



Storytelling for Health 2
June 27th ~ 29th
2019

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Image: Bart de Nil

Welcome, Croeso!

STORYTELLING FOR HEALTH, 2019

We are delighted to welcome you to the second 'Storytelling for Health' conference. 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.

PRIZES

If there is a speaker, storyteller or performer who has triggered an insight then please credit them on the Insight Wall next to the conference posters in the Waterfront Museum. 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 conference desk for a list of support services that you will be able to contact for further help. The conference desk may also be able to help with practical problems; just ask and we will do our best!

PHOTOGRAPHY & AUDIO

We will be audio recording all sessions but nothing will be available publicly without the speaker's permission. There will also be people taking photographs and filming. Please make yourself known to the conference desk if you do not want to be on any images from the conference. Lee Aspland is the conference photographer and Mandeep Singh is the conference rap composer.

OUR JOURNAL

We are delighted to present a newly published special edition of Storytelling, Self, Society on the theme of 'Storytelling for Health' edited by Emily Underwood-Lee and Prue Thimbleby. This special edition of Storytelling, Self, Society emerges from the 'Storytelling for Health' conference that took place in Swansea in the summer of 2017. The edition contains seven key examples of storytelling practices and

scholarly thought in the field exploring what storytelling might mean when undertaken in the broad context of health and wellbeing and giving examples of innovative practice in the field. We hope that the articles contained within this journal will continue to further our aims of increasing pioneering and rigorous practice in the field of Storytelling for Health.

CONFERENCE DESK

The information desk will be open each day at the Waterfront Museum. There will also be books for sale next to the desk.

THE TEAM

The conference is co-convened by Swansea Bay Health Board and the University of South Wales, with support from Swansea Council, University of Wales Trinity Saint David, Swansea University and the National Waterfront Museum.

We are really excited about the range of presenters and delegates at the conference. The breadth of participants and topics show just how much impact storytelling is already having and we think 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 & EMILY UNDERWOOD-LEE
Conference Lead & Co-Convenor

Fun With Welsh

Welsh is a rhythmic and strongly stressed language which is one of the things that make 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** Hi
 - Diolch** Thank you
 - Croeso** Welcome / You're Welcome

- Level 2
- Stori** Story
 - Cwtsh** To 'cuddle-up'
 - Iechyd** Health
 - Iechyd da** Good health
 - Da lawn** Well done
 - T'isio panad?** Do you want a cuppa?
 - Coffi / Te** Coffee / Tea
 - Ty bach** Toilet

Tick off all these words when you have used them and then get your Level 1 or Level 2 sticker from the conference desk.



- SHU - my** ['shu' as in 'Shut']
- Dee - ol - ch** ['ch as in Scottish Loch]
- CROY - so** ['so' as in soft]
- STORE - ee** ['r' slightly rolled]
- COOT - sh** ['coot' with a very short 'oo' sound. Not like 'cot' or 'cut', 'sh' as in 'shush']
- YA - chid** ['ch as in Scottish Loch]
- Ya - chid Dah** ['ch as in Scottish Loch]
- Di yown** ['yown' rhymes with 'down']
- TEE - sho PAN - ad** ['sho' as in 'shopping']
- COUGH - ee / Tay** [like river Tay]
- Tee bar - ch** ['ch as in Scottish Loch]

Conference Map



A. WATERFRONT MUSEUM

Ground Floor	First Floor
Conference Desk	Warehouse Gallery
Ocean Room	Dockside Room
Exhibitions	Cityside Room

