

A clear glass bottle lies horizontally on a beach covered in seashells. The bottle is partially filled with a light-colored, powdery substance. The background shows a calm sea and a clear sky at sunset or sunrise, with the sun low on the horizon. The text is written in black ink on a white paper insert inside the bottle.

*Storytelling for Health*

*June 15<sup>th</sup> - 17<sup>th</sup> 2017*



## Welcome! Croeso!

We hope you will:

- Make new connections
- Join in the conversation
- Share your insights

Whether you go to performances, workshops or presentations – we hope that you will be thinking new thoughts, seeing further than you have seen before and sharing your insights with others.

**Parallel Sessions.** Be in good time! 70 max in each venue, 30 in workshops.

**Prizes.** Each venue will have a board for you to write up your insights – if there is a speaker, storyteller or performer who has triggered that insight then please credit them on the board. We will be giving a prize each day to the person who has generated the most insights for delegates.

**Please take care of yourselves.** We are very aware that storytelling in this field can touch raw wounds in people's lives. If this happens for you please let us know or ask the information desk for a list of support services that you will be able to contact for further help. The information desk may also be able to help with practical problems – just ask and we will do our best!

**Photography and audio.** We will be audio recording all sessions but nothing will be available publically without the speaker's permission. There will also be people taking photographs and filming, please make yourself known to the information desk if you do not want to be on any images from the conference.

**Information desk.** The Information/Registration desk will be open each day 8.30 – 10.25 at The Waterfront Museum and 10.35 – 17.00 at Volcano Theatre.

We are really excited about the range of presenters and delegates at the conference. The breadth of participants and topics shows just how much impact storytelling is already having and we think that this conference will be the beginning of many new collaborations. We hope you enjoy the conference as much as we know we will.



Prue Thimbleby and Emily Underwood-Lee  
Conference Lead and Co-convenor

# Itinerary

Thursday 15th

18:30  
19:30- 20:30

Registration opens & Networking, posters and other displays  
(Bar and snacks until 21:00)

Volcano Theatre  
Welcome & Re-Live Presentation

Friday 16th

8:30 - 8:50  
9:00 - 10:00

Registration, Live Music & Keynotes  
(9.45 Tea & Coffee)

Waterfront Museum  
Vaughan Gething, Eluned Morgan, Phil George, Andrew Davies

Parallel Sessions

11:00 - 13:00

Dynevor Centre (Presentations)	Glynn Vivian Gallery (Presentations)	Reading Room @ Alex (Workshops)	Volcano Theatre (Performances)
Stories in Clinical Training	Patient Stories	Narrative Therapy Workshop	My Mother's Hand as a Bird Sorting the Sock Drawer

14:30 - 16:30

Stories in Health Research	Stories in Mental Health	True Cut Performance & Discussion	Killer Cells All about my Tits
----------------------------	--------------------------	--------------------------------------	-----------------------------------

Friday 16th

19:30 – 21:00

Devil's Violin brand new work: STOLEN

Waterfront Museum

Saturday 17th

8:30 – 8:50  
9:00 – 10:00

Registration, Live Music & Keynotes  
(9:45 Tea & Coffee)

Waterfront Museum  
Live Music Now & Dan Yashinsky

Parallel Sessions

11:00 - 13:00

Dynevor Centre (Presentations)	Glynn Vivian Gallery (Presentations)	Reading Room @ Alex (Workshops)	Volcano Theatre (Performances)
Panel: Stories & Older People Talk: Jac Saorsa	Stories in Childrens Health & Childrens Workshop	Creative Writing Workshop	Dispatches from the Other Kingdom Chronic Pain: A Comedy

14:30 - 16:30

Keynote: Daniel Morden Closing Keynote: Mike Wilson	Stories at the End of Life	Swansea Storytelling Club Found in Translation	Drama Therapy Workshop This Could Be Us
--	----------------------------	---	--

Saturday 17th

17:00 – 20:00

Separate ticket- free drink, food available to purchase

Poetry Performance and Live Music

\*The performances in the Reading Room on Saturday afternoon will be children friendly.

\*\*Lunch will be at Volcano Theatre and Tapestri Cafe as per your lunch vouchers



# Fun with Welsh

Tick off these words when you have used them and then get a sticker from the information/registration desk. Welsh is a rhythmic and strongly stressed language, which is one of the things that makes it so musical.

Putting the stress on the right syllable in a word is a huge step towards pronouncing it correctly. In a word longer than one syllable, the stress will almost always fall on the last syllable but one.

LEVEL 1

- Shwmae 'hello' SHU-my ('shu' as in 'shut')
- Diolch 'thank you' Dee-ol-ch ('ch' as in Scottish 'loch')
- Croeso 'welcome or you're welcome' CROY-so ('so' as in 'soft')
- Stori 'story' STORE-ee ('r' slightly rolled)
- Cwtsh 'cuddle-up or squash-up' COOT-sh ('coot' with a very short 'oo' sound, not like 'cut' or 'cot', 'sh' as in 'shush')

LEVEL 2

- lechyd 'health' YA-chid ('ch' as in Scottish 'loch')
- lechyd da 'cheers' or 'good health' YA-chid Dah ('ch' as in Scottish 'loch')
- Da iawn 'very good' DI yown ('yown' rhymes with 'down')
- T'isio panad? 'Do you want a cuppa?' TEE-sho PAN-add? ('sho' as in 'shopping')
- Coffi/Te 'coffee/tea' COUGH-ee / Tay (like River Tay)
- Ty Bach 'toilet' Tee bar-ch ('tee' as in 'T-shirt', 'ch' as in Scottish loch)

Our Creative Digital Developer, Cheryl Beer, will be circulating amongst delegates to collate a Conference Ethnographic Poem, as well as weaving magic and literally spinning yarns at our Evaluative Installation 'Storytelling Cloak from a Doctor's Coat' where volunteers Caroline Lane & Ann Battye, from knitting groups that have been involved in our Knitting to Reclaim Well Being, will be with Cheryl in Volcano Theatre, helping you add to the installation story.

Image: Alison Ward

## Other interesting things to do...

In a dream you saw a way to survive  
and you were full of joy

May 13 – August 28

Glynn Vivian, Swansea: Atrium & Room 3  
SA1 5DZ

Open: Tuesday - Sunday 10.00 - 17:00  
Closed Mondays except Bank Holidays

Hayward Touring Exhibition from  
Southbank Centre, London

Exhibition presented by Turner Prize-winner  
Elizabeth Price, the latest in a series of  
Hayward Touring exhibitions curated by  
artists. It features works by over forty artists  
including Becky Beasley, Guy Bourdin,  
Henry Fuseli, Richard Hamilton, The  
Lumière Brothers with Loie Fuller, Henry  
Moore, Paul Neagu, Bridget Riley, Jo  
Spence and Francesca Woodman.

