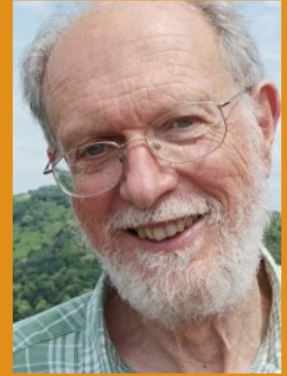


Join us for an

INSPIRATIONAL EVENING



Reminiscence and Life Review

There has long been an interest in using reminiscence as a helpful aid to well-being in later life. This talk will discuss reminiscence and life review—a considered and balanced assessment of one's life—and its spiritual and religious underpinnings.

Wednesday 11 November 2026

4.30-6.30pm

**Vine Room, Ascension Church, Thorold Road
Bitterne Park, SO18 1HZ**

***with Peter G. Coleman, Emeritus Professor of
Psycho-Gerontology, University of Southampton
hosted by Dr. Elisabeth Schroeder-Butterfill***

Light refreshments - the evening is FREE

RSVP: CARAWAY@CARAWAY.UK.COM

