THE MEMORY PROJECT



www.memorybooks.org.uk

The Memory Project website provides a quick and easy way to find out how to write a Memory Book – and a great deal more.

Memory Book ideas have travelled round the world but, until now many people have been unable to buy their own copy of the guidebook. The Memory Project Website now makes it possible for anyone with access to a computer to print out the full text of the Memory Book and many other related materials. Documents available from the website include:

The Memory Book for Africa (English)
Uganda Memory Book (Luganda)
Tanzania Memory Book (Kiswahili)
Spanish Memory Book
Latin American Memory Book (Spanish)

The website also includes a training programme covering topics which will help parents who want to be more open and honest with their children and to make the best plans they can for the family's long term future. These topics include plenty of background information, group activities and support materials. So in communities where there are no experienced trainers to help out, it would be possible for groups of parents to set up their own workshops or individual parents could do much of the work on their own. BUT it will always be better to have the back up of a group or, at the very least, support from a reliable friend or relative.

Training Topics include:

1. What is the Memory Project.
2. Understanding our children.
3. Facing up to Family Secrets.
4. Writing Memory Books.
5. Building on the Memory Book process.
6. Confronting the hard times ahead.
7. Making contingency plans for the future care of children.
8. Adjusting to new relationships.
9. Making sure that PLANS are carried out.
10. Living responsibly with HIV/AIDS.

Making Memory Books. Although all the contents of the website are important, experience shows that for most people their goal is to get started on making a Memory Book for their children. Some families produce quite elaborate Memory Books, using hard backed folders and, in addition, filling a box or basket full of small items from the home that will bring back memories for the child. Others have produced wonderful results without spending too much by writing in an ordinary notebook, sticking in photos and pictures which help to bring their words alive. In some cases parents have begun to write when they are already ill and it has been hard for them to concentrate and finish the job in the time available – but whatever they manage to do has been a real gift for their child; other parents have difficulty in reading and writing but have still managed to produce a book with the help of their children or a trusted friend to do the writing.

However much or little each parent has managed to do, it all helps their children to understand the family background, beliefs and traditions and to face the future with a stronger sense of identity.

The AIM of this website is to make all the contents easily and cheaply available for whoever wants to use them.. So if this information gives you a taste for learning more, get access to the internet and enter this web address: **www.memorybooks.org.uk** to go to the Memory Project website. Or you can buy a printed version of the Memory Book for Africa from TALC (Teaching aids at Low Cost), POBox 49, St. Albans, Herts AL1 5TX United Kingdom.

Please copy and pass this leaflet onto anybody you know who may be interested in the Memory Book work. Thank you.