Swansea Storytelling Club

Swansea Storytelling Club meets on the  
last Friday of the month at 19:30 in  
Tapestri Cafe to celebrate stories old and  
new. Floor spots available for anyone with  
a tale to share, guest teller each month.  
If you'd like to share a tale yourself please  
book a floor spot in advance by emailing:

[swanseastorytellingclub.btck.co.uk](mailto:swanseastorytellingclub.btck.co.uk)

Swansea Storytelling Club will be leading  
the open mic session in the Reading Room  
@ Alex on Saturday June 17th at 14.30

Voices From The Edge

May 13 – July 9

Craft in the Bay, Cardiff  
CF10 4QH

Open: Every day 10.30 – 17.30

Voices from the Edge – Murmurations

This exhibition encompasses the works of  
five visual artists who have spent two years  
working with residents of care homes across  
Wales. Through responding to this unique  
interaction, artists were able to connect with  
the elderly, some living with dementia.

As a direct result of this connection the  
artists were inspired to develop their  
practice and create work which expressed  
the sensitivity and fragility of these shared  
experiences, capturing and amplifying the  
past glories of the people they met.

[makersguildinwales.org.uk](http://makersguildinwales.org.uk)

## Conference Exhibition...

Cancer Ward 12

June 15 - July 7

Dynevor Centre: Foyer  
SA1 3EU

Jac Saorsa is the artist and writer behind the Cancer Ward 12 exhibition. The exhibition draws on the relationship between literature and real life with regard to terminal illness. Jac will be giving a Keynote Talk at the conference on Saturday 17th in the morning, following which she will be available in the exhibition from 13.00 to 14.00

Dr Jac Saorsa is a visual artist, writer and researcher based at her studio in Broadway, Cardiff. Jac works primarily within the field of medicine with a special interest in the qualitative exploration of the individual lived experience of illness. She works directly with patients and with health professionals, both in the UK and in Africa, towards the advocacy of patient autonomy, and the 'humanisation' of the medical relationship. Her work is in public and private collections in the UK, in Tanzania, and in the USA. In 2013 Jac founded The Broadway Drawing School in Cardiff.



Image: Jac Saorsa

# Speaker Information

Listed chronologically by venues: [Waterfront Museum](#) [Dynevor Centre](#) [Glynn Vivian Gallery](#) [Reading Room @Alex](#) [Volcano Theatre](#)

## Waterfront Museum

Friday 9:00- Keynote Speakers

Chair: Andrew Davies

Andrew Davies

Andrew Davies is Chair of Abertawe Bro Morgannwg University Health Board, which covers the area of Swansea, Neath Port Talbot and Bridgend. One of the 'architects' of devolution, Andrew headed up Welsh Labour's Welsh Assembly referendum campaign in 1997 before being elected as Assembly Member for Swansea West in 1999. He was a Welsh Government Minister from 1999 – 2009, including being Minister for Economic Development & Transport and Finance Minister. Andrew was chair of National Dance Company Wales from 2010 - 2017.

Minister for Health in Welsh Government.

Vaughan Gething

Eluned Morgan

Baroness Eluned Morgan is the Welsh Assembly Member for Mid and West Wales and speaks on behalf of the Labour Party in the House of Lords. Her political career started at the age of 27 when she was elected as the youngest Member of the European Parliament in 1994. She was only the fifth woman elected to a full time political position in the history of Wales.

Until July 2013 Eluned was the Chair of Live Music Now in Wales and is Trustee of Live Music Now UK. She initiated and currently chairs the Welsh Assembly cross party group for Arts and Health.

Phil George

Phil George was appointed chair of Arts Council Wales in 2016.

From 2001 – March 2016, Phil was founder and Creative Director of the television production company Green Bay Media which specialises in high-end documentary projects for broadcasters in Wales, the UK networks and internationally. The company won numerous awards at BAFTA and the Celtic Film and Television Festival.

In 2007, Phil was appointed Founding Chair of National Theatre Wales which has made extraordinary work in locations and communities all across Wales and internationally. NTW's groundbreaking productions include The Passion, a 72-hour event in Port Talbot starring Michael Sheen.

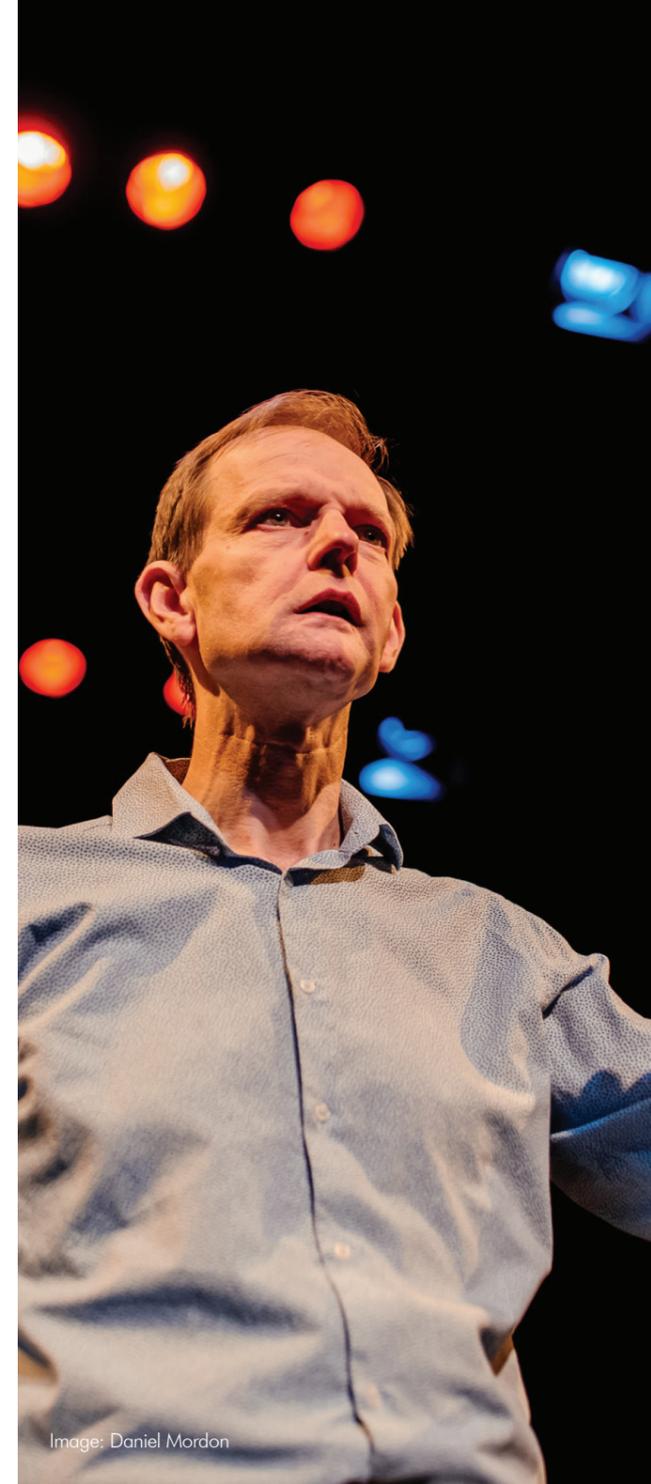


Image: Daniel Morden

Friday 19:30- Keynote Performance

STOLEN The Devil's Violin

The Devil's Violin have been blending traditional story and music into powerful performances for 10 years. Tonight they perform their new piece, STOLEN, created during Daniel Morden's cancer treatment. [www.thedevilsviolin.co.uk](http://www.thedevilsviolin.co.uk)

Saturday 9:00- Keynote Speakers

Chair: Barry Atkins

Barry Atkins

Barry Atkins is professor of Digital Culture at the University of South Wales, with an academic background in narrative and storytelling in digital games.