B. BOAT TRIP DEPARTURE POINT

Saturday Evening

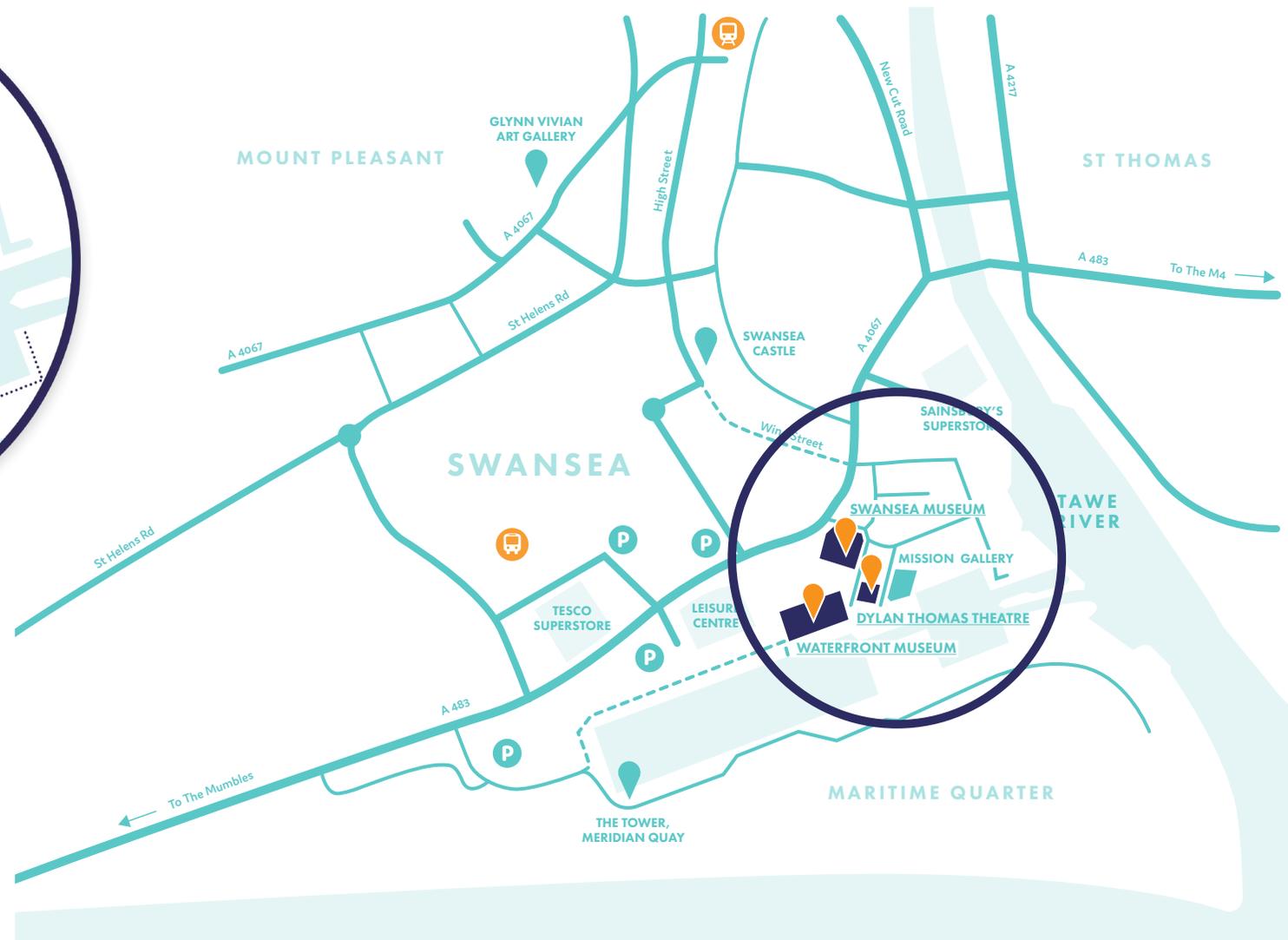
C. STORY CIRCLE

Waterfront Museum Garden

D. DYLAN THOMAS THEATRE

E. SWANSEA MUSEUM

Ground Floor
Education Room



MAP KEY:

-  CONFERENCE VENUE
-  CITY LANDMARK
-  BUS STATION
-  TRAIN STATION
-  PAY & DISPLAY CAR PARK
-  FOOTPATH

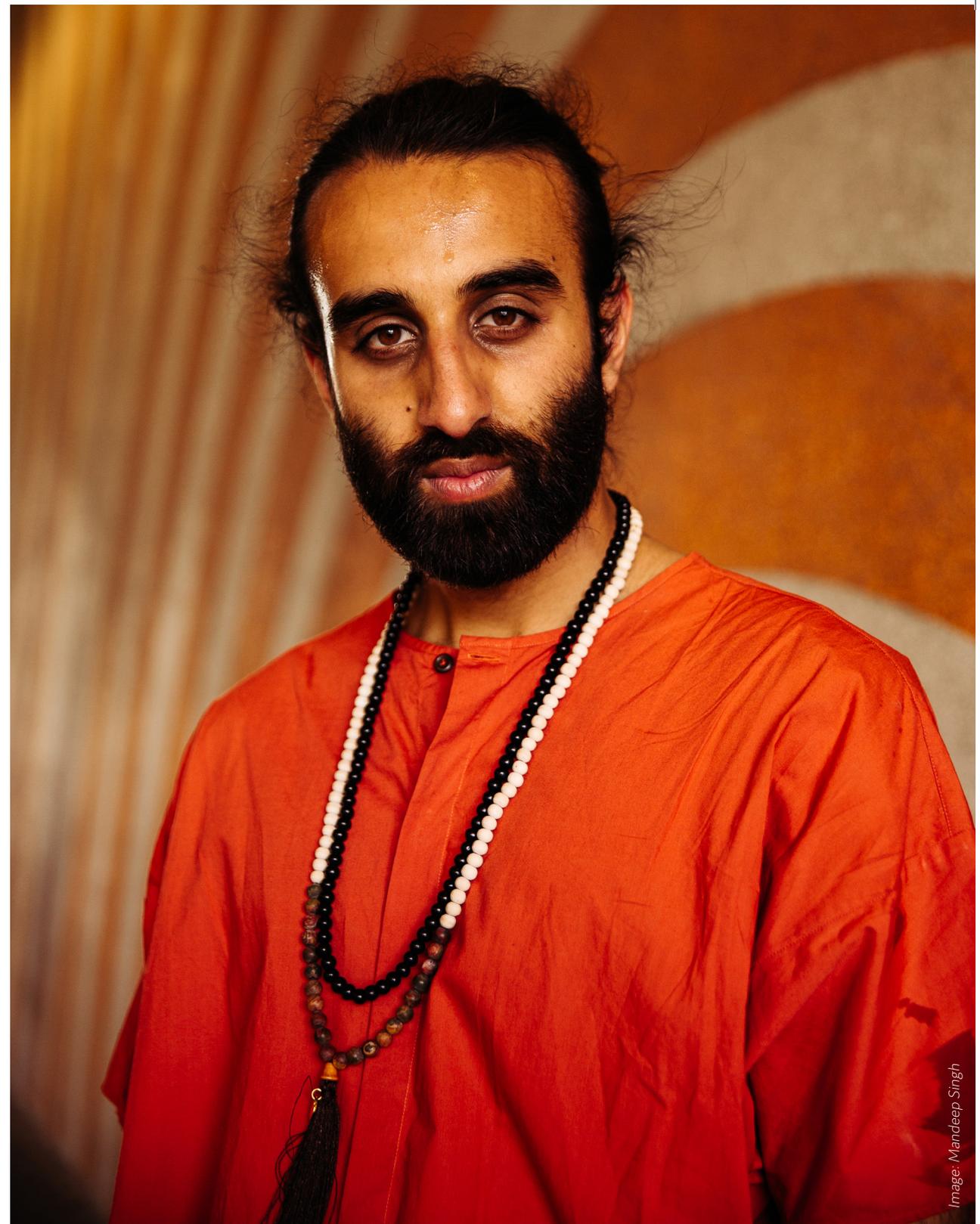
Thursday 27th

PHD STUDENT DAY

THE ATRIUM, CARDIFF

Itinerary

- 10.00** | WELCOME WITH BARRY ATKINS
- 10.30** | WORKSHOP WITH HEIDI DAHLSVEEN
- 11.45** | PANEL ONE
- 12.45** | LUNCH
- 13.45** | PANEL TWO
- 14.45** | BREAK
- 15.00** | PANEL THREE
- 16.00** | CLOSING COMMENTS
- 16.15** | CLOSE
- 16.30** | BUS TO SWANSEA



