



NATIONAL
MARITIME MUSEUM
GREENWICH

rmg.co.uk

All Aboard



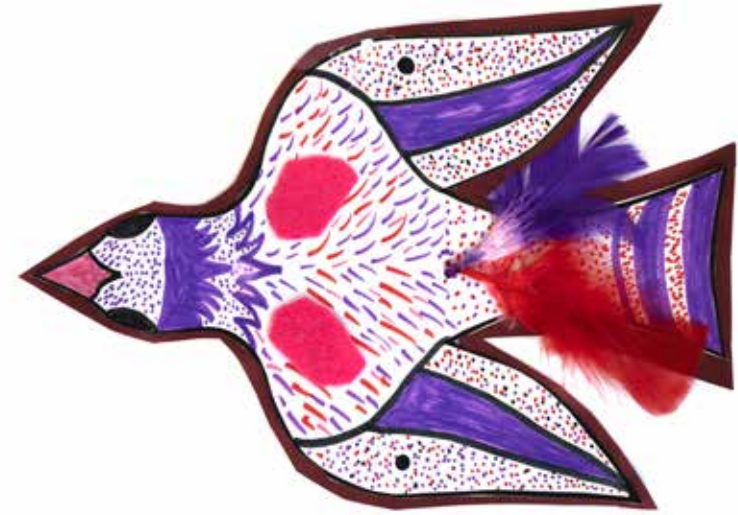


Reconnection and reminiscence for people living with dementia

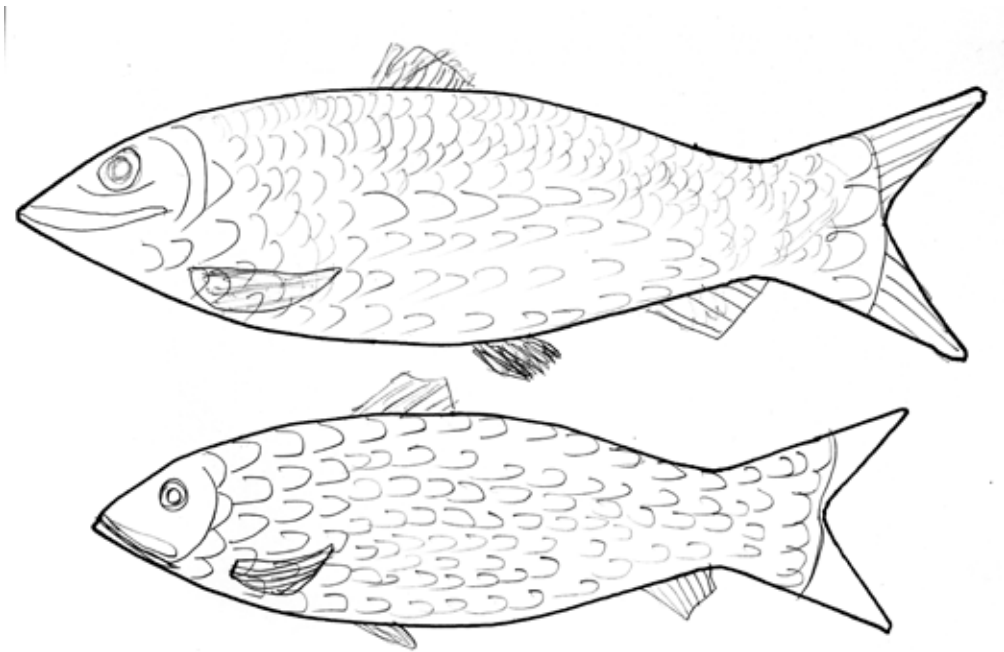
National lockdown made 2020 a difficult year for all of us. For some it meant increased isolation and loneliness, something that can particularly affect people living with dementia. In response, the Museum began a project with Age Exchange called 'All Aboard'. This used stories of sea voyages contained in journals and diaries to inspire memories and creativity around the subject of travel and better connect with people living with dementia and their carers.