Live Music Now

Short video: 'Songs from Above and Below' a song cycle composed with care home residents. [www.livemusicnow.org.uk](http://www.livemusicnow.org.uk)

Dan Yashinsky

'Talking to Butterflies: bringing STORYCARE to healthcare'. My work as the storyteller-in-residence at Baycrest Health Sciences has been a three year experiment in bringing the language and experience of storytelling into a range of clinical settings. This talk explores how STORYCARE can be woven into psychiatry, palliative care, rehab, and individual encounters with patients, long term care residents, family members, and staff. [www.tellery.com](http://www.tellery.com)

Dan Yashinsky is a Toronto-based storyteller, writer, and community animator. In 1978 he founded 1001 Friday Nights of Storytelling, North America's longest-running adult storytelling series. In 1979 he founded the Toronto Storytelling Festival. His books include Swimming with Chaucer - A Storyteller's Logbook, and Suddenly They Heard Footsteps - Storytelling for the Twenty-first Century. In 1999 he received the first Jane Jacobs Prize for his work with storytelling in the community. He is currently the storyteller-in-residence at Baycrest Centre for Geriatric Care, working with patients, staff, and family members.

## Dynevor Centre

Friday 11:00- Stories in Clinical Training

Chair: Mark Cocks & Jemma Hughes

Mark Cocks

Dr Mark Cocks is Assistant Dean of Swansea College of Art (UWTSD) with research interests into academic pedagogy and photographic practice.

Jemma Hughes

Jemma Hughes manages research and development within ABMU Health Board, she has a keen interest in Arts in Health and its impact on wellbeing, particularly through the role of community music groups, currently acting as Music Secretary and Soprano Representative of Swansea Philharmonic Choir and as an active member of Uplands Arts.

Jo Odell

'The use of stories, collaboration and creativity in the evaluation of the Patients First Programme' [fons.org/programmes/patients-first](https://www.patientsfirst.org.uk/programmes/patients-first)

At the end of the 18 month programme, the nurse led teams work in collaboration to use their experiences/stories to develop the evaluation and to present this to each other creatively through which ever medium they choose. The teams have chosen a mixture of poems, art/posters, songs and drama/comedy presentations in the past.

Amanda Page

In March 2017 I hosted a nurse storytelling night at Wild Goose Creative, an arts organization in Columbus, Ohio. The presentation will include a review of the evening, as well as testimonials from the nurses who told the stories, and the nurses in the audience. The theoretical foundation for why such a night is important in both nursing culture and local arts culture will be explained. Also, tips on how to organize a nurse storytelling night will be shared. Topics covered will include how to avoid data protection violations, how to select a venue, and how to find and prepare willing storytellers.



Image: Jeff Diamond, Re-Live

Suzanne  
& Mark Marnocha

Our learners, soon to become nurses or family physicians, tell stories of difficult care, relive unfinished farewells, write the stream of today's thoughts, sketch with crayon the fears and costs of such education, look outward with mindful alertness, and turn in more deeply to confer with the elders and the deceased, thereby finding, again and again, that center which may indeed hold, and even heal.

Rachel Leyland

I will explain how our medical students use stories, explored in small groups, to understand patients' and their own experiences. They build communication and narrative skills and learn to consider complexity, uncertainty and to place their learning in context. Not only that, they expose a Hidden Curriculum of messages implicitly taught on apprenticeship; they recognize the good, the bad and the ugly and make a choice on what sort of doctors they wish to become.

Clive Weston, John Rees  
& Cindy Hayward

We will present our activity of reading and responding to medical students' written reflections, asking: Do these pieces contain stories? Whose stories are they and with whom can they be shared? Can this activity deepen the students' abilities to listen and reflect, and so strengthen their wellbeing and resilience?

Suzy Willson

Suzy Willson, Director of Clod Ensemble and the Performing Medicine programme, describes how arts based approaches in healthcare education can build awareness of the physical, non verbal elements of practise. [www.performingmedicine.com](http://www.performingmedicine.com) and [www.clodensemble.com](http://www.clodensemble.com)

## Dynevor Centre

### Friday 14:30- Stories in Research

Nick Andrews

Chair: Mark Cocks & Jemma Hughes

Older people's narratives bringing research messages to life – lessons from a Joseph Rowntree Foundation project.

Alison Ward

Storytelling was used with a group of people with early stage dementia supporting the sharing of stories across the group which offered moving accounts of present day experiences and reminiscences about the past.

Katherine Hall

We believe that centring medical management of chronic disease firmly and firstly on patient experience and expertise, particularly if the condition is contested, leads to much better outcomes for both patient and doctor.

Clare Clement

This presentation will discuss the development and application of Integrated Patient Storytelling when exploring and conveying complex patient journeys and present the possible benefits for healthcare researchers and practitioners.

Peta Bush

Patients' use of collage to tell their stories as co-designers for health.

Val Bogan

Based on early doctoral research, this multi-media presentation asks whether patients with the same disease, when requested introspectively to visualise their symptoms, produce sufficient signs in common to suggest that a shared visual language of disease exists.

### Saturday 11:00- Keynote Panel

Hamish Fyfe

Chair: Hamish Fyfe

Hamish Fyfe is Professor of the Arts and Society at the University of South Wales and formerly Director of the George Ewart Evans Centre for Storytelling.

Storytelling with Older People

Panel members: Dan Yashinsky: Keynote Speaker, Elena Schmitz: Head of Programmes at Literature Wales, Mandy Fancourt: Puppeteer and Dementia Arts Matters, Karin Diamond: Co-Director ReLive Theatre Company.



Image: Cath Mather

### Keynote Exhibition Talk

NOTE: Cancer Ward 12 Exhibition is open throughout the conference in the Dynevor Foyer Gallery

### Saturday 14:30- Closing Keynotes

Dr Emily Underwood-Lee

Daniel Morden

Mike Wilson

Jac Saorsa

**Keynote Exhibition Talk** Jac Saorsa is the artist and writer behind the Cancer Ward 12 project. Jac will lead an open discussion based on the existential lived experience of cancer and its treatment from the perspective both of patients and those who care for them. The discussion will reflect the themes of the project, which draw on the relationship between literature and real life with regard to terminal illness. After the discussion there will be an opportunity to visit the Cancer Ward 12 art exhibition with the artist. *The Artist will be available in the exhibition space until 2p*

Chair: Emily Underwood-Lee

Dr Emily Underwood-Lee is Research Fellow at the George Ewart Evans Centre for Storytelling at the University of South Wales. Her research interests include autobiographical performance and the intersection of the arts and health.

