

# Memories in Motion

*-creative community build-*



These unique chairs were co-created by members of Tavistock Youth Café and Tavistock Memory Café, with support of Greenwood Music CIC

This was part of a multi-generational community project bringing together people aged 13 to 91.



The chair's design invites us to pause—and to learn from one another.

**Want to play?**  
Checkers pieces are available to borrow from the library desk.



Participants gathered in community spaces and Caradon woods to share stories, food, and skills.

The two year project aims to build connections and offers an important chance to reflect across generations. As well as, enhancing participants well-being through spending time in nature and engaging in new and creative activities.





*"The sharing of wisdom, experiences, stories and smiles was amazing. We loved the young peoples enthusiasm and energy."*



*"It was fun hanging out with the memory cafe, eating camp-fire food. There was lots of new stuff that you can try"*  
Aged 14



A huge thank you to all the organisations that supported the project. Especially Tavistock Dementia Alliance, who provided dementia awareness training and Greenwood CIC who delivered creative build sessions in the woodlands. This was all made possible with National Lottery Awards For All funding.

