

# **Appendix:**

## **Interviews and diary studies**

**Supporting material for PhD thesis:  
Chance memories: Supporting involuntary reminiscence by design**

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# Appendix 1

## Memorabilia interviews

I interviewed a participants about the objects she displayed in a very large cabinet in her living room. Most objects on display had been given to her as a gift or had been inherited with little understanding around the previous owner's associated memories with the objects. The following pages document the interviews around a few of these objects where I sought deeper understanding around their display in the cabinet. and discussed the findings within the context of inheritance in the thesis (p. 83).



**Object:**  
China Dog

**Owner:**  
Brenda

**Display companions:**

present for my husband and I at christmas

egg cup, we bought when we first got married

given to me as a present, not sure why as we didn't have dogs then



this was made for us by a neighbour when he use to visit a day centre

**china dog**

silver trinket boxes belonged to my husbands father

**Owner's original story (12/12/03):**

"Was my mother-in-laws. Which my husband bought back from one of his holidays for her."

**Owner's re-interviewed story (14/03/04):**

"This basset dog gives me very fond memories of my mother-in law, this dog being one of many favourite objects that her son bought her."

**Life-story:**

"Married, one son, two dogs. Work as a shop assistant in local chemists. Used to work as a data clerk for Dun and Bradstreet."

**Objects place in Life-story:**

"Yes, this marks a stage of my life, about breaking up a home. It was one of many objects we kept when we had to go through her home when she died. It reminds me of how upsetting it was to break up her home of everything she had collected throughout her life."

**Rules:**

"We inherited the dog, so I will never part with it. It was very special to someone else, so I respect that and will look after it. It will be kept out there forever, it will never go away and always on display."

**Secrets:**

"I don't think so, you'll have to ask my husband, he bought it, he may have one... another young lady he was with when he bought it? I've seen photographs of him with young ladies. Or he may have bought it when he was on holiday, probably in Cornwall."

**Future:**

"My son will inherit it eventually, so it will stay on display until then. Not sure what will happen to it when he gets his hands on it, not sure he appreciates what it means."

**Story companions:**



All of these use to belong to my mother-in-law. We inherited them when she died, and we had to clear her house out. They are always on display along with all of our other ornaments and trinkets.

This belongs to my husband. He had it in his bedroom when he lived at home with his mum

**Family stories:**

Husband: "Bought for my mother for a birthday present."

Son: "Not sure where it came from. I didn't even know it was there. She's probably had it forever but don't remember seeing it with everything else that's out."



**Object:**  
Clay House

**Owner:**  
Brenda

**Owner's original story (12/12/03):**

"This was made by my neighbour when attending Lady Hill Day centre."

**Owner's re-interviewed story (14/03/04):**

"The waterhouse was made by my neighbour, through going to Lady Hill day centre for recreation. This was one of many items he made. He is unable to walk without the aid of sticks."

**Life-story:**

"Married, one son, two dogs. Work as a shop assistant in local chemists. Used to work as a data clerk for Dun and Bradstreet."

**Objects place in Life-story:**

"This reminds me of how lucky I am. He went from being a very active man to disabled with a very young family, depression and coming to terms with his life. It was made at the recreation place he went to, and for me its about living here, getting to know them as neighbours."

**Rules:**

"It was a present, so will never part with it, always keep it, knowing the history of what the man who made it went through. It will always stay on display. Full of sentiment. The condition he was in was hardship."

**Secrets:**

"That wish they weren't our neighbours... no, not all the time, most of it! But my brother-in-law wanted one done of his farmhouse. He tried to do it from photos but couldn't. He's a very talented chap, which you don't really see, he hides it. There's a lot more about his past, his children and the accident." (more which are unprintable, sorry!)

**Future:**

"It will always be kept with me. Not sure afterwards, it will be up to my son."

**Display companions:**

present for my husband and I at christmas

egg cup, we bought when we first got married

given to me as a present, not sure why as we didn't have dogs then



clay house

basset dog, belonged to my mother-in-law

silver trinket boxes belonged to my husbands father

**Story companions:**



I bought this bowl when I visited the day centre my neighbour use to go to. They made it there.



These clay boots were made by my neighbour too. They use to live indoors, but he told me it would be ok to leave them outside. We put a pot of flowers in each one in the summer. They now live on our patio.

**Family stories:**

Husband: "This was (neighbour)'s. He made it for us. He was making all clay ornaments and firing them at a day centre. He made that one as a present for us."

Son: "(neighbour) gave it to mum and dad when he was in the day centre, from what I can remember."



**Object:**  
Photograph  
**Owner:**  
Brenda

**Owner's original story (12/12/03):**

"William and his twin sisters Tia and Nyah, taken at primary school. As you can see, Tia not very keen on the photographer."

**Owner's re-interviewed story (14/03/04):**

"The parents of the children in this photo we met through our son, who we are friends with. From William, the elder of the three, whom I have nursed from birth, and with his twin sisters, on going to the hospital with mum when scans had to be taken, and seeing them before being born, will always be a very special memory."

**Life-story:**

"Married, one son, two dogs. Work as a shop assistant in local chemists. Used to work as a data clerk for Dun and Bradstreet."

**Objects place in Life-story:**

"I've known all of them from birth. It's a recent life-story, like one of my own."

**Rules:**

"I bought it so it wasn't a gift, but I treat it the same... as a rule."

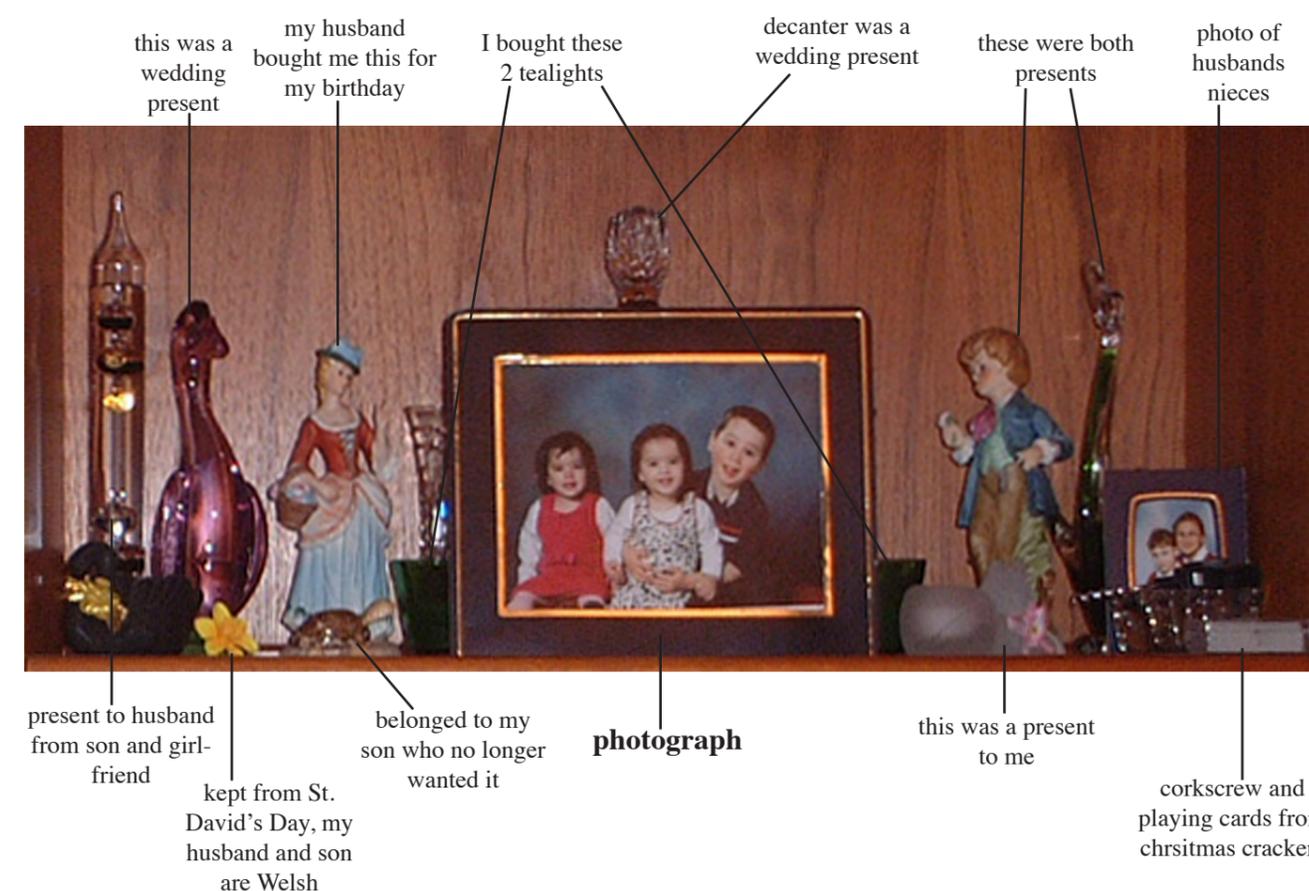
**Secrets:**

"It was purchased by me, never told husband. He assumes it was a present from their mother. Tia did not like the gentleman taking the photograph, also I didn't like the dress Nyah's wearing, it looks like a cow skin. Didn't like that her mum put her in it for the photo, but don't tell her that."

**Future:**

"Will keep it where it is for now, but it will probably be replaced soon with an updated one, with the new school photos, but i'll still keep it on display somewhere."

**Display companions:**



**Story companions:**



**Family stories:**

Husband: "It was a present from (childrens mum) to Brenda and myself, because I think it was Tia who was crying. (Childrens mum) had a hell of a day getting her to sit quiet. William and Nyah are happy, sat smiling but Tia wouldn't be quiet, you can see the tears."

Son: "Bears no memories to me, except dad talking about Nyah crying and how it spoilt the photo. They shouldn't of had it taken with her crying like that."



**Object:**  
Staples from Op

**Owner:**  
Brenda

**Owner's original story (12/12/03):**

"A back operation, kept as a keep-sake after a disc was removed."

**Owner's re-interviewed story (14/03/04):**

"These kidney stones must seem like a very strange thing to keep, but when we were on holiday in Cornwall I was taken ill. The doctor there said that I had food poisoning but on returning home my doctor referred me to hospital where the kidney stones were found."

**Life-story:**

"Married, one son, two dogs. Work as a shop assistant in local chemists. Used to work as a data clerk for Dun and Bradstreet."

**Objects place in Life-story:**

Once realised they were staples in the tube, not kidney stones... "Reminds me of a very difficult time in my life, where I couldn't walk properly, couldn't stand and was lop-sided. Husband always reminds me of trying to teach him to do the ironing because I couldn't. He wasn't very successful, and has never been allowed to use it since."

**Rules:**

"It was a new technique at the time. I was expecting stitches so kept them as a souvenir."

**Secrets:**

"Specialist didn't know I wanted to keep them. The nurse had to pull them out of the bin. My son never knew how much pain I was in, until we went over a bump in the car and I screamed."

**Future:**

"Will keep them until I pass on. I want to keep them because of the memories. I'm sure they will get thrown out as soon as they're found. They don't mean anything to anyone else"

**Display companions:**



**Story companions:**

no story companions

**Family stories:**

Husband: "What's that!?! Oh, that's the staples from Brenda's operation I expect. I don't know why she's keeping those for. They're probably from the operation on her back, she had a disc removed... that's right."

Son: "They are from the operation mother had, from what I can remember. She must of had it done in St Joseph's because she was working for Dun and Bradstreet at the time, it would have been done privately, so it wouldn't have been done at the Gwent."

# Appendix 2

## Attic interview

I recorded a person re-discovering the contents of their attic, where 30 minutes of footage explores the delight, excitement and pleasure triggering long-forgotten memories brings. The following is the transcript of that video. This attic exploration is reflected upon in the thesis to show how qualities of the attic can be used to explain what involuntary remembering means, and to find ways of re-interpreting characteristics of rummaging through the attic into the design of new memory support systems (p. 148).

*Ok, do you want to tell me what is here?*

Where do we start... there's Lego, more Lego, and inflatable dinghy.

*Is that wallpaper?*

Yes, wallpaper, and more over there. A projector and underneath in the box there's a slide projector. What else have we got up here, lampshade, why that's up here I don't know. Trolley's and a pram. Oh,... in the corner over there is a camp kitchen for camping. That is medals of sorts of my fathers. All there, all sorts. A cross one. All need a clean now, all representing different years, for different things. And his red cross badges. Don't know what I'm going to do with that lot. Now what's in there... that's part of the pram as well.

(Feeling a black bag) I don't know, that's a mystery thing in there. That's the speakers off the stereo, and the stereo is over there under the cat (tot).

That is the Christmas wreath for the door, that needs to go downstairs now (throws it down the ladders).

That's a bean bag and a cuddly toy... its like the generation game!

A yacht... we saw one of these at the antiques fair the other day and it went for £25.

Beano books and comics.... I don't know what we're going to do with them. Another cuddly toy, a convector heater and the sewing machine case. A game, books, another convector heater. More books. What's this... oh and album of baby cards kept when son was born. A bible. Games, football game. Some more games in this box.

Now these are collectors plates, and there are a box full of all types. From an occasional when I was starting to collect plates. So many though I haven't got room to put them up. They are lovely though. Lovely. All sorts in there. That's a box of those.

Oooh... what's this, what've we got here. Oh more books. Oh that'll be all right for the girls, we'll take that down for them. Another box of books there. Right, oh its like a toy shop here. Look at that, a till for the girls, a cooker, more games, books. It's a nightmare isn't it. Oh, Lego in that one and more games.

That's very handy, that's a collection someone's started, don't know whether they've been opened. Another game of some sort. A basket chair, cuddly toy, baby's walker. There's a table there but unfortunately the glass top got broken. It's a treasure chest. Ooh some more plates. Empty box. That must be one hanging on the wall. Another Chinese one. That's a beauty isn't it. But you keep collecting them and can't find somewhere to put them. There's other types in here, lets have a look, somewhere... of there you go, look at that one. That was when we went through different stages of collecting them. So that's that (closes box).

Chinese rug, and a cool box. Mecchano. A piece of carpet, don't know what's that doing up here, that can go out (throws it down the ladders). Monopoly (drops box, picks up all pieces). Rupert, whatever that is. Bag of books, now those were my fathers... Successful gardening, how to speak properly, practical keep fit, practical gardening.

A Hoover, now then, here, that's another box of toys, all sorts in there (starts playing with old jack in the box). Suit-case... one could say that's sundry items. All sorts. Automatic stop, what's that?... an old Walkman thing. There you are, an old game, she doesn't throw anything away. A table, more games, my sons old evil kenievel toy. More toys in this box... an attic full of toys. A box... Guinness book of records, what year is that. Must be a year on it somewhere. Oh well.

Cards, a box full of vhs videos, don't know what to do with. Tactical Japanese game... we bought this, never got to grips with how to play it though. A clogg... Can't find the other one to fit that. Got to be another one somewhere.

A holdall bag with knitting in there. Kiddies matchbox cars. Oh more cars in there too.

More videos and ten pin bowling. Wondered where that had gone... a flash for the camera. Old LP box with files of some sort in.

Black bag.... Ooooooh cuddly toys. His favourite, but why the hell would you want to keep that. When we pop our clogs, he's got some clearing up to do here!

Star wars, look at that. If we'd kept the box for that it'd be worth a lot of money, but can you imagine all those boxes in here, you wouldn't get in here.

Coronation 1963 (a book). (looks through for few pages) there she is, god bless her.

(Finds old newspaper). Steel news, British steel raft race, 1971.

Old birthday cards. Oooh... My Fiancee. She kept my old fiancée cards, ooh isn't she lovely. What's this one, oh look at that, see how thoughtful I was. All sorts in there.

Oh you'll have to show me where Sri Lanka is on there. Right the way down there, might as well go to Australia. Oh look at him (Rudolf toy), needs to go out now its Christmas. I've been to Spain (Mallorca hat)! Some more toys (starts rummaging through them). A picture wheel, spin it, comes up all spirally. I wonder what that is? Some more cuddly toys, I'm not going to get that out. Books, books in there too. Lots of black bags, another star wars, bit dusty that one.

A tent, sons, we used to go car rallying with it. Dukes of hazard speed jump. Rail rider, whatever that is. Oh some track, yeah. Wrapped up Christmas tree. Ooh a radio controlled 4wd car. Ah skittles, and more toys and buckaroo.

Oh another beano, that should go with the other one over there. Table tennis bats. Plastic saucepans. Football game, guitar. That hasn't seen light of day for few years either, doesn't really work very well. A punch bag, another toy. That's a computer controlled one of those, a big track, with trailer on back, son used to control it with control on the back. Boxing gloves, action man thing.

Don't know what that's off. Part of a cot by looks of it. Right, this is a stand for a projector, projector stand. That's kiddies dart board, and some more games. Son was never short of something to do when he was a baby. Empty suit-case, another Christmas tree.

Awww... what have we got in here. A camera, an old box camera, there's another type of camera, an old 120. 35mm camera and an 8mm, old 8mm cine camera.

Underlay, that should go out. That's the water tank, another cuddly toy in there.

And in this box, a deep fat fryer, a small one for the caravan. A puzzle, a Scaletrix, and children's books. More puzzles over there, that's a train set under there, some more games. Dominoes, puzzles. Books, Walt Disney, Danger mouse, books. All kiddies books and that's puzzles over there and over there. Some weights for weight lifting, not that I ever do any.

Books... I didn't realise how bad it is in here. I still won't be able to get rid of anything, only way is to burn the house down.

That's a blank photograph album, she's not remembered she's got that.

Boxes of sons' stuff in storage. Chair covers, bedding and a coat there, a ski coat.

Pair of roller skates, not sure of size.

That was a turtle, see was going to renovate that, didn't get round to it.

8mm projector and slide projector. Not working at the moment.

And that's about it.

Oh that car, that's a radio in shape of car. Batteries in there, speakers there, bit tinny, but that is a radio.

--end--

# Appendix 3i

## Diary method trial 2: Book of results

The diary method trial 2 recorded all of my involuntary memories experienced during one day, from waking to sleeping (discussed in the thesis, p. 151). I documented all involuntary memories collected from the experiment day through photographs of the context or memory trigger alongside a brief written description of the memory with a time-stamp of when it occurred during the day. These were printed as a book of results (available as a printed book or viewed on the following pages of this document).



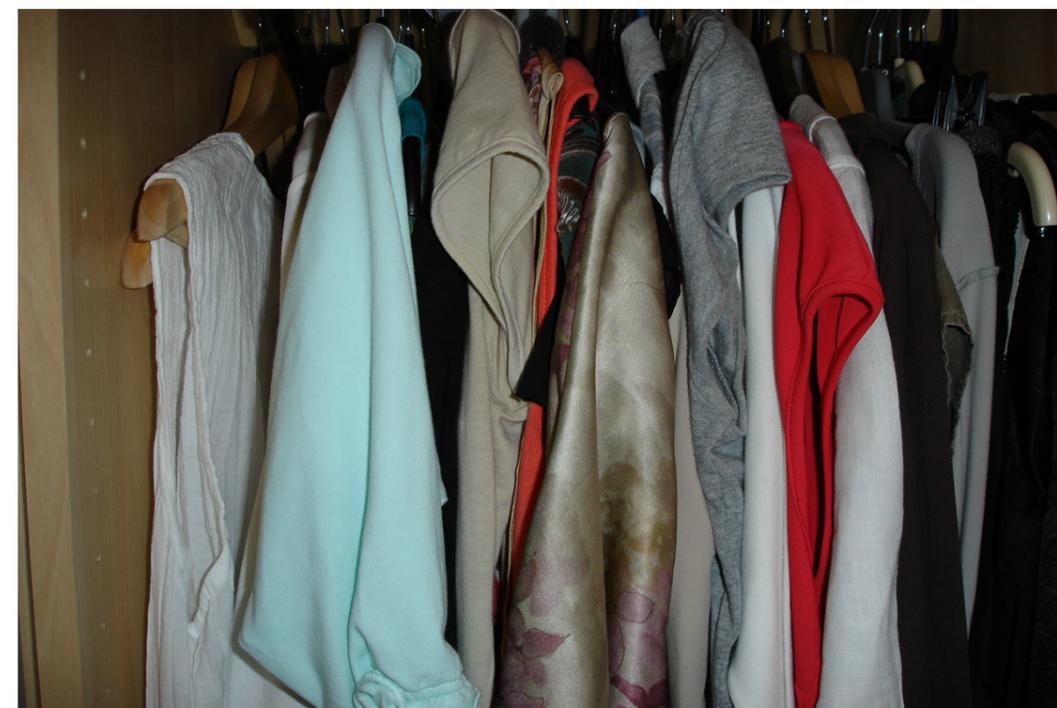
06:50 Alarm clock going off, waking up...  
dream about Helen, having her baby early



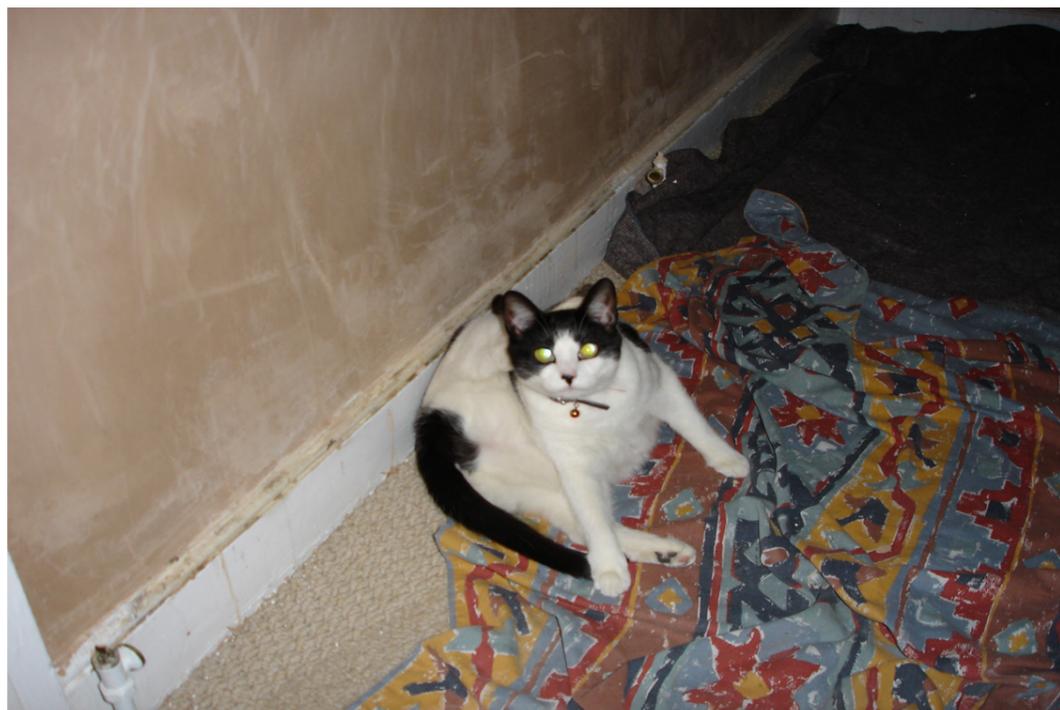
07:01 Brushing teeth, in bathroom...  
need to buy more toothpaste



