



# Maps of Memory

Welcome to the Maps of Memory Activity book.

A guide to exploring Bristol across the generations.

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# Welcome to Maps of Memory

Welcome to the Maps of Memory activity guide. This scrap book will help you explore the areas around Bristol that are special to older people who cannot visit them themselves due to the pandemic. Thanks to lockdown we all know what it's like to miss visiting our favorite places and spaces - where are some of yours?

I missed going to the seaside, having a swim at Clevedon and meeting friends at Bristol harborside.

The care home residents we are linking with are still shielding – can you explore their favourite places for them instead and capture what you see.

This book will help you capture your trips and visits in drawing, photos, writing, collage, film and perhaps even storytelling or poetry. We will then show the older people you are helping what you have found and recorded on these pages!

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# Thankyou for Volunteering!

**Firstly, a huge thank you from all the older people, who you will be connecting with over the summer. We can't wait to hear about your adventures.**

Here are some of the older people who have suggested places and spaces they would like you to visit. If you would like to, there will be a chance to chat to them over video call or on the phone.

Forging friendships with others in our community helps us feel better connected and less alone. During the pandemic older people such as Albert and Lily here have had to self-isolate. Through your volunteering you can help them feel thought about and more in touch with what's going on across the city.



# Tell Us A Bit About Yourself



## About Me

Think about your hobbies, your interests, friends, family, favourite places around Bristol and anything else you'd like to tell us:

## Self-Portrait

Draw a potrait of yourself, it could include things you like to do or some of your favourite things.

# Your Favourite Place

**During this project you will be visiting some of the places and spaces that are special to others. First, let's have a think about what makes a place special or meaningful to us.**

If you could go anywhere in Bristol right now where would it be? Think about where it would be? Somewhere that excites you or that you find beautiful, perhaps you have special memories there?

**Have a go at drawing it for us:**

**Who would you go there with?**

**Tell us about what you have drawn and why?**

**What sights and colours can you see in this place?  
Is it loud or noisy, green or inner-city?**



# Picking Somewhere To Visit

**We have created a list of places and spaces that older people would love to visit but cannot go to because they are shielding.**

Can you go to explore these places for older people and capture what you saw on your visit? Use your creative skills to help describe what you saw and experienced.

How did you feel when you were exploring? Did the place have an atmosphere? What colours, sights and sounds did you find when you got there?

Before we begin let's pick somewhere to visit. Please look at list A and list B and choose at least one place from each list to visit.

Once you have chosen somewhere we'll tell you more about the place and why it is special to the older person who has chosen it.

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## List A

Bristol zoo  
St Werburgh's City Farm,  
Windmill Hill City Farm  
The Botanical Gardens  
The Harbourside/Underfall Yard  
Bristol Downs  
The Suspension Bridge,  
St Nicks Market,  
The Tobacco Factory  
Clevedon Pier  
St Mary Redcliffe Church.

## List B

Air Balloon Primary School  
(and the surrounding area,)  
St George's Park,  
The Victoria Rooms,  
Hanham High Street,  
Hanham Riverside Park  
Beasies Tea Rooms,  
Lower Maudlin Street  
Cabot Tower,  
Oldland common  
St Annes Church in Oldland,  
Baldwin Street and the  
old cinema there.





# Preparing your kit!

**Before you go think about how you might like to capture what you see when you get to this place.**

- Will you map the route perhaps?
- Take photos along the way or when you get there?
- Will you draw what you see whilst there or from a photo when you get home?
- Would you like to record a little audio or maybe a short video whilst you're there?
- Perhaps you would like to introduce yourself on camera and explain where you will be going?

Whichever way you decide to capture the places and spaces you visit make sure you have your kit (scrapbook, writing paper, camera, pens and pencils etc) to hand before setting off!







## Adventure-in-a-box

While you are out and about exploring why not pick up some souvenirs from your adventures and create an 'armchair adventure' for someone who cannot get out and about.

In the past we have done this by collecting things like sea- shells, pine-cones, homemade seed kits, messages, maps and images and combining them all in a shoe box as a bespoke adventure kit.

