



peer mentoring workshops

Friday 30th September 2011 from 7pm
Ceilidh & Party for Lapidus Scotland & friends

Saturday 1st October from 10am till 5:30pm
Sharing Our Stories facilitated by Ruth Kirkpatrick
a day of peer mentoring

Sunday 2nd October from 10am till 5pm
Stories for Health
Ted Bowman - keynote speaker
at St. Mungo Museum of Religion
Bookings through: www.scottishstorytellingcentre.co.uk/
phone to book a place 0131 556 9579

Sunday 30th October 10am to 5pm
Killing the Critic with Alison Reid

Sunday 27th November 10am to 5pm
Toucihing the Earth with Margot Henderson

Maggie's Glasgow, The Gatehouse, Western Infirmary
10 Dumbarton Road, Glasgow G11 6PA

Please Note: all events except *Stories for Health*
will be at the Maggie Centre

"If it's unmentionable, it's unmanageable"

Booking & further information contact Alison Reid
01355261237 or 07531239367
email: alisonareid@hotmail.com



With gratitude for support from
Glasgow City Culture & Sport
Scottish Book Trust Live Literature



We invite Lapidus members North and South of the border to join with Lapidus Scotland in developing our *community of practice* across Scotland and the UK through shared learning and collaboration.

Together we can have a dialogue around what we mean by "*creative words for health and wellbeing*", learn from each other and discover the power of our words to enrich our lives now and in the future.

Friday 30th September from 7pm CEILIDH/PARTY

at the Maggie Centre with poems, stories, songs, music. Please let us know what you would like to offer. Bring food to share, friends & family

Saturday 1st October SHARING OUR STORIES - with **RUTH KIRKPATRICK**

This workshop is about sharing our creative words that work for health & wellbeing, honing our skills, mentoring each other in our role as facilitators, celebrating best practice, and evaluating the benefits of our work.



RUTH was born in the North East of Scotland, and has worked in Social Work for the past 24 years and has training in Gestalt counselling. She now runs Stories Always where she successfully delivers training and develops innovative ways to use Storytelling with children and families who have particular emotional and social needs. As an experienced and inspiring trainer Ruth

contributes to programmes at Strathclyde University, Emerson College and the Scottish Storytelling Centre. She has a broad repertoire of stories and songs from Traditional and Traveller sources and a knack of knowing which of these gems she should 'pull out of the bag'. She passionately believes in the power of this most human art to enrich, empower and heal.

Sunday 2nd October STORIES FOR HEALTH

with **TED BOWMAN** at the St. Mungos Museum of Religion
STORYING AND RE-STORYING AFTER LOSSES



TED is a grief educator. For over 30 years he has been gathering people's stories of disruptive changes in their lives and stories revealing resiliency and hope. He draws on literary accounts to prompt and acknowledge ways of coping and healing. Ted is the author of over 80 articles and chapters, two booklets on grief and hope, and a volume of personal essays and poems. He is a co-editor of new book of poetry addressing loss and

renewal.

Sunday 30th October KILLING THE CRITIC
with **ALISON REID**



ALISON is a therapist and writer, Alison has a PostGraduate Diploma in Counselling from Strathclyde University and an M Phil in Creative Writing from Glasgow University. For a number of years she has worked with community groups, educational establishments, prisons, NHS, and Cruse. Alison has published short stories and poetry in a variety of magazines, journals and newspapers. She is the recipient of a Scottish Arts Council Writers award and is currently writing a novel.

Killing the Critic is a workshop exploring the critical voice within us and the effect it has on our well-being and on our ability to write. The event will allow you to recognise your own critical voice and to develop ways of minimising its power. Through dialogue and sharing with others you will be able to express your own creativity and to bypass the inner critic.

Sunday 27th November TOUCHING THE EARTH
with **MARGOT HENDERSON**



MARGOT is a Poet and Storyteller of Scots Irish origins, She has been working as a community artist for the last 20 years, devising and delivering community arts projects in diverse settings, woodlands and quarries, galleries and museums, hospitals and homeless shelters. She was Storytelling Fellow for Aberdeen and Writer in Residence for Cromarty Arts Trust. She is currently Expressive Writing Tutor for Maggie's Highlands.

Touching The Earth a creative writing workshop exploring our connections to 'more than us', a healing process that helps us to connect with all that sustains us in life, a creative way of acknowledging our ancestors and all our relations.. Touching the Earth is based on a mindfulness practice in the tradition of Thich Nhat Hanh, the Vietnamese Zen master and poet.

Creative Words that Work for Health and Wellbeing BOOKING FORM

30 September CEILIDH/PARTY

1st October SHARING OUR STORIES

30th October KILLING THE CRITIC

27th November TOUCHING THE EARTH

(please put an X in the box for each event you want to attend)

Name.....

Address.....

.....
Post
Code.....Tel.....

Email

Cheque enclosed.....

Suggested donation for each workshop: £20 (Lapidus members £15)

Please return this form before the end of August to:
Lapidus Scotland, C/O Alison Reid
15 Alwyn Drive,
Stewartfield, East Kilbride
G74 4RL

(cheques payable to Lapidus Scotland)