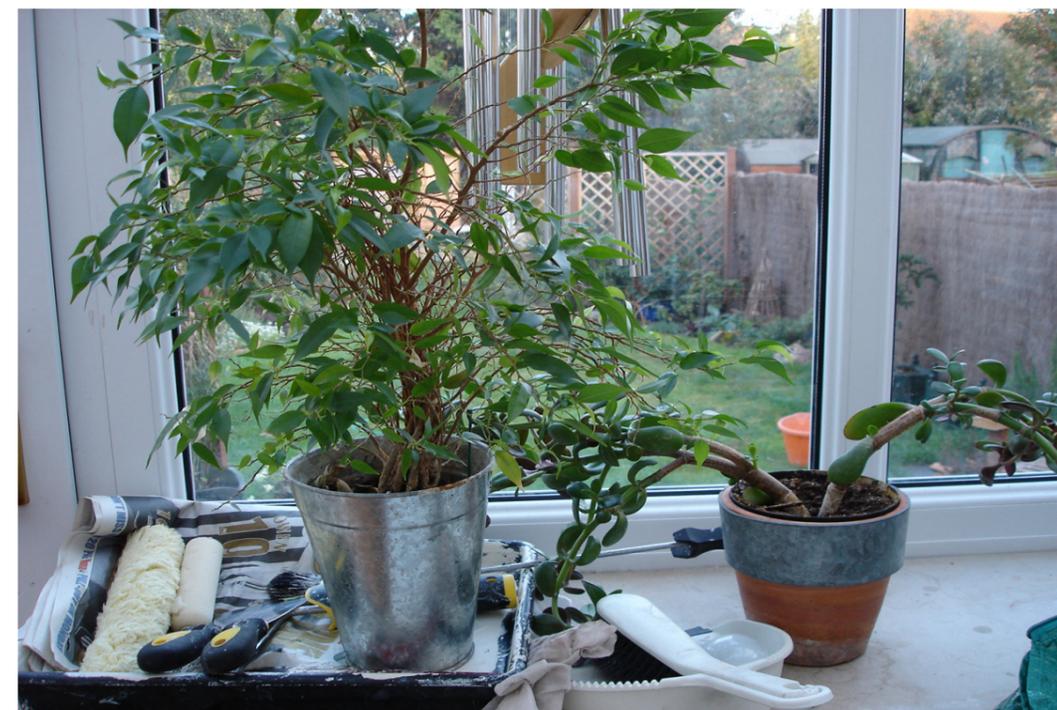
07:00 Brushing teeth, in bathroom...  
filling the gaps in the panneling and painting it last  
weekend with mum



07:09 Deciding what to wear, in bedroom...  
buying 2 of the t-shirts last month, haven't worn them



07:13 Seeing cat, in back bedroom...  
got them about a year ago from the rescue home,  
Greta visiting us at the same time



07:20 Plants on windowsill, in conservatory...  
Brenda watering them last weekend



07:14 Finding ring, in jewellery box...  
seeing bracelet with green beads,  
remembering show at college last year



07:21 Filling trays with cat litter...  
need to buy some more,  
and last time bought some on way home from work



07:23 Feeding cats, cat food in kitchen cupboard...  
need to buy some more cat food,  
conversation with Lloyd, doesn't seem to last very long



07:21 Breakfast news, on TV...  
talking about fuel protests,  
remember filling car with diesel a few days ago



07:25 Keyring in bag of bits, on worksurface...  
buying it for Lloyd,  
Christmas present one year, from a shop in Wimbledon



07:38 Recipe book on floor, on dining room...  
remember a similar magazine,  
and making a Christmas cake from it last year



07:42 Photographs in book...  
new book bought yesterday, seeing bone jewellery  
photographs, remembering presentation few days ago



08:06 Mobile phone box on worksurface...  
must put it on to eBay



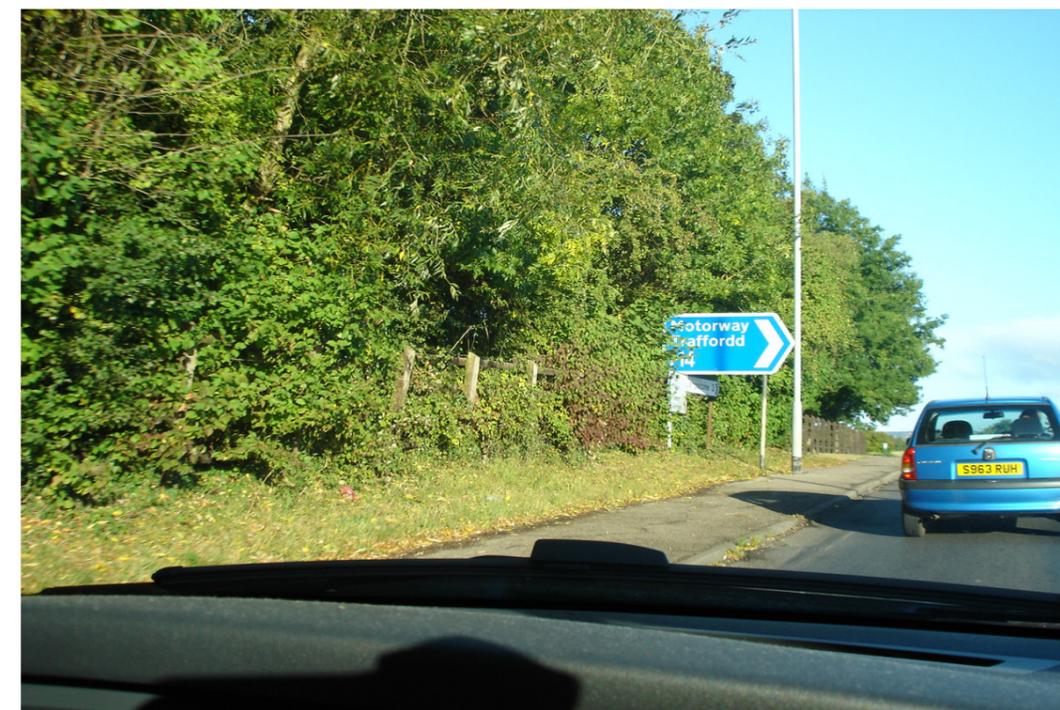
07:51 Using Clarins make-up brush...  
trip to London to see Cassie at beginning of the year



08:08 Getting bread out of the cupboard to toast...  
first time bought it after eating it at mum's,  
remember eating it with raspberry jam



08:20 Driving through Magor, at junction to village...  
last time went to doctors to see midwife,  
and my appointment next week



08:23 Driving past sign, at junction to motorway...  
teaching Greta welsh when she visited ,  
last August bank holiday



08:22 Driving in car, listening to radio...  
presenters talking about old song just played,  
remembering dancing to it at New Year's Eve party



08:31 Driving in car, listening to radio...  
hearing song use to listen to when lifeguarding,  
remembering after work pool parties



08:38 Driving in car, putting lip balm on...  
buying it in duty free shop at airport,  
on way to Sri Lanka



08:41 Driving in car, past house...  
Lloyd telling me his dad nearly  
bought it to turn it into a nursing home



08:40 Driving over dual carraigeway...  
dead flowers attached to railings,  
no longer there



08:41 Driving past Celtic Manor golf course...  
taking that route out of there because the  
other road was closed when went to the gym last



08:43 Queue of traffic in Caerleon...  
car in front, Aunt used to have one in white



08:44 Queue of traffic in Caerleon, listening to radio...  
news of fuel protest 'go-slow',  
remembering conversation with Lloyd about it yesterday



08:43 Queue of traffic in Caerleon...  
rusty gate reminding me of treasure hunts run by the  
squash club, driving around the countryside on Sundays



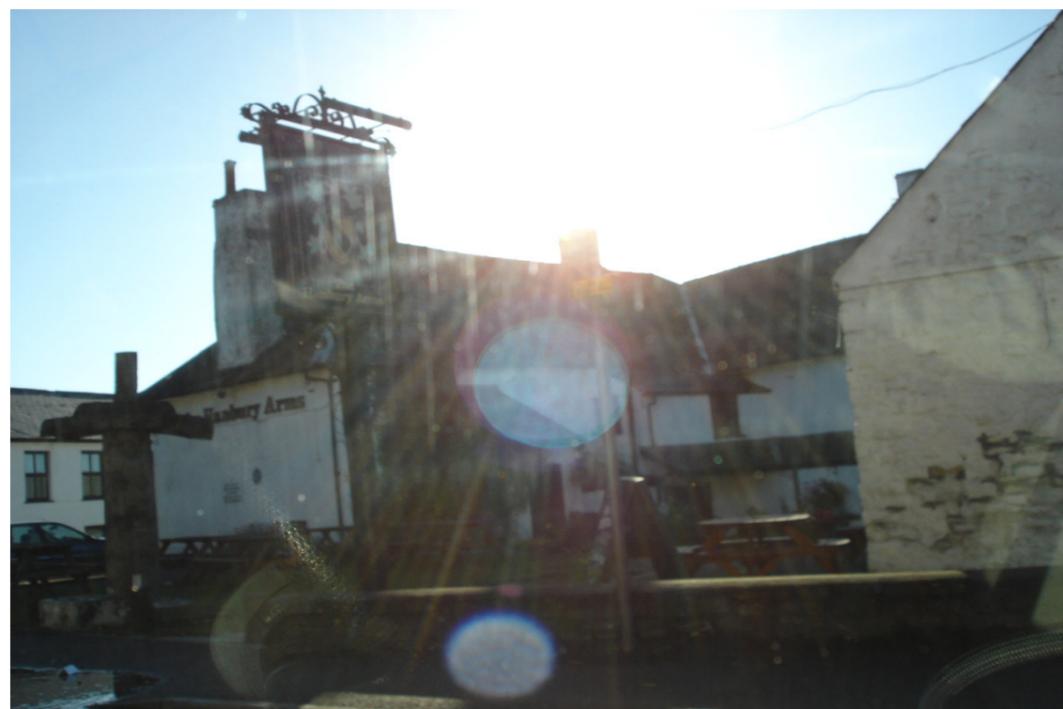
08:44 Queue of traffic in Caerleon...  
driving down same road when use to go to university,  
always busy this time of the day



08:46 Queue of traffic in Caerleon...  
waiting outside The Malthouse, visiting there a few years ago when looking for somewhere for wedding reception



08:51 Driving in car, passing The Priory...  
George use to work there when we were at university



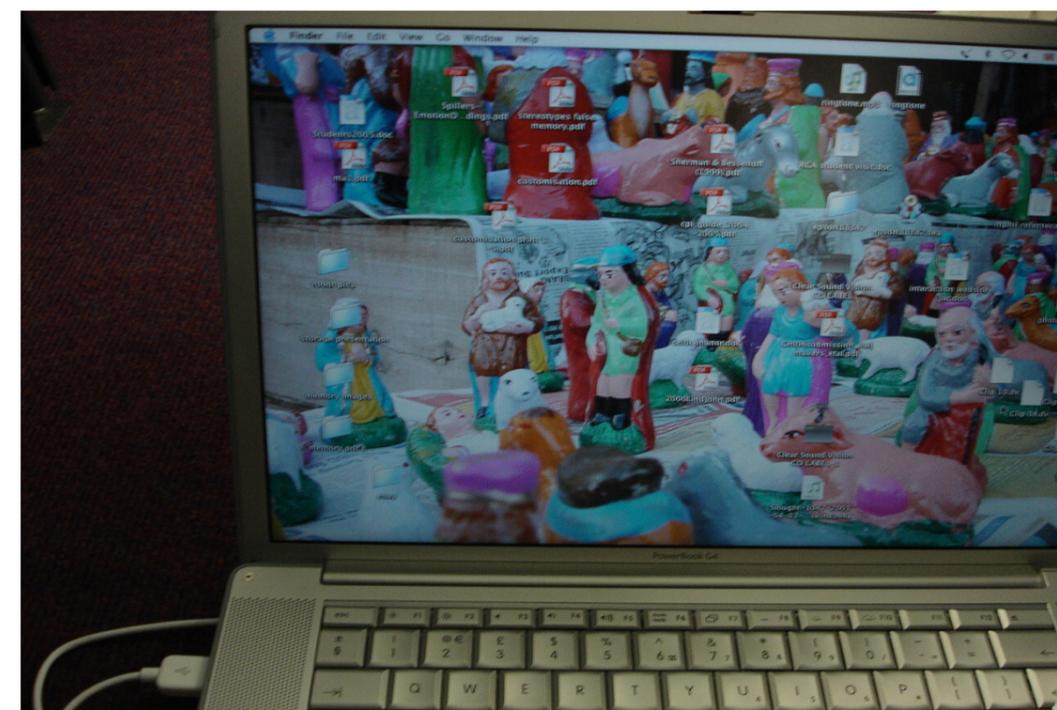
08:50 Driving in car, passing Hanbury Arms pub...  
going there after setting up the final show at university with everyone else from the course



08:51 Driving in car, passing Fish and Chip shop...  
Zheng's inherited Chinese takeaway empire, eating at Chinese restuarant in London with him



08:52 Driving in car, passing halls at university...  
Zheng and Scott living there in first year,  
blue curtains with red and yellow triangles



09:20 Sitting in auditorium at conference...  
person next to me asking about my desktop picture,  
talking about trip to India 2 years ago, showing photos



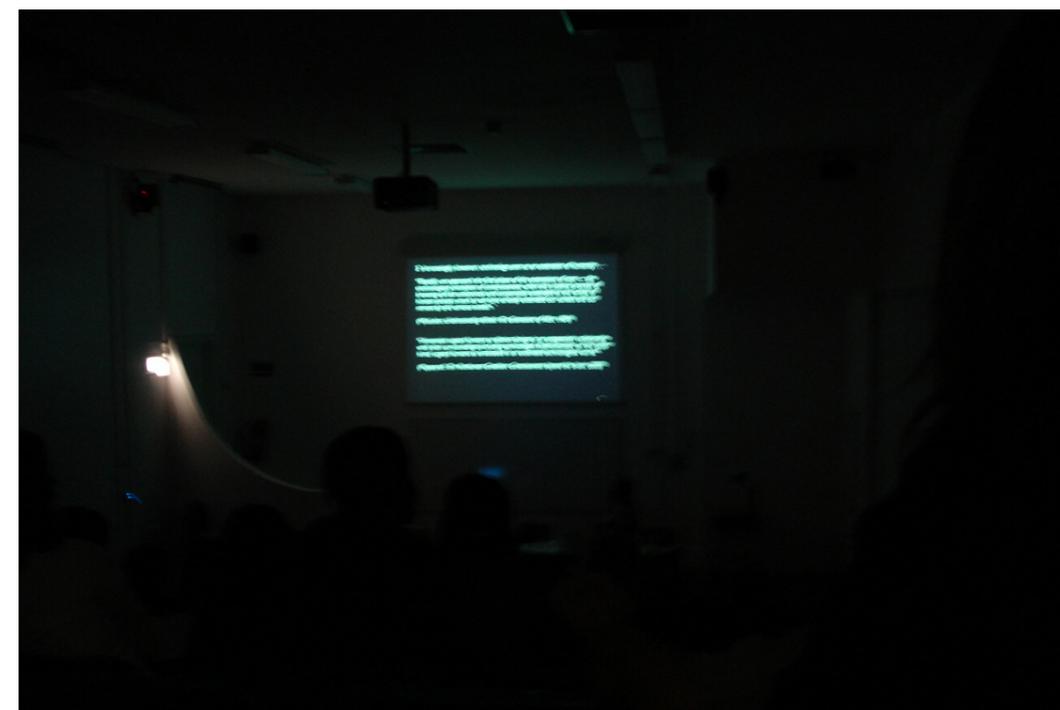
08:55 Car park at university...  
trying to buy ticket at pay and display 2 days ago,  
remember talking to someone who said it was out of order



09:56 Discussion at end of presentation...  
question raised about a talk 2 days ago,  
remembering the talk and images from it



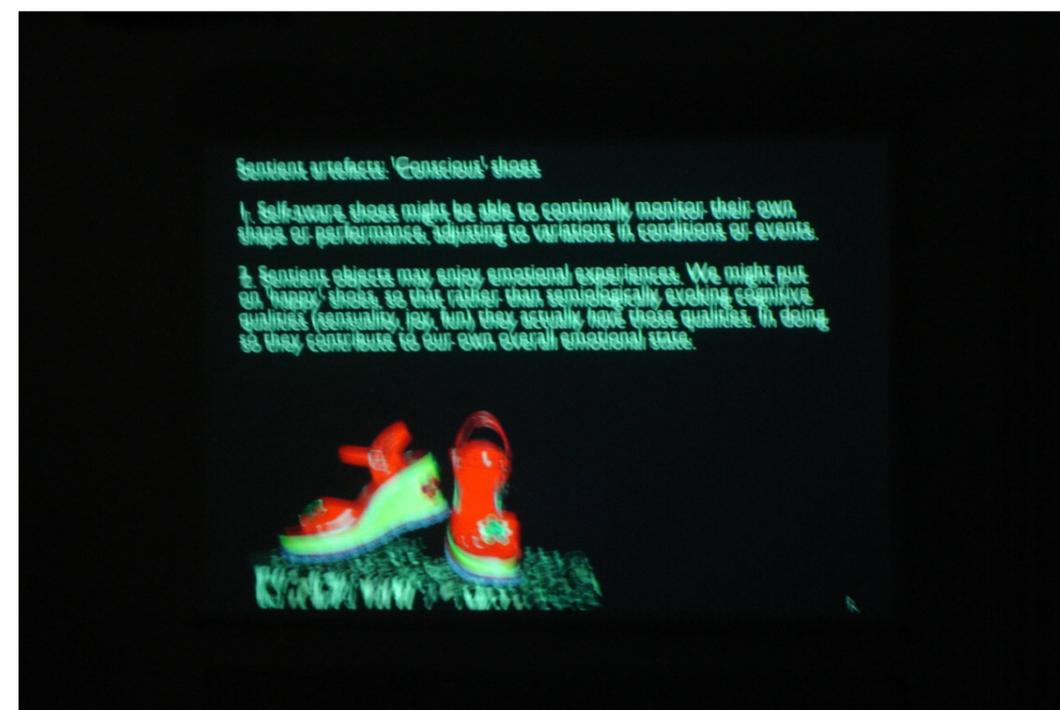
10:24 Seeing Rob Pepperell before his talk...  
conversation with him at beginning of year



10:31 Quote used in presentation...  
quoting McLuhan,  
remembering Richard's PhD research



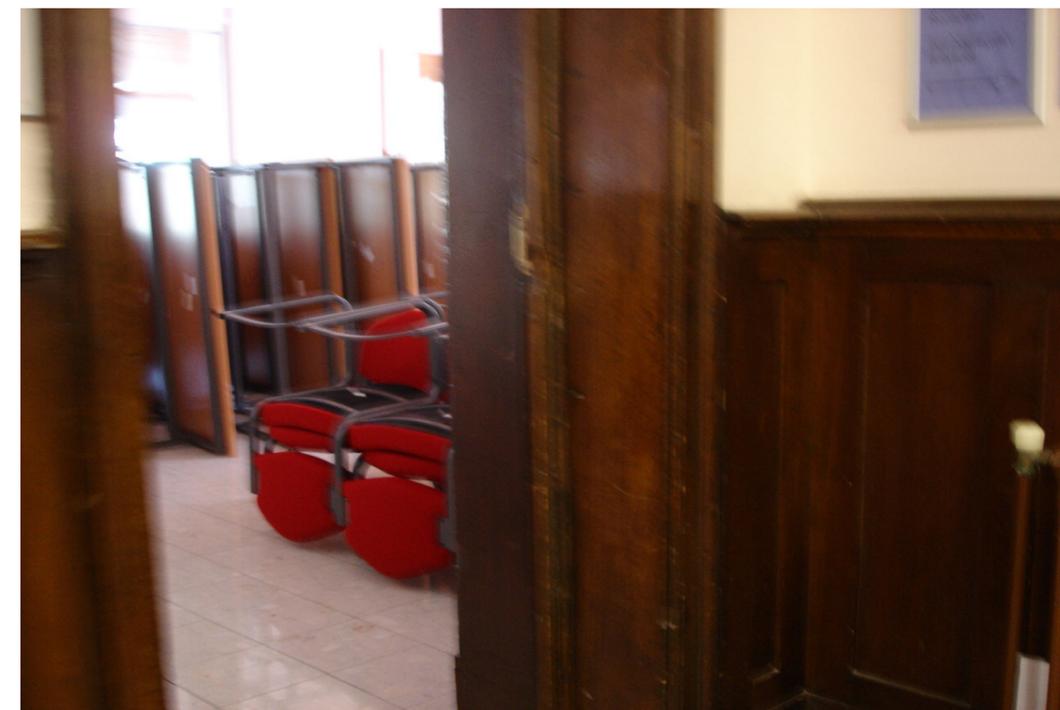
10:29 Image in presentation...  
footage from 2001 Space Odyssey,  
buying DVD in Virgin in Wimbledon



