

phil okwedy storyteller

CAPTURING IMAGINATIONS ENGAGING EMOTIONS OPENING MINDS



Every Story is Us. Rumi

Traditional Storytelling & Reminiscence Sessions

Human beings are 'storytelling animals' (Gotschall 2012) and there is a growing body of evidence to suggest that the sharing of stories can have a positive impact on health and well-being. But the elders in our communities, particularly the frail elderly and those with dementia, are often marginalised and yet we know that older people love hearing stories and telling their own. This is what Every Story is Us is designed to facilitate.

While an initial session will almost certainly begin with a performance for the group to enjoy, its real value is in promoting inclusion and conversation, with the sharing of participants' own stories.

Using techniques and strategies derived from my training in Reminiscence as a Creative Activities Therapist* and 6 years experience as a professional storyteller, Every Story is Us aims to:

- provide older people and their carers with opportunities for participation in quality, inclusive arts activities
- recognise, value and affirm older people's memories, life experiences and contribution to the wider community
- use storytelling and reminiscence to entertain, combat loneliness and isolation, and provide opportunities for socialising and conversation
- use storytelling and reminiscence to rekindle imagination, trigger memories and increase communication
- to build confidence and motivation, and combat feelings of depression

...and... to have fun!

Following an initial session but only after building on group dynamics and with the agreement of the group, further sessions might deepen the impact of hearing traditional stories by exploring and discussing them using a Community of Enquiry model as piloted by the **Developing Evidence Enriched Practice (DEEP)** project, and elicit further personal stories using the Story Share Café model where groups (including members of the wider community if appropriate) share answers to a set of questions/or sensory responses to objects.

Fee: One off session @ £70 or 4 sessions @ £240

I have been a professional performance storyteller for the last 6 years, and until last year was also a primary school teacher. I am now a freelance performer and facilitator.

*I am currently studying Module 3 **Creative Activities Therapist (L.2)**, **Dementia Awareness**, having already completed Modules 1 & 2 **Understanding the Benefits of Reminiscence & Therapeutic Approaches to Activity in Social Care** and am due to finish in early May.