10.30 | *Workshop*

HEIDI DAHLISVEEN

Storyteller/Associate Professor
OsloMet, Metropolitan University

Keynote Workshop; Artistic research, life and death, the autobiographical and the traditional. In this workshop, the participants will work through exercises, dialogues, talks, theory and stories, experiencing the blurring of art and academia.

11.45 | *Panel One*

CHAIR: MICHAEL CARLIN

ELI LEA

Photographer, Digital Storyteller and
PhD Student at VID Specialised University

This talk will share stories told by people with dementia, and present the arts-based research method used to support their creative agency and engage them in telling stories.

RACHEL HAWLEY

Leadership Associate

Yorkshire and the Humber Leadership Academy
Healthcare touches all our lives, yet interactions between health professionals and the public are often characterised by an imbalance of power, control and information - stories (narrative and visual) offer new insights for cultivating collaborative leadership, beginning not with process but self-discovery.

RAHUL MITTAL

PhD Student, University of Exeter

Home is where we are safe, to be who we are and where we are connected.

13.45 | *Panel Two*

CHAIR: MICHAEL WILSON

SARVENAZ SOHRABI

PhD Researcher, University of Southampton /
Winchester School of Arts

The ambition of the project is to allow participants to paint their pain using colours and brushes. Then we re-imagine their paintings, and turn them into artworks using state of the art technologies such as; 3D printing, music, video, etc. This project is made possible through our collaboration with engineers and scientists at the University of Southampton. Twitter @PYPUOS

ANNA WOOLF

PhD Candidate, Royal Central School of Speech & Drama

This interactive presentation will encourage delegates to consider young people with invisible disability and their transition in health care practices, by exploring the process of zine making using digital media.

GINNY TOPP

Artist

I will be showing a short video which includes audio and film recorded during my hospital treatment in addition to film shot in the ceramics studio. I will also give a short talk about my experience and be happy to answer any questions honestly and frankly.

15.00 | *Panel Three*

CHAIR: ALI FRANKS

LIJIAOZI CHENG

PhD Researcher Sheffield University

How healthy is each of us and what exactly is being healthy? A story of a research journey that started from the uncertainty of "Am I well?"

MIRANDA QUINNEY

PhD Student University of South Wales

In this interactive presentation I invite the audience to discuss the impact that control and the identity of the listener have on the teller's choice of which story to tell, sharing my experience as a storyteller and the learning gathered to date in my PhD study at the University of South Wales.

MANDEEP SINGH

Medical Student King's College, London

Rap music acts as a powerful means for individuals to know and tell their stories through. Mandeep Singh, a medical student and rapper, shares findings from research exploring the ways in which urban music recording sessions improve recovery rates in individuals under psychiatric care.



Thursday 27th

MAIN CONFERENCE

WATERFRONT MUSEUM, SWANSEA

18.00 | REGISTRATION OPENS

18.30 | EXHIBITIONS, POSTERS, POP UP WORKSHOP,
LIVE MUSIC & BAR

20.00 | EVENING PERFORMANCE

BEYOND THE BORDER PRESENTS

CHAIR: CARL GOUGH.

THE DEVIL'S VIOLIN

Daniel Morden | Storyteller
Oliver Wilson-Dickson | Violin
Sarah Moody | Cello

The BEAST IN ME is a powerful tale of the calamitous impact of chance and the redemptive power of love.

HEIDI DAHLSVEEN

Storyteller | Frigg Lost Her Son and So Did I

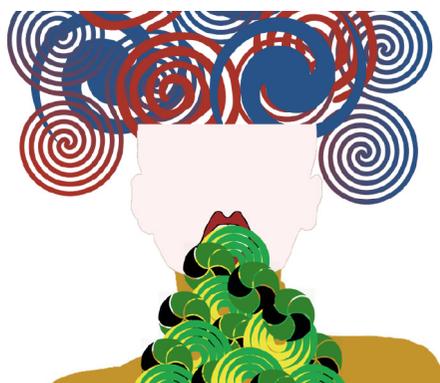
A performance based on Norse mythology and autobiographical stories.

Image: Emma Lazenby

Exhibition Information

WATERFRONT MUSEUM, SWANSEA

Ground Floor Corridor, next to posters & insights.



BETWEEN THE SHADOWS AND THE LIGHT

There are times when we are “situated at the edges of what exists, between the shadows and the light, between the conceived and the perceived. Between the real and the unreal. Between directly lived experience and thought. And between life and death.” Henri Lefebvre from his book *The Production of Space*.

The pots represent the body and are turned away using traditional ceramic methods. The deconstruction of the pots is a direct reference to the physical effects of surgery and the shavings reference my hair being cut.

GINNY TOPP

Artist

PAINT YOUR PAIN

The ambition of the project is to allow participants to paint their pain using colours and brushes. Then we re-imagine their paintings, and turn them into artworks using state of the art technologies such as; 3D printing, music, video, etc. This project is made possible through our collaboration with engineers and scientists at the University of Southampton.

Twitter @PYPUOS

SARVENAZ SOHRABI

PhD Researcher University of Southampton,
Winchester School of Arts

SUSPENDED BREATH

Each capsule represents one person’s story of breathlessness. Suspended in air, hovering, enclosed within the bell jar yet illuminated and animated with the movement and life of a single breath, they illustrate how breathlessness ‘cuts you off’ from others.

