



Enviral X Marmalade Trust

Making Connections Through Memories – Toolkit

Enviral and Marmalade Trust have got together to create 'Making Connections Through Memories' – a campaign to help support people experiencing loneliness with music at the heart of it. Music has an incredible way of evoking memories and that can help form a sense of connection. Give the gift of music to an older relative or neighbour so they can reminisce about times gone by. Below we've put together a list of instructions on how you can get involved:

Gifting To A Relative or Neighbour:

1. Pick an older relative or neighbour you'd like to surprise with the gift of music.
2. Source an MP3 player, this could either be a second-hand one you purchase or one of your own that you no longer use, (remember, you will also need to source a charger to go with it).
3. Source over-the-ear headphones (these will need to be first-hand).
4. Quiz family members to find out what your grandparent's favourite golden oldie tunes are. Or if gifting to your neighbour ask them what they'd like to listen to.
5. Once you've got a list together head to iTunes to purchase the songs.
6. Once you've bought the music, crack on with uploading to the MP3 player.
7. Why not personalise the gift and record a message that you can upload explaining why you thought they'd love this gift.
8. Pop round and explain how they go about using it, we've put together a simple user manual that can be printed off and passed on, you can find this in our Random Acts of Kindness blog. Once you've got them up to speed, let them enjoy the music while you make them a cuppa.