'Sympathetic Magic' Storyteller Daniel Morden reflects on how stories helped him through his treatment for cancer. Daniel Morden is one of the UK's leading storytellers, he has been enchanting audiences with his tales since 1989. He has performed at events across the globe, has won numerous awards including the Audience Choice Award for Outstanding Storyteller- Words Festival, Helsingbor, Denmark and the UK Classical Association Award for 'the most significant contribution to the public understanding of the classics', and has published 12 collections of stories. Daniel's recent work has focussed on the performance of stories when going through a major health event.

When William Wordsworth wrote of the scientist and the poet walking hand in hand, he probably wasn't imagining the relationship between storytelling and health that has blossomed over recent years. This paper offers a reflection on that evolving relationship and how storytelling may have to rethink itself in a post-truth world. Prof Mike Wilson is Professor of Drama at Loughborough University. He is a leading authority on storytelling and performance and has written seven major books on the subject. Mike's research on storytelling has led him to work on the interface between storytelling and digital technology and the way in which the internet has enabled the telling and sharing of 'extraordinary' stories of the everyday experiences of people.

## Glynn Vivian Gallery

Friday 11:00- Patient Stories

Joseph Sobol

Chair: Joseph Sobol

Joseph Sobol is a storyteller, musician, folklorist, and author of 'The Storytellers' Journey: An American Revival,' a history of the American storytelling movement. Since 2000 he has directed the Graduate Program in Storytelling at East Tennessee State University. He has recently accepted the post of Director of the George Ewart Evans Centre for Storytelling Research at University of South Wales.

David Ambrose

David is the founder of Beyond the Border Storytelling Festival. In this presentation, talks about the experience of having heart surgery, the journey he found himself on, and some of the things he learned along the way.

Tim Hunt

'Patient Opinion' collects stories from the public about their healthcare experiences. The stories are carefully moderated, published on the website and sent through to the staff who need to listen to and act on their feedback.

Daniel Serridge

'The Village Storytelling Centre' is developing a strong track record in supporting NHS and social care staff to use storytelling to develop a greater understanding of the individuals that their work supports and of the personal narratives that influence them and their colleagues in the care context. [www.villagestorytelling.org.uk](http://www.villagestorytelling.org.uk)

Duncan West

Rather than providing a catalogue of facts/information sheets, we believe that delivering a strong narrative illustrated with patient stories offering experiential learning about the treatment journey and what to expect, provides the necessary context and relevance to help alleviate many of the fears or concerns that all too often prevent patients from taking their medicines effectively.

Kimberley Littlemore

From Comic Relief to Chronic Pain relief! How experience in the developing world led to health innovation through story-telling with 'PocketMedic'.

Naomi Sunderland  
& Nicole Matthews

In this session, we will share some of the lessons learnt in preparing our book Digital Storytelling in Health and Social Care: Listening to marginalised voices and consider what we might learn from a focus on listening to stories when we come to recording the voices of storytellers. We will be signing books at the bookstall in Volcano Theatre over lunch.



Image: David Ambrose

Friday 14:30- Stories in Mental Health

Prue Thimbleby

Chair: Prue Thimbleby

Prue Thimbleby is Arts in Health Co-ordinator for ABMU Health Board, she is also a practising artist and storyteller. [www.pruethimbleby.net](http://www.pruethimbleby.net)

Cath Heinemeyer  
& Jamie Towey

Converge is a partnership between York St John University and the NHS that provides quality university-based courses in the arts and other subjects for people who experience mental ill health, and supports them to grow into professional and artistic roles. This paper will show the aesthetics and emphases that arose from a Converge storytelling course, taught jointly by a storyteller/researcher and a performer with lived experience of mental ill health.

Bart de Nil

Together with Erfgoedcel Viersprong (a regional heritage body that supports local heritage organizations in the region south of Ghent (East-Flanders)), mental health institutions and local museums we developed two sustainable interventions with heritage collections. I shall present the context of the whole project, the setup of the sessions and the lessons learned so far. [www.faro.be](http://www.faro.be)

Karen Ingham

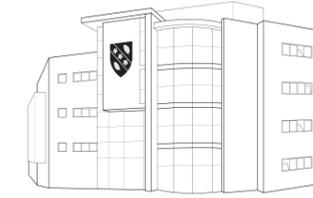
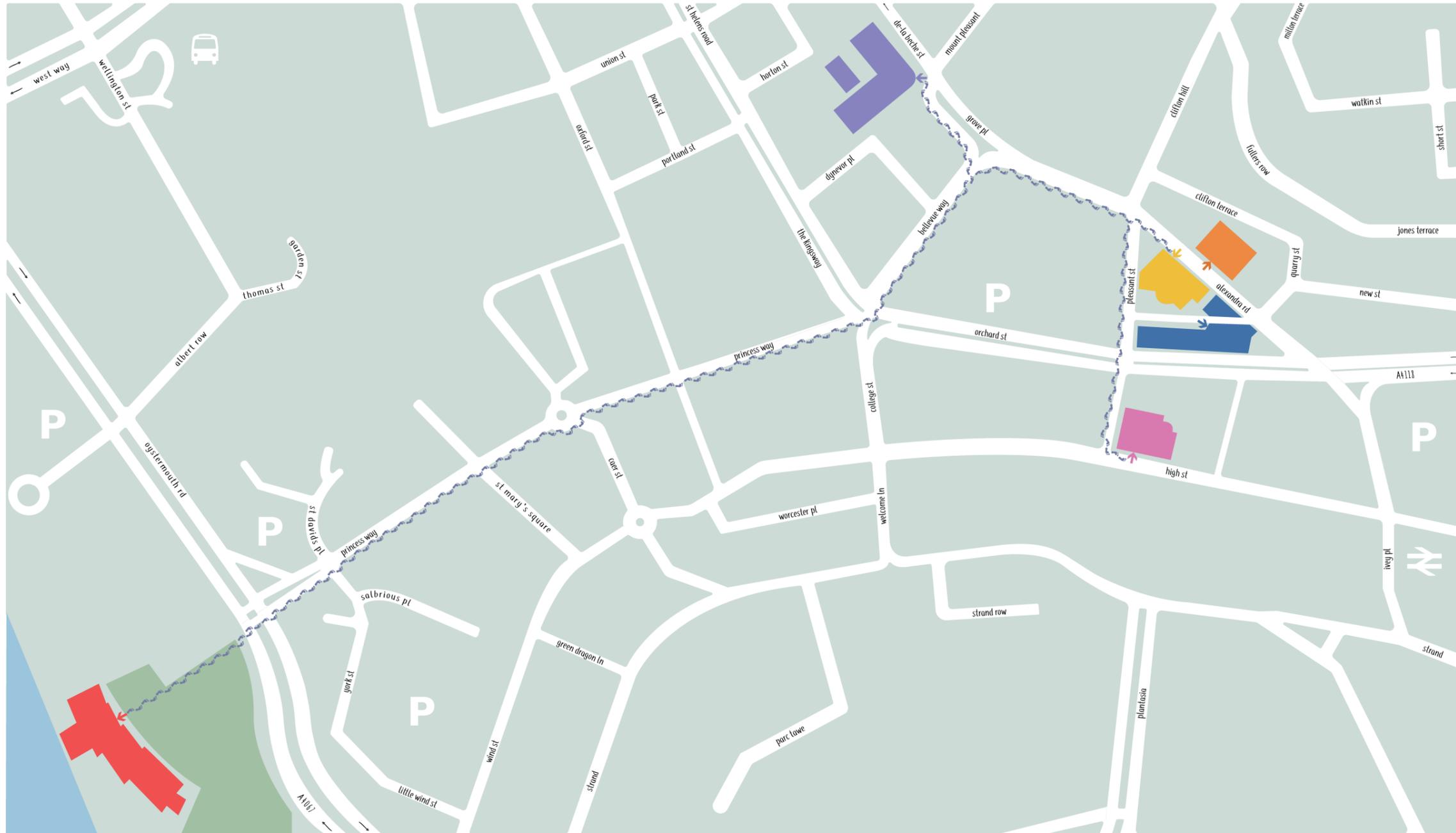
I will present recent practice in collaboration with the Royal College of Art, FACT Liverpool, MIND, and Swansea Medical School which explores how affective objects can embody and transfer emotional data for young people suffering from mental health problems.