This work was made as part of the *Life of Breath and Letter to my Breath* project with Elspeth Penny & Alice Malpass.

More information on the *The Life of Breath* workshop, Saturday morning, p19.

LOUISE JENKINS

Artist

SOUL RELICS

The Soul Relics Museum collects relics of personal struggle and uses the stories attached to these objects to showcase how different people understand their own journey of hurt and healing. We believe that these stories have the power not only to reshape perspectives on mental health, but also to bring a sense of hope and connectedness to people.

At Soul Relics, we want to recognise that people are more than a diagnosis or a therapeutic objective. We want to acknowledge the value of each person’s personal narrative and the different ways people attribute meaning to their experiences.

VANESSA YIM

Founder of the Soul Relics Museum
Institute of Psychiatry, Psychology and Neuroscience, Kings College, London.

The Itinerary

FRIDAY 28TH

9.00 - 10.00

OPENING SPEECHES

Waterfront Museum,
Warehouse Gallery

Andrew Davies
Tracey Myhill
Louise Bright
Phil George

TEA & COFFEE

10.30 - 12.30

MORNING SESSIONS

Waterfront Museum, Ocean Room

Writing for wellbeing

Dylan Thomas Theatre

Breaking Bad News / Endings & Death

Waterfront Museum, Dockside Room

Storytellers In Care Settings

Waterfront Museum, Cityside Room

Nurturing New Voices

12.30

LUNCH & FRINGE EVENTS

Lunch will be served in both the Dylan Thomas Theatre and in Swansea Museum. Please go to one on the first day and the other on the second day.

Fringe events will also take place throughout the lunch break.

Please see p24.

14.00 - 15.30

AFTERNOON SESSIONS

Waterfront Museum, Ocean Room

Patient Voice In Mental Health

Dylan Thomas Theatre

Beginnings / Birth

Swansea Museum, Education Room

Storytelling, Staff & Empathy

Waterfront Museum, Dockside Room

Mapping Illness Narratives & Traditional Stories

Waterfront Museum, Cityside Room

Rap Workshop

16.00

PLENARY KEYNOTE

Waterfront Museum,
Warehouse Gallery

Kathryn Mannix | Narrating Death

19.30

EVENING PERFORMANCE

Waterfront Museum,
Warehouse Gallery

The RUFF Story

Performed by Peggy Shaw,
Split Britches Performance Company

SATURDAY 29TH

9.00 - 10.00

MORNING KEYNOTES

Waterfront Museum,
Warehouse Gallery

Steven Blackburn &
Carol Rhodes

Pip Hardy &
Tony Sumner

TEA & COFFEE

10.30 - 12.30

MORNING SESSIONS

Waterfront Museum, Ocean Room

Hearing Patient Voices

Dylan Thomas Theatre

Films For Health

Waterfront Museum, Dockside Room

Life Of Breath & Photos For Health

Waterfront Museum, Cityside Room

Children's Workshop

12.30

LUNCH & FRINGE EVENTS

Lunch will be served in both the Dylan Thomas Theatre and in Swansea Museum. Please go to one on the first day and the other on the second day.

Fringe events will also take place throughout the lunch break.

Please see p24.

14.00 - 15.30

AFTERNOON SESSIONS

Waterfront Museum, Ocean Room

Long Table

Dylan Thomas Theatre

Theatre For Health

Swansea Museum, Education Room

Heritage For Health

Waterfront Museum, Dockside Room

Children Plus

Waterfront Museum, Cityside Room

Painting Your Dreams

16.00

FINAL PERFORMANCE

Sing My Story, Tell My Story,
People Speak Up & Tenovus Choir

Real people sharing real patient stories with an underscore of songs from The Sing With Us Tenovus Choir.

CONFERENCE RAP

Performed By Mandeep Singh

18.30

RIVER BOAT TOUR

Limited tickets from the conference desk.

Friday 28th

MORNING SESSIONS

Waterfront Museum **WAREHOUSE GALLERY**

9.00 | OPENING SPEECHES

ANDREW DAVIES

Chair Swansea Bay University Health Board

TRACY MYHILL

Chief Executive Swansea Bay University Health Board

LOUISE BRIGHT

Director of Research and Business Engagement at the University of South Wales

PHIL GEORGE

Chair Arts Council Wales

10.00 | TEA & COFFEE

10.30 | MORNING SESSIONS, VARIOUS LOCATIONS

12.30 | LUNCH

Lunch will be served in both the Dylan Thomas Theatre and in Swansea Museum. Please go to one on the first day and the other on the second day. Fringe events will also take place throughout the lunch break. Please see p24.



Writing For Wellbeing

OCEAN ROOM, WATERFRONT MUSEUM

10.30 - 12.30

CHAIR: BRIAN LOBEL

STEPHANIE DALE

Founder and Facilitator at The Write Road

Australian journalist Stephanie Dale has spent five years in the Australian Outback exploring the power of writing and storytelling for good health and well-being. She is particularly curious about the role of courage in writing for recovery, specifically its connection to physical healing.

BONNIE MILLAR

Musculoskeletal project manager, University of Nottingham

The power of original pieces of writing from anyone with a personal first or second hand experience of life-affecting health conditions to foster exchange and understanding between different groups.

CHERYL BEER

Author working in Applied Story, Ethnography & Well Being

Exploring personal narrative & the power of story, as an integral part of the healing journey.

KATHRYN ALDRIDGE MORRIS

Writer, carer and writing for well-being practitioner

The carer of a parent with multiple myeloma explores, with examples from her own writing, how creative journalling has helped her stay mentally well throughout the process, and navigate the foreign lands and tongues of the NHS.