Older people enjoy looking through the objects and talking to volunteers about what they have found and where each item has come from.



# One For a Rainy Day

**If it's pouring on the day you planned to venture out and you don't fancy braving the rain. Why not draw the view from your window to show your pen pal a bit about where you live.**

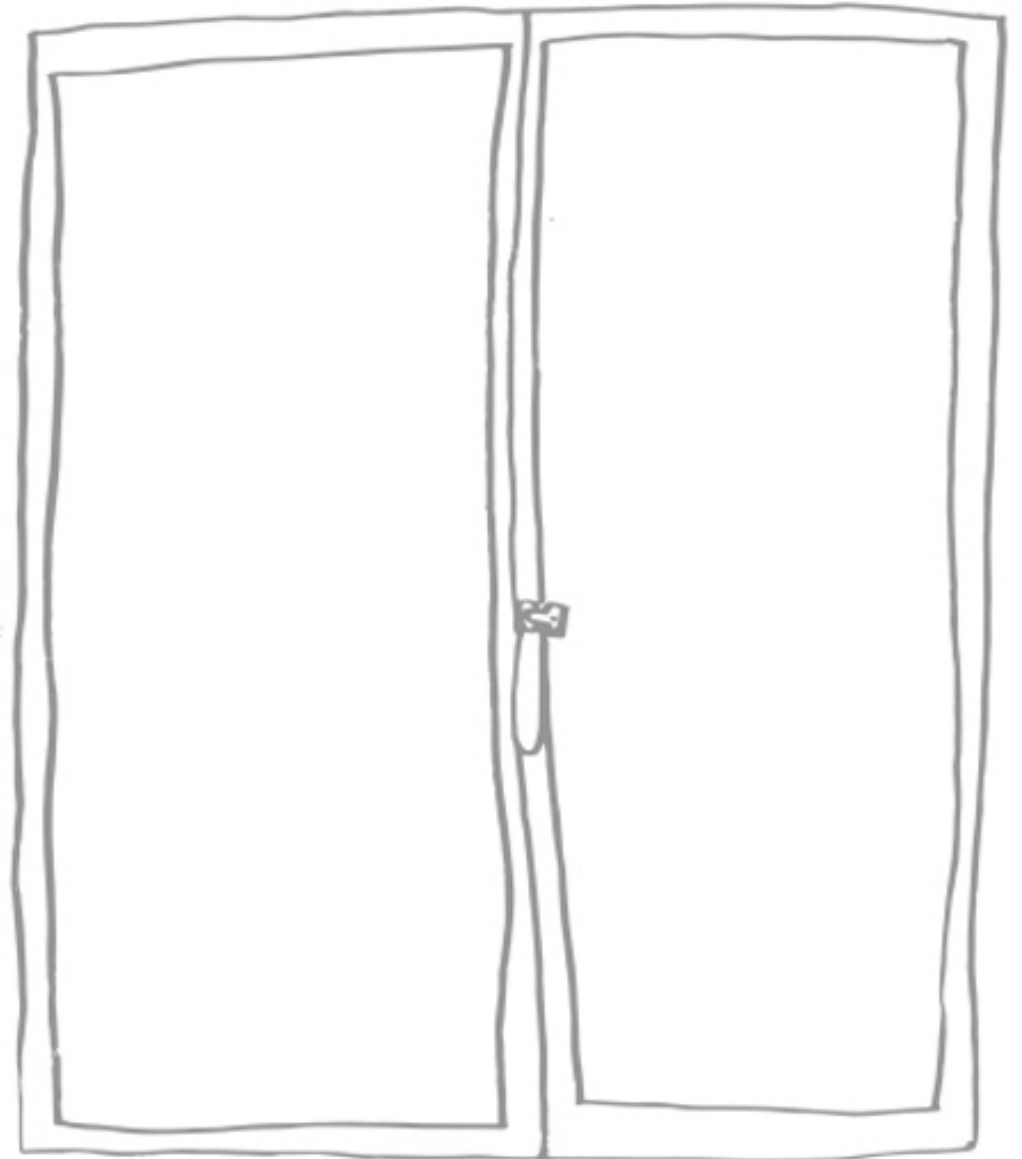
You could tell us a bit more about yourself – what brings you joy? What would you like to be doing when you are the same age as the older person you are paired with?