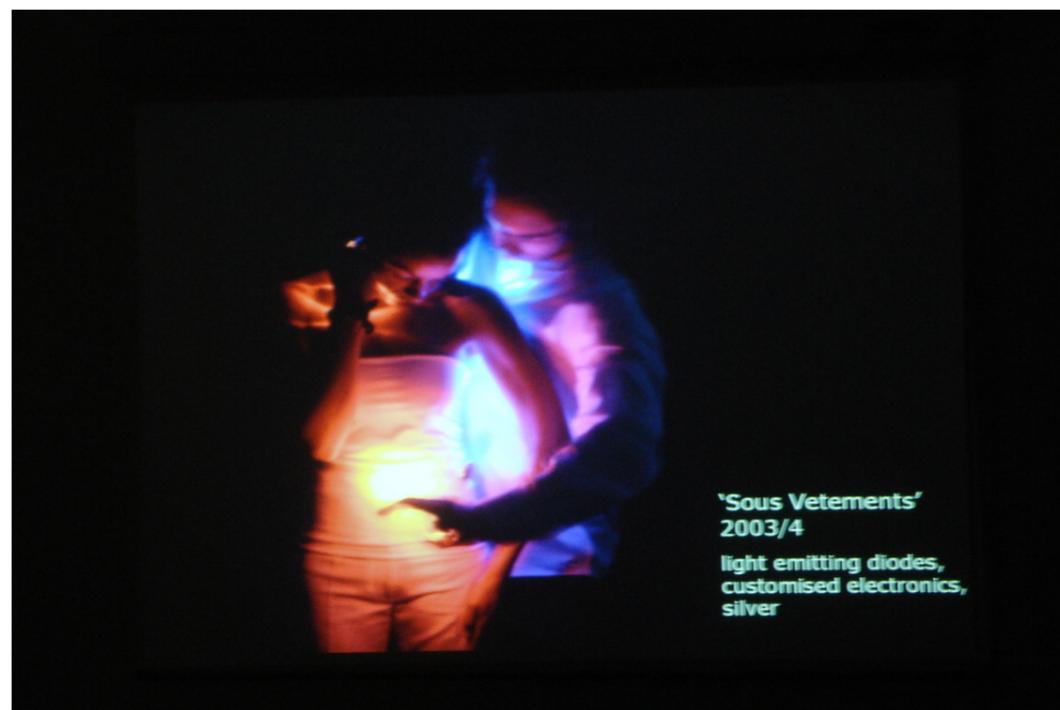
10:33 Image in presentation...  
shoes concept in work for Ideo on wearable,  
children's feet fall measurements



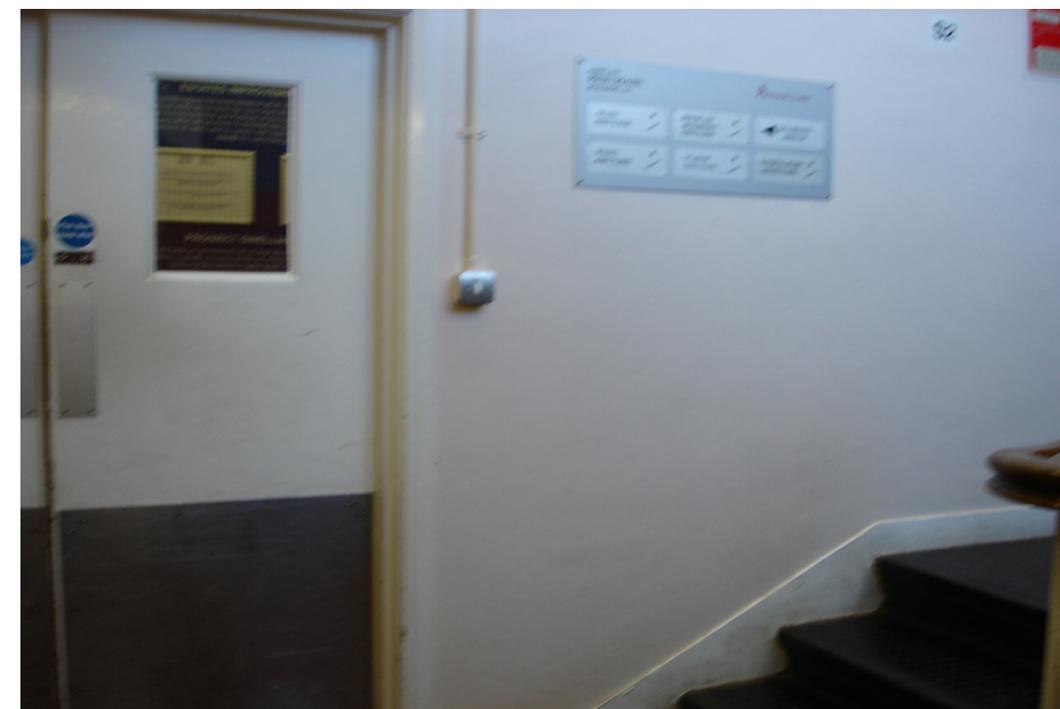
10:59 Image in presentation...  
travelling back from London in car with Lloyd,  
stopping in Chiswick to buy coffee



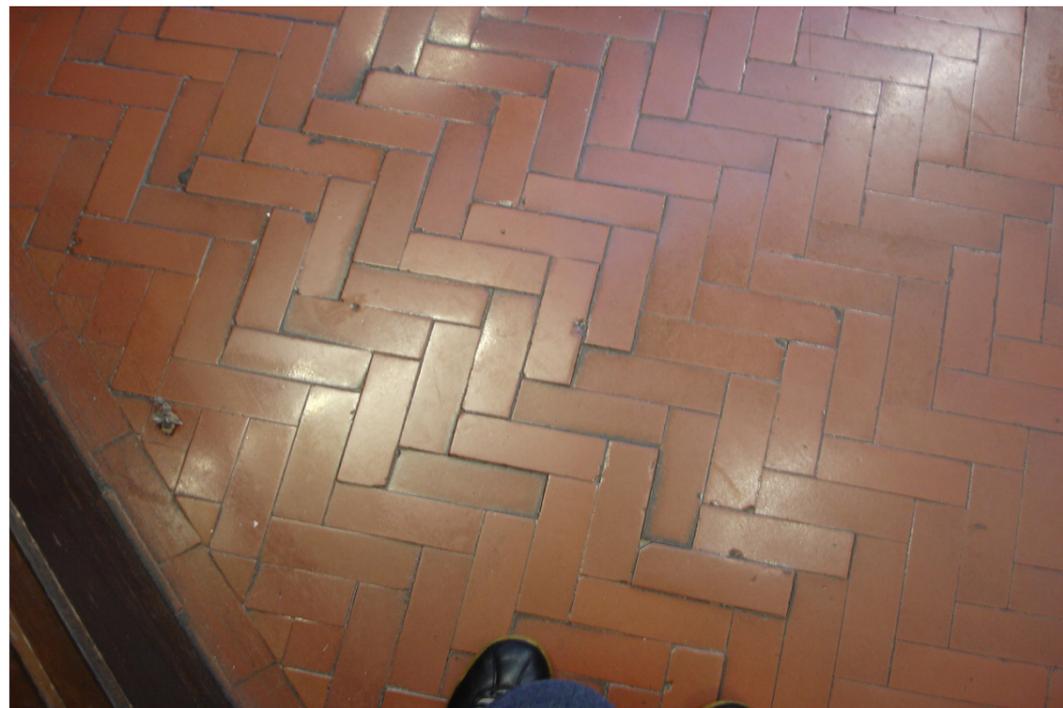
13:02 Walking past staff room...  
having lunch with Adam, Richard and Rachel  
at start of year, seeing plans for its renovation



11:08 Image in presentation...  
performance at Shristi in India,  
students dancing with orange / red lighting



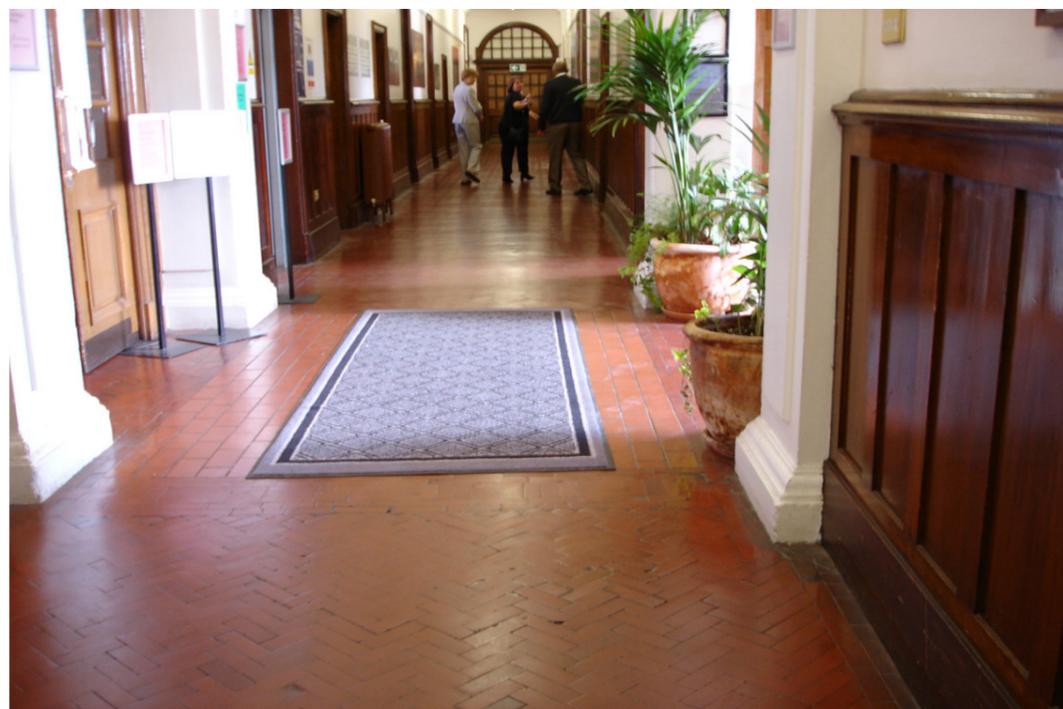
13:02 Walking past stairs...  
strong smell reminding me of hospital stay  
when I was very young to have teeth taken out



13:02 Flooring...  
remember it as belonging to the  
old part of the university, only place i've seen it



13:03 Pampas grass in grounds...  
George's parents insisting on photo taken  
next to it on graduation day, me sat on the bench



13:03 Walking down main corridor...  
walking down there on graduation day,  
in graduation gown with parents



13:04 Walking around outside of main building...  
first day at university, registering but  
being given the wrong time, not knowing where to go



13:05 Walking around outside of main building...  
Angela, Trudy and Scott sitting  
on the wall with a pile of books



13:06 Walking around outside of library...  
visiting Lee on 1st day of 2nd year with Angela,  
having coffee, talking about the summer holidays



13:05 Walking down steep hill towards library...  
conversation with Steve about Tanni Grey-Thompson using  
wheelchair, and her arm power getting up the steep hill



13:06 Outside library, returns bin...  
depositing overdue library books after dissertation



13:07 Walking through car park...  
how it was when finished university,  
use to be a field with road no-one used



13:15 Driving in car, sign for Bullmore...  
Dad visiting a farm there on a vet call-out,  
him saying it was the farthest farm they visited



13:09 Car sticker for HP...  
image of HP building, and the photo of it lit-up



13:16 Driving in car, junction on bend...  
mother and daughter walking out of there  
on way to school when drove past there this morning



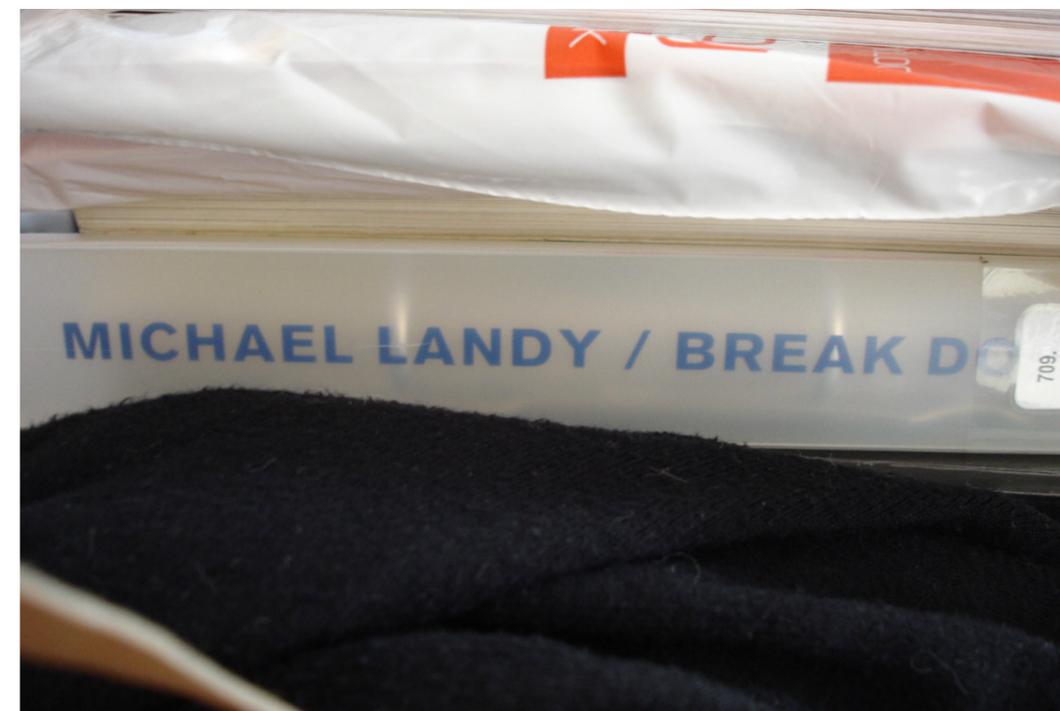
13:19 Driving in car, car in front...  
Liz having the same type of car in red,  
her car crash with William when he was young



13:48 Brochure for Celtic Manor Spa, on worksurface...  
being there the last time,  
people walking around in white dressing gowns



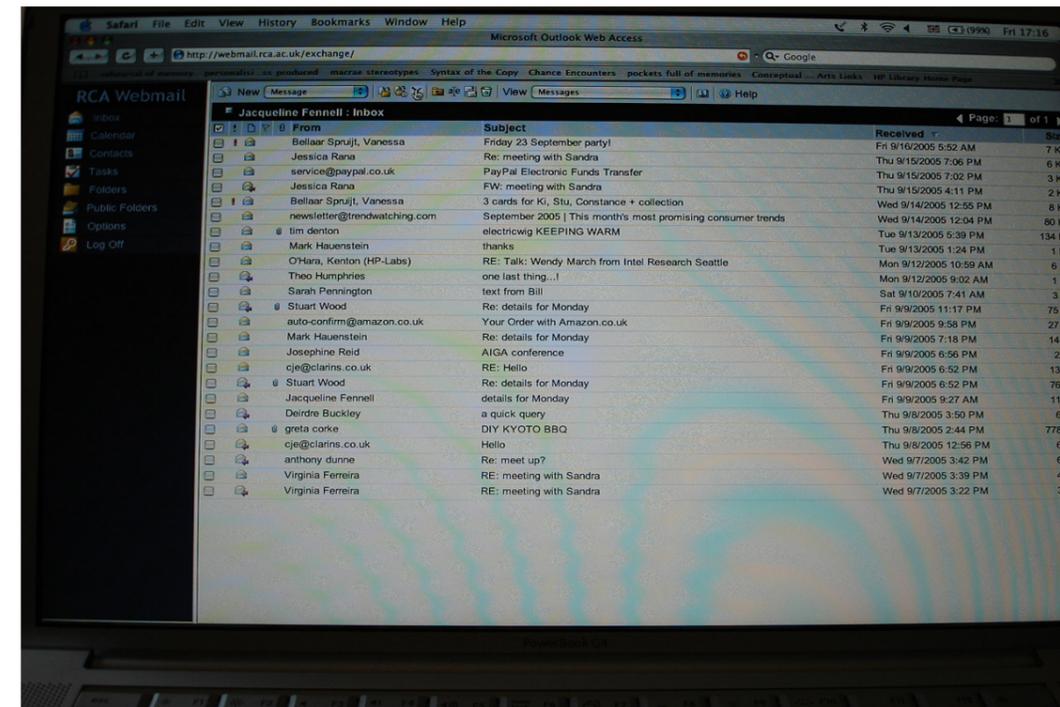
13:21 Driving in car, through lanes...  
learning to drive,  
surprise at first driving lesson



13:50 Library book on table...  
lecture gave at RCA last year,  
talk they had the week before



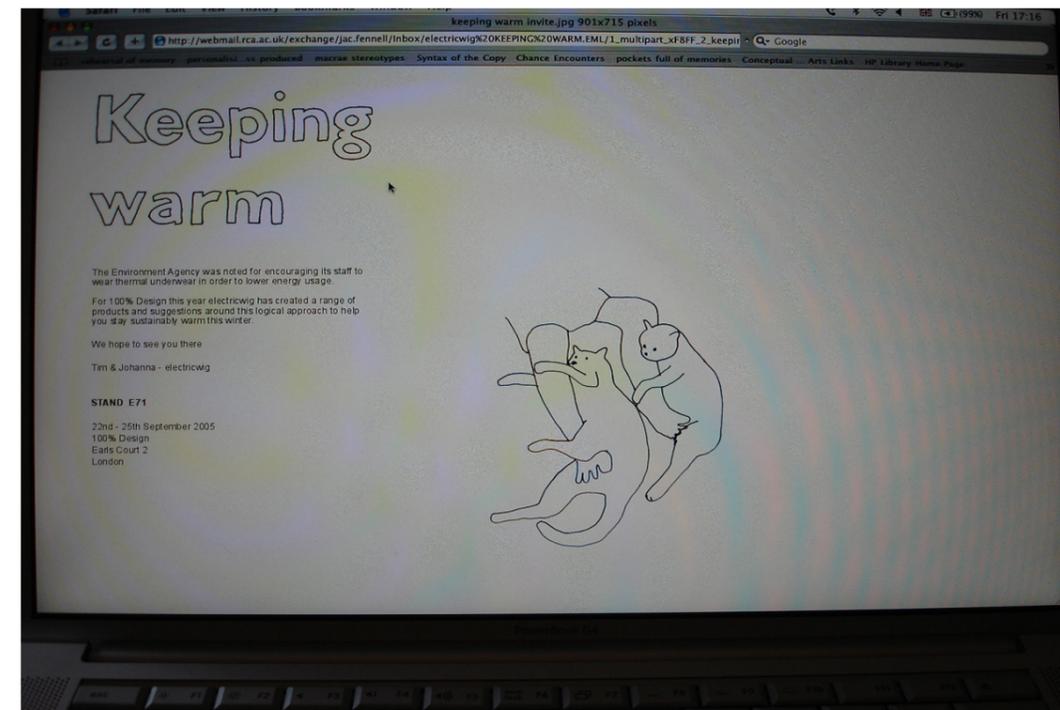
14:09 Putting the iron away...  
doing the ironing the night before,  
watching TV documentary



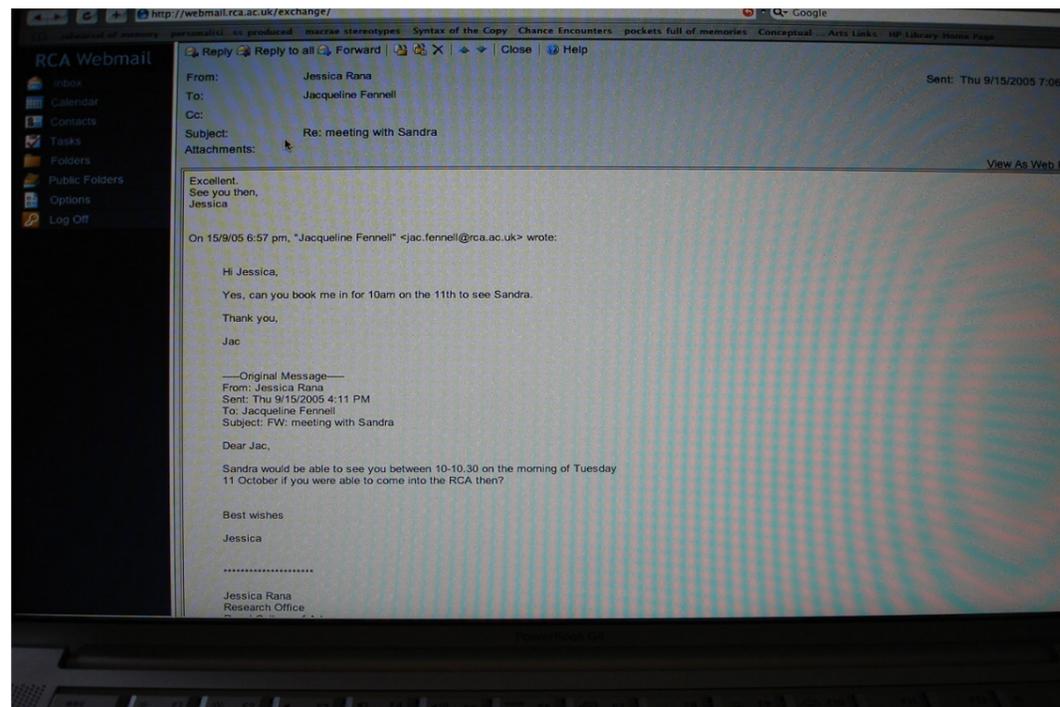
17:26 Checking email...  
visitors at HP on monday



14:15 Cooking noodles for lunch...  
strong smell of them,  
remembering taking them camping a few years ago