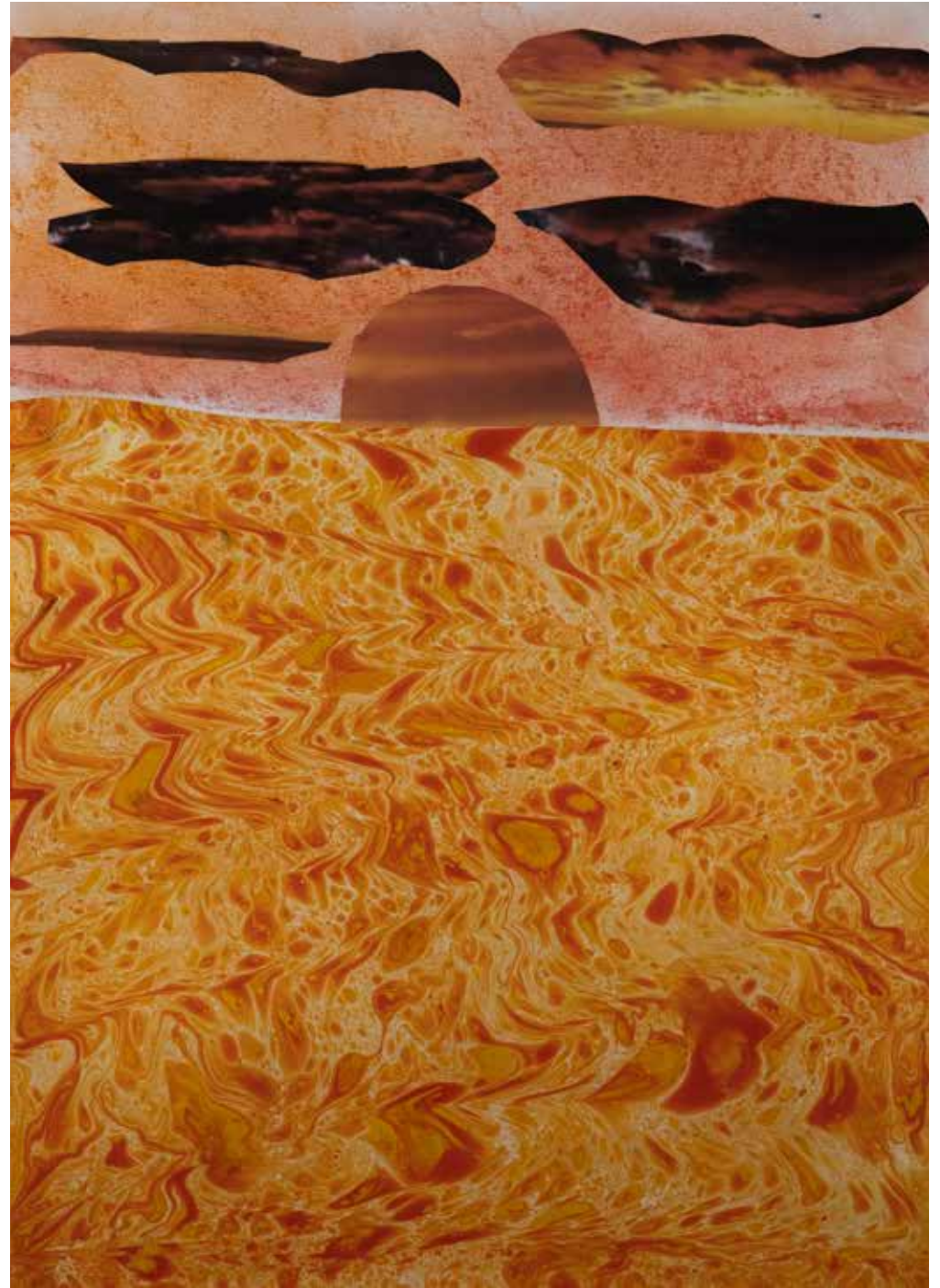
Creative responses

Participants from across the boroughs of Greenwich, Lewisham and Lambeth worked with Age Exchange arts practitioners to creatively respond to reminiscence sessions. They shared their own unique experiences and recollections inspired by the Museum's travel journals, journeys of the imagination and the rich range of memory triggers contained in the reminiscence boxes. From these they went on to produce the artworks on display here that celebrate the individuality, creativity and resilience of people living with dementia.







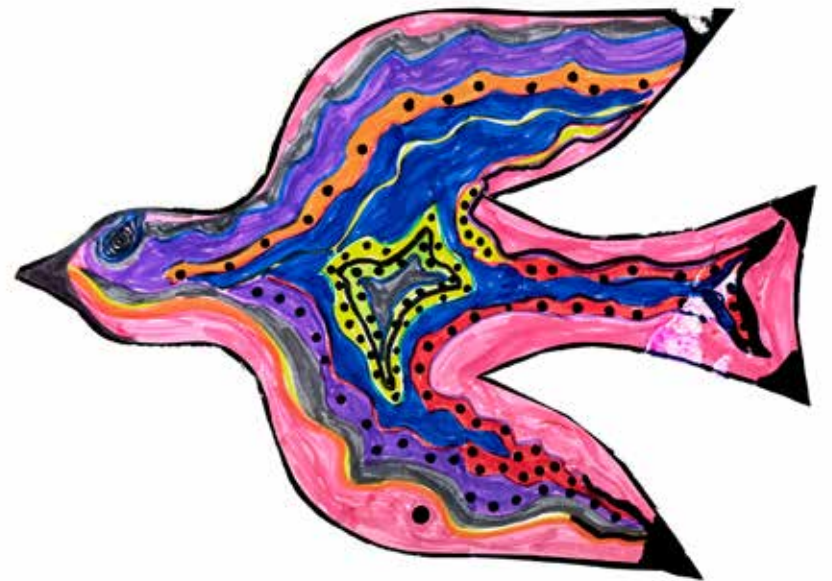


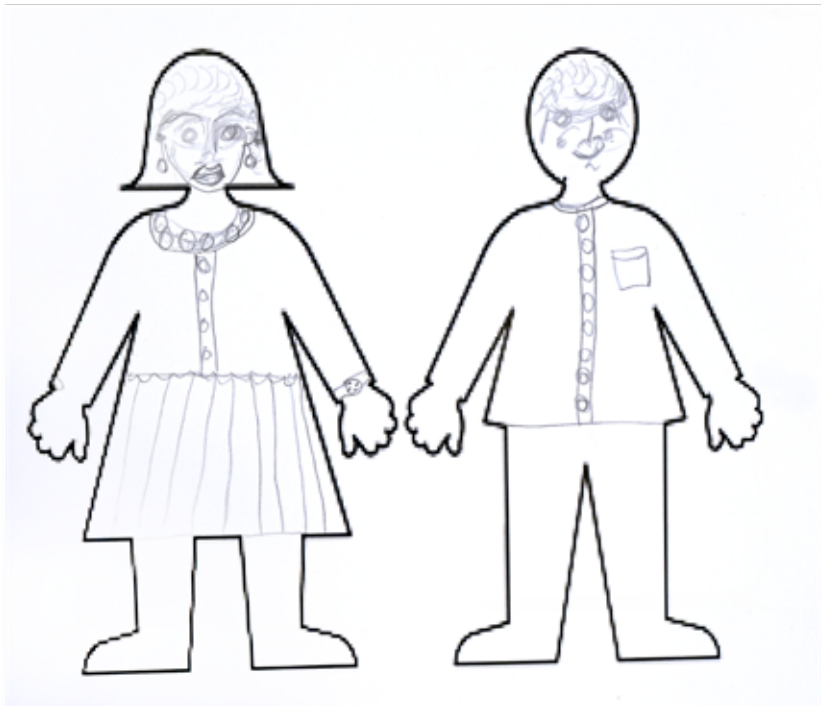






'The Direction of Water'