Draw or describe your answers in this book.

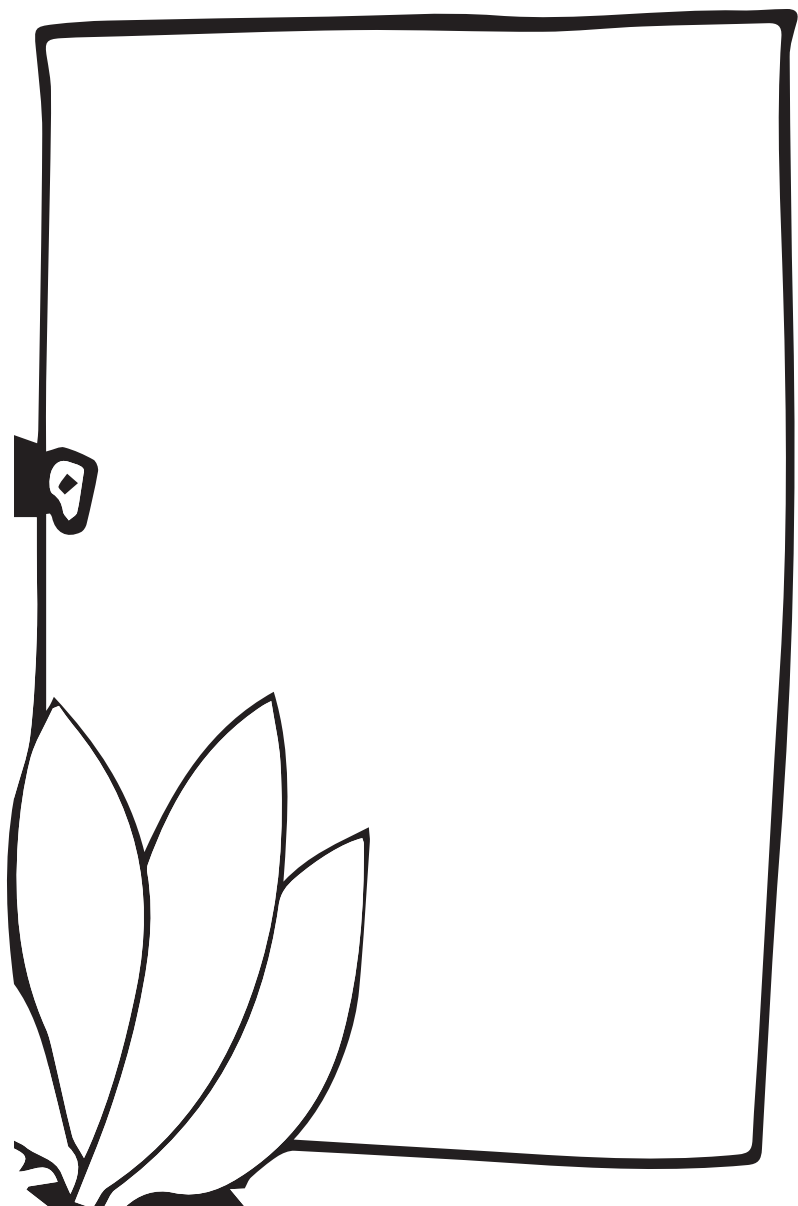
## The view from your window

Can you create a view from your window?

