



Compassionate Communities Active Learning Programme 2020

Session Thursday 15th October 2020

Telling your story - the power of narratives, social reporting, media and social media

Angela Millar, Health and Social Care Alliance Scotland, and Hilda Campbell, [Cope Scotland](#), co-facilitated our session exploring the importance of stories and the art of storytelling. Angela outlined the successful [Humans of Scotland](#) series and the power of social reporting.

The Humans of Scotland stories capture the voices of those seldom heard and amplify them via social media and web platforms, offering an opportunity for people to share their lived experiences and what is important to them.



Hilda reminded us that if we are to listen with empathy we need to be in a good place about ourselves. She shared the 'Getting your 'oomph back' booklet www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1

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Angus HSCP shared a creative exercise: write a short story on a single A4 piece of paper. Now edit this down to 50 words to increase the impact! Elaine shared a story about a community nurse showing a gentleman how to poach an egg – a metaphor for caring relationships.

Stories can change individuals lives but they can also change systems'

We are, as a species, addicted to story. Even when the body goes to sleep, the mind stays up all night, telling itself stories. *Jonathan Gottschall*



Participants' reflections

Absolutely, so important to just share our day to day things and communicate our reality'

'The jigsaw lids create the space to see the world through someone else's eyes. Recognising what we have in common and becoming more curious about this'

- ◆ You cannot be person centred without knowing people's stories
- ◆ everyone needs time to tell their story and space for people to feel valid and heard and for this to inform strategy
- ◆ the value of telling a story....and listening....can make such a profound difference in someone's life.....
- ◆ wonderful to hear everyone agreeing on the importance of people's stories - that's how we find out what matters to people! If you listen, you'll hear stories
- ◆ an excellent example of how one story can change a system also how much value he and his partner would have felt knowing their story changed things for others - their experience and story mattered, thank you for sharing and to everyone

'Never forget the importance of spending time showing someone how to poach an egg, sometimes it's not the machine which goes ping which makes the difference but the compassion of someone who sees pain and wants to relieve it.'

When you listen, you dump your assumptions

All CC ALP resources and recordings are available at: IFIC [Compassionate Communities Special Interest Group](#)



Access the session's presentations and explore the richness of stories and storytelling. *Recording and re-source list [here](#).*

Useful resources and links

- ◆ Cope Scotland: <https://www.cope-scotland.org/>
- ◆ Humans of Scotland and Communities in Action: <https://www.alliance-scotland.org.uk/humansofscotland/>
- ◆ Blog: 'You cannot pour from an empty cup': <https://www.qnis.org.uk/blog/you-cannot-pour-from-an-empty-cup/>
- ◆ Professional quality of life measure www.proqol.org
- ◆ Getting your 'oomph back' www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1
- ◆ 3 Minute relaxer www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes
- ◆ Tool to help focus on areas for attention: www.cope-scotland.org/index.php/latest-blog/what-s-the-vision-on-your-jigsaw-lid
- ◆ Goal setting tool www.cope-scotland.org/index.php/latest-blog/have-fun-achieving-what-matters-to-you
- ◆ The power of story telling in QI: www.health.org.uk/newsletter-feature/power-of-storytelling
- ◆ The Science of Storytelling: Why we Love Stories. Everyone loves a good story, Joshua VanDeBrake 2018: <https://medium.com/swlh/the-science-of-storytelling-why-we-love-stories-fceb3464d4c3>
- ◆ Arthur Frank books: https://www.goodreads.com/author/show/61656.Arthur_W_Frank
- ◆ Thich Nhat Hanh on Compassionate Listening a SuperSoul Sunday by Oprah Windfrey Network: <https://www.youtube.com/watch?v=lyUxYflkhzo>
- ◆ Thich Nhat Hanh: Loving speech and deep listening (short teaching video): <https://www.youtube.com/watch?v=hDJBKEOe7Pg>
- ◆ Patient Library: <https://www.patientlibrary.net/cgi-bin/library.cgi>