburg: Hutchinson, pages 158-171

**'A Place To Stay: Growing old away from home'** in Multicultural Health Care and Rehabilitation of Older People

Schweitzer, P. (1991)

Ed Amanda Squires, London, Melbourne, Auckland: Edward Arnold, pages 28-42

**'Many Happy Retirements'** pp 64-80. In M. Schutzman & J. Cohen-Cruz (eds) *Playing Boal: Theatre, Therapy, Activism*.

Schweitzer, P. (1994)

London and New York: Routledge pages 64-81

**'Dramatising Reminiscences'** in *Reminiscence Reviewed*

Schweitzer, P. (1994)

Ed Joanna Bornat, Buckingham and Philadelphia: Open University Press, pages 105-116

**'Age Exchange: the potential of reminiscence'** in *Museums and the Education of Adults*

Schweitzer, P. (1995)

Ed Alan Chadwick and Annette Stannet, Leicester: National Institute of Adult Continuing Education (NIACE), pages 92-97

[top](#)

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**Extensive reference to Pam Schweitzer's reminiscence and theatre work appears in the following books:**

**Devising Theatre: A Practical and Theoretical Handbook**

Oddey, Alison (1996)

London and New York, Routledge

**Dream Spaces: Memory and the Museum**

Kavanagh, Gaynor (2000)

London: Leicester University Press

**The past in the present: Using reminiscence in health and social care.**

Gibson, Faith (2004)

Baltimore: Health Professions Press

[top](#)

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**Articles for many journals and magazines including:**

**SCYPT Journal: the first Theatre in Education Journal** for the Standing Conference of Young People's Theatre, co-edited in the late 1970s and early 1980s

**Theatre Quarterly 1975 vol V no 17** pages 74-82

Production Casebook 17 Theatre in Education

**Articles on Reminiscence for The Oral History Journal**

**Articles on reminiscence in dementia care for:**

- Community Care Magazine
- The Journal of Dementia Care
- Signpost Magazine (Dementia)
- Psychotherapie im Alter (Psychotherapy in Old Age pub. Psychosozial-Verlag)
- Kuratorium Deutsche Altershilfe (KDA)

For six years (1993 - 1999) Pam Schweitzer edited **Reminiscence Magazine**, the journal of the European Reminiscence Network, and wrote many articles for it. Subsequently Pam edited **Reminiscence Exchange**, the journal of the UK Reminiscence Network.

[top](#)

Telephone: 020 8852 9293 | Email: [pam@pamschweitzer.com](mailto:pam@pamschweitzer.com)

This activity is based on the Dr. Xargle series of books written by Jeanne Willis and illustrated by Tony Ross. Read through some of the books in the series. The children should write their own Dr. Xargle story in which he teaches his class about a different aspect of Earth life (e.g. school, work). This will encourage them to look at everyday life from a different point of view. If there is enough time, they could also make illustrations to accompany their text. 7) Class Mascot Activity. Find a small soft toy or puppet which will become the class mascot. With the class, choose a name for the This interactive training session will give participants the opportunity to learn about and try out inspirational creative reminiscence activities that can be carried out with older people and those living with dementia. By the end of the session, participants will have explored the idea that the quality of the experience and making connections is as important as focusing

on the end product. Refreshments will be provided.Â Find out about an Epping Forest initiative that has included the creation of an innovative recipe book of activities for people with middle to late dementia. Learn how Cinema City developed exciting cinema-themed reminiscence sessions through their HLF-funded Moving Memories project. Discover how Norfolk Libraries have developed a dementia-friendly library service. Manuals and handbooks on reminiscence. Lifetimes: photo-cards, memories and ideas for reminiscence Schweitzer, P. (ed) (1987) London: Age Exchange. The Reminiscence Handbook: Ideas for Creative Activities for Older People Osborn, C. & Schweitzer P. (1993). London: Age Exchange This manual is a must for those starting a reminiscence programme and looking for tried and tested ideas around key reminiscence themes. â€œA splendidly practical â€˜how to do itâ€™™ book which contains innumerable suggestions about how to encourage older people to recall their own past and to share their rich recollections

