

# Sharing Stories to Bring Wellbeing

Webinar: 17th June 2022, 10am—1pm

Hosted by the Yorkshire West Methodist District



*People make meaning and find connection through stories. We also find wellbeing through relationship and play. In this interactive webinar we will offer ideas of multi-sensory approaches and techniques that make sharing stories accessible to people living with dementia. We will consider ways of building community and using stories as a springboard for creativity.*

## Introducing the speakers:

**Kathryn Lord** is co-founder of *OutoftheBox* Training and *Stories for the Soul*. She is a spiritual accompanier and retreat leader and uses a playful approach to sharing stories in many different contexts - care homes, schools, faith settings, community groups and workplaces Kathryn enjoys wild swimming and sharing stories of life around a firepit.

**Carrie Backhouse** has a passion for hearing people's stories. She has seventeen years' experience of running reminiscence sessions, creative activities, and training in Sheffield care homes. During this time, she has been engaged in several collaborative projects with Sheffield University, Sheffield Hallam University plus various artists, museums, and galleries.

In 2018 she was awarded Dementia Champion by the Journal of Dementia Care for these creative projects along with her work with Kathryn Lord at *Stories for the Soul*, a project developing innovative ways to connect and support care homes and churches delivering spiritual wellbeing.

Currently she works with *Playlist for Life*, a music and dementia charity and has founded *The Curious Creatives Club* supporting art engagement in Coventry. She believes laughter is the best form of medicine, and has a mission to bring fun, social interaction, and creativity to the heart of care.

For more information please go to [www.outoftheboxtraining.org](http://www.outoftheboxtraining.org) and <https://www.facebook.com/groups/1387497137977968>

**For more information please contact:** Susan Wishart, [wisharts@dso.methodist.org.uk](mailto:wisharts@dso.methodist.org.uk)

**To book your place:** <https://www.eventbrite.co.uk/e/sharing-stories-to-bring-wellbeing-tickets-265060201197?aff=ebdssbeac>