

Affordable New "At Home" Reminiscence Subscription Service to help older UK adults make new friends. and reduce loneliness.

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COLYTON, DEVON February18, 2026 - Living Memories CIC, a non-for-profit providing reminiscence resources and services, today announced the launch of its "At Home Collection" subscription service on Living Memories Online. Priced at just £5.99 per month, the service offers families, individuals, and caregivers access to over 1,500 twentieth-century archive film programmes and newsreels designed to trigger memories and foster meaningful conversations. More titles will be added regularly.

The Living Memories Online "At Home Collection" features documentaries on social and industrial history, newsreels, and classic cinema commercials that capture life in Britain in the decades after World War II. These carefully curated programmes provide a window into the past, helping older adults reconnect with their personal histories while creating opportunities for intergenerational dialogue.

Research has shown that reminiscence therapy offers significant benefits for all older adults, particularly those living with dementia.

By stimulating long-term memories through familiar imagery and sounds, archive films can improve mood, reduce anxiety, and enhance overall quality of life. The visual and auditory nature of film makes it accessible to those with sensory challenges, as the combination of moving images, music, and narration provides multiple pathways for memory recall.

"Watching the films makes me feel young again," says Noelle I., an 86-year-old volunteer at the Colyton Tea and Memories group, one of Living Memories CIC's community programmes.

Beyond individual well-being, the At Home Collection encourages social connection. Sharing memories by watching archive films helps older adults make new friends and strengthen existing relationships, directly addressing the isolation and loneliness that many experience. For family caregivers, the service provides a valuable tool for meaningful engagement with loved ones living with dementia or cognitive decline.

Paul Boulton, Co-Director of Living Memories CIC, said: "We see first-hand how archive films and objects from the era can stimulate memories in our community groups. Now, with the At Home Collection, we're bringing these similar benefits into people's homes, making reminiscence accessible to those who may not be able to attend group sessions."

The subscription service is available immediately, with a 2-day trial period and can be accessed on multiple devices, including tablets, smartphones, and smart TVs, making it easy for families to enjoy together or for individuals to explore independently. During February, subscribers will receive a free guide to creating a Memory Box for themselves, a family member or a friend.

For more information about the At Home Collection or to subscribe, visit <https://livingmemories.imagencloud.com/subscriptions/tiers> or contact:

Brian Norris Living Memories CIC info@livingmemories.io

About Living Memories CIC: Living Memories CIC is a not-for-profit Community Interest Company dedicated to combating loneliness and supporting older adults, including those with dementia, through reminiscence services and resources that use archive films. Founded by Brian Norris LLB (Hons) MA FRSA, in 2016, the organisation has partnerships with major archive film and newsreel collections and was awarded the Prime Minister's Points of Light Award in 2024.

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Living Memories C.I.C

T. 07922233363

E. brian.norris@livingmemories.io

W. <https://livingmemories.imagencloud.com>

Additional Contact(s):

Alternative phone: 01297 552358

Alternative email: brian.norris@outlook.com
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