

My Life FILMS

Great People | Great Memories



Celebrate the life of a loved one who has dementia by capturing their memories on film

- A free service -

FILM PACKAGES

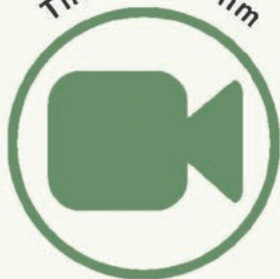
Our film packages include two films

The Long Film



The long film is comprised of around ten chapters, each 3-4 minutes long. Each chapter is made up of your photos, video interviews with you and key members of the family, set to a favourite music track.

The Short Film



This is a 5 minute synopsis, using photos, music and a voiceover to show what is most important about your life story. This is for professional carers so they can bond easily with their patients.



The films feature your favourite music tracks

HOW WE DO IT

We make the films by visiting you at home

Over a cup of tea our filmmaker plans what is going to be included in your film.

On the next visit, we scan photographs from across your life story. It's great fun going back through old albums together.

Next you become a film star! We record interviews where we talk about your most important and treasured memories.

Once the film is finished, we deliver it to your house for a premiere! It's always an exciting and uplifting occasion.



BENEFITS

The film package:

- **Boosts** your self-esteem
- **Stimulates** you to talk about your life with others
- **Calms** you down when you feel anxious
- **Improves** your mood and mental wellbeing
- **Helps** care workers to provide better quality care



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"The films are so helpful for Dad in sparking old memories. His response has been amazing" Philip, South London



"Watching the film resets me when I feel low. It makes me feel able to do things and has brought me so much joy." Mary, living with dementia

CONTACT

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LOTTERY FUNDED

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