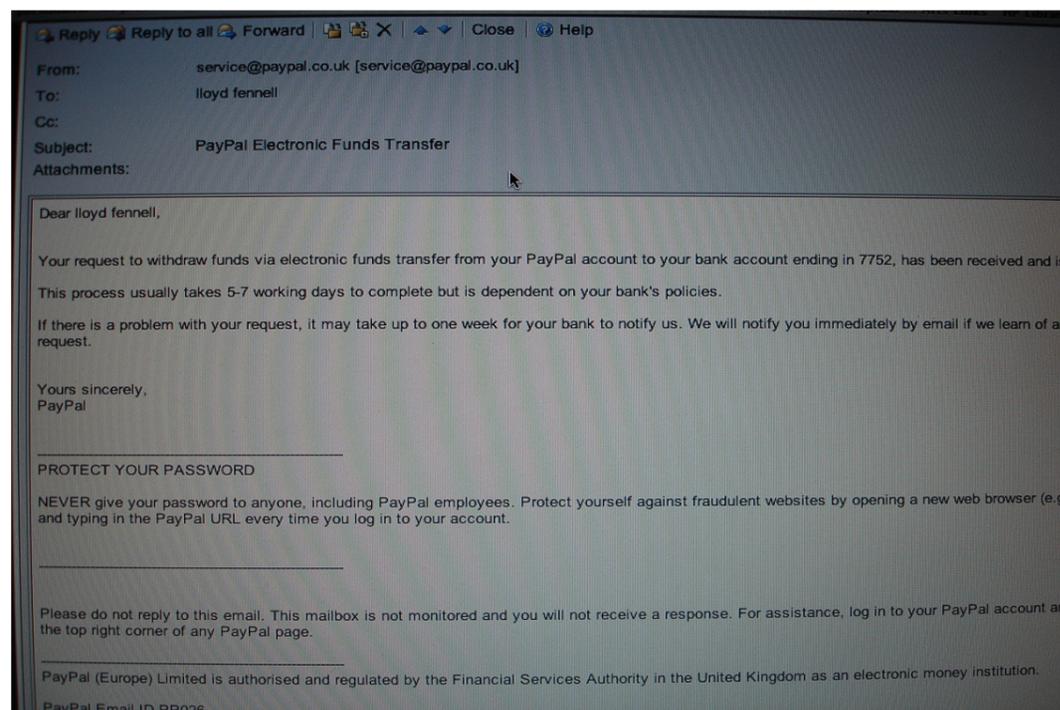
17:29 Email from Electricwig...  
working with them last year,  
our trip to Selfridges and the show at Symphony Hall



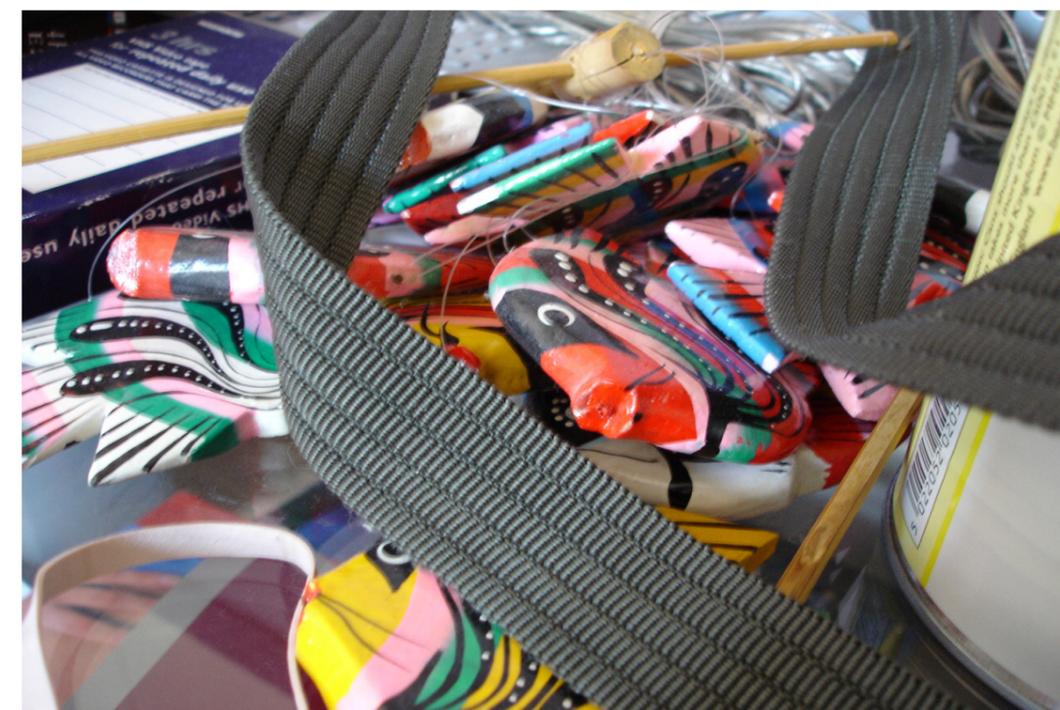
17:42 Email from college...  
meeting Sandra last time in her office,  
with other research students



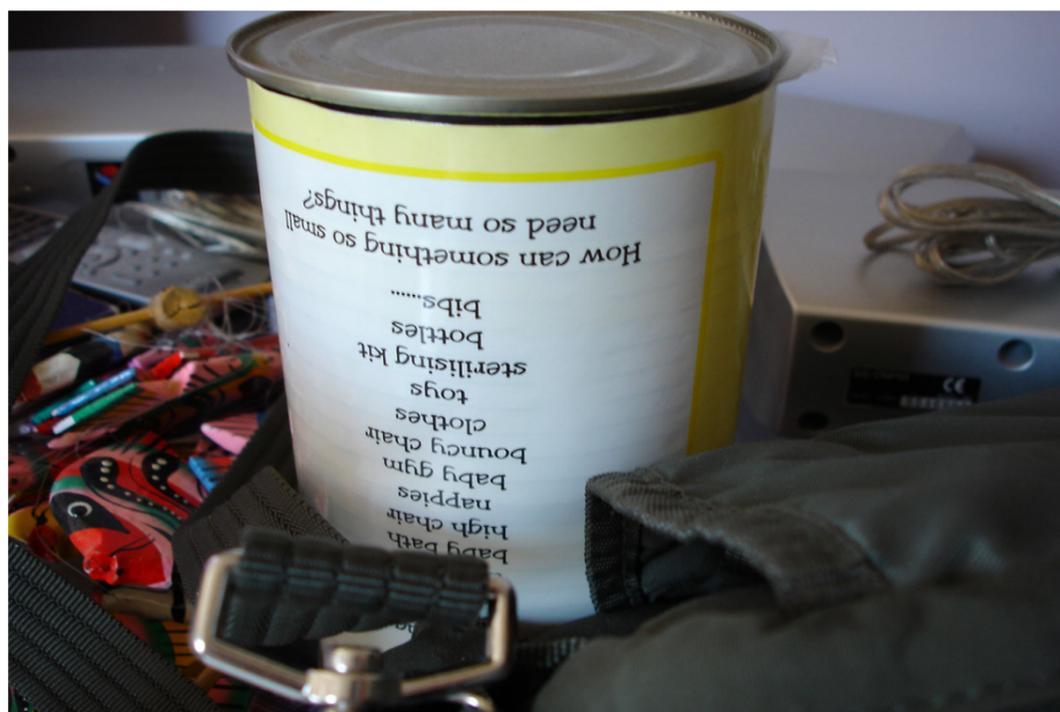
18:57 Pile of receipts on coffee table...  
last time in college,  
trying to hand them in



17:55 Email from Paypal...  
sorting it out last night,  
transferring money over



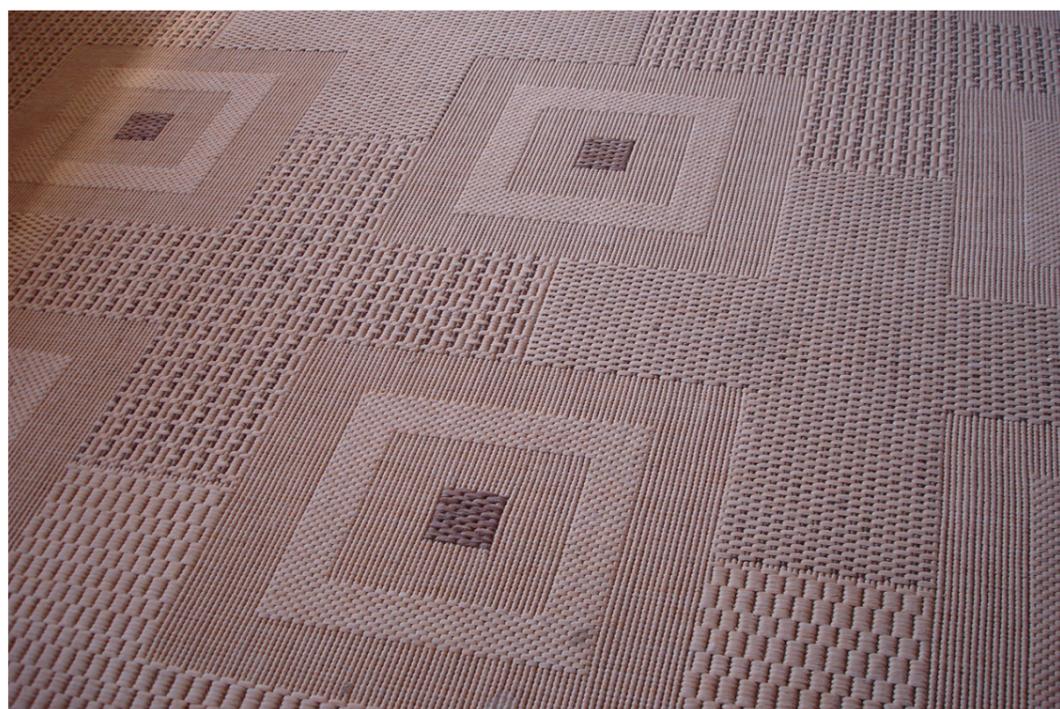
19:03 Wooden fish tangled up on coffee table...  
present from Elsie and George,  
when they use to hang from my bedroom ceiling when young



19:03 Open money tin, on coffee table...  
buying it in party shop in Bristol,  
when buying bits for Brenda's 60th birthday



19:54 Aloe Vera gel on table...  
Auntie Sylvia swearing by it, showing me her hands



19:36 Rug on dining room floor...  
use to be in Linda's back bedroom,  
conversation about her dog lying on it



19:56 Bright green handwash all over kitchen sink...  
looking for cheapest handwash  
in Sainsbury's for the builders



20:05 Woodburner covered in dust...  
conversation on the telephone with people bought it  
from whilst I was staying with relative in Manchester



21:39 Lloyd on telephone to Sky...  
having Telewest installed in our London flat,  
my conversation with our landlord on the telephone



20:09 Glyn using sanding block on windows...  
woodturners giving it to me for sanding the  
plinths last year, remembering their workshop



22:25 Looking at dining table leaning against units...  
Jayne having baby last year,  
not met up with them yet



21:14 Putting rubbish in the bin...  
conversation with Sarah about child-proofing their home  
and not having an open wine rack with children about



23:06 Drifting off to sleep, in bed...  
buying an Ocarina at a craft fair, somewhere in Bristol,  
with parents when I was about 10, remembering the pattern

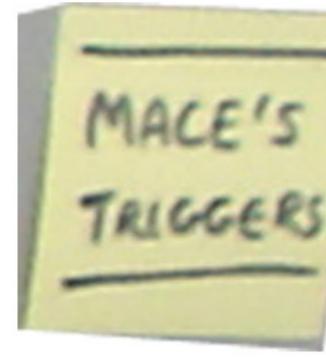
# Appendix 3ii

## Diary method trial 2: Analysis mapping exercise

Photographs from the mapping exercise, analysing the results of the diary method trial 2. All involuntary memories from the day are mapped against different criteria (discussed in detail in the thesis). Briefly, the criteria are: the age of the memory, the cues to the memory, Mace's description of memory triggers, rehearsal frequency, state of mind and the trigger to memory relationship. This exercise highlights the characteristics of the stronger involuntary memories and is used to develop the method with more participants (see study *1 Day: many people*).













# Appendix 4i

## **1 day: Many people, many more memories** **Book of results**

This experiment asked 10 people to record all their involuntary memories from waking to sleeping, on 1 day. They documented each memory by taking a photograph of the context or memory trigger and writing a brief description of the memory with a time-stamp. All of these photographs and associated memories are compiled together and presented in a printed book (available on request, or can be viewed on the following pages).

# 1 JUL.2010

Moments of unexpected remembering collected from 10 people on one day, the 1st July 2010, from waking to sleeping.

02:00

Just woken up from deep sleep, now snoozing with my eyes closed... thinking about job application and the contacts I know. Remembering back to college in London. The cobbled street, seeing the faces of people I know. A very vivid memory of the building, what it looks like from the outside.

**05:40**

Waking up to hearing the yoghurt pots 'snap', from downstairs. My son must be awake and helping himself to breakfast! I have a very strong visual image of the red and blue packaging of the yoghurt pots. I can remember the sweet and sickly taste of the yoghurts.

*Fond  
memories,  
feeling old!*

**05:41**

Seeing a card on my bedroom sideboard, a "60th Birthday" card, and remembering a friend will be 60. We met in antenatal class 32 years ago, at the local hospital 20 miles away, but we realised we actually lived nearby each other. We've been friends ever since.





**05:45**

As I'm in bed half-asleep, the view from my bed in to my son's bedroom, seeing his room reminding me of how he loves to come in to my bed for a cuddle. I remember how this used to happen a lot more frequently - sometimes 2 or 3 times a night.

*Relaxed,  
comfortable!*

**05:46**

Still lying in bed, but looking towards the en-suite, I can hear the birds outside. It reminds me of seeing a little bird building a nest in a gap in the roof - fluffing up his feathers and calling for a mate. I wonder if he has found one yet?





**05:52**

In bed, looking towards the bedroom window, hearing a wood-pigeon triggers a memory of lying in bed as a child, in the 'purple' room of my mum and dad's house, listening to wood-pigeons. There was a big tree outside the window and I would imagine pictures and shapes made by the branches. Happy summer holidays from 30+ years ago!



**06:10**

My daughter's old dressing gown hanging over the bannisters, remember being in the shop asking her to pick between this one and a pink one.



Undy & Magor CC

Fixtures and Work Duty Rotas 2010

Day (unless shown)	Opp	Home	Away	Rolling	Teas
Monday and 20 April (Tuesday)	Indoc				
March	Pitch machinery training		Everyone	Everyone	
March	Presentation Night				
April	Pitch work party I		Everyone	P Horleston	Everyone
April Friendly (Sunday)	Monkswood I/II/III	A			
April	Pitch work party II		Everyone	B Mundy	Everyone
April Friendly (Sunday)	Newport III/IV	A			
April	Aberystwyth Tour	A	B Mundy	J Hobbs	B Mundy
April (BH w/e) Alliance	St Peters	A	B Mundy	B Webber	D Hudson
April Alliance	Maescymmer	A	B Mundy	R King	P Erasmus
April Friendly (Sunday)	Chepstow III/IV	A			J Turner
15 May Alliance	Tonyrefail & Edmondstown	A	B Mundy	E Smart	J Hobbs
22 May Alliance	Cwmbran Woodlands	H	B Mundy	L Cadwallader	B Webber
29 May (BH w/e)	Vale III	H	D Hudson	G Mehta	P Erasmus
5 June Alliance	Sudbrook III	A	B Mundy	P Erasmus	P Horleston
12 June Alliance	Bedlinog	A	B Mundy	L Wilkie	L Wilkie
19 June Alliance	Wenvoe	H	B Webber	L Wilkie	D Hudson
26 June Alliance	Ton Pentre	H	P Erasmus	P Mehta	L Cadwallader
27 June Friendly (Sunday)	Sudbrook II/III	A		P Kyte	P Smith
3 July Alliance	St Peters	H	L Wilkie	R Davies	P Horleston
10 July Alliance (Race Night)	Maescymmer	H	J Hobbs	R Davies	P Erasmus
17 July Alliance	Tonyrefail & Edmondstown	H	R Davies	L Boast	E Smart
24 July Alliance	Cwmbran Woodlands	A	B Mundy	J Turner	D Jones
31 July Alliance	Vale III	A	B Mundy	R Davies	L Cadwallader
7 August Alliance	Sudbrook III	H	L Cadwallader	B Webber	P Smith
14 August Alliance	Bedlinog	H	J Turner	E Smart	L Boast
21 August Alliance	Wenvoe	A	B Mundy	L Cadwallader	P Kyte
28 August (BH w/e) Alliance	Ton Pentre	A	B Mundy	D Jones	D Hudson
4 September	Pitch work party		Everyone	P Horleston	B Webber

friend  
han a  
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o sister  
quite like  
you



nes  
loving home for



**06:58**

My daughter's milk cup on the floor reminds me I need to get some milk out of the freezer in the garage.



**07:00**

Waking up, hitting the snooze button, I'm back at my parents' house, hitting the snooze button until I would only have 5 minutes to get up and get ready.

*Nostalgia, Missing old friends, Contentment!*

**07:11**

Brecon Jazz festival with Mum & Dad, & Elliot, 5 years ago.



**07:12**

Debs & Francis here for dinner, they gave us a Michael Buble album.



**07:14**

Talking to Stuart about Kylie at Glastonbury last week, making jokes.





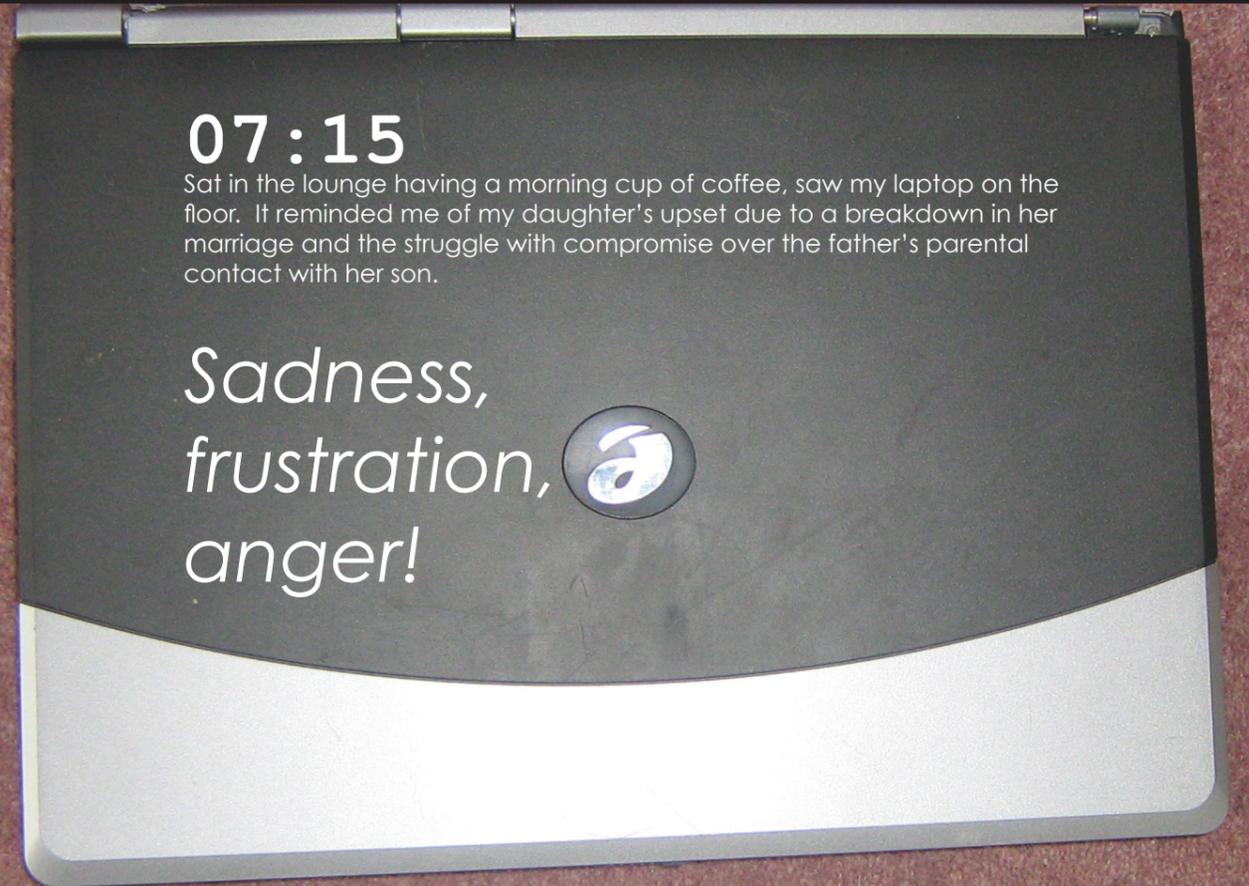
**07:10**

My son's pyjama bottoms on the floor when he asked to go for a wee. A constant reminder that I must make more of an effort with him today as he had 3 accidents yesterday - one in the car and I had to buy new pants and shorts from Asda as I needed to get some shopping in... frustration!

**07:15**

Sat in the lounge having a morning cup of coffee, saw my laptop on the floor. It reminded me of my daughter's upset due to a breakdown in her marriage and the struggle with compromise over the father's parental contact with her son.

Sadness,  
frustration,   
anger!



07:15

I bought this hat on a little island called Herm. Very happy memories, being on the beach.

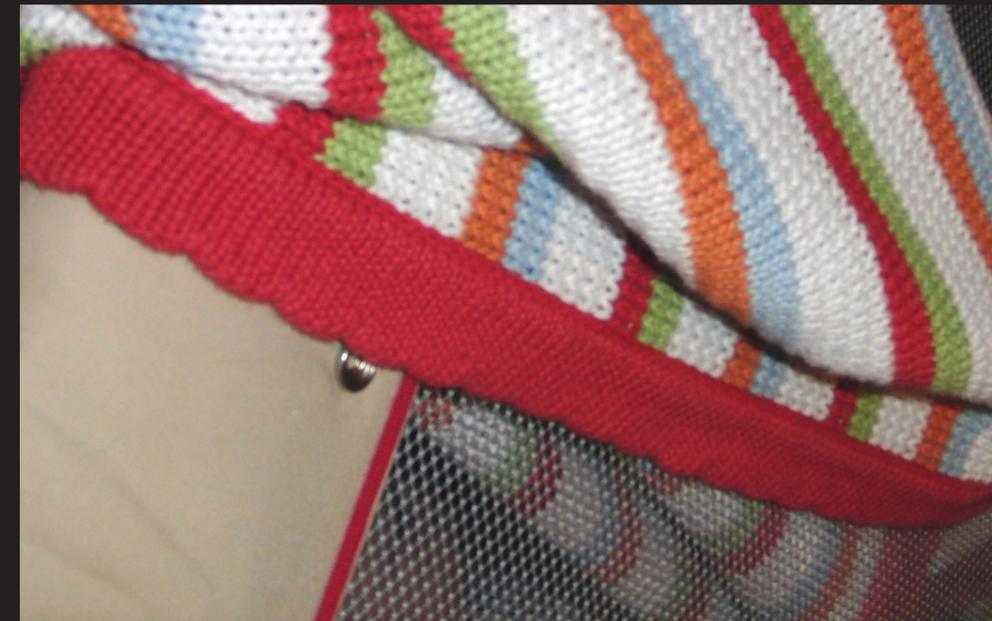


07:20

The baby bath wash on the side of the bath, memories of bathing my youngest child on his own last night. My oldest child decided to go to bed early. Slight regret... I don't like them missing their bath time.