LYNNE WALSH

Campaigning Journalist and Tutor

If you write the story of your life, will it be the truth, the whole truth and nothing but the truth? Or will you exaggerate? Will you skip the parts you'd prefer to forget? Would you – should you – control and even censor your own narrative?

MAX 100

Breaking Bad News / Endings & Death

DYLAN THOMAS THEATRE

10.30 - 12.30

CHAIR: TIM JOSS

DANIEL MORDEN & IDRIS BAKER

Storyteller & National Clinical Lead for palliative and end of life care in Wales

What strategies do doctors use to break bad news to patients? Storyteller and cancer patient Daniel Morden speaks with Palliative Care Specialist Idris Baker.

PRUE THIMBLEBY

Arts in Health Coordinator, Swansea Bay Health Board

'I saw him leave'. In Swansea Bay Health Board we use digital patient stories to improve our services. This is one of the stories that has helped improve end of life care.

FIONA COLLINS & VITA ZILITE

Storyteller & Social Worker

Talking the talk at the Death Cafe at Conwy County social services' celebration of Dying Matters week, local people were invited to share their thoughts on death, whether as a participant in, or an observer of, the process of dying. This performance is the result.

MAX 100

Storytellers In Care Settings

DOCKSIDE ROOM, WATERFRONT MUSEUM

10.30 - 12.30

CHAIR: LEISA WILLIAMS

NICK ANDREWS

Research and Practice Development Officer Swansea University

This workshop will outline an inspiring storytelling approach that is being used to support a collaborative approach to prevention and the promotion of well-being in rural and urban communities across Wales.

DAN YASHINSKY

Storyteller

This workshop will introduce participants to the three main elements of story care: storytelling, story listening, and story keeping.

MAX 30

Nurturing New Voices

CITYSIDE ROOM WATERFRONT MUSEUM

10.30 - 12.30

ELEANOR SHAW

Artistic Director for PeopleSpeakUP

Tell your story. A place to learn and practice story telling techniques. If you have never told a story before, now is your chance!

MAX 12

Friday 28th

AFTERNOON SESSIONS

Patient Voice In Mental Health

OCEAN ROOM, WATERFRONT MUSEUM

MAX 100

14.00 - 15.30

CHAIR: LOUISE CONDON

ANNE MARIE BOLLEN, KIRSTY HILL & SYLWIA DZIEWULSKA

Lecturer in Mental Health Nursing, Expert in the Lived Experience & Student Nurse

How can I live when the doors to the world are shut by people who care?

KATHRYN WATSON

Doctor and Visual artist

This talk is an illustrated journey of my experiences of borderline personality disorder and schema therapy, and highlights the power of art as a means to understand and communicate internal power struggles and to promote emotional healing.

LYNDSEY BAKEWELL & MIKE WILSON

Research Associate in Storytelling & Creative Practice & Professor of Drama

This talk explores how storytelling methodologies, including creative practice, performance and digital storytelling, can assist with the management of mental health challenges by focusing on personal experience.

LEAH SALTER WITH MEMBERS OF THE CREATIVE JOURNEYS GROUP

Systemic Psychotherapist & Narrative Therapist

This presentation showcases the power of 'coming together' as a group of women who are interested in traditional storytelling, personal storytelling and expressive arts to reconnect with our own unique creativity to go forward in our lives.



Storytelling, Staff & Empathy

EDUCATION ROOM, SWANSEA MUSEUM

14.00 - 15.30

CHAIR: ANNE FOTHERGILL

EVE KRAHE

**Dean Of Graduate Education,
College Of Health Professions, University Of Phoenix**

Join us as we detail the birth of the first-ever Storytelling Certificate program for faculty teaching in health administration, and its ability to cultivate empathy in faculty and students.

ALDA CORREIA

**Assistant Professor, Social and Human Sciences Faculty,
New University Lisbon**

Medicine is an art based in science (William Osler)

JOSIE CRAWLEY

Principal Lecturer, School of Nursing, Otago Polytechnic

A picture book can build a compassionate nursing student – a brief introduction to how the School of Nursing, Otago Polytechnic, New Zealand embeds client narrative.

MAX 50

Beginnings / Birth

DYLAN THOMAS THEATRE

14.00 - 15.30

CHAIR: CATHY DOWLING

CHRISTINA WILSON

Writer

Eating disorders affect 1 in 7 women in pregnancy, but their story is untold, shrouded in shame and secrecy. Christina will share her poetic response to her own experiences, reflecting on the importance of finding a voice and the healing qualities of creative writing.

RACHEL TAYLOR BEALES

**Singer-Songwriter- Performer and
Socially Engaged Arts Practitioner**

Singer songwriter, Rachel Taylor-Beales merges a contemporary version of a folklore selkie myth with her own autobiographical journey through birth trauma and perinatal mental health issues using a combination of music, song, visual image and storytelling.

TRACY EVANS

Performance Artist & Independent Researcher

Dr Tracy Evans and Eleanor Shaw share their findings from a pilot project of Birth Café: supporting women who have given birth to find new ways of telling their experiences from an embodied perspective. This work follows on from Tracy's PhD research which explored the ways that women perform birth stories after trauma.

MAX 100

Mapping Illness Narratives & Traditional Stories

DOCKSIDE ROOM, WATERFRONT MUSEUM

14.00 - 15.30

JOSEPH SOBOL

**Director of the George Ewart Evans Centre for Storytelling,
University of South Wales**

Drawing on many years of research with cancer patients' stories, the Director of the George Ewart Evans Centre for Storytelling at University of South Wales guides participants into the wilds of 'the kingdom of the ill,' to experience the links between illness narratives and traditional stories and myths.

MAX 30

Rap Workshop

CITYSIDE ROOM, WATERFRONT MUSEUM

14.00 - 15.30

MANDEEP SINGH

Medical Student King's College, London

Rap music acts as a powerful means for individuals to know and tell their stories. Mandeep Singh, a medical student and rapper will offer a small group workshop to learn how to rap.

