



Explore with...

# Slow Motion “SELF”ies

A new project in Cardiff and Swansea for those living with neurodegenerative conditions.

Autumn 2019.

**Beyond The Border**

Wales International Storytelling Festival  
Gŵyl Chwedleua Ryngwladol Cymru



Rydym yn cefnogi pobl  
a chymunedau i ffynnu.

Cronfa Gymunedol y Loteri Genedlaethol

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The National Lottery Community Fund

# Slow Motion “SELF”ies.

A diagnosis of a neurodegenerative condition is a life changer. Something is wrong in your brain they tell you, and it can feel like an assault on your very self. It takes a bit of getting used to. *Beyond the Border*, a storytelling organisation, is delighted that the National Lottery Community Fund is supporting our new pilot programme, Slow Motion “SELF”ies, which we hope will help.

## **Who?**

The programme is open to those living with a neurodegenerative condition i.e. those with a diagnosis and/or family care givers. Venues will be accessible, however, individuals need to be physically self-managing or be accompanied by a carer.

## **When?**

The programme will run during the autumn of 2019, in two blocks, six consecutive weeks, followed by a break then two more weeks, 8 sessions of two hours each in total. (Swansea details on p4).

## **What?**

The first six sessions will provide time to allow individuals to focus on themselves in a positive creative way. Activities will encourage participants to explore what they think and feel about themselves and “Tell it how it is!”.

The programme is based on three strands stories, personal reflection and creative activities.

The final two sessions will encourage some individual or group creative output for an exhibition/performances intended to inspire others.

## **Where?**

There will be 2 groups, one in Cardiff, one in Swansea. (see p4)

## **How much?**

Thanks to our volunteers and donors, and support from the National Lottery Community Fund, there is no charge and we can offer some help with travel expenses.

## **Our approach**

Lead volunteer Eirwen Malin has a diagnosis of Parkinson's. After the initial shock, she thought "The best thing to do with a bad experience is to make use of it!". She set about creating a storytelling performance. She realised that the thinking that went into the show helped her to come to terms with the changes in her life, to recognise there was good as well as bad and encouraged her to value the positive. She has developed this programme to try to help others get the same benefit and have a bit of creative fun at the same time.

## **Stories**

Old stories often contain ancient wisdom and we will be hearing stories and myths with themes of identity and change. Personal stories help us to realise we are not alone, that we share experiences and learn from each other.

## **Exploration of the self**

Rarely do we take an honest look at ourselves and think about what we do, why we do it and how we could do it better. A set of activities based on personal development will help us with finding out what makes us tick, how to capitalise and celebrate what we are good at, and how to prioritise our time to enjoy the best bits of life.

## **Creativity**

Having a go at something new is good for everyone. We will try out some creative activities and, we are sure, be surprised and gratified by the results.

The final step will be to create an exhibition/ presentation of creative outputs to tell our stories, share our experiences and inspire others. Participants will be able to work individually or in groups and use, poetry, art, cartoons, film, photography, song, dance whatever they feel most appropriate.

## **Programme facilitators**

The programme is devised and facilitated by experienced volunteers.

## **Language**

The programme will run in English. Creative outputs can be in any language. One to one, or small group work during sessions could be facilitated in Welsh if required.

If you are considering taking part please register your interest by e-mailing [airwenmalin@beyondtheborder.com](mailto:airwenmalin@beyondtheborder.com) or leave your contact details in an ansafone message on 02921 660501 and we'll get back to you as soon as we can.

## Swansea sessions

Will be held at :-

**YMCA, 35 Kingsway, Swansea SA1 5JQ**

**Mondays 2.00 – 4.00pm.**

6 sessions : 23<sup>rd</sup> Sep 2019 – 28<sup>th</sup> Oct 2019  
plus 2 sessions 25<sup>th</sup> Nov 2019 and 2<sup>nd</sup> Dec 2019



**Beyond the Border Storytelling Festival Ltd.**  
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