

# Work Box

The objects in this reminiscence box are connected with men's working lives, activities and interests outside the home. There are objects relating to office life, to smoking cigars and cigarettes, wearing a smart suit, and a range of crafts and hobbies. They've been selected to stimulate memories and help men talk about their working lives and interests.

The objects provide a useful starting point for conversations about the past in a time when men went out to work while women generally stayed at home with the children. Some of these objects might remind men of their father's and grandfather's working days too.

You could use the objects as the basis for a range of sensory activities. For instance, on a one-to-one basis, you could use the magnifying glass to look through the coin collection together, or use the magnet to sort the metal and non-metal objects. You could also polish a pair of leather shoes or boots together.

Remember that objects can stir both good and bad memories and strong feelings in all of us; use your own judgment wherever necessary.

Who knows where your conversations might take you!



Hand Drill



Cigar Tin



Assorted Coins



Tie Press



Toffee Tin



Magnifying Glass



Paper Weight



Button



Nut



Shoe Buffers



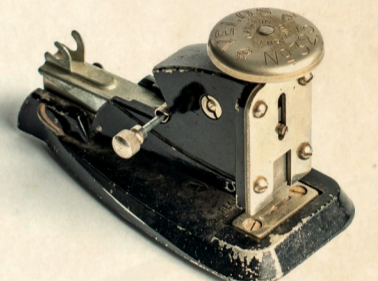
England's Glory Matchbox



Woodbine Box



Cigar Case



Velos Stapler



Police Whistle



Confidential Stamp



Beeswax



Magnet



Set of Rusty Keys



Washer



Picture Hook Tin



Shoe Kit



3 Brushes



2 Combs



Pipe Cleaners



Shell Ashtray



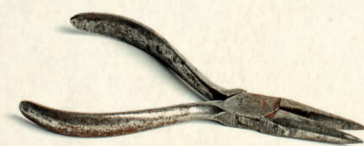
Rubber Bands



Tin



Banksia nut from Australia



Small Wire Cutters



Mens Handkerchief



Bulldog Clip



Aircraft Book



Bank Money Envelope



2 Wooden Rulers



Small Briefcase



Pair Of Shoe Stretchers



2 Tins



Felt Brush



Polish Cloths

## Some Online Resources

These websites will provide supporting information for your sessions and give you further ideas for activities.

<https://remarc.bbcrewind.co.uk>

<https://www.peoplescollection.wales>

# Bocs Gwaith

Mae'r pethau yn y bocs atgofion hwn yn gysylltiedig â bywydau gwaith dynion, gweithgareddau a diddordebau y tu allan i'r cartref. Ceir yma wrthrychau sydd a wnelont â bywyd yn y swyddfa, ysmegu sigârs a sigarêts, gwisgo siwt drwsiadus ac amrywiaeth o grefftâu a diddordebau. Fe'u detholwyd i brocio atgofion a helpu dynion i siarad am eu bywydau gwaith a'u diddordebau.

Mae'r gwrthrychau'n fan cychwyn defnyddiol wrth siarad am y gorffennol – am gyfnod pan oedd dynion yn mynd allan i weithio a'r merched fel arfer yn aros gartref gyda'r plant. Gallai rhai o'r pethau hyn atgoffa dynion o waith eu tadau a'u teidiau hefyd.

Gallech ddefnyddio'r gwrthrychau'n sail ar gyfer amrywiaeth o weithgareddau synhwyraidd. Er enghraifft – mewn sesiwn un-i-un – gallech ddefnyddio'r chwyddwydr i fwrw golwg ar y casgliad o geiniogau gyda'ch gilydd. Neu defnyddiwch y magned i ramu'r eitemau yn rhai metel ac anfetel. Gallech hefyd roi sglein ar bâr o esgidiau lle dr gyda'ch gilydd.

Cofiwch y gall gwrthrychau godi atgofion melyn a chwerw, a theimladau cryf – defnyddiwch eich synnwyr cyffredin lle bo angen.

Pwy a wŷr i ble fydd eich sgysiau'n eich tywys chi?!



Dril Llaw



Tun Sigâr



Amrywiaeth o Geiniogau



Gwasg Tei



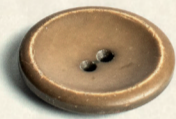
Tun Taffi



Chwyddwydr



Pwysau Papur



Botwm



Nyten



Byffer Esgidiau



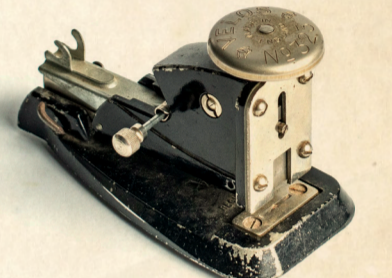
Blwch Matsis "England's Glory"



Blwch Woodbine



Câs Sigarau



Staplwr Velos



Chwiban Heddlu



Stamp Cyfrinachedd



Cŵyr Gwenyn



Magned



Casgliad O Allweddï Wedi Rhydu



Wasier



Tun Bachau Llundain



Pecyn Esgidiau



3 Brwsh



2 Grib



Glanhawyr Pibellau



Blwch Lhwch Cragen



Bandiau Rwber



Tun



Planhigyn Banksia o Awstralia



Torwyr Gwifrau Bach



Hances Dynion



Clip Fforchog



Llyfr Awyrennau



Amlen Arian Banc



2 Pren Mesur Pren



Câs Dogfennau Bach



Pâr o Ledwyr Esgidiau



2 Dun



Brwsh Ffelt



Cadachau Sgleinio

## Adnoddau ar-lein

Ar y gwefanau hyn fe gewch chi wybodaeth i seilio'ch sesiynau arnynt, a syniadau am fwy o weithgareddau.

<http://intranet.corp.conwy.gov.uk/cy/Main/Conwy-Cares/Conwy-Cares.aspx>  
<https://www.casgliadywerin.cymru/>