MAX 12



Friday 28th

EVENING

WAREHOUSE GALLERY, WATERFRONT MUSEUM

16.00 | PLENARY KEYNOTE

CHAIR: ANDREW DAVIES

NARRATING DEATH

KATHRYN MANNIX

Consultant in Palliative Care & Author

Katherine Mannix has spent her medical career working with people who have incurable, advanced illnesses. She is the author of the award winning book 'With the end in mind'. These are stories about people who could have been your friend, your sister, your dad, your son. These are stories about normal humans, dying normal human deaths, and they offer us illumination, models for action, and hope.

18.30 | BAR OPENS

19.30 | EVENING PERFORMANCE

CHAIR: EMILY UNDERWOOD-LEE

The RUFF Story

SPLIT BRITCHES PERFORMANCE COMPANY

Performed by Peggy Shaw, written by Peggy Shaw & Lois Weaver

In the performance of The RUFF Story, Peggy Shaw ruminates on life before and after the stroke she had in 2011 and pays tribute to those who have kept her company over the last 70 years. Peggy says there are dark spots and blanks in her memory now and the performance is a lament for the absence of those who disappeared into the dark holes left behind and a celebration that her brain is able to fill the dark spots with new insight.

Peggy Shaw in RUFF. Image courtesy of the Barbican Centre

Saturday 29th

MORNING SESSIONS

Waterfront Museum

WAREHOUSE GALLERY

9.00 | MORNING KEYNOTES

STEVEN BLACKBURN & CAROL RHODES

Research Fellow at Keele University & Patient and Public Involvement, Engagement Advisor, Arthritis UK

The generosity of many sharing expertise has achieved the compilation of an evidence based tool kit to help with future storytelling endeavours; funded by NHS England and Keele University. How to support all stages of the storytelling process from identification to evaluation.

PIP HARDY & TONY SUMNER

Co-founders and Directors, Pilgrim Projects/Patient Voices Programme

Statistics tell us how the healthcare system experiences the patient, whereas stories tell us how the patient experiences the healthcare system. In healthcare there are so many voices waiting patiently to be heard, not just those of patients, but all telling stories of care.

10.00 | TEA & COFFEE

10.30 | MORNING SESSIONS, VARIOUS LOCATIONS

12.30 | LUNCH

Lunch will be served in both the Dylan Thomas Theatre and in Swansea Museum. Please go to one on the first day and the other on the second day. Fringe events will also take place throughout the lunch break. Please see p24.



Hearing Patient Voices

OCEAN ROOM, WATERFRONT MUSEUM

10.30 - 12.30

CHAIR: JOSEPH SOBOL

LYNNE WATSON & RACHAEL HUNTER

Clinical Specialist Physiotherapist,
Swansea Bay Health Board & Clinical Psychologist

Our unique patient story was hailed inspirational, motivating and thought provoking by our patients and was delivered by Dr Rachael Hunter in collaboration with the MS Society. What is the key to our success?

KATRINA GLAISTER

Head of Patient Experience Salisbury NHS Foundation Trust

This talk highlights work that explored how patients/relatives felt about presenting their story to the Trust Board of a district general hospital in the South of England; and how changes were made to the process as a result of their feedback.

EMMA BARNARD

Artist

An Artist's perspective on her collaboration with an ENT Consultant surgeon and his patients. Giving patients a 'visual voice'

JUPING YU & GARETH PARSONS

Research Fellow & Senior Lecturer, University of South Wales

To the best of our knowledge, this is the first time a walk using a patient story has been embedded within clinical simulation in nursing education.

Films For Health

DYLAN THOMAS THEATRE

10.30 - 12.30

CHAIR: INGA BURROWS

AURORA PIAGGESI

Storyteller and Filmmaker

What does it mean living with chronic wounds? Aurora Piaggese travelled around Europe with her camera to find out. The result is a multimedia project where stories are meant to create sense, comprehension and acceptance.

HELOISE GODFREY-TALBOT

Artist and Lecturer at University of South Wales

Bodies let us down. They also do amazing things. A body may dance, glide through water, feed a child, hold on. A film capturing movement across three generations in one family.

EMMA LAZENBY

Director of Formed Films

Perinatal Positivity - looking after your well-being through pregnancy and beyond, is a film and resources aimed at parents-to-be and health professionals.

VICTORIA FIELD

Writer and Writing for Well-being Practitioner

Funder Films CIC created a community where people living with dementia could read, write and perform poems to camera. Over thirty weeks, stories emerged, confidence grew, there was laughter and tears and a legacy of poem-films was created.

VINCENT DANCE THEATRE

Sian William, Engagement & Digital Development Manager

Vincent Dance Theatre's Art of Attachment celebrates the everyday resilience of women and children overcoming adversity and substance misuse, whose stories demand to be seen and heard. Made with the women of Brighton Oasis Project and supported by Wellcome Trust & Arts Council England.

Life Of Breath & Photos For Health

DOCKSIDE ROOM, WATERFRONT MUSEUM

10.30 - 12.30

CHAIR: ANGELA MADDOCK

ELSPETH PENNY, GENE FEDER & ALICE MALPASS

2BUProductions & Wellcome Trust funded Life of Breath Project

Breathlessness disrupts the narratives of normal life. It slows you down. Isolates you. It shrinks your world. In this interdisciplinary workshop we introduce examples of visual and written narratives of breathlessness as a starting point for exploring how breathlessness (as written on the body) can be more easily 'read' by GPs.

LEE ASPLAND

Freelance Creative

We are all photographers now. Smartphones have enabled us to share our world with the wider world. Explore how the creation and sharing of personal, resonant photos can support patients to move towards an understanding and acceptance of their new self.