Alette Willis  
& Lily Asch

Real Talk is a social enterprise that creates safe spaces for authentic conversations around mental ill health by empowering personal narratives. We will discuss our narrative crafting process and its effects on meaning making and wellbeing for participants. [www.realtalkproject.org](http://www.realtalkproject.org)

Jess Wilson

I am a mental health nurse and have been storyteller in residence with the ABMU Health Board. I have been using traditional oral storytelling in forensic hospital settings since 2008 and have completed an MSc in professional practice research undertaking a research study that created new knowledge in the field of storytelling in a forensic hospital setting. [www.jesswilsonstoryteller.co.uk](http://www.jesswilsonstoryteller.co.uk)



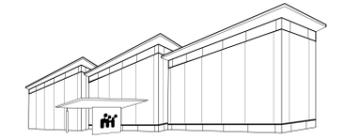
### Dynevor Centre

UWTSD Swansea College of Art  
De-La Beche St  
Swansea  
SA1 3EU



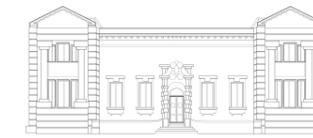
### Alex Building

UWTSD Swansea College of Art  
Alexandra Road  
Swansea  
SA1 5DU



### Waterfront Museum

Oystermouth Road  
Swansea  
SA1 3RD



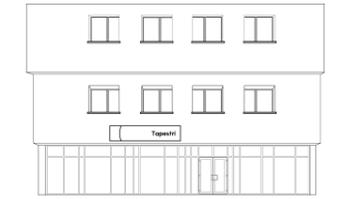
### Glynn Vivian Gallery

Alexandra Road  
Swansea  
SA1 5DZ



### Volcano Theatre

27-29 High Street  
Swansea  
SA1 1LG



### Tapestry Café

Llys Glas  
37 Orchard Street  
Swansea  
SA1 5BB

## Glynn Vivian Gallery

Saturday 11:00- Stories with Children

Chair: Steve Killick

Steve Killick

Steve is a clinical psychologist and storyteller. He has worked with The Fostering Network for many years and is Clinical Lead for Barnardo's Child and Family Bereavement Service, Cardiff and Visiting Fellow for the George Ewart Evans Centre for Storytelling, University of South Wales. He hosts and organises Kemi's Storytelling Suppers in Cardiff. [www.stevekillick.com](http://www.stevekillick.com)

Vicky Pember  
& Amanda Smith

Vicky Pember, 'Read For Good' Hospitals Manager and Amanda Smith, 'Read For Good' Storyteller will present details of this unique service, highlight survey feedback from parents, children and hospital staff and share case studies of individual children in hospital who have benefited from the storytelling.

Fiona Collins

'Sharing Stories with Children in Hospital'. What can listening to traditional tales offer to children in hospital, and why is it important to share stories with them in their mother tongue, whether that be Welsh or English?

Pauline Ashfield-Watt

Inherited high blood cholesterol (familial hypercholesterolaemia, 'FH' for short) is a common, but under-diagnosed genetic condition that causes premature coronary heart disease if not recognised and treated. We have worked with young people with FH to help them design, script, film and produce a training video for paediatricians drawing on their own clinical experiences of FH.

Caroline Leek

The project aims to improve cancer nurse specialist's support given to cancer patients who have childcare responsibilities, by training them to craft and listen to patient's stories, and embed the knowledge taken from these stories into the patient's clinical care. [www.fruittflycollective.com](http://www.fruittflycollective.com)

Bevin Magama

My presentation will show the therapeutic power of storytelling and will weave into showing how storytelling feeds the soul and motivates individuals to want to make themselves better. I will bring to light some methodologies and case studies used in the storytelling projects that I have been involved in such as Beechwood College, a college dedicated to students over the age of 16 with Autistic Spectrum Condition, Asperger's Syndrome as well as moderate, severe and profound learning difficulties.

Nicola Grove

This presentation will report on Fostering Storytelling, a project run by Steve Killick and Nicola Grove in ABMU Health Board to teach foster carers ways of telling traditional and personal stories with the children in their care, many of whom have special educational needs and disabilities. [www.openstorytellers.org.uk](http://www.openstorytellers.org.uk)



Image: Rosie & Jacob

Saturday 11:00- Children's Workshop

Rosie & Jacob  
as NOOM

We believe in the power of stories. We've plenty of new tales to tell you, and want you to share yours with us too. Noom strives to make live theatre for and with the help of children. Children are at the heart of what we do and we aim to encounter as many different imaginations as possible. Noom see the infinite potential in the everyday. Why can't a flowerpot be more than a flowerpot? Why can't we have an indoor rainbow? Using the ordinary to delve in to the extraordinary, Noom strives to give creative assistance and help young minds navigate the world around them. The children will have an opportunity to perform at the start of the open mic session at 2.30pm if they wish to.

Saturday 14:30- Stories at the end of life

Chair: Prue Thimbleby

Miranda Quinney

Miranda will be sharing the evaluative research into the wellbeing effects of working with biographical life stories at end of life and the techniques she uses working within the palliative care sector. [www.mirandaquinney.co.uk](http://www.mirandaquinney.co.uk)

Cath Mather  
& Kath Smith

The 'Pass it On' pilot project was a partnership between Northumbria Healthcare's Palliative Care Unit and Remembering the Past, Resourcing the Future (RPRF), the 20th century community history archive for North Tyneside. The partnership evolved as a result of Cath Mather's (Senior Occupational Therapist at the Palliative Care Unit) identification that a great many of the patients she saw had lived varied, unusual and sometimes exhilarating lives. Kath Smith is Manager of RPRF.