07:26

Seeing my baby's blanket draped over the cot, remembering how hot it was last night - had to take it off his sleeping bag in the night. I then had to find his blanket as he got too cold (a misunderstanding with my husband in the early hours when I asked him to pass it across).





Happiness,  
love!



**07:41**

My daughter was wearing this bracelet, it reminded me of her friend's party a few days ago. She had the bracelet in the party bag.



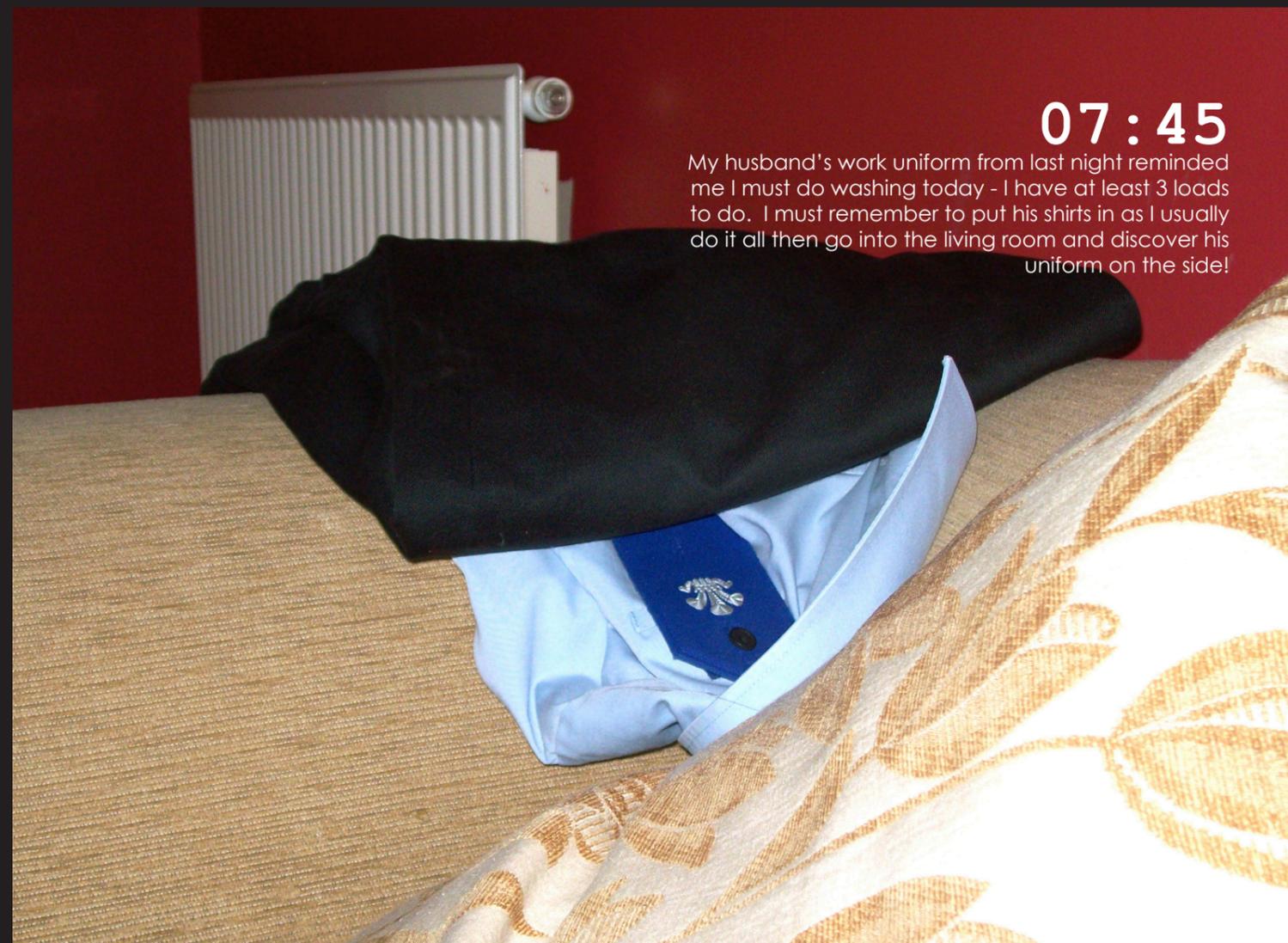
*Hurtful, upsetting!*

**07:44**

Getting my daughter dressed  
and seeing her sore legs,  
reminds me I must put some  
cream on her eczema.

07:45

My husband's work uniform from last night reminded me I must do washing today - I have at least 3 loads to do. I must remember to put his shirts in as I usually do it all then go into the living room and discover his uniform on the side!







**07:51**

Seeing the orange trousers reminds me of my oldest daughter wearing them about 3 years ago. She was running around in a stately home gardens with her cousins, grandparents and aunt when we were out on a picnic.

07:56

Seeing the back of the fan reminds me of putting it together. The back of the fan is upside down, but I couldn't be bothered to re-do it, it was hassle enough the first time!

07:58

The drawing on the bath was done by my Daughter. I remember her drawing the mermaid, and my mum talking to her. Happy and content.



**08:02**

I was opening the curtains and saw a book on the windowsill. It reminded me of my miscarriage. I was reading the book at the (general) time. I put it down part-way through as the main character then had a miscarriage. I keep meaning to pick it up again but haven't yet. I used it last night to jam open the window.

*Mixed feelings!*



**08:05**

Stumbling over the sleeping bags in the hallway. Lovely reminder that we are going camping this weekend. Really looking forward to going camping for the first time as a family.

*Excitement!*



**08:05**

Not the best thing to remember... about 6 hours on the roof of my house, removing about 6 feet of tiles looking for the cause of a damp stain in my bedroom.



**08:05**

Opening the curtains, I saw the paddling pool in the garden, remember my daughter and husband playing in it last Sunday. My daughter was getting too cold and her lips turned blue.

**08:10**

When I got up, I went into the bathroom to brush my teeth. The toothpaste tube was nearly empty. I forgot to ask my wife to bring home some toothpaste from the chemist.





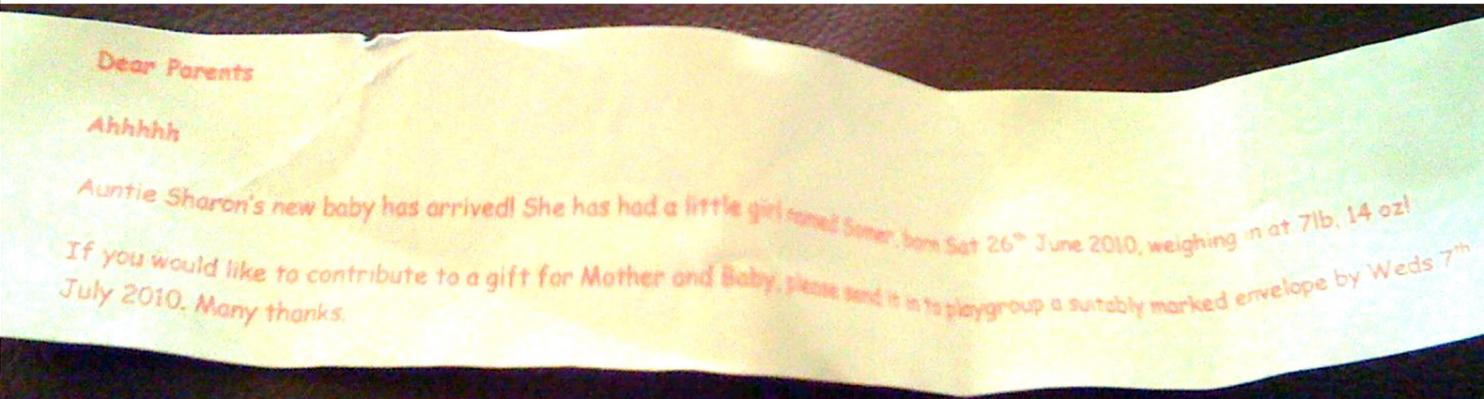
**08:10**

One of the characters on TV was having an ice-cream party. This reminded me that I have ice lollies in the freezer and have been taking them to school for my oldest child after school during the hot weather. I re-stocked them yesterday.

**08:10**

I was stood by the sink, washing up and day-dreaming. Glancing over, saw the wooden ladybird toy broken. My grandsons had given me 3 of these wooden garden toys to me for my birthday. I was happy, it made me smile.





### 08:15

Seeing my son's legs behind the sofa reminded me of the advert on TV where the girl is behind the sofa and a crocodile is at the other end.  
Isa-dile?  
Croco-belle?  
I was chasing my Son around the living room at the time with his last spoonful of cereal... he was hiding!

### 08:20

I was at home, getting ready when my wife showed me a note from our daughter's playgroup. I remembered finding the note in my daughter's bag yesterday and realising that her juice had leaked and then having to wipe out the inside of the bag. So annoying!



**08:20**

My daughter's toothbrush next to the tap when I was washing my hands, reminded me of several nights of hearing it clunk into the sink after my daughter had used the suction cup to stick it to the wall, where it only held for a few hours.

**08:20**

Seeing my make-up on my bedroom drawers, reminds me of the kids. They were drawing on my face the other day with my eyeliner pencil.

*Humour and  
Happiness!*



**08:25**

My daughter's bowl of Rice Krispies reminds me of how I used to pour loads of sugar on mine as a kid - I don't let mine cover their cereal in sugar. Times seem to have changed so much.



**08:25**

The cookery book with many memories.

- 1: Making chocolate mousse for friends 1 week ago.
- 2: Making peanut butter cookies for my family 22 years ago.
- 3: Getting pen marks over the cover (accidentally!) 23 years ago.



**08:25**

Opening the cupboard and seeing the gas boiler... I must telephone Tony the Gas Fitter and remind him that the extractor flue needs re-adjusting.

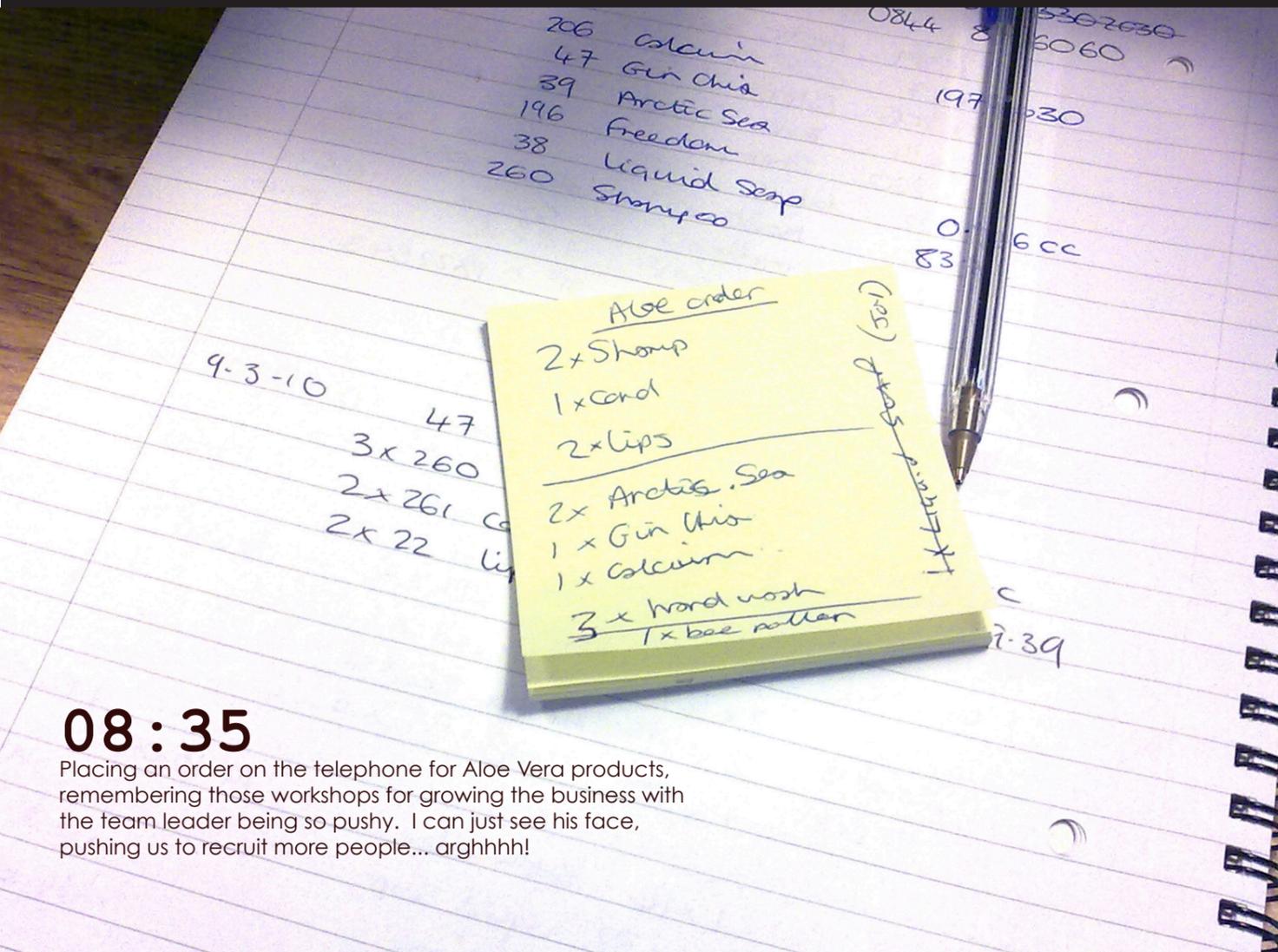
**08:30**

Hearing Lockerbie mentioned in the travel news on the radio, I remember Elliot's oldest friend's wedding in Johnstonebridge, near Lockerbie. Lots of fun, very friendly, very drunk!

*14 years ago*

*Happy,  
funny...  
friendly*





206 Calcium  
 47 Gin Chia  
 39 Arctic Sea  
 196 Freedom  
 38 Liquid Soap  
 260 Shampoo

9-3-10  
 47  
 3x 260  
 2x 261  
 2x 22

Aloe order  
 2x Shampoo  
 1x cond  
 2x Lips  
 2x Arctic Sea  
 1x Gin Chia  
 1x Calcium  
 3x hand wash  
 1x bee pollen

**08:35**

Placing an order on the telephone for Aloe Vera products, remembering those workshops for growing the business with the team leader being so pushy. I can just see his face, pushing us to recruit more people... arghhhh!



**08:35**

Putting things away in the cupboard, see the jar of honey. Reminds me of making honey cake with my daughter for Georgia, Finn and Helene's visit. Felt content, if not a little bit tense.

**Australia**  
 honey  
 A honey w  
 rich toffee



**08:35**

The sink tap... I must fix it!  
I preferred the mixer tap we used to have though.

**Annoyed!**



**08:38**

A reminder to write a cheque for my son. He ordered and paid for a mail order for me because I don't have a credit card.

**08:40**

Seeing shirts hanging in the wardrobe, reminded me I don't have to go to work again until September! Happy, but a little apprehensive.



**08:40**

Fig and Mozzarella salad, honey and lemon dressing. Remembering the taste of the salad. The memory was triggered because I picked up a pear, which I bought at the same time as the salad ingredients last week.





**08:40**

Listening to Stevie Wonder song playing on the radio, "Isn't She Lovely", I remember the day my daughter was born 34 years ago, and the first time I held her.



**08:45**

When cutting through my Shredded Wheat with the spoon I put pressure on a blister I have on my finger caused by cutting down some hedges on Sunday. I still have to pick up the clippings!

Noddir Oriol 1 gŵil | Sponsor of Oriol 1  
**PRINCIPALITY**  
 Cymdeithas Adeiladu | Building Society

National Museum Wales  
 amgueddfa cymru

30/05/2010

Time	Event	Location
10.00 - 17.00	Biodiversity Exhibition	Oriol 1
15.30	Museum Staff Feeding the Pigs	Llwyn yr Eos (6)
10.00 - 17.00	Throw a Pot - £4.95 a go	Pottery
10.00 - 17.00	Traditional Fair	Oakdale Green
10.00 - 17.00	Woodcarvers & Stalls	Oakdale
10.00 - 17.00	Lave Net Fishermen	Boat House
11.00 - 13.00 14.00 - 16.00	Art Cart: Natural World	Oriol 1
12.00, 14.00, 15.00	Science & the Medieval Church	St Teilo's Church
11.00 - 14.00 14.00 - 16.00	Food for Free: Sustainability	Tŷ Gwyrdd
10.00 - 17.00	Archery (weather dependant)	Castle Gardens

Time	Craftsmen here today	Location
10.00 - 13.00	Blacksmith	Llawr y Glyn Smithy
14.00 - 17.00	Saddler	Saddler's Workshop
10.00 - 13.00	Weaver	Esgair Moel
14.00 - 17.00		Woollen Mill

Children's pushchairs are not permitted into the historic buildings for reasons of health and safety and conservation. Dogs should be kept on a lead at all times. The Museum does not allow balls, games, bikes, scooters or runabouts within the grounds.

08:55

Jasper took my camera bag to play with. I thought I had spare batteries in there so I took it from him to empty before he played with it. Found this programme of events inside from a day out with our friends on the Sunday before the last May bank holiday. Reminded me of the day.

Happiness . . .  
and despair!

08:57

Seeing the 'For Sale' sign reminded me of our friends. They're trying to move back to the village. I wonder how they're going finding a house.





**09:00**

My older daughter played with this when she was about the same age as Erin.

**09:05**

Gap where the tree was... remember the conifer tree being cut down yesterday.

