



Book of You



The organisation

Book of You is a Community Interest Company and uses digital life story/ reminiscence to support older people, people with dementia and young people with a learning disability, in order to improve wellbeing, reduce social isolation, and improve personalisation of care.

Book of You is a new type of book that uses the proven benefits of reminiscence therapy to create a life story by capturing the precious moments that make up the foundation of our lives and who we are. Using words, pictures, music and film, it brings families, friends and carers together sharing life's moments in a simple way making storytelling easy, fun and beneficial. It helps show who a person was and who they are now.

Results of the report

- **70% of the service users felt a reduction in loneliness and isolation**
- **Service users reported reduced stress and anxiety due to engagement with the Book of You programme**
- **50% of service users stated they now have improved family relationships**
- **Book of You positively contributes to the 'healthier Wales' goals of the Well-being of Future Generations (Wales) 2015 act**



Next steps

"Book of You worked with Eleri and the team at Social Value Cymru, Mantell Gwynedd on creating a Social Return on Investment Report based on our work within North Wales during the year 2019. We supported 103 clients during this time across a wide spectrum of user types. Some of these were living with dementia (some in the community and some within care homes) and others were older clients living within housing associations or attending group sessions with their partners/children.

Because of the type of work Book of You does, it was always difficult to show the monetary value of our work and we were drawn to this project to learn how to show the benefits in different ways. This will be useful when approaching some funders who like to hear about figures rather than case studies around wellbeing. We are now able to show both sides of the coin and feel confident in measuring it as we move forward."

Kathy Barham, co-founder



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