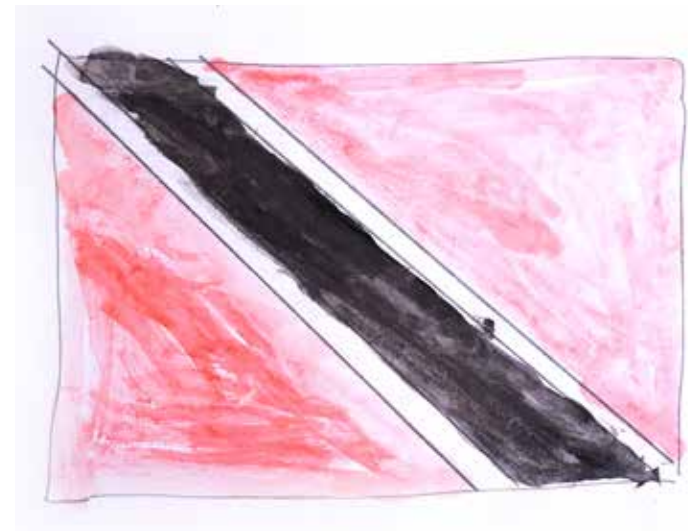


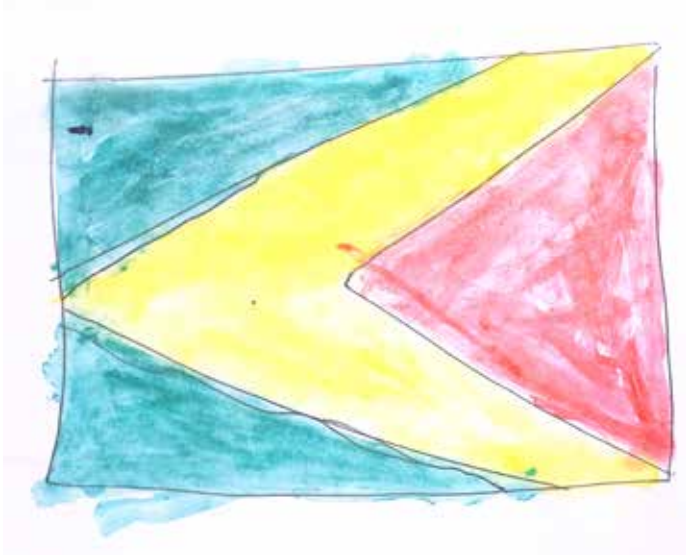


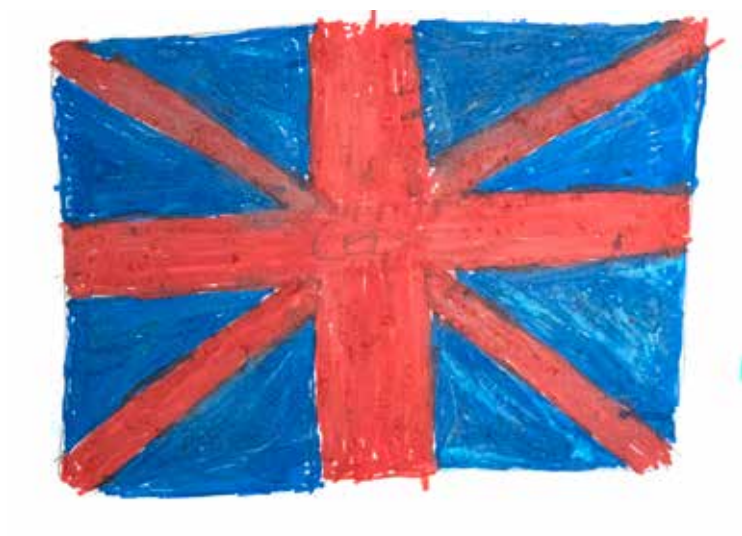


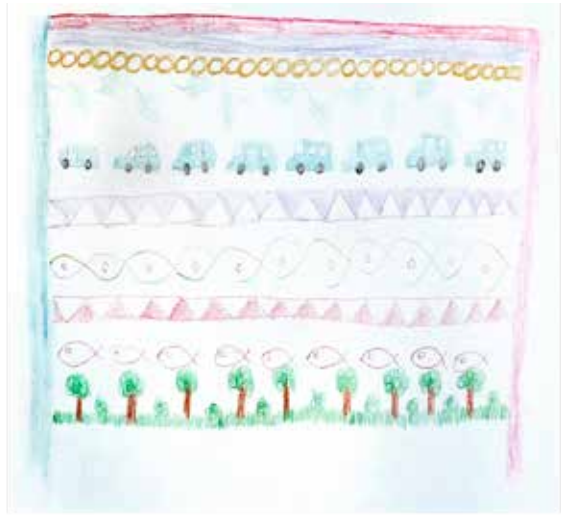
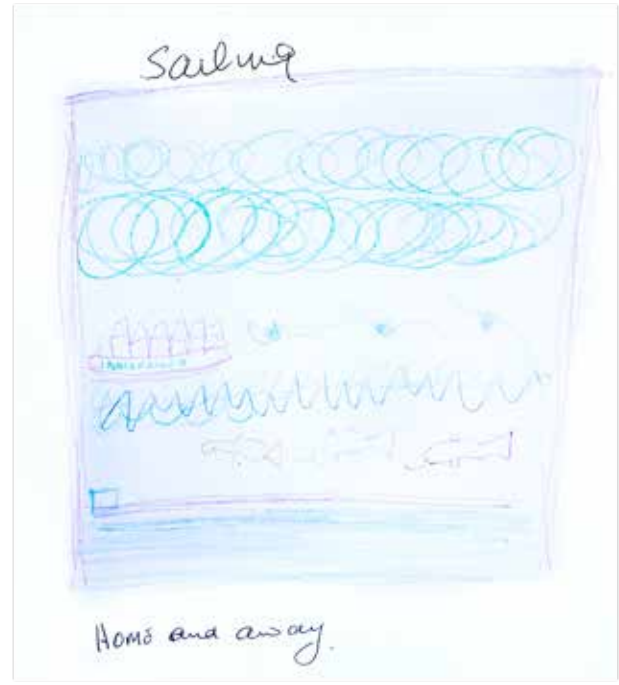