Jemma Newkirk

Jemma will give an account of 'living with and beyond suicide', a story of the relational legacy of sudden and traumatic end of life.

Janet Dowling

The story can act as a metaphor, so the bereaved person does not have to directly address their own experiences. But, in drawing on their own experiences to explore their responses to the story, they may understand these experiences better, and be able to change their responses to their situation. 'Even the death of Enkidu has relevance to a client who does not know Gilgamesh is, but finds his pain reflected in their own.'

## Glynn Vivian Gallery

Allison Day

I am an emergency nurse practitioner and aspiring writer. 'Hippocrates' Memo' is a collaborative poem created to remind us of the importance of authentic conversation towards the end of life, and how this can help us to avoid unintended harm.'

Lesley Goodburn

'Homeward Bound' a play, film and educational package about love, relationships, compassion and empathy at end of life. [www.purplerrainbow.co.uk/about-us/homeward-bound](http://www.purplerrainbow.co.uk/about-us/homeward-bound)

## Reading Room @ Alex

Friday 11:00- Narrative Therapy Workshop **Chair: Elanor Shaw**

Eleanor Shaw

Eleanor Shaw is a storyteller, director, producer, facilitator and artistic director of Peoplespeakup. 'I work with communities to create a safe platform to promote and encourage social change'

Pam Blamey  
& Leanne Dodd

Using narrative therapy as a framework, this workshop follows the characters in a fairytale to recognise some of the tell-tale signs of domestic violence and trauma and learn empowering ways to re-imagine strengths and identity, with the opportunity to create fictional characters for experimenting with a re-imagining of self. [www.frogonarockfairytales.com](http://www.frogonarockfairytales.com)

Friday 14:30- True Cut  
Performance & Discussion

**Chair: Harold Thimbleby**

Harold Thimbleby

Harold is Professor of Computer Science at Swansea University and a leading expert in Human Computer Interaction and Error in Healthcare. He is a member of the World Health Organisation Global Patient Safety Consultation.

Written by Dr David Alderson  
Directed by Eleanor Shaw Cast  
Students from the School  
of Performing Arts, UWTSD  
& Nicola Grove & Steve Killick

'True Cut' is a new play that combines fictional scenes with verbatim theatre and poetry in order to explore the effects of mistakes in healthcare, and the ways that we try to make sense of what has happened—through the stories that we tell ourselves, and others. It has been written by consultant surgeon David Alderson. A fully rehearsed reading of the play will be followed by audience discussion.



Image: Janet Dowling

Saturday 11:00- Creative Writing Workshop **Chair: Elanor Shaw**

Sarah Goodey

Stories from the 'Healing Words' project - using creative writing for positive mental health with Gwent Arts in Health and Literature Wales [www.garth.org.uk](http://www.garth.org.uk) and [www.literaturewales.org](http://www.literaturewales.org)

Victoria Field

'Telling it slant' A poem offers a particular way of 'containing' a narrative - we will read poem-narratives on the page, develop our own response and perform or tell them to each other. [www.thepoetrypractice.co.uk](http://www.thepoetrypractice.co.uk)

Elsbeth Penny  
& Dr Alice Malpass

Elsbeth Penny and Dr Alice Malpass explore the stories which emerge from writing a letter to your breath - the ways in which stories may help us reflect on how we perceive the breath and its absence; what it means to breathe and the invisibility of breathlessness. [www.lifeofbreath.org](http://www.lifeofbreath.org)

Saturday 14:30- Swansea Storytelling Club **Chair: Elanor Shaw**

Swansea Storytelling Club

Open Mic: Hosted by Swansea Storytelling Club  
If you would like to tell a story email Carl at [worldofconnection@yahoo.co.uk](mailto:worldofconnection@yahoo.co.uk)

Found in Translation  
Carl Gough  
& Anthony Evans

Creating a storytelling performance for a mixed hearing and deaf audience, Carl Gough teams up with BSL Interpreter Anthony Evans to offer an evocative new dimension in storytelling. This entertaining and enlightening performance blurs the traditional boundaries of BSL Interpreter and Storyteller and reaches a point where spoken word and sign have become integral to each other. [www.storyteller-carl-gough.co.uk](http://www.storyteller-carl-gough.co.uk)

## Volcano Theatre Performances

### Thursday 18:30- 21:00

7:30 Re-Live  
Katrin Diamond  
& Alison O'Connor

### Friday 11:00

Dr Emily Underwood-Lee

My Mother's Hand as a Bird  
Jodie Allinson

Sorting the Sock Drawer  
Eirwen Malin

### Friday 14:30

Killer Cells  
Rachel Pedley-Miller

All About My Tits  
Anna Suschitzky

Open Discussion

### Saturday 11:00

Dispatches from the Other Kingdom:  
Stories of Cancer  
Joseph Sobol

### The Welcome Event

'Re-Live: Life Story Theatre: Stories of change'  
This dynamic presentation will explore the impact of Re-Live's life story theatre work. Featuring testimonies from participants, film clips of work and stories of change, this will provide a powerful insight into the potential of theatre to improve health and wellbeing.

### Chair: Emily Underwood-Lee

Dr Emily Underwood-Lee is Research Fellow at the George Ewart Evans Centre for Storytelling at the University of South Wales. Her research interests include autobiographical performance and the intersection of the arts and health.

Exploring voicelessness after stroke. A practice-as-research performance exploring stories of stroke recovery, voice and power. Dramaturgy: Bridget Keehan, Sound Design: Chris Young

'Sorting the Sock Drawer' is an entertaining performance that traces the process of coming to terms with a diagnosis of a degenerative condition; the stories have ups as well as downs, laughter as well as loss.

### Chair: Emily Underwood Lee

A play written by Sara Lewis and performed by Rachel Pedley-Miller in which two recurrent miscarriage sufferers share their experiences of 'Killer Cells'.

'All About My Tits' raises the question, what and who are breasts for? Engaging with the politics of infant feeding, the performance is an attempt to provide a platform to talk about breastfeeding and encourage the audience to re-examine their own relationship to breasts.

On Women's Health Issues.

### Chair: Emily Underwood Lee

Weaving together personal stories of the great traditional Appalachian storyteller Ray Hicks and his encounters with the medical system towards the end of his life with stories drawn from the ETSU Cancer Stories Project, a six-year collaboration between oncologists, medical communication specialists, and storytellers.



Image: Dino Rovaretti

Chronic Pain : A Comedy  
Karma Waltonen

### Saturday 14:30

Angela Maddock

Drama Therapy Workshop  
Melanie Beer

It Could Be  
Dino Rovaretti

Karma Waltonen is a teacher, scholar, writer, stand-up comic, and chronic pain patient; she's going to combine everything in 'Chronic Pain: A Comedy'

### Chair: Angela Maddock

Angela Maddock is a lecturer and artist with a particular interest in textile practice. She has recently completed a six month Parallel Practices Award with The Florence Nightingale School of Nursing and Midwifery at King's College, London.

