

Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

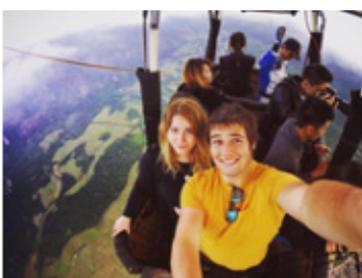
This week our topic is: **TRAVEL**



“Travel is the only thing you can buy that makes you richer.”

This week's article has been written by 3 Occupational Therapy Students, Sophie, Shona and Gabrielle, who some of you may remember from our Zoom sessions back in March.

Here at Memory Matters we have been talking about our favourite places to travel and our best travel memories:



Sophie: My favourite memory from travelling is a Hot Air Balloon ride in Laos. It was sunrise and I had woken up extra early because I was so excited! I was a little nervous about being so high-up, but the beauty made me forget and I had a brilliant time. My favourite place to visit near home is Dartmoor, I just love the countryside. This is a photo of Sophie and her partner in the Balloon.

Gabrielle: “America is my favourite place to travel; it just feels like the land of opportunity.” This is a photo of Gabrielle and her partner in America.



Shona: “I like to travel to Ireland as that’s where I was born.” This is a photo of Shona at the gorgeous Galway Cathedral.

- We wonder where some of your favourite places to travel may be?
- Who would you like to travel there with?

A poem about travel called ‘Freedom’ by Olive Runner

Give me the long, straight road before me,
A clear, cold day with a nipping air,
Tall, bare trees to run on beside me,
A heart that is light and free from care.
Then let me go! – I care not whither
My feet may lead, for my spirit shall be
Free as the brook that flows to the river,
Free as the river that flows to the sea.

- The poet describes rivers and seas as flowing free, do you prefer to be sat beside a river in the countryside or would you rather be on the beach listening to the waves of the ocean.
- There are lots of lovely beaches in Cornwall and Devon, tell us about one of your favourites.

Here is our playlist for songs about travelling and favourite places that you might enjoy listening to:

1. Johnny Cash “I’ve Been Everywhere”
2. Ricky Nelson “Travelin’ Man”
3. The Allman Brothers Band “Ramblin’ Man”
4. The Beach Boys “Kokomo”
5. John Denver “Take Me Home, Country Roads”
6. Judy Garland “I Happen to Like New York”

A-Z of Countries: A popular word-warm up game with all our groups is a topic related A-Z, see how many different countries you can think of...

Nowadays there are lots of different ways to travel and you can go all over the world.

Bus Train Sail-Boat Aeroplane Helicopter Motorbike Cruise-Ship

- Which methods of travel have you used to get around?
- Which would be your ideal way to travel?

We students can't imagine a time before global travel! Travel has definitely become more accessible over the years.

- Have you noticed any changes in travel destinations compared to where you used to holiday in your childhood?
- Do you think children today are lucky to have so many travel opportunities?

Dr Who is a popular science fiction television programme which was first broadcast in the 1960's. It is one of Sophie's favourite time-travel shows but she doesn't like the Daleks!

- If we stumbled upon a time-machine where would you choose to go, past, present or future?
- If you could choose from all of history who would you most like to meet?

How can you tell elephants love to travel?

They always pack their own trunk!