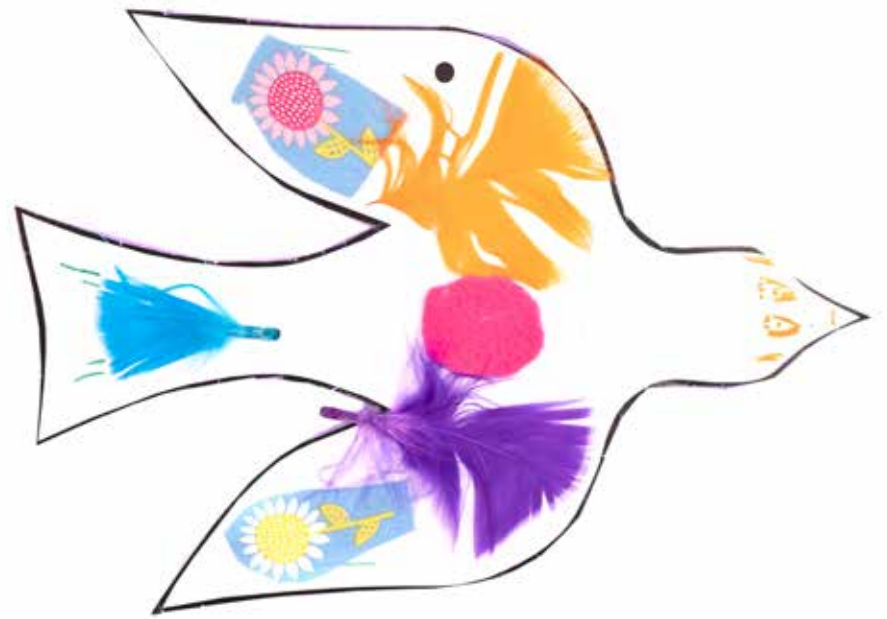


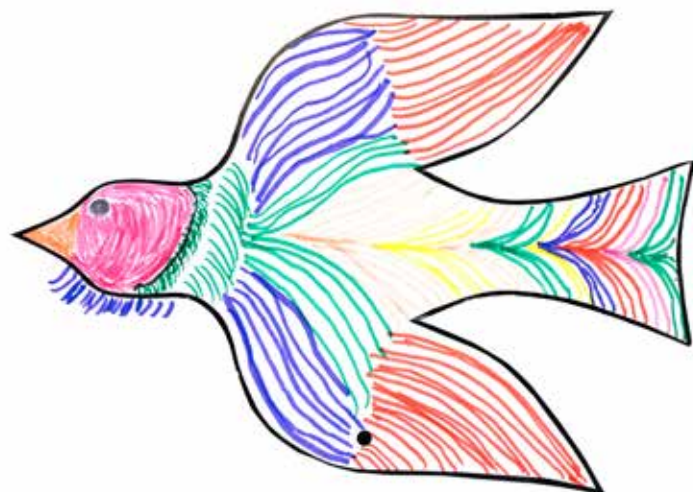
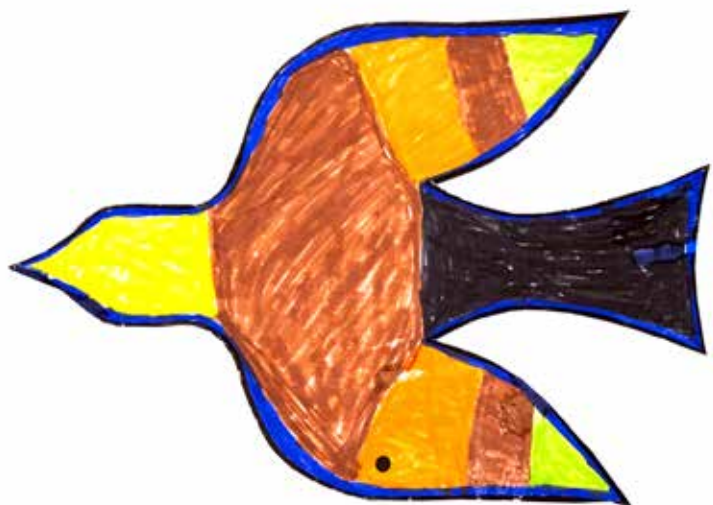
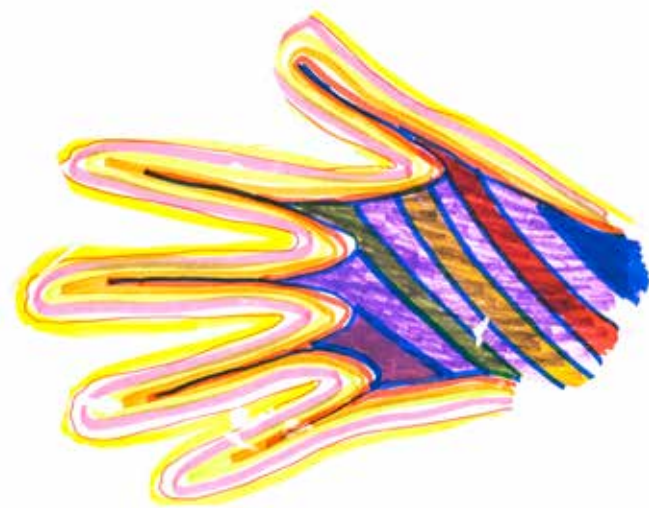
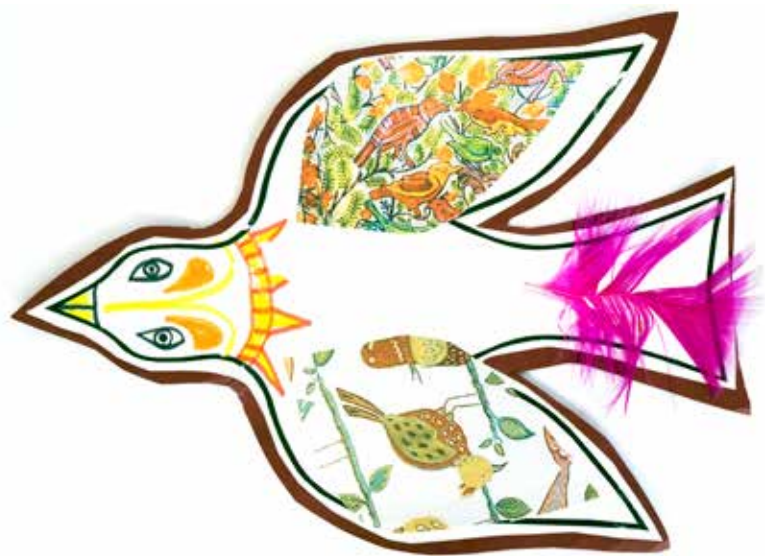