'Open Sesame!' In this experiential workshop we will consider the importance of stories as therapeutic tools within our drama therapy practice and explore how story enactment can be a vehicle for healing.

Dino Rovaretti is a solo performance maker devising autobiographical works around medical narratives and visions of anatomy and illness.

## Volcano Theatre Posters/ Artwork/ Installations

- Rachel Whittal-Williams The project developed out of a growing awareness that miscarriage support currently offered was insufficient. The goal of the project is to develop and improve person centred care and support given to women and their families during and after a miscarriage.
- Ayu Baker Influenced by textile art, 'Alzheimer's: Within' is a series of thread and textile works based upon a conversation with people who have dementia that conveyed the loss of memory, personality, identity, independence and lives caused by the disease.
- Eleanor Allitt Stories to uplift and refresh. I paint narrative stories for hospital spaces, eg corridors, rest rooms in the form of a series of pictures linked by text.
- Anne Taylor 'Sharing stories in cyber space: How creative, expressive and reflective writing in groups can aid personal and professional development in an online learning environment'. Using data derived from over 60 participants on an online therapeutic and reflective writing course, this presentation will suggest that working in a virtual environment can provide benefits that make it a valuable alternative to a face-to-face group experience.
- Helen Prior 'Telling it like it is – stories of mental health'. MIND believes that storytelling can be used to support the mental health of individuals and communities: by working with refugees and asylum seekers in Wales, and supporting them to tell their stories, we are looking to create a common discourse, a shared understanding which acknowledges cultural differences but rejects negative and unhelpful stereotypes.
- Claire Greason Narrative enquiry exploring how mental health professionals use their lived experience of mental health service use in their work. Claire Greason is a 2nd year PhD student at Leeds Trinity University working within the Department of Psychology. Her interest in this area arises from her own experience in the mental health system as a survivor and staff member.
- Bonnie Millar Bonnie's research examines whether the language of tinnitus is reflective of the communication needs of those living with tinnitus and its effects on people's social inclusion.
- Allison Galbraith We all have music that is personal to us and forms the unique soundtrack of our lives: Allison shares the 'Playlist for Life' approach to unlocking your memories and personal stories through the music you love.
- Jason and Becky 'Civic in Venice' In July 2016, collaborative artists Jason & Becky undertook a residency in a homeless shelter in Venice, mapping a new emotional geography for the city based on the stories the residents had generously shared.



Image: Stu Packer

- Stu Packer 'Superact' creatively improve lives by tapping into people's own power of storytelling. The work is healing, transformative and uplifting.
- Emma Lazenby 'ForMed Films' are a not for profit animation studio who specialise in concise, empowering and informative films for medical education.
- Lisa Rosetti Presentation of using story circles, biblio-poetry therapeutic interventions and Realia; my work focuses on unlocking the stories of Hope and Recovery within all of us.
- Wendy Woolfson 'Out of Harm' provides therapeutic storytelling workshops for young people to explore their experience of self-harm, and have produced a Conversation Guide to enable adults to support young people they are concerned about or who disclose self-harm, in the best way possible.
- Roanne Thomas The purpose of this poster is to discuss two participatory projects incorporating storytelling and video in order to explore First Nations and Métis peoples' cancer experiences in Canada.
- Rebecca Smart A presentation about dual working between an arts psychotherapist and a dramatherapist running an ongoing group using storytelling, creative writing and art therapy with older adults on a mental health ward.
- Glenn Miles Glenn Miles has worked in Cambodia much of his career and has helped facilitate several toolkits for children to prevent abuse and violence, be aware of the dangers of pornography and understand that there is a future after abuse in the form of flip-charts, comics and videos portraying puppets, animation and singing children. [www.asianyouthagainstporn.org](http://www.asianyouthagainstporn.org) and [www.good-touch-bad-touch-asia.org](http://www.good-touch-bad-touch-asia.org)
- Sonia Vougioukalou 'Living Alone with Cancer Explorations' used a unique community-based arts for health approach & Catherine Lamont to enable cancer survivors to express the physical, emotional and financial implications of facing cancer while living alone through art.
- Angie Gail 'The Health Choice Game' which explores the effects of NEURO illnesses and brings into thought questions about how does a diagnosis affects people with no medical conditions and encourages people to "walk a mile in another's shoes".



## Future Opportunities & Research

We hope this conference has been of interest to you and that some of the things we all take away from it will have lasting impact on all our thinking, our professional practices and wider policy. In order to continue the legacy of Storytelling for Health we have a number of follow-on opportunities.

### Share your thoughts from the conference.

Over the coming months we will be publishing blog posts about various people's experiences of the Storytelling for Health conference. These will all be shared on our website so that the conversations can continue. If you would like to publish a 300 word blog post please get in touch by emailing:

Prue Thimbleby at  
[prue.thimbleby@wales.nhs.uk](mailto:prue.thimbleby@wales.nhs.uk)

### Publish your papers on our website.

We will be sharing a selection of papers from the conference on our website. If you would like to publish your paper or share any documentation from your presentation, please get in touch.

### Get involved in future research.

We will be conducting follow up research exploring:

- How the conversations developed during this conference might impact on people's ongoing professional practice.
- The points of confluence and the barriers to successful interdisciplinary work in storytelling and health.