Children's Workshop

CITYSIDE ROOM, WATERFRONT MUSEUM

10.15 - 12.45

ROSIE & HANNAH

Performers Rosie and Hannah will run a fun workshop for children aged 5-15. Children who wish to perform will have an opportunity in the afternoon in the Dockside Room.

MAX 100

MAX 100

MAX 30

MAX 12

Saturday 29th

AFTERNOON SESSIONS

Long Table

OCEAN ROOM, WATERFRONT MUSEUM

14.00 - 15.30

CHAIR: PRUE THIMBLEBY

LOIS WEAVER & PEGGY SHAW

Split Britches Performance Company

The Long Table is a dinner party structured by etiquette, where conversation is the only course. The project combines theatricality and models for public engagement. It is at once a stylised appropriation and an open-ended, non-hierarchical format for participation. Everyone in the room has the power to shift the direction of conversation, to mediate moments of tension and to make space for voices less easily heard.

MAX 100



Heritage For Health

EDUCATION ROOM, SWANSEA MUSEUM

14.00 - 15.30

CHAIR: MARTIN THOMAS

BART DE NIL

Senior staff member at FARO, Flemish Centre for Cultural Heritage, Brussels

How the reflections of patients changed the design of interventions with cultural heritage in Flanders.

PENELOPE FOREMAN

Chief Memory Maker and Storyteller at Clwyd-Powys Archaeological Trust

A performance poem and moving image installation that draws together how Clwyd-Powys Archaeological Trust researches ways of experiencing the past through art, movement, and landscape interactions that can have significant impact upon mental well-being in diverse communities.

CHINYERE NWAUBANI

Artistic Director for Shanti-Chi

Griot Chinyere inspires health with griot principles. Blending her skills as a movement stylist, and performer she will deliver a dynamic and lyrical presentation outlining The Role of the Griot in 21st century Britain and exploring how community well-being can be achieved by applying griot way principles.

TED CLARKE

Poet

How a Welsh blanket inspired me to write creatively on its healing properties and enabled me to become more mobile after a diagnosis of arthritis.

MAX 50

Theatre For Health

DYLAN THOMAS THEATRE

14.00 - 15.30

CHAIR: CHRIS MELLOR

METTE BOE LYGSTAD

Storyteller Associate Professor in Drama & Applied Theatre at Western University of Applied Sciences

Introducing our research with substance abused, the creative processes, how we worked out a storytelling performance and what it meant for the dream catchers to be a part of this project.

NATIONAL THEATRE WALES

Gwent Arts in Health and Designer Becky Davies.

Reflections on As Long as the Heart Beats - a unique promenade theatre collaboration at the Royal Gwent Hospital in Newport.

KATHARINE LOW

Senior Lecturer, Applied Theatre and Community Performance, Royal Central School of Speech and Drama

A major challenge for South African youth is access to safe, equitable and non - judgemental healthcare. This presentation shares the outcome of a theatre project which placed the young people in direct conversation with a local health clinic, modelling an alternative way of listening to patient voice.

PERFORMING MEDICINE

Bella Eacott, Research Manager, Clod Ensemble

Clod Ensemble's pioneering arts programme for healthcare professionals. Artists from Performing Medicine draw on techniques from theatre, dance and the visual arts to help healthcare professionals to use their bodies and voices for effective communication; to become more aware of their own needs as well as those of the people around them; and to appreciate the stories and experiences of others.

MAX 100

Children Plus

DOCKSIDE ROOM, WATERFRONT MUSEUM

14.00 - 15.30

CHAIR: MARK COCKS

ROSIE & HANNAH

Children who have worked with Rosie and Hannah in their morning workshop will have an opportunity to perform in this session.

JENNIFER LUNN

Storyteller

Read For Good storyteller Jennifer Lunn collects stories told by children in hospital settings and they provide a fascinating insight into the personal emotional narratives of the tellers.

STEVE KILLICK & PHIL OKWEDY

Clinical Psychologist and Storyteller & Storyteller

'Feelings are Funny Things' is a school based intervention that helps children and young people use stories and storytelling to explore the nature of emotions, thoughts and choices.

Painting Your Dreams

CITYSIDE ROOM, WATERFRONT MUSEUM

14.00 - 15.30

CHAIR: LEAH SALTER

JULIA LOCKHEART & MARK BLAGROVE

Head of Contextual Practices, Swansea College of Art & Professor of Psychology and Director of the Sleep Laboratory at Swansea University

Explore a recent or intriguing dream with psychologist Mark Blagrove and discuss how it is related to your waking life; while you recount the dream, artist Julia Lockheart will paint her visual interpretation of the narrative structure onto a page taken from Freud's book 'The Interpretation of Dreams'.

MAX 30

MAX 20





Saturday 29th

EVENING

DYLAN THOMAS THEATRE

16.00 | FINALE

FINAL PERFORMANCE

SING MY STORY, TELL MY STORY, PEOPLE SPEAK UP & TENOVUS CHOIR

Real people sharing real patient stories with an underscore of songs from The Sing With Us Tenovus Choir. Come and listen to a performance that will be an open hearted, life affirming sharing of stories and songs of bravery, challenge and survival.

CONFERENCE RAP

Performed By Mandeep Singh

18.30 | RIVER BOAT TOUR

For those who are staying on in Swansea there is a boat ride up the Tawe River accompanied by Carl Gough telling the Swansea Jack Story.

The boat leaves from Swansea Marina, please see the conference map, p5. Limited tickets from the Conference desk.

Fringe Events

SWANSEA

VARIOUS LOCATIONS

MISSION GALLERY

Portfolio & Raising The Bar 2018-19

More able and talented students aged 14-18 located across South Wales, have undertaken master classes in Art & Design using the specialist facilities and equipment at Swansea College of Art, UWTSU.