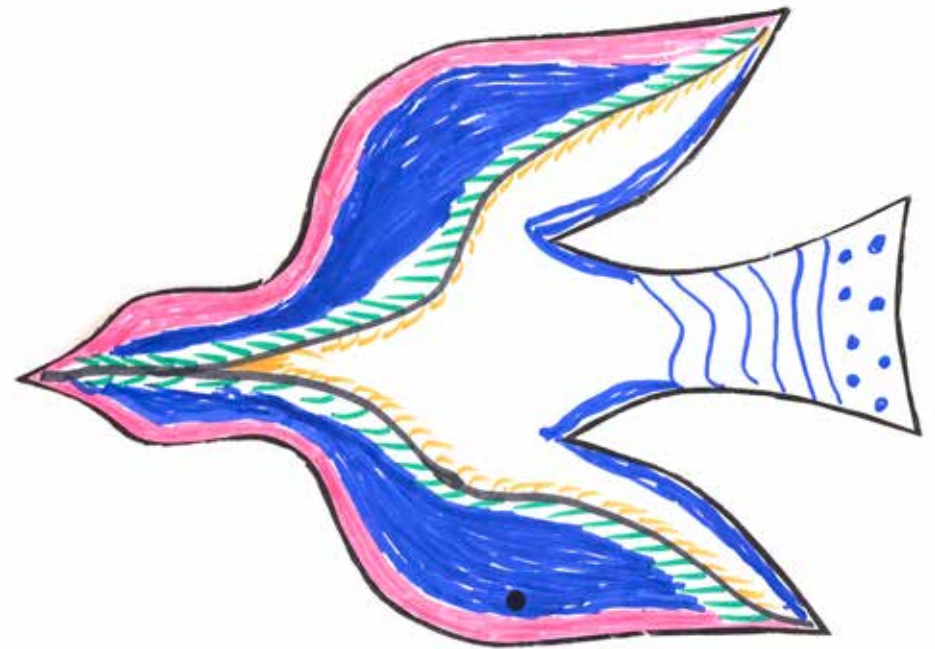
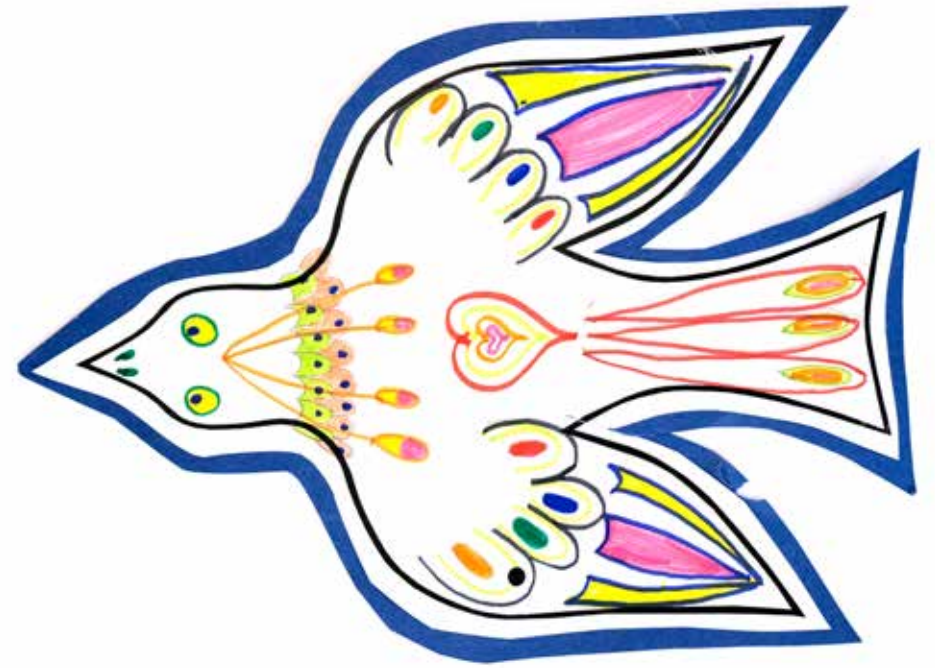


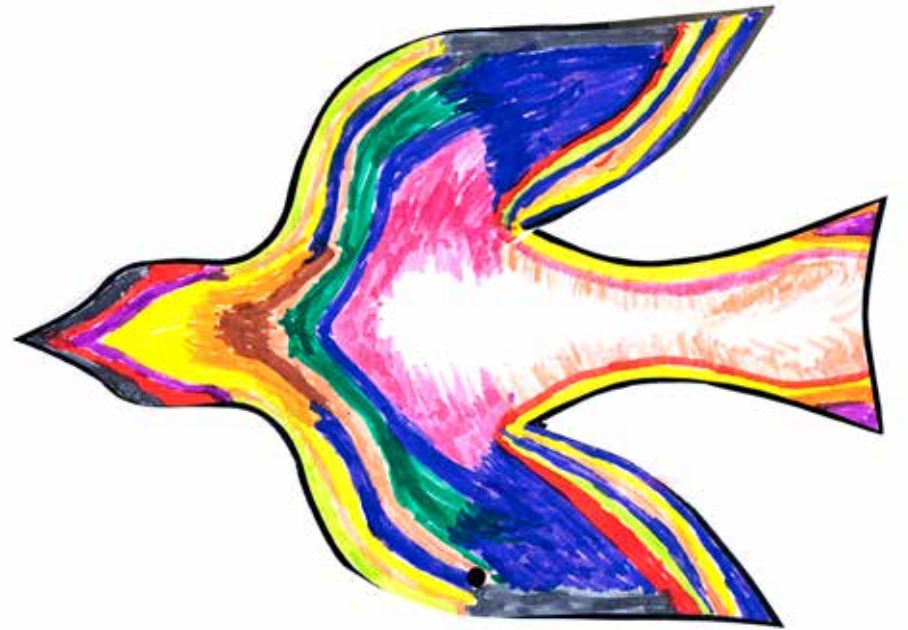
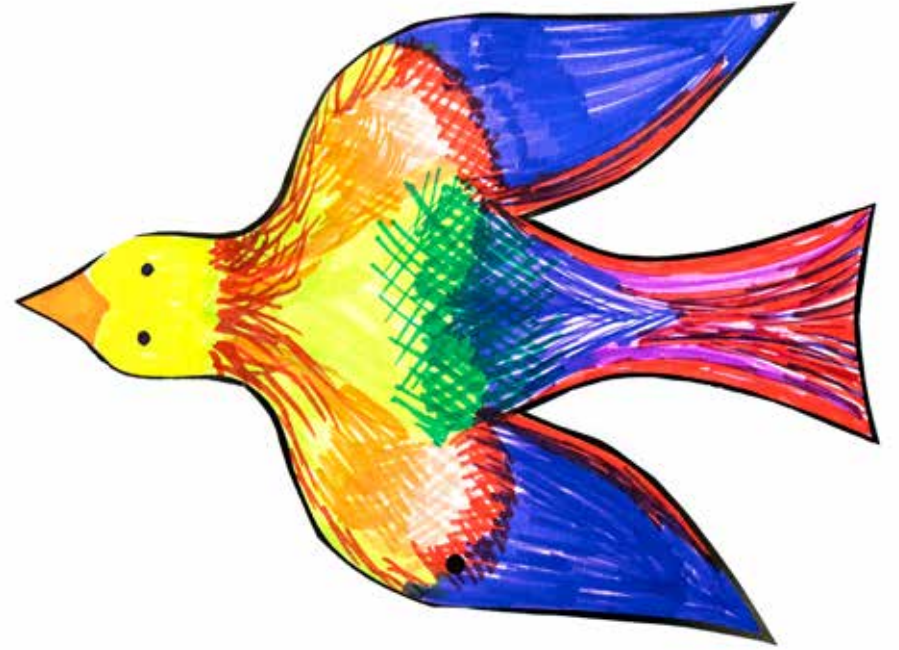


