

Not to be forgotten stories



A Family and Community/ Arts in Health project (Re)Building community through storytelling in Bridgend

Following the arrival of COVID 19 the health and wellbeing of our communities has never been so much in focus. The Systemic Family and Community Service and Arts in Health Programme in Cwm Taf Morgannwg University Health Board are joining together in Bridgend to support this new storytelling project. Working alongside local council and voluntary services, we aim to open up space for telling stories that matter and working creatively together, as a community. We invite you to join us in this creative venture to begin the process of collective recovery. It will look like this:

- Let us know (see contact details below) that you are interested in taking part.
- We will ring you to invite you to think about “not to be forgotten stories” from your family and/ or community. This might be a story of heroism, hope or resilience or a story of loss, challenge or injustice. It might be a personal story, a family story or a story about your community that you do not want to be forgotten. It can be anonymized if you choose. We will talk with you about HOW you want to share your story, and possibly WHO you want to share it with, if relevant. Again, you choose.
- You can then bring this story to a participatory art project in a green space near you. You can attend by yourself or with someone you know to work (at a safe distance) with a participatory artist and storytelling facilitator at a given time slot to shape your story into a “wellbeing tree”. You will also be invited to plant a tree for your community and for future generations to remember your story. There will be a specialist therapist on hand to talk with you, if you choose.
- At a later stage we are hoping to celebrate the project with a larger scale event, when it is safe for people to come together. You will also be invited to this event, if it is able to go ahead.

**Questions are invited. You can contact Leah (Dr Leah Salter) by emailing:
leah.salter@wales.nhs.uk**