Additionally Swansea Bay Health Board provided two Raising the Bar students, Isabella Coombs and Rebecca Hodgson, with a brief to create artwork for the newly opened Jill Rowe Neurology Ambulatory Unit, Morriston Hospital. The students were given a one day experience at the hospital, where they met staff and patients. They were able to listen, ask questions and gather information that will inform their final outcome.

This outcome will be exhibited in the Maker In Focus during the Raising the Bar exhibition, after which the pieces will be given to the Jill Rowe Unit for installation.





SWANSEA MUSEUM

Cofio Cefn Coed Remembered Exhibition

An Exhibition Exploring the Working Life and Patient Care at Cefn Coed Hospital.

Swansea Bay Health Board Heritage Team had a small Heritage Lottery grant to create this exhibition which captures the legacy of Cefn Coed Hospital, a psychiatric hospital in Swansea, from its opening in 1932 until now when it is in the process of being decommissioned.

Over the last two years the team drew on the expertise of their colleagues, together with academics, computer design engineers, artists, historical narrators, poets, as well as members of the public to create an audio-visual interactive exhibition. The exhibition includes objects, art and photographs from Cefn Coed, as well as a 3D model of the hospital and a 'reliving room'. The team has also worked with both past and present staff members from the hospital to capture their personal memories that are now a big part of the exhibition.

LIFE OF BREATH POP UP WORKSHOP

18.30 - 19.30 | THURSDAY EVENING

Artist Louise Jenkins will be helping people create suspended breath capsules in the museum foyer.

STORIES IN THE GARDEN

13.00 - 13.45 | FRIDAY & SATURDAY

Meet at the story circle in the waterfront museum garden

Friday Storyteller

Fiona Collins telling stories from Wales

Saturday Storyteller

Griot Chinyere Nwaubani telling stories from Africa

POETRY/STORY WALKS

13.00 - 13.45 | FRIDAY & SATURDAY

Meet at the conference desk for a creative walk

Friday Walk Leader: Penelope Foreman

A poetry walk around Swansea

Saturday Walk Leader: Victoria Field

A pop-up session creating stories from artefacts in the museum

LIVE MUSIC

THURSDAY EVENING

The Snooties

FRIDAY MORNING

Joy Cornack harp & soprano

SATURDAY MORNING

Rachel Taylor-Beales singer songwriter

Conference Chairs

DAY 1 | THURSDAY

WELCOME BARRY ATKINS

Dean of the Faculty of Creative Industries at the University of South Wales.

PANEL 1 MICHAEL CARCLIN

Academic subject manager for Drama, Dance & Performance at the University of South Wales. His research and teaching interests focus on applied drama and performance in various social contexts including health.

PANEL 2 MICHAEL WILSON

Professor of Drama Loughborough University. He has published extensively on Storytelling.

PANEL 3 ALI FRANKS

Lead lecturer for BA Applied Drama at University of Wales Trinity Saint David and Applied Drama Practitioner.

BEYOND THE BORDER PRESENTS

Carl Gough

Swansea based storyteller working in community development.

DAY 2 | FRIDAY

OCEAN ROOM

AM: Brian Lobel

Artist and academic, currently working as Knowledge Exchange Fellow at Royal Central School of Speech & Drama.

PM: Louise Condon

Professor with Swansea University and Swansea Bay University Health Board, with a great interest in listening to patients' stories in all aspects of health.

DYLAN THOMAS CENTRE

AM: Tim Joss

Tim Joss is Aesop's Chief Executive & Founder. Aesop's vision is of a future when arts solutions to health challenges are available for all who need them.

PM: Cathy Dowling

Assistant Director of Nursing & Patient Experience at Swansea Bay Health Board. Midwife for many years and now Senior Manager using stories to improve quality and safety of services.

WORKSHOP SPACES

AM: Leisa Williams

Senior Learning Interpretation and Participation officer at Waterfront Museum.

SWANSEA MUSEUM

PM: Anne Fothergill

Principal Lecturer in Mental Health at the University of South Wales. Also a mental health nurse, educationalist and researcher.

PLENARY

Andrew Davies

Chair of Swansea Bay Health Board.

KEYNOTE PERFORMANCE

Emily Underwood-Lee

Research Fellow at the George Ewart Centre for Storytelling and conference co-convenor.

DAY 3 | SATURDAY

OCEAN ROOM

AM: Joseph Sobol

Director of the George Ewart Evans Centre for Storytelling at the University of South Wales.

PM: Prue Thimbleby

Arts Coordinator, Swansea Bay Health Board and conference convenor.

DYLAN THOMAS CENTRE

AM: Inga Burrows

Senior Lecturer in Film at the University of South Wales. Also an artist / filmmaker with a background in graphic arts.

PM: Chris Mellor

Strategy Manager for Arts, Culture and the Creative economy at Swansea Council.

WORKSHOP SPACES

AM: Angela Maddock

Artist and lecturer. Currently maker in residence with the Florence Nightingale Faculty of Nursing, Midwifery and Palliative Care at King's College London.

PM: Mark Cocks

Assistant Dean of Swansea College of Art UWTSU.

PM: Leah Salter

Systemic psychotherapist who facilitates storytelling/creative groups with women in mental health services.

SWANSEA MUSEUM

PM: Martin Thomas

Heritage Lead for Swansea Bay Health Board.

Notes & Insights

#story4health

PLEASE TWEET RESPECTFULLY

[PROGRAMME, ABSTRACTS AND MORE INFORMATION AT WWW.ARTSINHEALTH.WALES/CONFERENCE](http://WWW.ARTSINHEALTH.WALES/CONFERENCE)



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board



University of
South Wales
Prifysgol
De Cymru



Amgueddfa
Genedlaethol
y Glannau

STORI DIWYDIANT A
BLAENGAREDD CYMRU

National
Waterfront
Museum

WALES' STORY OF
INDUSTRY & INNOVATION



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



Prifysgol
Abertawe
Swansea
University