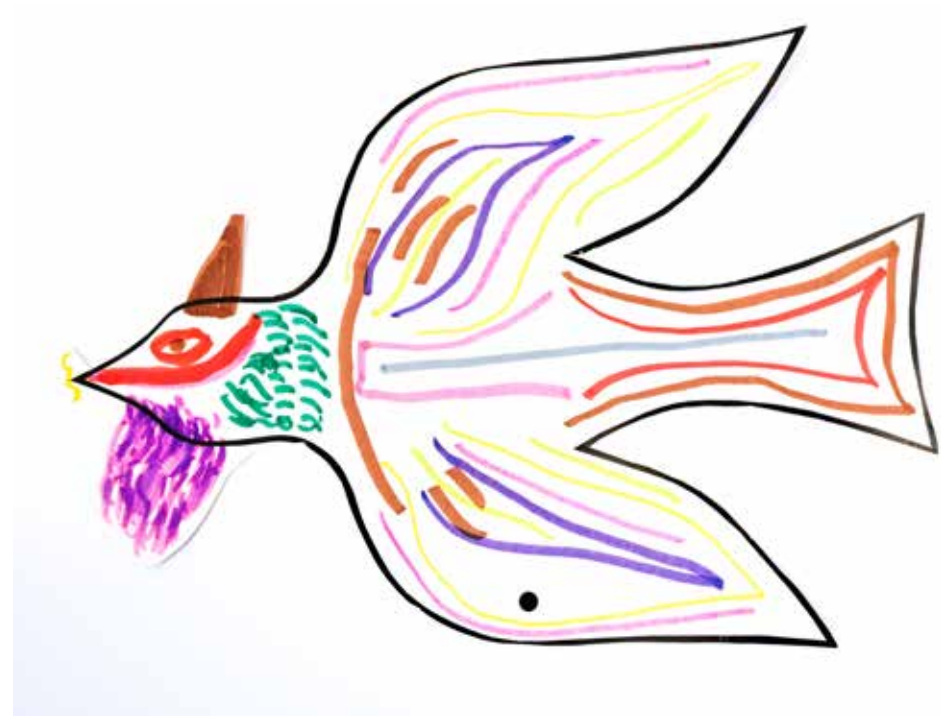
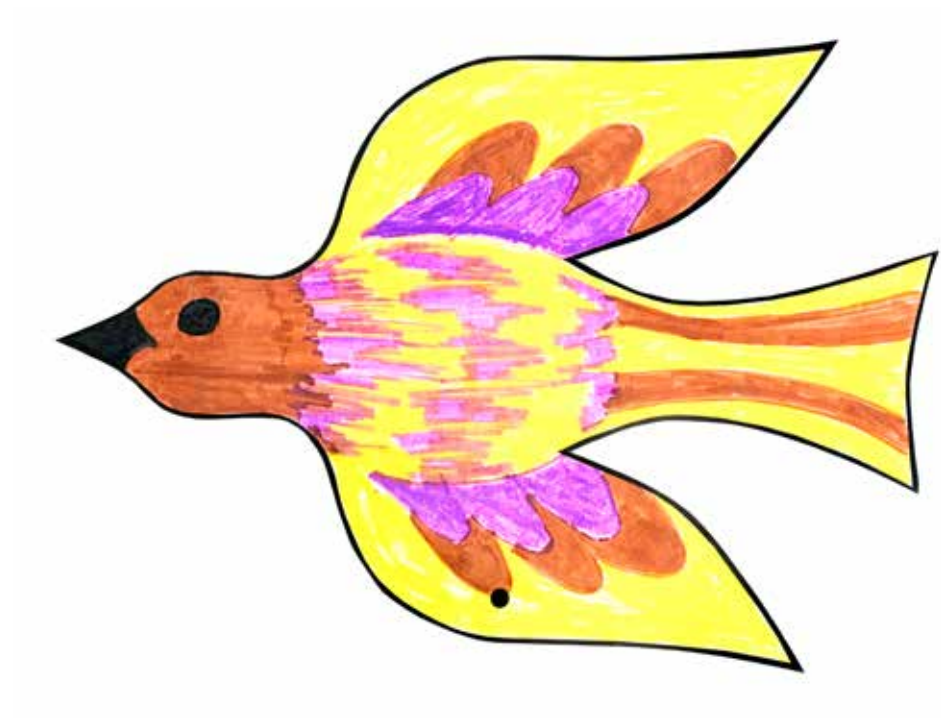