*Happy,  
... loving feeling*



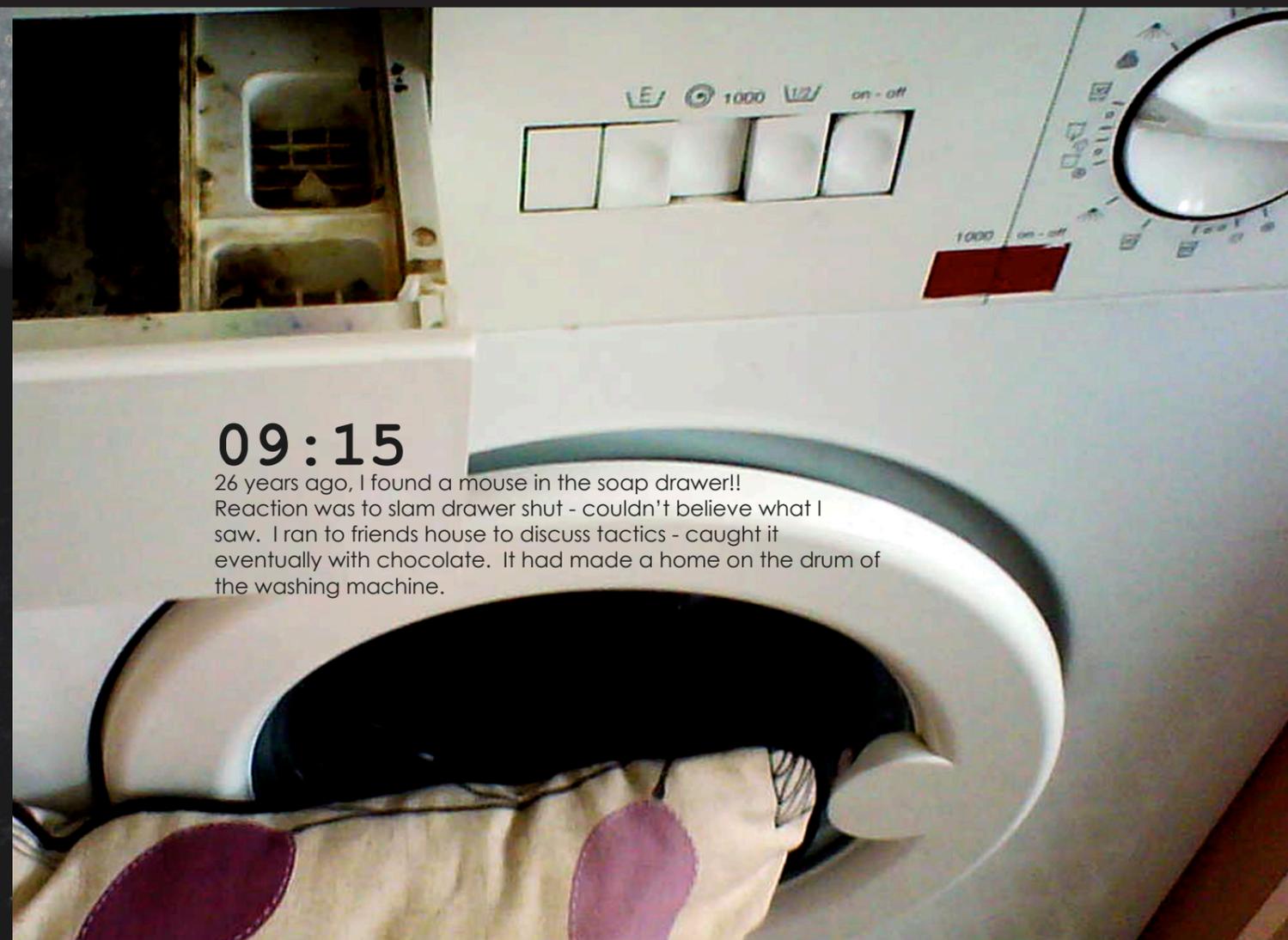




09:15

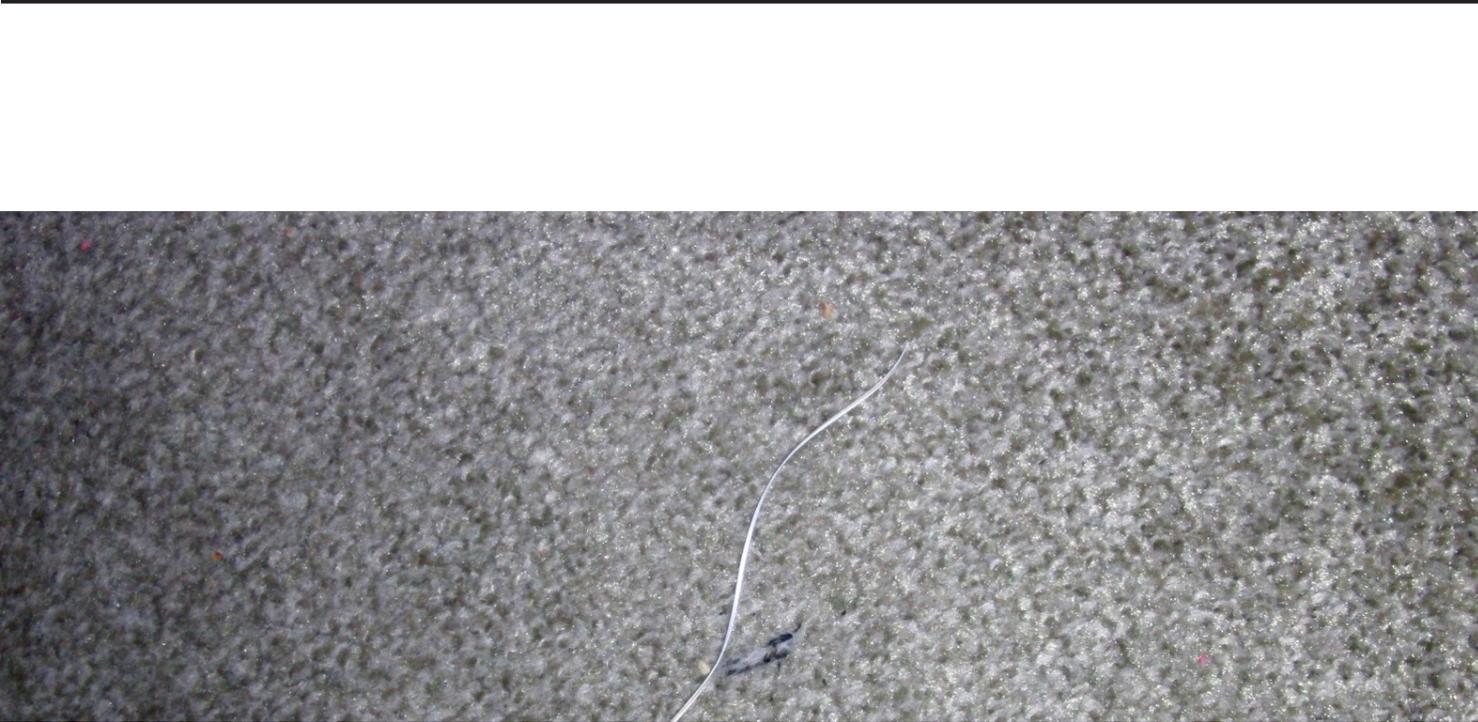
Smell reminds me of being a small girl I can remember the front room windows of my 1st home being covered in it for what seemed like days but was probably just 10 minutes!

*fondness*



09:15

26 years ago, I found a mouse in the soap drawer!! Reaction was to slam drawer shut - couldn't believe what I saw. I ran to friends house to discuss tactics - caught it eventually with chocolate. It had made a home on the drum of the washing machine.



**09:20**

A sliver of paper on the floor,  
memory of making flyers  
on Monday night. Thought  
I'd picked it all up.



**09:32**

Sitting around in Kerry's kitchen. It's enormous, with a long scrubbed pine table and assorted chairs, with a rack for hanging pans and utensils over the Belfast sink, and roses & hops drying from the ceiling. Early evening, so light is warming with shadows.

**09:41**

Each time I approach this roundabout, I remember when a 4x4 car with huge bull-bars, driven by a very nice lady driver, ran into the back of my new car. I'd only purchased it 4 days before. I never felt the same about that car after that.



**09:45**

Frustration! - I must get my husband to fix the wall art in place properly. The photo shows it's about an inch from the wall. Every time someone sits back they knock it and the whole thing makes a "Twang" sound. This is what happened just now which prompted the memory.

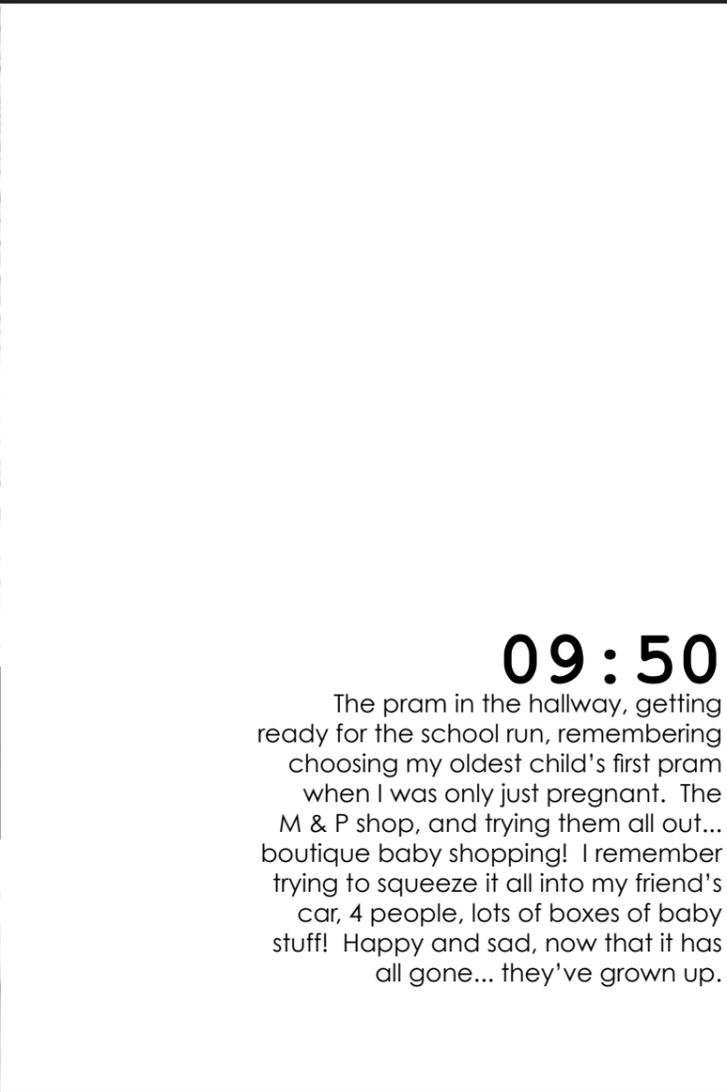




**09:50**

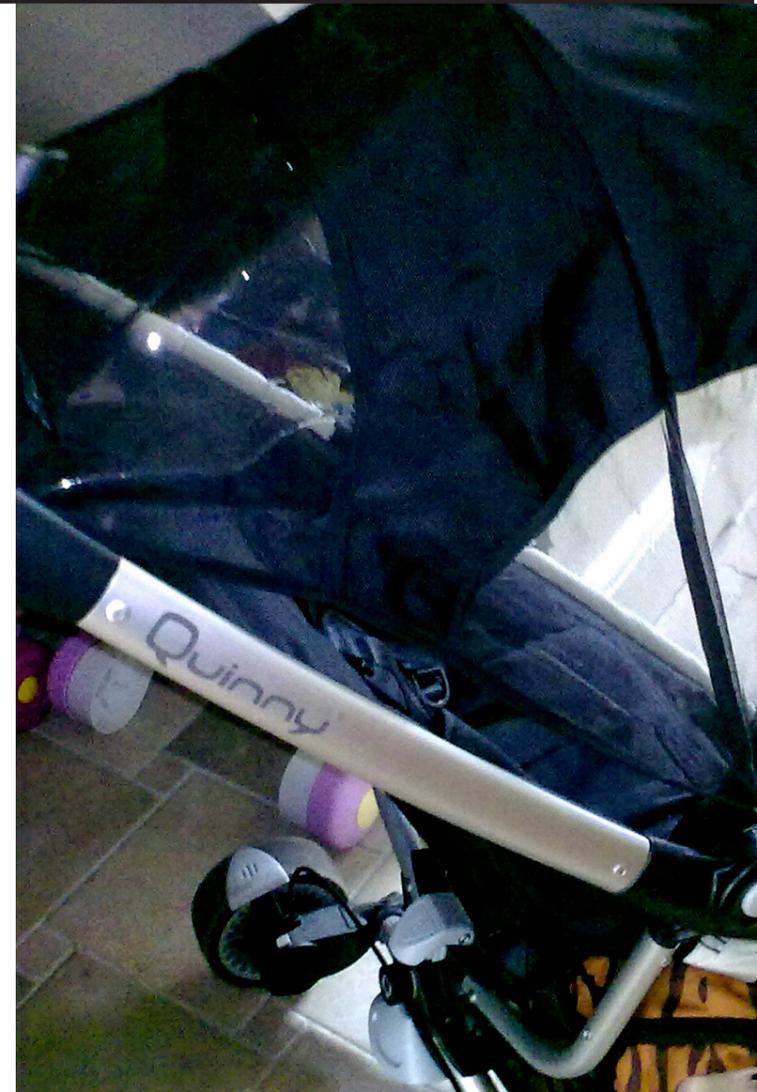
Seeing the mixing bowl on the hob, remembering my sister in her house in Bristol. The bowl was hers.

*Rejection, hurt. 10 years ago*



**09:50**

The pram in the hallway, getting ready for the school run, remembering choosing my oldest child's first pram when I was only just pregnant. The M & P shop, and trying them all out... boutique baby shopping! I remember trying to squeeze it all into my friend's car, 4 people, lots of boxes of baby stuff! Happy and sad, now that it has all gone... they've grown up.



09:55

Looking out of the bedroom window, seeing birds on the roof, reminded me of an animated short film on the beginning of one of the boys' favourite movies - making us laugh lots, and Josh wanting to watch it repeatedly.



Tredegar House

Tŷ Tredegar

09:55

Passing Tredegar House reminded me when I organised and helped run a clay pigeon shoot. We (the Spencer Works Shooting Club) were asked to put on a shoot by the secretary of Tredegar House, for one of their open days.





Bleach, and the faint smell of my parents kitchen, when I was little. Reminds me of my mum. The strong smell of bleach reminds me of swimming in Swansea Leisure Centre with my Dad and my Brother. Memories from 30+ years ago! Happy and secure.

10:00

At the cashpoint I'm always reminded of my wife, Brenda, who always says, "Put your hands over the keys when you put in your pin number, or go to the bank." She puts her hands all around the machine. One day she will find a false one and she will say, "There you are... see!"





**10:00**

Seeing the fan reminds me of the heat wave and the holiday with a friend in Greece - 'Paros'. Sitting on a boat with our feet over the rail. Enjoyment, care-free and happy!

**10:07**

The tablecloth in the pile of washing reminded me that I need to go to Dunelm Mill to buy a plastic / wipe-down one for the table on the decking. More to do!!



**10:08**

The butter dish, given to us by Tim's godparents for a wedding present. I must ask my in-laws how they are.

**10:30**

My daughter in the car talking about names, reminded me of when we thought of her name.

*Intense,  
apprehension!*





**10:25**

When I was packing my daughter's sandwiches, seeing the baking paper reminded me of domestic goddess Charlotte, in action in her kitchen!  
4.5 years ago, Charlotte gave me the recipe for honey cake, but the visual is very recent, from a visit to her house.



**10:30**

Walking by the bus stop, remember stopping to talk to Grace when Seren was just born. She was a few days old, snuggled up in the 'double-decker' pram, it looked like her big brother was sat on top of her. Grace couldn't believe how 'clever' prams were nowadays. She reminded me of the pram my Auntie used for her kids, a big carriage-built pram with a seat attached to the top.  
A strong, intense memory. . . at least 20 years ago.



**10:39**

Putting my son into his pushchair... I must remember to get the driving toy out of the loft! It really shows time passing... and slight guilt for not having done it sooner.



**10:40**

At the railway bridge, remember the photo in my son's bedroom. He took this photo of a green steam engine. I was amazed at how good the photo was. He'd stood on that bridge to take the photo.



10:45

Seeing my son hold his sister's hand...  
I remember photo's of Sanne and Karla,  
seen earlier today on Facebook.  
How they've 'grown-up'.  
Remembering college days!

Seeing them holding hands wasn't  
the trigger at all, I was just day-dreaming!

10 years ago

Strange that college days are no more



10:47

Having the dustbin lorry driving past there was  
an intense smell of rubbish and heat. It took me  
straight back to the same smell, walking along a  
dusty dirt track on holiday in Spain.

Intense smell . . .  
I was straight back there,  
on holiday.



# Relief!

10:47

Seeing the barrier on the path, I remember walking too far too soon after my daughter's birth, pushing the pushchair with mum. I was desperate to get out and get fresh air and exercise.



10:48

My daughter likes to "catch" the smell in her hand every time we pass a rosemary bush. Last time she did it was 2 weeks ago, but she's been doing it for about 2 years.

# Delight!



**10:50**

The pavement on Pennyfarthing Lane reminds me of walking to school with my oldest child and his friend who always stumbled off the kerb here - earning himself the nickname 'rubber legs' for a while.

*Fond  
memory,  
where has  
the time  
gone!*



**11:00**

Seeing my son ready for school, I remember when I moved from 1st school to middle school for the morning in my green gingham dress with plaited hair! The schools were next to each other and I remember thinking how huge the new school was.

*29 years ago,  
Happy  
and sad!*



**11:03**

The Transporter Bridge reminds me of being a teenager, over 60 years ago. I'd ride my bicycle from Liswerry with friends. Paying 6 pence to walk up the steps to the top of the bridge and walk across to the other side, what a view of Newport!  
We would also ride across on the suspended car, great fun for kids.

**11:11**

I purchased a Ford Orion with twin carburettors and a sunroof. It was a lovely car, but would not pass a petrol station without needing a fill up . . . it had to go!



**CARCRAFT**  
driving down  
motoring costs

**11:15**

Osteospermums . . .  
*summer days at Littleton.*  
Osteos grew in proliferation outside our barn conversion. Pizza on the picnic table in the back garden, gin and tonics, and long discussions with John the landlord. Long evenings at Ursula's. Fresh countryside air and smells, bright blue skies. Bob happiest in West Littleton.

*Happy, vibrant, but sad as John is now in a nursing home and Bob and Ursula have passed away.*



# 11:18

The river at high tide... I bought a red 12ft ply motor boat from Penhow Castle farm. My friend, Mr Wally Collins, only took it to Caerleon and launched it from a slipway at the side of a pub. The tide was on the turn, so we started to go up against the tide. Fifty yards upriver the boat started to leak, we only had a few minutes to get back to the slipway with a lot of water in the boat in such a short time. I was absolutely terrified.

Another time, some friends went out in his boat, a cross-channel speed boat (very nice!). Proceeding upriver towards the Transporter Bridge the engine broke down. We started to drift towards the Bristol Channel, with only one oar on board, which he then dropped into the river. With the tide going out fast we could not retrieve it. I then noticed a coil of rope on the deck. Holding one end of the rope hoping to throw the coil at the floating oar to retrieve it, I threw the rope only to find the rope left in my hand was a small piece used to tie the coil together. We now see the oar and the rope floating out to sea. All was not lost, a man in a small rowing boat was coming up the river. He asked if he could help, which we gratefully accepted. He threw us a rope and towed us back to the bank. I have not been in a boat with him since!





*22 years ago*

**11:19**

The Welsh side of the bus stop reminded me of the school room where I had Welsh lessons. It was a modern building but always smelled of old wooden desks and old hardback books. A very pleasant smell to me, it smelled academic and studious. The room was always noisy.

*Alert,  
... excited!*



**11:20**

The building site used to be Orb Steelworks for well over 100 years. It produced high grade steel. My grandfather worked there until his death. My mother told me she would take his food, which had to be fresh, to him in work.



**11:20**

Bumping into the receptionist from the vet's at the pond behind Caldicot castle, whilst out to feed the ducks with my family.



**11:20**

Walking past the lane by our house, remember the council meeting regarding the lane's ownership, and that we no longer have access to the back of our house. No warning! Councillors agreed with us but said there was nothing they could do!

*Annoyed then,  
... still annoyed now!*



**11:20**

My hand stocking always reminds me of the 'pickle' I'm in! I use it for the swelling of my arm and hand because of cancer. I can still play golf though - to a fashion!



**11:21**

The smell of lavender...  
buying a pomander when visiting the  
"Victory" ship on holiday. The smell of  
lavender and my Aunt later telling me it  
was "smelly", I didn't agree.

Content,  
secure,  
...daydreaming!



**11:22**

Sitting in the hall at primary school, looking at all of the Welsh dragon pictures on the wall.  
One in particular was very 'blocky'. All very bright red, one had been coloured in with two  
slightly different colour reds, which I thought was jarring. *Curious... 30 years ago*

11:23

Remember going to rehearsals in Undy church hall... anticipation, some nerves.



11:23

Seeing the shop on Vinegar Hill, remember Sally doing my nails. The last time I was there I had my baby son with me, but the memory that comes to mind is of times before that, when it was just Sally and me. A quiet haven from the normal busy, noisy chaos.



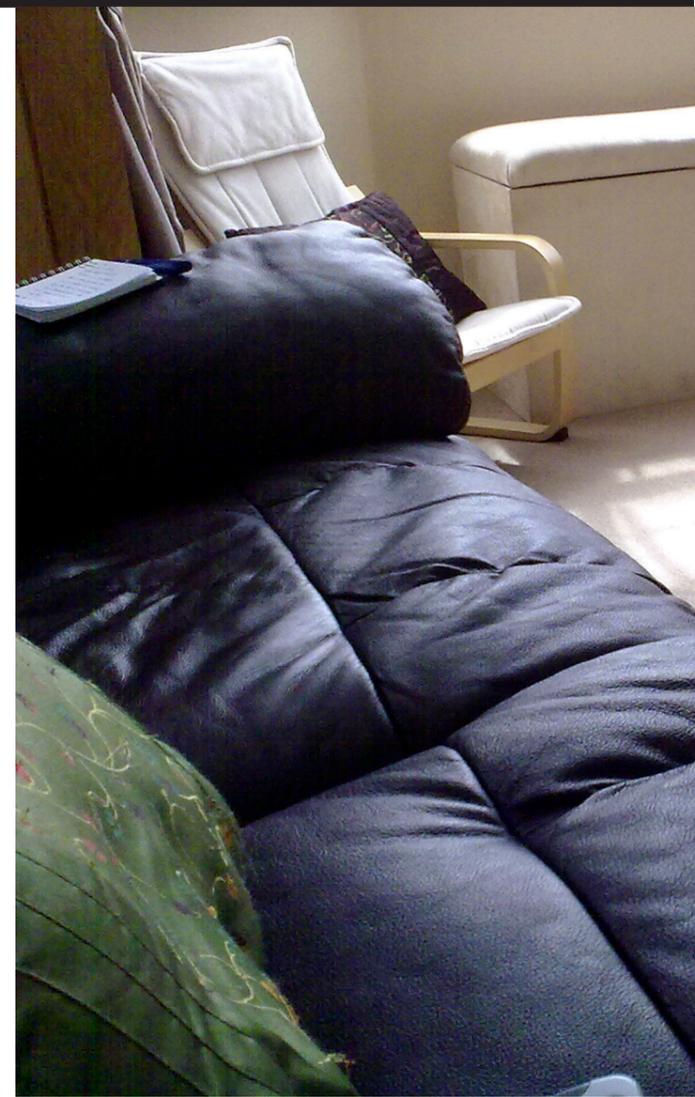


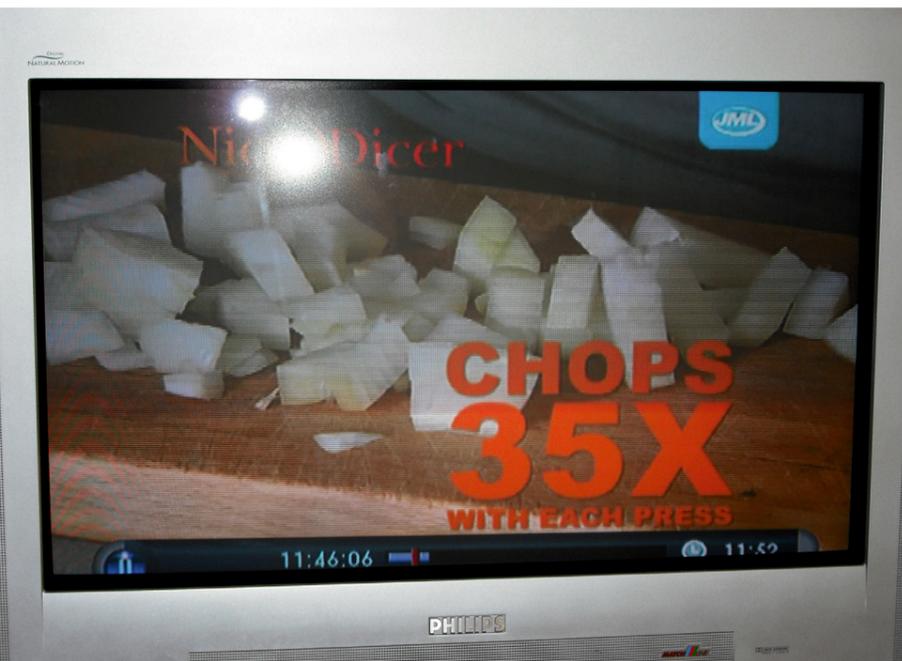
**11:40**

School uniform in the washing basket gave a shock reminder that my oldest child has just started big school. I begin to wonder how she's getting on.

