

**7 DAYS  
OF...  
STORIES**

# STORIES...

**This week is all about stories and how they help us to shape, redefine and colour our lives.**

**Creative Recovery is a movement of people who share a core mission to use creativity to bring about social change, grow community spirit and boost well-being and recovery. We put people at the heart of it!**

**We have a team of artists with broad experience working across Arts and Health. We are driven by need and fully involve people in all aspects of what we do.**

**We use a person-centred approach to create safe spaces in which people can flourish. We are innovative, dynamic and committed to partnership working and collaboration.**

# DAY 1: STORY AND RHYME AT HOME WITH BARNESLEY LIBRARIES.

Head to Barnsley Libraries facebook page every Monday for sharings from their 'Story and Rhyme at Home' series.

Barnsley Libraries received a grant from Creative Minds to create a series of 'Story and Rhyme at Home' videos as part of the Creative Minds COVID-19 response.

The videos have been created with a focus on connecting and sharing together with each of the online stories featuring books from the EYFS curriculum, Reading for Wellbeing range and the Summer Reading Challenge list.

The stories chosen have been picked to highlight a range of subjects, including supporting mental health, where listeners will be provided information on partner services who can offer support.

Fitting with the theme of sharing together, the 'Story and Rhyme at Home' videos will be read out by some well-known Barnsley residents, who will be taking the listeners on a journey through reading.

<https://www.youtube.com/channel/UCJoqAITCjZBm5hb1syb0TLw?app=desktop>

Photo by Laura Kapfer on Unsplash



# DAY 2: STORIES IN PICTURES.

These photos are of 2 books written and illustrated by the amazing Carson Ellis. Mostly they contain exquisite illustrations with just a scattering of words between them.

Although written for children they are amongst my favourite books ever due to their unique charm and the multiple ways you can tell the stories held within each carefully composed page (with a bit of imagination, at least). In fact, at bedtime they take us twice as long to read as any other books my children own. Without the words we can really explore what we think might be happening so each reading may be quite different from the one before.



The second book *Du Iz Tak?* is written in insect language, and for those that prefer to know for sure what the characters of the book are saying there's fun to be had brushing up on your 'Insectish'. The action in this book is framed within a piece of the Earth no bigger than your hand, proving that you can find stories nearly anywhere.

# DAY 3: THE SOUNDTRACK OF OUR LIVES.



## Part 1 - Elaine

As part of Creative Recovery's 7 Days of... Stories week, Occupational Therapy student Chris McClure presents 'The Soundtrack to Our Lives' Podcast. Each guest is asked to pick the 6 songs that have soundtracked their life, using songs as the basis to tell their own personal story.

Here is Elaine's.

<https://soundcloud.com/user-973206033/soundtrack-of-our-lives-elaine>

## Part 2 - Reverend and the Makers

Chris McClure as part of his series, 'The Soundtrack of Our Lives', interviewed his brother, aka John McClure, singer/songwriter and frontman of Sheffield band, Reverend And The Makers. Listen as they explore themes of creativity, mental health and how music defines life experiences...

Big thanks to you both!

<https://soundcloud.com/user-973206033/the-soundtrack-of-our-lives-reverend-and-the-makers>

# DAY 4: THE SOUNDTRACK OF OUR LIVES.

## Bob and Blilith

As part of Creative Recovery's 7 Days of... Stories week, Occupational Therapy student Chris McClure presents 'The Soundtrack to Our Lives' Podcast. Each guest is asked to pick the 6 songs that have soundtracked their life, using songs as the basis to tell their own personal story.

Here is Bob and Blilith's.

<https://soundcloud.com/user-973206033/the-soundtrack-of-our-lives-bob-and-blilith>



# DAY 5: REWRITING YOUR STORY.

“There’s nothing more important to the quality of our lives, than the stories we tell ourselves about them.”

This quote from therapist Lori Gottlieb features in the Ted Talk below. We can often become stuck in the stories we tell ourselves about circumstances, ourselves and lives. Playing out old hurts, being trapped by the perceived expectations of others, we can construct stories that limit our experiences and joy. It also be really difficult to keep open perspectives when depression creeps in and narrows the view.

However, no story is set in stone and you have the power to rewrite to create positive change, acceptance and understanding. Give it a go...

[https://www.youtube.com/watch?v=O\\_MQr4IHm0c](https://www.youtube.com/watch?v=O_MQr4IHm0c)

<https://www.psychologytoday.com/gb/blog/quantum-leaps/201907/how-rewrite-your-past-narrative>

Photo by Hannah Olinger on Unsplash



# DAY 6: AESOP'S FABLES.

You may well have heard of Aesop's Fables. But did you know that Aesop was believed to be a slave living in Ancient Greece, and that the many fables, jokes and proverbs ascribed to him were not written down until 3 centuries after he had died?

Initially the fables were addressed to adults and covered religious, social and political themes. They were also put to use as ethical guides and from the Renaissance onwards were particularly used for the education of children.

How many fables can you remember? Do you have a favourite? Mine is 'the North Wind and the Sun' because it reminds me that gentleness always wins over force.



Artwork by Brian Wildsmith.

# DAY 7: SUBTLEMOBS.

Subtlemobs are where theatre and story-telling collide in public space and real time.

We were thrilled to take part in a subtlemob many years ago through our UPLIFT programme with some really positive feedback from all who participated. People felt moved and strongly connected to the people around them, both those involved in the subtlemob experience as well as the strangers who became characters in the unfolding audio story..

But what is a Subtlemob?

'A subtlemob is an invisible flashmob, it integrates with the beauty of the everyday world, so only its participants are aware of it. It's like walking through a film. It is experienced on headphones, and it is performed by you and hundreds of strangers. Armed with only an mp3 player this subtlemob takes you on a cinematic experience of twists and turns. A mixture of narrative and richly textured music fills your ears. Different MP3 files are distributed to different audience groups, so while some perform simple actions, the others hear stories about these actions, so that everywhere they look the stories come alive in the world around them.

[www.wearecircumstance.com/our-broken-voice/](http://www.wearecircumstance.com/our-broken-voice/)

Sound Artist and Composer Duncan Speakman created the first Subtlemob 'As if it Were The Last Time' in 2009. 10 years after this the first subtlemob took place on the streets of Bristol Duncan's pioneering sound piece was shared once more.

Here Duncan speaks about how the subtlemob was first conceived, and the power of connection experienced through this kind of storytelling

<https://www.youtube.com/watch?v=jYlkiKlbrq0>

Check out this link for more info

<https://www.watershed.co.uk/.../bristol-2009bristol-2019-cele...>

Here's a short film about how it was received by participants.

<https://www.youtube.com/watch?v=FY6S4GkCZ9c>

**BROUGHT TO YOU BY**



Supported using public funding by

**ARTS COUNCIL  
ENGLAND**