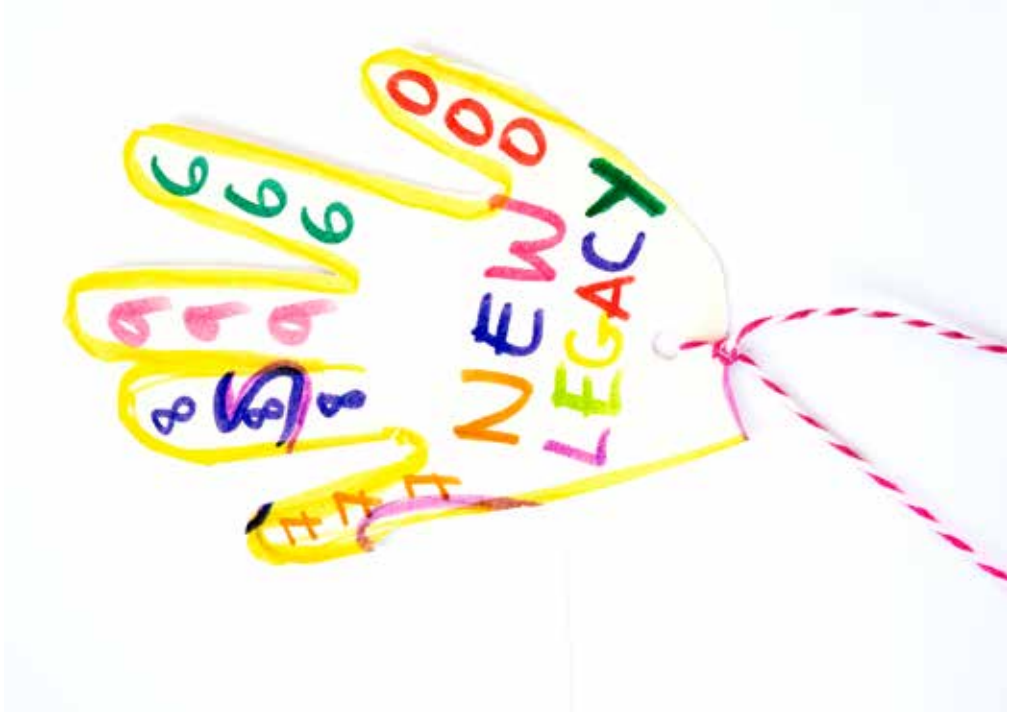




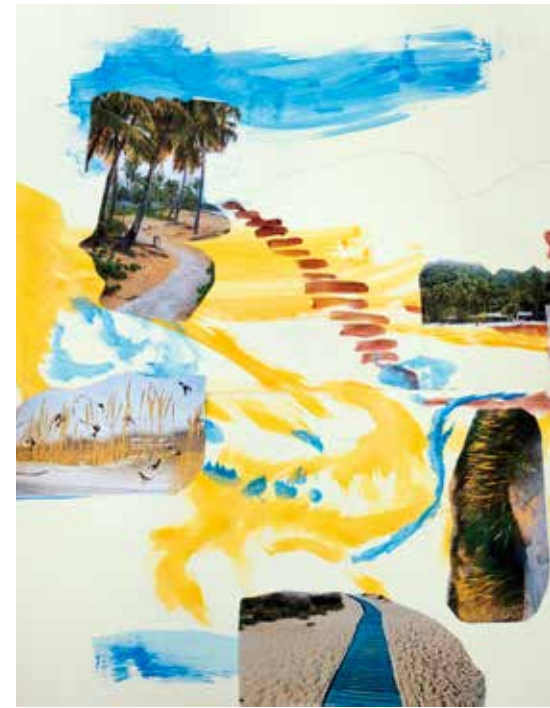


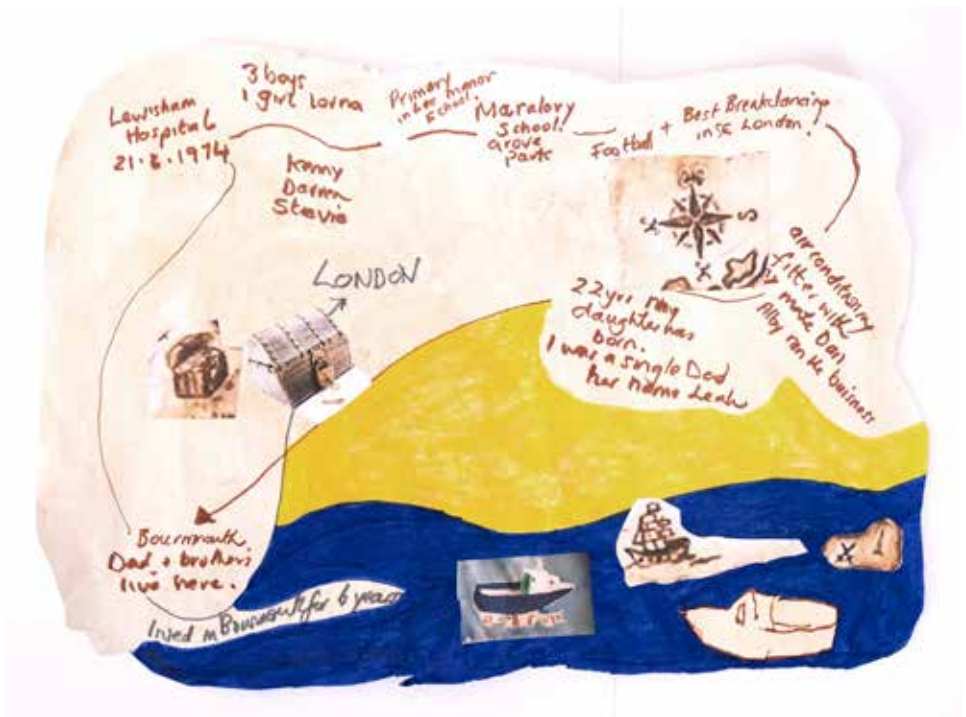






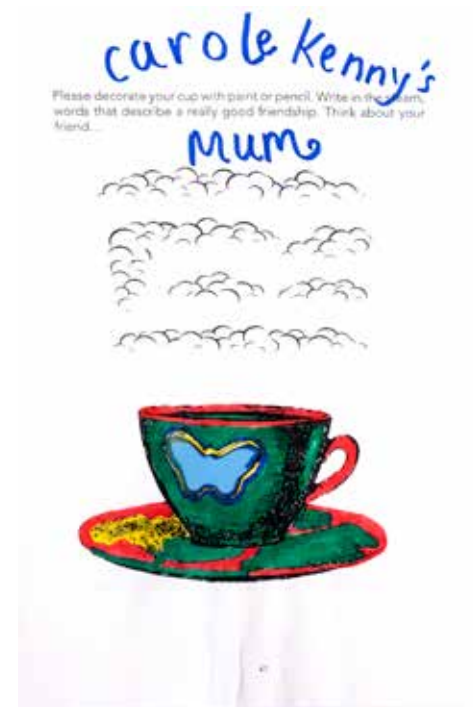






Journals and diaries as inspiration

The journals and diaries in the Museum's collection reflect almost 350 years of sea travel, from the 1630s to the 1980s. They describe voyages made for work, pleasure and migration. Giving unique insight into the experiences, emotions and responses of people travelling at sea for long periods of time, they describe feelings that many of us can relate to from lockdown.



Journey to Nowhere

A vision that has remained with me as
poignant today as it was yesterday

A journey's significance I've questioned untold times
but could not unravel or fathom in a once young mind.

You see it was a journey repeated a hundred times

A car journey to nowhere with bottomless skies

A patchwork of arrivals and goodbyes,

Car journeys, train journeys and those bus rides.

This one journey remained for life whilst many
more were washed away by tears.

For reasons now I'm able to unearth.

What to do! to pacify a child's fear,

You present them with a Tartan Ribbon so not to
see what lies beneath those hollow stares.

Or observe those petite, streamlined torsos,
conjoined in comfort of one another's muffled
cries in silence; in transit nowhere bound.

You see the Tartan Ribbons, although they
glowed in their beautiful colours of red, green,
blue and gold, no less splendid in what they
represented in their Scottishness and strength,
they were like a magnet, a feast for our eyes.