*Longing,  
missing,  
love!*

Personal reflection after dropping my son at "big" school for his trial session. Thinking about how he's grown up so fast. Remembering when he needed help to do everything, now he can fend for himself . . . all grown up! Strange and a bit sad now he's grown up.





**11:45**

Seeing the 'Nicer Dicer' on TV... my Mum had something similar to this and she always used it to chop her onions... always!

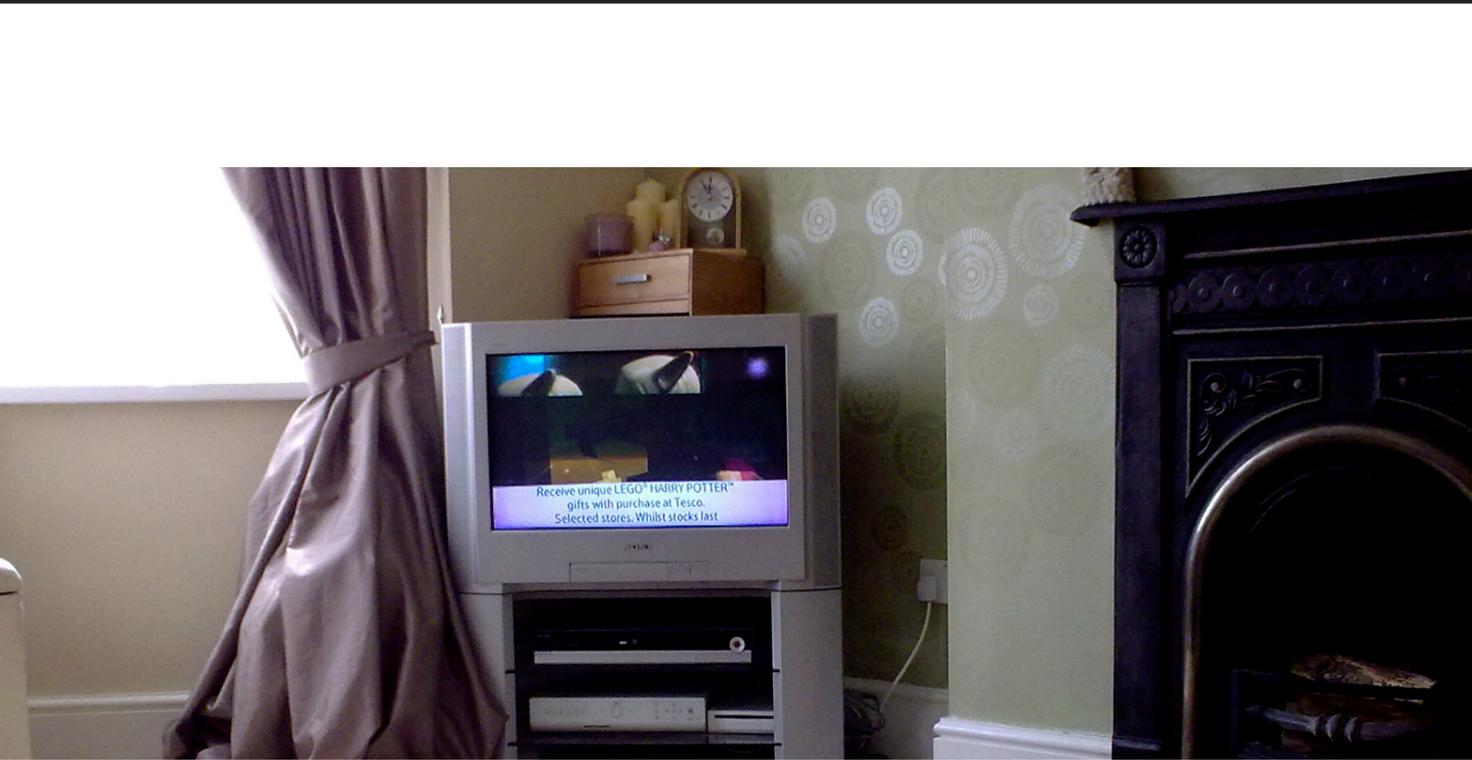
The clean but wet washing on the table, waiting to go on the washing line reminded me that I bought new pegs yesterday.





**11:45**

Seeing the washing on the line, I remember sitting in the garden with a friend when Lucy was a baby. She told me to take a photo of the washing line when it had baby clothes on because they grow up so fast.



**11:50**

Seeing a Lego advert on TV, remembering Bluewater shopping centre, going shopping with Sanne and Wendy, buying a Lego man keyring for a college project. Funny when Rory, our tutor, told us to just go shopping for inspiration!



**11:23**

Driving past the Lysaght Institute which was built for the Orb work force but open to others for dancing and meetings. I had my first pint of beer there! A lovely old building and a lovely dance floor.



## 12:20

Remembering the postman bringing parcels when Josh was born. I remember him standing there with an armful of jiffy bags saying "more presents for your baby"! I remember the happiness of having a new baby but now a little emotional that 10 years have passed.

## 12:22

Old photograph, with my grandfather in it. A memory of my grandparents' house. There was a portrait of my great-grandfather in the middle room. It was a dark room with only one window. The clock's ticking on the shelf was the only sound ever. It has a distinctive smell - not musty, but of the older generation - perhaps old-style furniture polish. I liked the room because it was full of interesting things but rarely used (except as a thoroughfare), and slightly removed from where everyone would congregate. My grandmother was never keen on me staying there for long.

*Curiosity, peacefulness,  
slight defiance of  
authority,  
30 years ago.*





**12:25**

Radio: song playing "Mad World", remember speeding down the M48 in my MX-5, with the hood down. A good day at work!

*Exhilaration!*

**12:27**

Radio: song playing "These boots were made for walking", My dad singing this, in the kitchen at their house... dancing too!

*Laughter,  
security,  
happiness,  
23 years ago!*

**12:30**

The Orb Steelworks gate house. I had to go through those gates when inspecting steel coils being loaded onto ships in their own dock.



**12:46**

Eggy bread, the smell of it cooking reminds me of when I was pregnant with my son and made banana and cinnamon french toast with golden syrup. I can smell the banana, cinnamon and sugar on top of the actual smell right now. I can taste it as well.

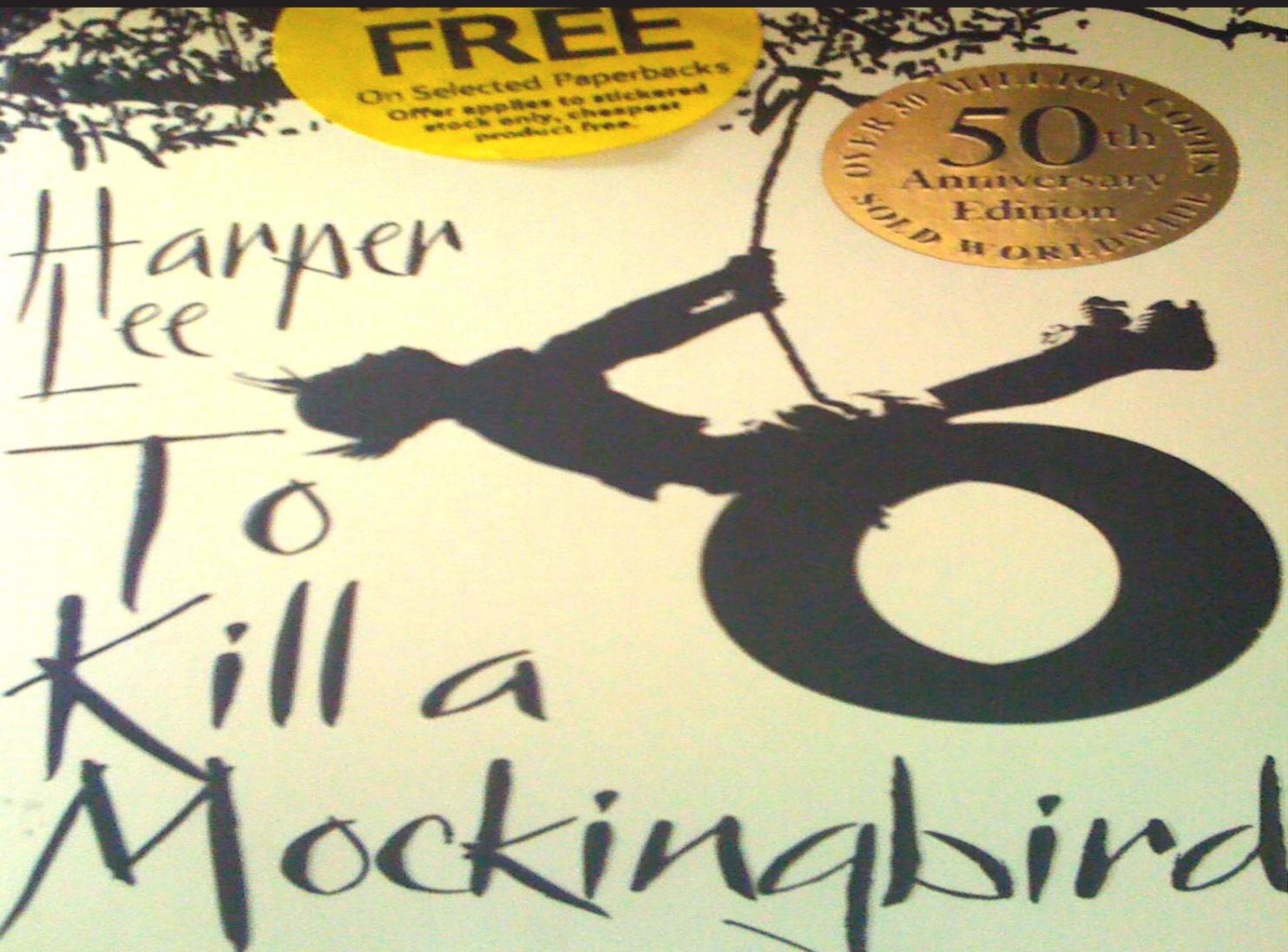


*Overindulgent,  
but satisfied!*

**13:00**

On the phone, having a conversation with my Dad, I started remembering a friend's daughter when she was little with a dummy. Nostalgia!





**13:00**

To Kill a Mockingbird book: I saw this book in Tesco and it reminded me of English lessons in school. It brought back nostalgic and happy memories from 23 years ago.

**13:03**

Picnic last Tuesday with my husband, the kids and my parents. Had to dig this out from the bottom of the change bag when I gave my son a biscuit, he'd eaten before we came out and I didn't expect him to eat while we were out. Picnic under the huge tree outside Caldicot castle.



**13:09**

I saw a CD by The Hollies in the shop. I used to work for the family of Alan Clark, singer with The Hollies. I was their Nanny and had just finished my nursing training. They came to our wedding, and let us live in their house for six months afterwards. Nice people! Fond memories of 39 years ago!





**13:30**

Passing Corus Steelworks, I remember going for an interview there and could not believe the size of the place... 3 1/2 miles long, 9,000 people employed! I was very nervous but got the job. I worked there for 35 years. It's now half the size and less than 600 people employed there now (very sad).



**13:30**

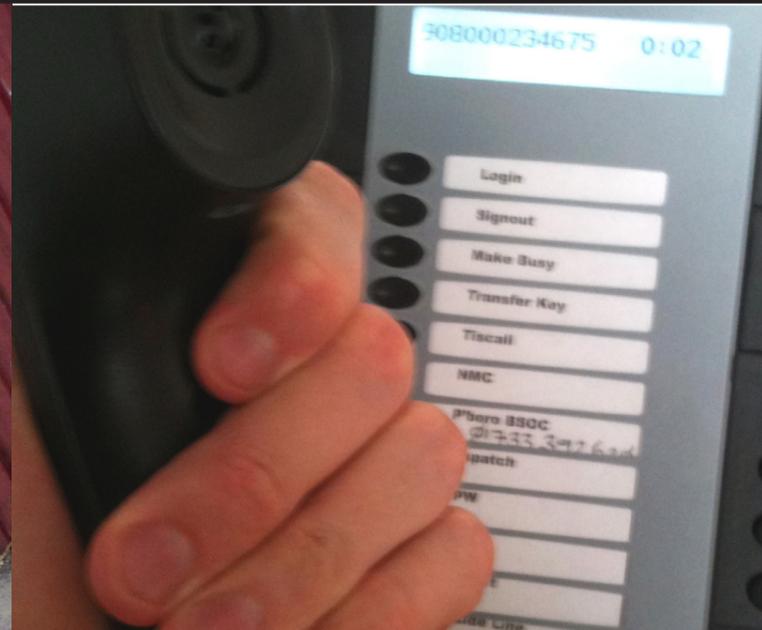
Mixing Royal Icing in the bowl, remembering making Royal Icing using a special egg powder mix at my Gran's kitchen. It took me a little while to get it right.

*Happy memories  
of 20 years ago!*



13:34

Sudden feeling of panic, fear, feel sick to the stomach. Triggered by hearing paramedic's siren, brings back a very strong memory of waiting for an ambulance for my husband when he was suddenly taken ill.



13:35

Using my phone in work and speaking with someone in the USA reminded me of a holiday in Florida when I was a kid.



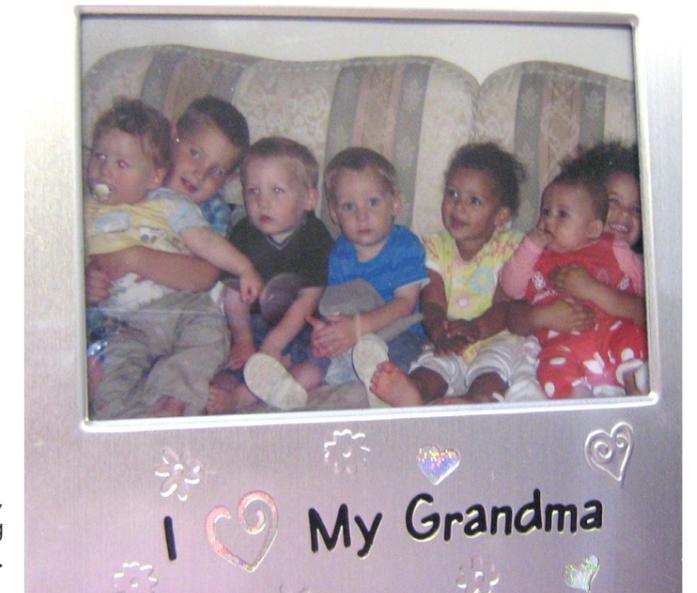
13:35

Seeing a newspaper report in the Metro, and all the advice I have been given over the years regarding both!! I Am Fat, and I've Got Cancer! Made me chuckle!



**14:00**

Collecting my son from his first trial day at his new school reminded me of when I went with my sister to pick up my nephew when he was in reception class 8 years ago.



**14:00**

Photograph of my grandchildren, brings back memories of trying to get all 7 children sitting still. Funny, amazement and proud.



**14:08**

The CATV cable at work reminds me of a friend's house just after he cabled up his place with this type of network cable.



**14:14**

Clothes peg on a lamp... we used a clothes peg to peg up a picnic blanket to a gazebo to block sun and create shade at Glastonbury this year.



**14:37**

Seeing my colleague at work reminds me of the film "Mega Shark v Giant Octopus", a film we have discussed in depth.



14:30

A group of us chatting at a friend's house, suddenly hearing music coming from a child's toy. I just knew which toy it was without even seeing it. My son had the same toy! I could instantly picture the toy visually without even seeing it... "weird"! It was a toy my oldest child used to always play with but got rid of it before my second child came along. Wow! Happy memories, I even started singing the tune.

Hearing the musical ball, it reminded me of Lucy as a baby. She had one of those toys. I remember being in my mum and dad's house singing songs on the cube with my husband to our daughter. This was about 4 years ago and I can still remember the songs.

Seeing my friend's baby crawling brings back so many memories of one of my twins learning to crawl at my mum and dad's house. We were in their farmhouse over Christmas and she learnt to crawl then.



**15:10**

Driving past the Celtic Manor Resort, remembering a wonderful Christmas present which was a stay there. Once inside, we could have been anywhere in the world!



**15:30**

Thinking of my son doing me a favour and picking his mother up from work years ago. His car went down quite a deep pothole, causing huge damage to the wheel, resulting in having to buy a new set of alloy wheels. The Council would not admit liability, but the hole was miraculously repaired the next day!

*Anger,  
frustration,  
down-right  
annoyed!*



**15:15**

I was sat outside on my own with a cold drink... because it was a hot day. I saw this pot of flowers on the patio and started remembering 'friends' and the first time I met a friend and the ward we were working on.

*Proud,  
reflective,  
loved!*

**15:30**

Seeing my daughter asleep in the car, brings back memories of being worried about my son's bump on the head, driving him frantically to hospital as he wouldn't stop crying. Suddenly he went very tired and kept falling asleep. My daughter asleep now triggered that memory as she too had just banged her head when she fell off the bottom steps of the stairs. You just want to wrap them up in cotton wool. Worried, not a happy memory!





**15:45**

We were sat in the doctors surgery and saw my daughter's reading book in her school bag. It reminded me of learning to read at school. A slightly negative memory from 30 years ago.



**16:00**

Walking past the hotel rooms on the way to my son's swimming lesson, I remember staying there many years ago. I remember the hotel room, the furniture. There was an office desk with a 'fake' old-fashioned brass desk lamp. A very strong visual memory of the room.



**16:00**

Driving past the Church Hall in Wyesham, seeing elderly people coming out of a meeting, reminded me of when we held a Golden Wedding party there as a surprise for our friends Elsie and George. Happy memories of 25 years ago. Glad to have had the pleasure of knowing them.



**16:00**

Driving past where once there had been one of the best garden centres in the area. My wife loved going around there with her mother. She use to buy lots of plants for me to plant!

**16:00**  
Seeing the floor, with the fake cobbled concrete with grass growing around it, reminded me of Stevenage, where my Nana lives. The whole town centre has concrete everywhere and looks just like this.





**16:00**

This sofa reminds me of falling asleep with my son, lying on my tummy, snuggled in, also fast asleep. Exhausted, but happy cuddling in watching a film.



**16:20**

The Dragon t-shirt! My older son wore this at his 5th birthday party. Fond memories, a happy time... 5 years ago.



**16:20**

The smell of the swimming pool, I remember working at one years ago as a lifeguard, very long shifts, hot with wet feet! Staff training where we used a spinal board. Big Rob, the inflatable monster, swimming the length of it underwater. Sharon, Harlech... Happy memories, missing people.



**16:25**

Rummaging in the cleaning cupboard, finding a pot of bubbles, remember a video we took of my youngest son, aged 2. We were in our kitchen, blowing bubbles for him to catch and he stamps around giggling and clapping, and saying "more bubbles". Happy memories, makes me smile.

**16:30**

The Leisure Centre - after I retired I took up bowling at the leisure centre which I have enjoyed for the last 10 years. The local people worked tirelessly for many years to get a swimming pool for the centre. Eventually an outside pool was built, but with only a short summer season, the cost of heating, maintenance and staff outweighed the cost effectiveness and it was closed. The children on the estate only had a few seasons of pleasure. Years of hard work by the Community Council and residents, down the drain with the pool water.

Leisure Centre  
Canolfan Hamdden  
Baptist Church  
Capel y Bedyddwyr

Underwood  $\frac{1}{2}$

Swimming Pool  
Welsh Children  
Ages 5-12  
OPEN



**16:40**

The taps in the downstairs bathroom remind me of the strange taps in the old holiday house we used to visit on the Isle of Wight when we were children. The house was called 'Pepita' and had very cold linoleum floors - large black and white squares, an old fashioned bath and strange square-looking taps.



**16:42**

Seeing a bottle of water, reminds me of night feeds with my youngest son. That feeling of alertness and responsibility.

Love,  
peace,  
watchfulness.

**17:00**

Listening to Dido, I was back in my old kitchen in Gloucester making mincemeat and sterilising jam jars.

Fondness,  
happy,  
memories.



**17:15**

Seeing my husband in a suit reminds me of him arriving home from work. He's currently out of work and today had just arrived home from a job interview.

*An odd familiarity.*



**17:20**

Cooking fishcakes in a pan, remembering Emma telling me her recipe.

*Affection, concern!*



**17:20**

Whilst talking to a prospective house buyer who was viewing the house and noticed the emergency doorbell. Memories of my Masters design work, my time at the RCA. A vivid visual memory of stark white gallery space and work hanging there ready for graduation show. Remembering my friend's work next to mine.



**17:25**

Finding a broken candle vase, I remember the 'blue' room it was bought for in our house. Everything in that room had to be blue. That was when rooms were themed around colours - years ago!

I was very naive back then... cringe!

**17:30**

Collection of items for my granddaughter's nursery competition, remembering how we collected similar items for my older granddaughter 2 years prior.





**17:40**

When checking my phone, I saw the pot of coving adhesive. It reminded me of stripping horrible artex off the tall ceilings of our house, getting it ready for plastering. I strongly remember the texture of it, how it turned 'gooey' and the heat from the steamer. Hot, sweaty and tired.



**17:45**

Seeing the toy car, remember finding a horrible snail toy in my son's lunch bag. He'd pilfered it from playgroup and hidden it in his bag. Scared me when I found it. I think he 'borrowed' this car from playgroup too!



**17:55**

Making a drink in the kitchen, I noticed the box of Jasmine tea. It brought back a vivid sense of the smell of chamomile tea, and my association of that smell to rabbit hutches... it smells like wee on straw - yuk!

# 18:00

Seeing the card for my physio appointment pinned on the notice board, remembering my visits to the physio clinic in Chepstow for sciatica pain...

*Very  
painful  
memories!*

Listening to the radio, reminded me of a holiday in North Wales with my husband and the dog. We stayed in a cottage in the middle of nowhere, complete with a traditional pub with unique characters. The first day was when the heavy rains flooded everywhere.

*Happy,  
excited,  
relaxed!*





PHILIPS

**18:05**

Looking at my glass of wine (empty!), remember my husband drinking wine in large amounts, getting drunk, smelling of alcohol, the rows. Reflective now, thinking about his death... mixed memories. Sad, anxious and upset.

**18:15**

Seeing the advert on TV, it looked just like "Twister", the movie. It was a very similar scene and tone, even the colour of the shots. Reminded me how rubbish the movie was, but I still seem to have watched it far too many times!