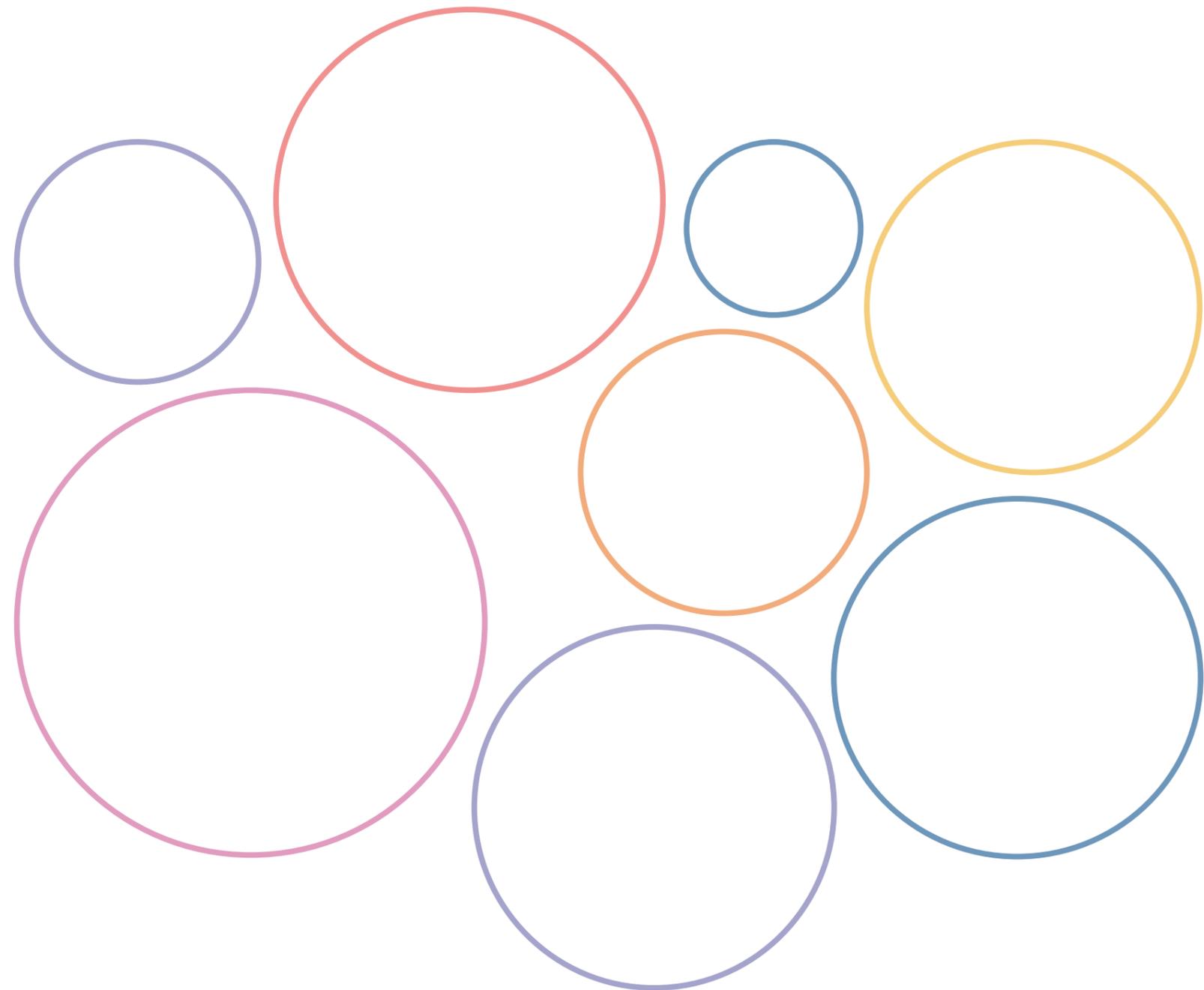
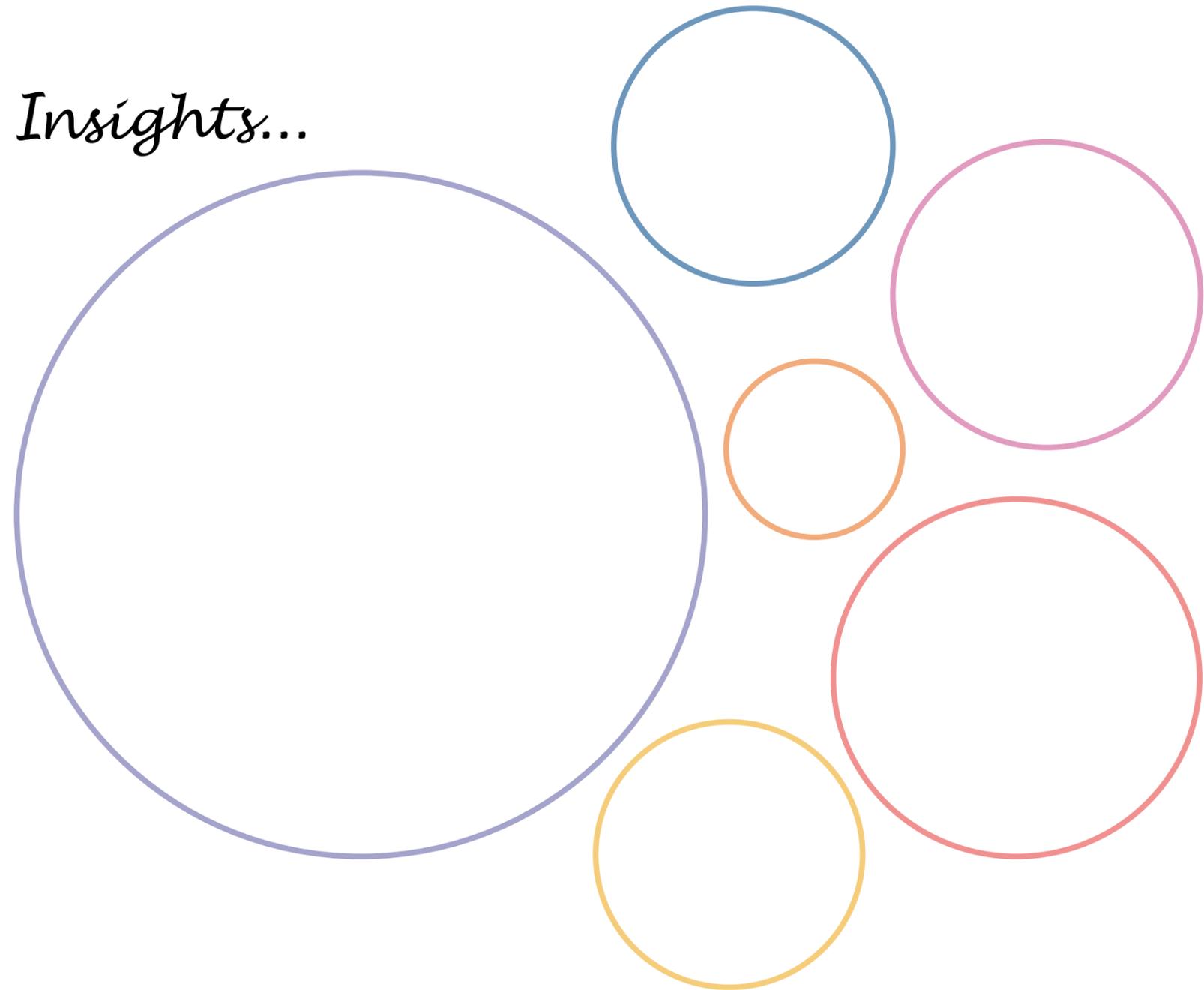
We will be emailing all conference delegates with a questionnaire in the following weeks and would be delighted if you could take the time to fill this in.

We hope that the learning from this conference can continue to grow and can be instrumental in developing practice and policy across storytelling and health.

If you'd like to find out more about this research please contact:

Dr Emily Underwood-Lee at  
[emily.underwood-lee@southwales.ac.uk](mailto:emily.underwood-lee@southwales.ac.uk)

*Insights...*



*Notes...*

please tweet respectfully at

**#story4health**

Programme, abstracts and more information at [www.artsinhealth.wales/conference](http://www.artsinhealth.wales/conference)



Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



Cyngor Celfyddydau Cymru  
Arts Council of Wales



ARIENIR GAN Y LOTERI  
LOTTERY FUNDED



Prifysgol Cymru  
Y Drindod Dewi Sant  
University of Wales  
Trinity Saint David



GLYNN VIVIAN



THE LEARNED SOCIETY OF WALES  
CYMDEITHAS DDYSGEDIG CYMRU  
CELEBRATING SCHOLARSHIP AND SERVING THE NATION  
DATHLU YSGOLHECTO A GWYBODAETHYR GYRED.