Or were they symbols of manacles in disguise, to
swathe the wounds they would inflict many times? The
dichotomy was they held a significance; something I
owned that was truly mine but failed to represent my
brown skin and curly black hair and on reflection, all
that was hidden about my history and culture, and a
missed opportunity to avoid being a loveless child.

Tartan as much as I treasured you for your enticing beauty
you sadly came to represent a life's Journey to Nowhere.

by Vesna

Kaleidoscope Café, Age Exchange 2021

Poem About feeling Alone

Being or feeling alone is one of the saddest places to be. You can have all the money in the world but if you don't have any one to share it with, you have nothing. The need for human companionship is universal, in ancient times people stuck together because they literally need one another. It is better when we lived in close proximity. Humans are creatures of community and need each other for companionship.

To suddenly be alone after intense togetherness is a very lonely feeling. Some people think lonely or alone is okay. As time goes by that loneliness and alone is not okay it hurts.

It is good to reach out to the elderly, those who have lost loved ones and the dying people. No one should be alone in this world.

Poem About how time flies.

The passing of time is what we all experience. Time passes slowly for others, it goes fast way too quickly. Time has been a perennial theme of poetry. Whether it's the time, the ravages of time, the symbolism of a ticking of the clock. As the seconds pass, we look back at what our lives have held. Time to sleep, time to wake up, time to go to work, to school, to play, time to eat, time to spend with our families. Time for every season and time for every purpose under the heaven, time to plant time to pluck, time of war time of peace, time to be born and time to die.

So my friends, colleagues and family, time waits for no one.

Time has always been there, it was the beginning and it's going to be the end. It's a universal and eternal entity. We regret when we waste it, how ever when we do have it we run out of time because we do not use it wisely. Time is neither a friend nor an enemy. Time is forever changing never the same as it was before.

Time will continue long after we're gone.

Aeroplane and sailing boats made from recycled materials

designed by Michael in response to his memories of travel abroad.

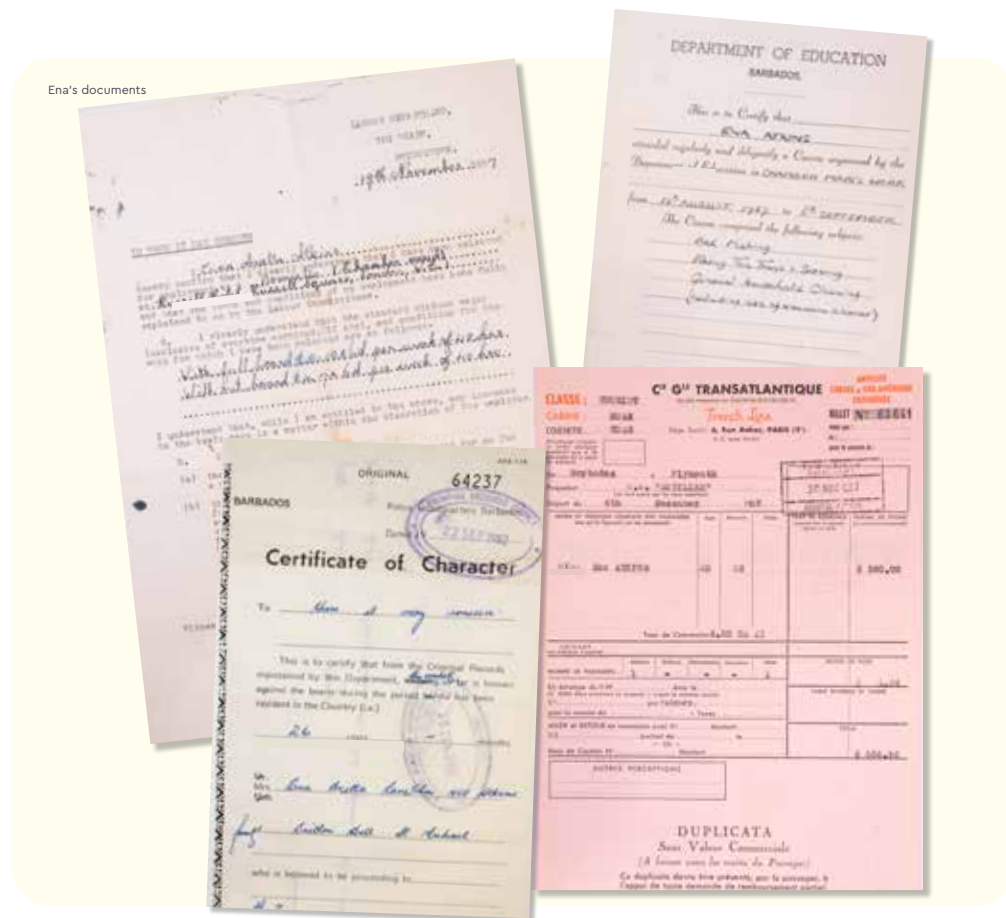




Memories contributed by Ena

'There were hardly any jobs on the island [Barbados], so when the British government started advertising for workers, it sent such a buzz around the island. This was my opportunity for a better life and to earn some money. Also, I would get to travel!

[It was] not what I expected. It was so cold, so very cold. So very, very dark and grey. Leaving Barbados, I was missing the bright colours, the sand, the sea and the sky. Well, I had to just get on with it. No time for tears even though I felt like crying. Mmmm, memories ...'



Age Exchange services supporting people with young onset dementia and their carers

Taking part in 'All Aboard' were:

Kaleidoscope Café

Parker and Lesley
Beauty
Vesna

Hervinder and Hirpeet
Karen

Café Connect

Kenny
Marilyn, Rochelle
and Ramona
Christine and Sarah

Café Create

Michael and Susan
Doreen and Maxine

Lambeth Zoom Group

Amina and Zainab
Felix and Junior

Akinola and Esther
Christina and Marion
Ena and Tony
Michael and Susan

The Diamond Club

Margery
Verona
Eileen
Jo
Colleen
Prema

Creative Caring

Michael and Carole/Chris
Marcia and Lena
Kam and Richard
Fatima and Beryl
Sheila
Pam and Deana

Thank you to the Reminiscence Arts Practitioners and staff who supported the groups on 'All Aboard': Salma, Janet, Aga, Jackie, Tony, Simon, Sue, Malcolm and Grace



Age Exchange is the national centre for 'reminiscence arts', providing person-centred support for people living with dementia and their family carers.



This project has been made possible by the The Esmée Fairbairn Collections Fund – delivered by the Museums Association.

You can download the free resources and find out more about the 'All Aboard' project at rmg.co.uk/all-aboard