**18:20**

The chair against the skirting board reminds me of Caleb as a baby, sitting in the musical swinging chair while Josh was playing a game. Our old cat William, came in and just gently sniffed Caleb's toes, making him giggle.



**18:20**

Once belonging to Brenda's mother... memories! Her love of her garden, a mass of flowers and shrubs and the odd tree. When she moved house, which was often, the plants had to go with her. I shall never forget those words, "Glyn, can you help me move my plants." The majority of her plants were transported by trailer to the new address. More than one trip was often needed.



*Nostalgia,  
26 years  
ago!*

**18:20**

Seeing my cat in the garden reminded me of my other cat when I first let her out in the garden of our other house.





**18:30**

Seeing the fan, reminds me of coming home from our holiday in Florida to find the UK hotter than Florida and fans sold out everywhere!

**18:30**

The CD "Bruce Springsteen, Born In America", and living at 'Downham', moving into the house 6 weeks before the birth of my first child. I remember my husband carrying the dressing table upstairs when I was very pregnant.



**18:30**

Anthurium houseplant, a gift from a friend who just bought it round for me, reminded me that I bought one of these for my boyfriend's front room to brighten it up when he was selling his bungalow in Poole.





**18:35**

Seeing myself in the mirror reminds me of getting my hair cut... it needs a cut now. I want it cut the same style as a friend of mine. I've not seen her since our wedding 7 years ago. I'm remembering having my hair cut in Cardiff just before Christmas, wanting to go back there! Missing friends, daydreaming into the mirror!



**18:40**

Eating Lasagne for tea, remembering my flat in Monmouth, which I rented with a friend. Not sure what the connection is, I don't remember cooking it there, perhaps it was comfort food, I used to eat lots of pasta at that time. Strong, happy memories.. first time I moved out of home.



**18:45**

I found this necklace that I remember wearing when I was younger. Nostalgia, security and happiness.

*32 years ago!*



**18:45**

Seeing the toy garage remembering Christmas shopping for the girls last year. It was a day of freedom in Cardiff.

*Relief, happiness and guilt!*



**18:55**

Sat down, not really watching TV, brings back memories of our last flat in London and the 'pink' textured carpet everywhere. Stark, no furniture really. Remembering the people that worked in the car showroom under the flat and the break-in that we didn't hear (they stole all the cars as we were sleeping!). Very strong memories, back there, but happy here now in our new house.

**18:55**

Sat down, not really watching TV, looking around and seeing a pretty baby's top drying on the radiator reminded me of seeing a statement of my credit card after a shopping spree in an expensive baby clothes shop when my baby was just born.





**18:59**

Sat down, sudden waft of a sweet sickly strawberry smell from a candle on the table next to me. It reminded me of being a teenager, and the sweet sickly smells of perfumes and lip glosses etc., I had. Brings back memories of my bedroom at the family home, peach and green wallpaper and diamond border!

*Intense, very strong memories and not remembered since 20+ years ago*



**19:00**

Seeing the vacuum cleaner and remembering I need to vacuum the boot of the car before loading all the camping stuff in for the weekend.

*Excitement!*

19:00

Going past the church and remembering a time when we went to see the vicar to arrange a Baptism for our son when he was 3 months old. Remember the actual religious rite of sprinkling the holy water onto his forehead, we were all very nervous. Also remember looking for shoes for my wife, for my niece's wedding. We went to Newport, Cwmbran, Pontypool and Cardiff. Eventually finding the right shoes for her outfit. The day of the wedding, we came out of the Church and made our way across the grass only to step into a large amount of dog's mess. We laugh now, but at the time, my wife was not a happy lady.



19:00

Driving past the Cleppa Park Junction, where I used to work, remembering my first day arriving at what was NTL.





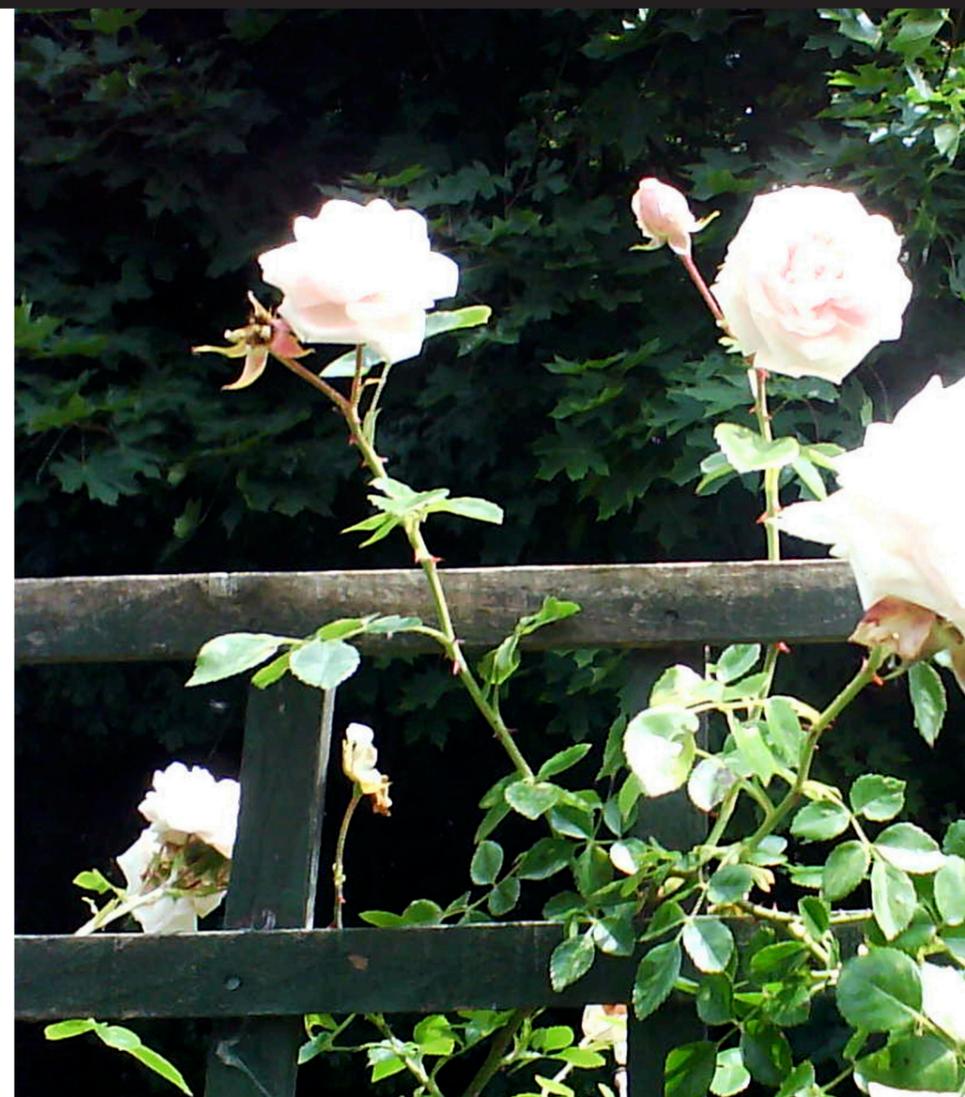
The tree near our house reminds me of my grandson as a toddler, and when we went on holiday to Fuerteventura, where he would play on the beach and the look on his face looking at the fish on the glass-bottomed boat.

# 19:00



The allotment on the side of the road reminds me of my son as a young boy and how he loved to help and ride on the tractor. I remember opening a tool box on the allotment where a rat jumped out, ran up my arm and over my head. I always opened it with a long stick after that.

Wandering around the garden, seeing all the flowers blooming, noticing the rose I planted in memory of an elderly, dear friend who died a few years ago. She was like a mum to us. Loved and adored my daughter like a granddaughter. She and her husband had no children so they 'adopted' all of us - loved all the children. Sadness, but memories of happy times.



VIETA

19:05

Sat looking at the TV, remembering Tom Jones in concert and my sister-in-law attending the concert 35 years ago. She was so excited.

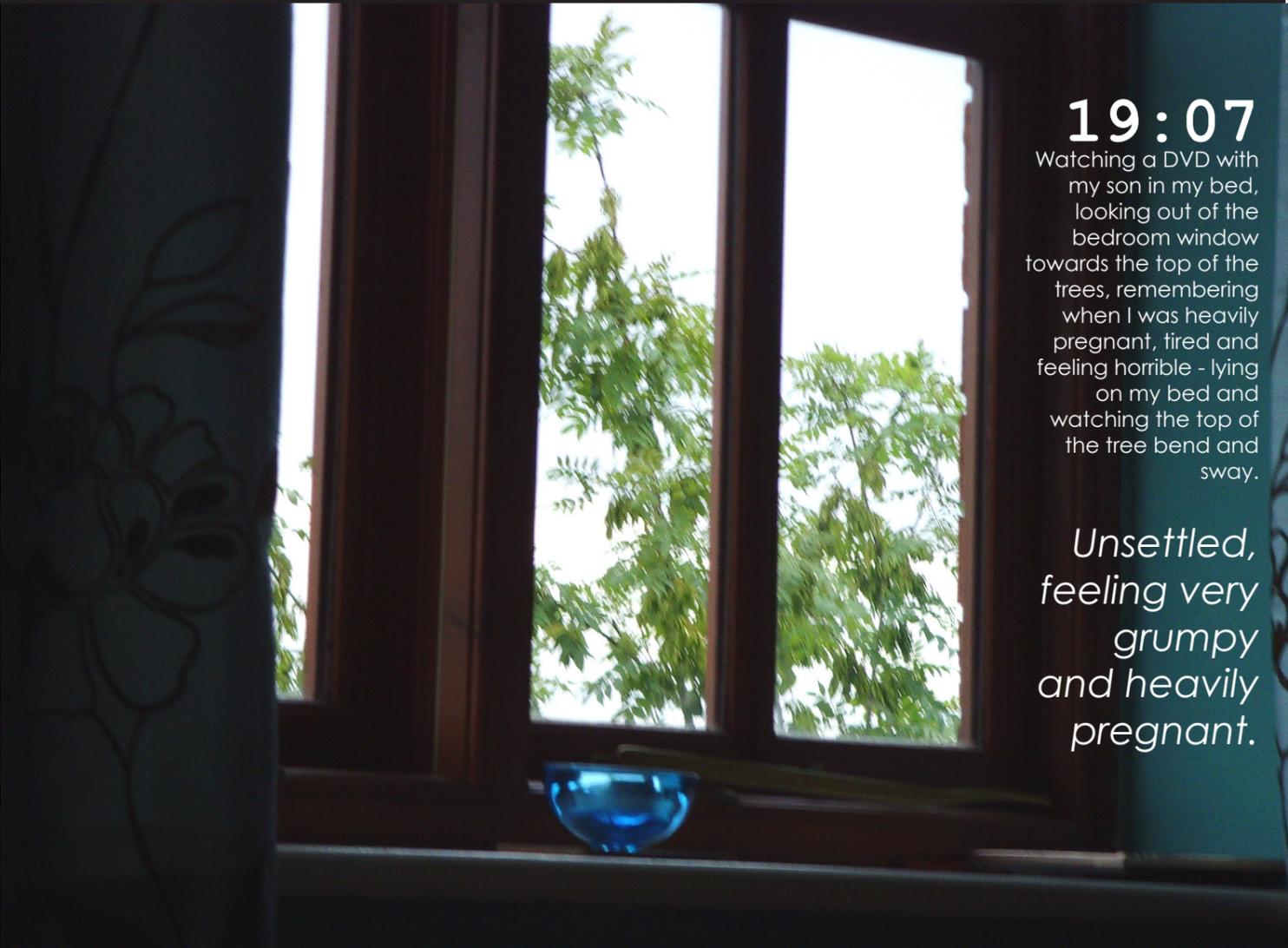
*Happy memories!*



19:07

Watching a DVD with my son in my bed, looking out of the bedroom window towards the top of the trees, remembering when I was heavily pregnant, tired and feeling horrible - lying on my bed and watching the top of the tree bend and sway.

*Unsettled,  
feeling very  
grumpy  
and heavily  
pregnant.*





**19:10**  
Driving past Malpas Fire station  
I remember going there as a cub  
and seeing how a fire station works.

*Happy  
childhood  
memories!*

**19:10**  
Driving through the Brynglas  
tunnels, I remember holding my  
breath as a child all the way  
through the tunnels.





accommodation that was unmarked on map, because they said I could access the network in my room, then another hour trying to explain to the conference centre that I had spoken to the IT people and there was no wireless network in that room and I am not in the habit of carrying an ethernet cable ...

[See more](#)

about an hour ago - Like



Jumping through hoops? Sounds far too much like gymnastic BAGA awards to me!

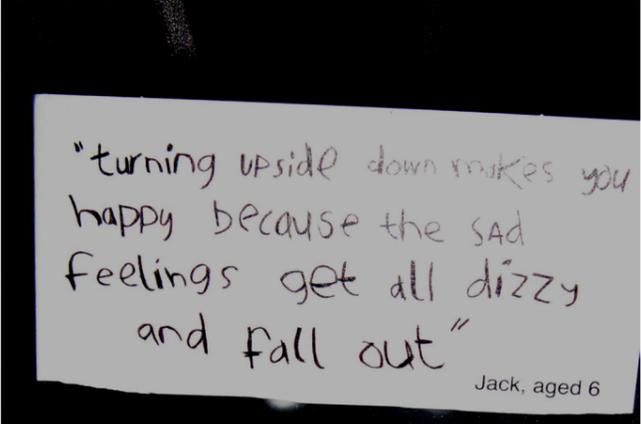
18 minutes ago - Like

## 19:20

Wow, intense very strong memory of 25 years ago from looking on Facebook and seeing a friend of a friend mentioning BAGA awards! Memories of gymnastics when I was 5 years old. I can vividly see the photo of me on the upturned bench. I was wearing a horrible long-sleeved black leotard with badges on, bobbed hair cut and a fringe. I can remember the smell and colour of the school hall!

## 19:20

Sat watching TV, my mind wandering, I glanced over at a card on the mantelpiece. It was for a friend who was told she had to undergo chemotherapy again. Angry, frightened, frustrated, sadness and panic.



"turning upside down makes you happy because the sad feelings get all dizzy and fall out"

Jack, aged 6

## 19:20

Saw a card on the side, remembering a special holiday with my dearest friend - to celebrate her graduation. A bit like *Thelma and Louise* in the end!!  
Tuesday - diagnosed with breast cancer, decided to go anyway.  
Wednesday - Friends graduation.  
Thursday - Travel to Gatwick.  
Friday - Refused flight, no visa for me!  
Monday - Eventually got there!!!  
Chuckles, how we managed to cope at the time.





**20:00**

Driving past the Angel Pub in Caerleon, memories of trying to get served in there when I was under age.



**20:02**

The bus stop outside the Hanbury pub, remembering many a night spent waiting to go into town. One in particular was when my wife was playing on the children's park and the bus had to wait.



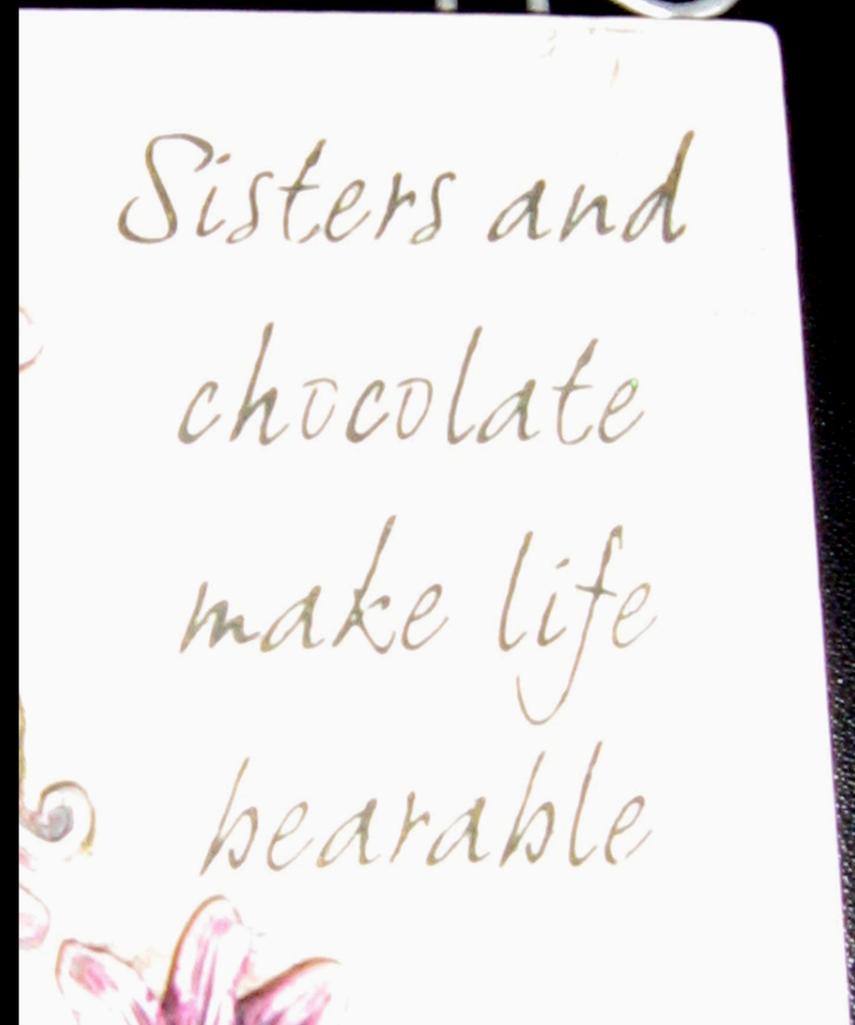
**20:05**

Putting the rubbish out in the rain and the smell of the grass hitting me. It reminds me of a camping holiday when after several very dry and hot days it rained - creating a very grassy smell.

*Relaxed  
and  
content!*

**20:10**

Making coffee and getting the milk out of the fridge, I remember a holiday in Zante this year - sat in the Jacuzzi by the pool, on my own. Regret that it's over, but happy and contented.



20:17



Putting away the box for the kitchen stand from our camping trip, remembering lying on Elliot's hospital bed, remembering unpacking earlier today, when my youngest daughter pointed at the box and said "That's Daddy!"

Watching the Wimbledon highlights, remembering lying on Elliot's hospital bed, watching Nadal v Federer, knitting a cardigan for my daughter and waiting for him to come back from theatre. Sweltering hot day, dark in the room because the blinds were mostly drawn.

20:29





**20:30**

Walking past the steam engine picture on the wall in our hallway, I remember working as a fireman in 1962 on the railways. One time we took nine cold steam engines, all coupled together, to Swindon to be broken up. The sidings at Barry docks were all full of redundant engines awaiting the same fate.

**20:31**

Making a Gin and Tonic in the evening, always brings back memories of my friend telling me about having cucumber instead of lemon and lime. Now I always make it with cucumber.





**21:00**

A colleague had just fallen down these steps at work. I was helping her out when suddenly remembered when I fell down some stone steps when I was a child. I remember my mother holding me, and there being lots and lots of blood everywhere. That was 45 years ago.

*Panic  
and  
fright!*

**21:10**

Seeing Mick Jagger on the TV reminded me of a time on holiday in Corfu. We went there after I finished my course at University. One night there, I did a Mick Jagger impression in a night club.



21:10



Seeing my daughter's new shoes on the floor in the living room reminded me of when she told me she was worried her friends were breaking the toys hidden inside the shoes.

21:11

Trying to remember my to-do list and seeing this card on the mantelpiece, reminded me it's my brother-in-law Simon's birthday on Monday. . . I must put the card in the post!





**22:00**

Driving home from work I saw a sign for the Rose Festival. It brought memories flooding back of Auntie Daisy. Feeling of loss, pain and emptiness from her death. Created a general feeling of emptiness and bereavement for all family and friends who are no longer here.

Anxious,  
... upset!

**22:00**

Talking with a colleague at work about an incident similar to a past situation at work, reminded me of a conflict with a colleague previously and how it was never really sorted out properly.

**22:05**

Having a shower and stepping out onto the 'feet' bath mat, reminded me of when I bought the mat, 6 weeks ago on holiday in Greece. I take photos of 'feet' ever since a friend and I sat on an empty Greek ferry, lying on the benches with our feet towards the sky.



**23:40**

Getting ready for bed, saw the Venetian mask on my bedroom wall.  
It always reminds me of walking through the Venetian alleyways whilst on  
honeymoon late in the evening and stumbling across a wonderful mask shop. My  
husband bought it for me as a souvenir of our stay in Venice.  
It was cold and drizzling... it was November though!  
Good night x

*Very happy, and very tired!*





# Appendix 4ii

## **1 day: Many people, many more memories** **Analysis table**

The 10 stronger, more intense involuntary memories from the experiment were analysed against the same criteria used previously (Diary method trial 2) for comparison and understanding (see thesis discussion, p. 172).

Involuntary memory example	Age of memory	Chaining from voluntary mem.	Current Activity	Presence of triggers	Rehearsal frequency	Type of trigger
05:52	Childhood	No	Bed – waking up	Sensory / Perceptual	Rare	Sound – hint to original memory
07:41	Yesterday	No	In shower	Abstract	Memory too recent	Thought
08:02	2 years	No	Opening curtains	Sensory / Perceptual	Occasional	Object – original to memory
08:40	34 years	No	Driving in car	Sensory / Perceptual	Rare	Song – Indirectly linked to memory
09:15	Childhood	No	Cleaning windows	Sensory / Perceptual	Occasional	Smell – original to memory
10:30	Childhood	No	Walking	State for 1 <sup>st</sup> Abstract for 2 <sup>nd</sup>	Very rare	Place - 1 <sup>st</sup> trigger Thought - 2 <sup>nd</sup> trigger
10:47	7 years	No	Walking	Sensory / Perceptual	Never before	Smell – hint to original memory
11:19	Childhood	No	Walking	Sensory / Perceptual	Very rare	Object – Indirectly linked to memory
18:59	Childhood	No	Sitting and daydreaming	Sensory / Perceptual	Never before	Smell – hint to original memory
19:20	Childhood	No	Reading on computer	Abstract	Very rare	Written word – hint to original memory