



MINDFUL FOR MUSEUMS - LET'S TALK

People's memories can provide great insights into parts of history that might otherwise be forgotten, as thoughts and feelings are very difficult to uncover through objects. Talking about memories can also be great for your wellbeing and can bring you closer to family members and friends.



Conducting oral history interviews can be hugely technical, so if you'd like to learn about it properly, have a look at the Oral History Societies website! But whilst we're all stuck inside, why not try and interview a family member or friend over the phone! You never know, you might learn something about them. Here are some top tips to get you started!



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Start by asking them their full name and date of birth. Don't forget to ask if they've ever been known by a different name. Someone in the future might be doing some research and will need as much information as possible!



Now talk at the beginning, what was their childhood like? Do they have any outstanding memories? What was their favourite food and why?



Ask if they ever experienced a life changing event, either a personal one or something like the current global pandemic. What did they do? How did they feel?



End the interview by asking if there's anything else they'd like to share. Don't forget to keep asking how they felt - this is key when looking at the effect history has on real people.

Here at the museum, we recently recorded 11 oral histories, all relating to wartime and VE Day in Harrow. If you have any memories, stories or objects from this time, get in touch with us on collections@headstonemanor.org