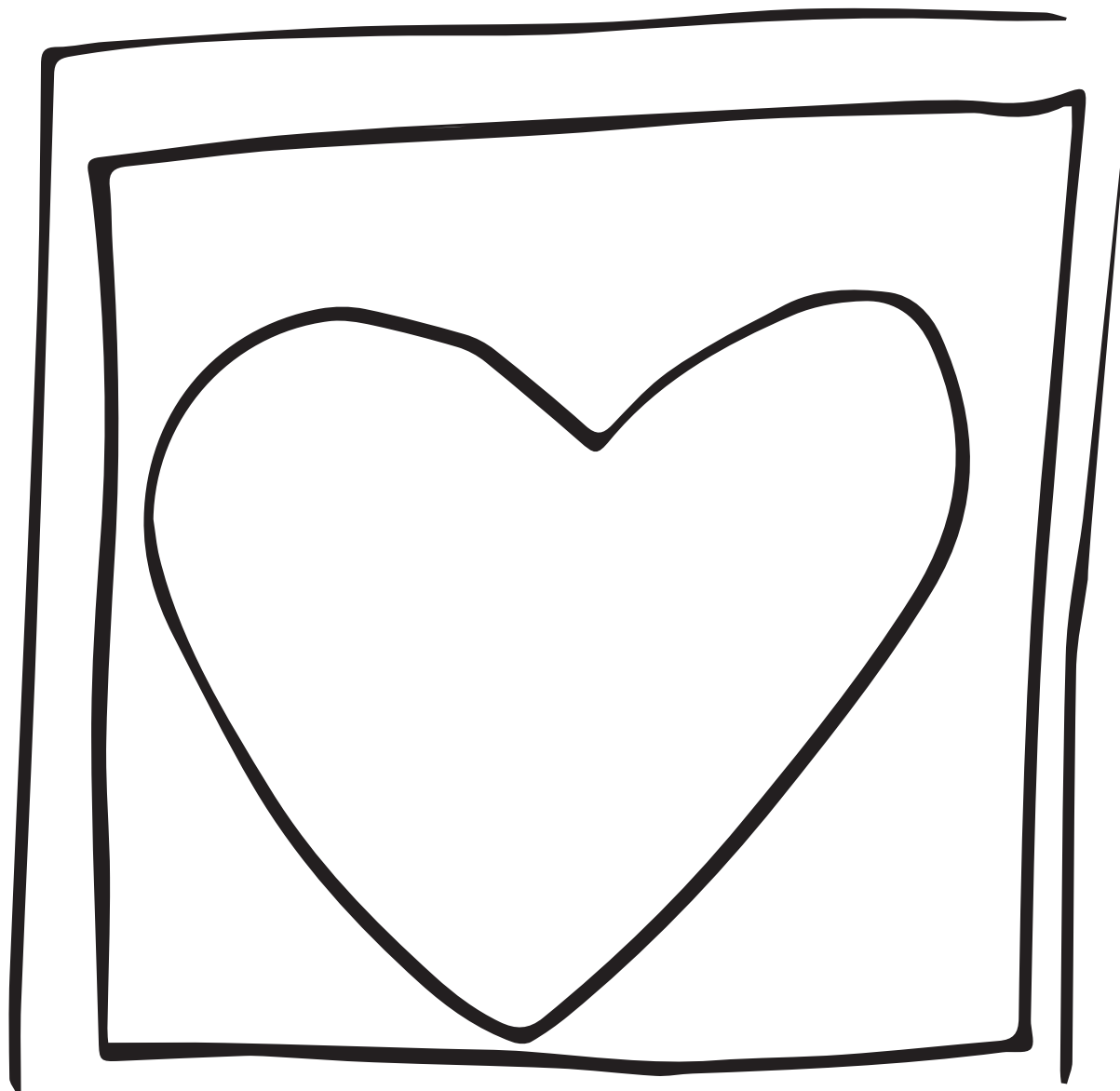
You can draw a picture, write a poem, make a list of what you see... you could even do a collage.



**Tell us about some of the people  
you see when you go out?**



**What Brings You Joy?**







# Time to Explore

**This guide aims to get you started and give you a few ideas, but you may well have some of your own.**

Each participant can use the blank pages and activities listed here to tell us a bit about themselves and the places they see and explore.

Once you have finished let us know and we will arrange for you to show your scrap book to the older people who have requested your help. You may want to hear back from them or chat via the telephone or a video call.

We look forward to seeing what you have been up to over the summer holidays!

**Good Luck!**



The Linking  
Network

My home life  
England

#One  
Good  
Turn

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