



The Hangleton
& Knoll Project

TELLING OUR STORIES

A writing booklet for members of the
Hangleton & Knoll Multicultural Women's Group

In partnership with
New Writing South, RISE/BLCP and The Stories We Tell project



Welcome to Telling Our Stories

The Hangleton & Knoll Project have been working with the Hangleton & Knoll Multicultural Women's Group for over a decade supporting the group to access and deliver activities that meet their needs.

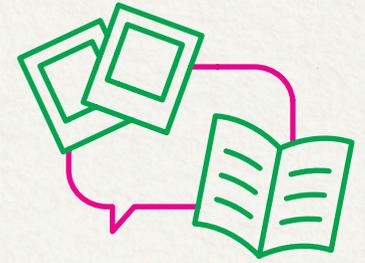
The Telling our Stories project is a wonderful partnership with RISE and New Writing South which enables women from the group to come together and improve their wellbeing through storytelling in a safe and confidential environment.



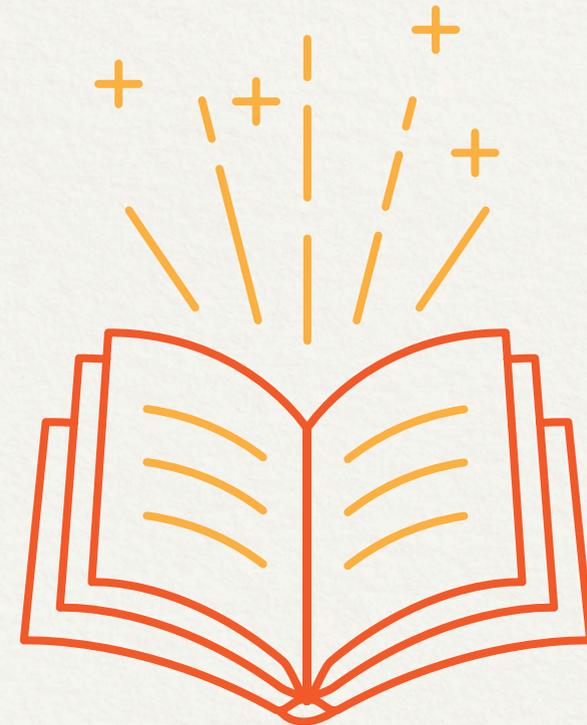
This project has been developed in consultation with members of the group following the success of a pilot project in 2019. We hope you continue to enjoy storytelling as part of this project.

New Writing South is the writer development organisation for the south east of England. We run projects, activities and events for aspiring writers and storytellers of all backgrounds and experiences.

Telling Our Stories is led for us by our team member, Sharon Duggal, who is also a published author and creative writing tutor. We'd like to thank RISE and The Stories We Tell initiative for their support in making this project happen.



This project is part of the **Big Lottery Communities Project (BLCP)** at **RISE** which works in a needs-led, strengths-based way to build trust with communities and create safe spaces for black and minoritised women. This work is collaborative and the form it is in now is the result of co-production between the women and organisations involved. We look forward to the rich and diverse stories that will be and have been heard during this project.

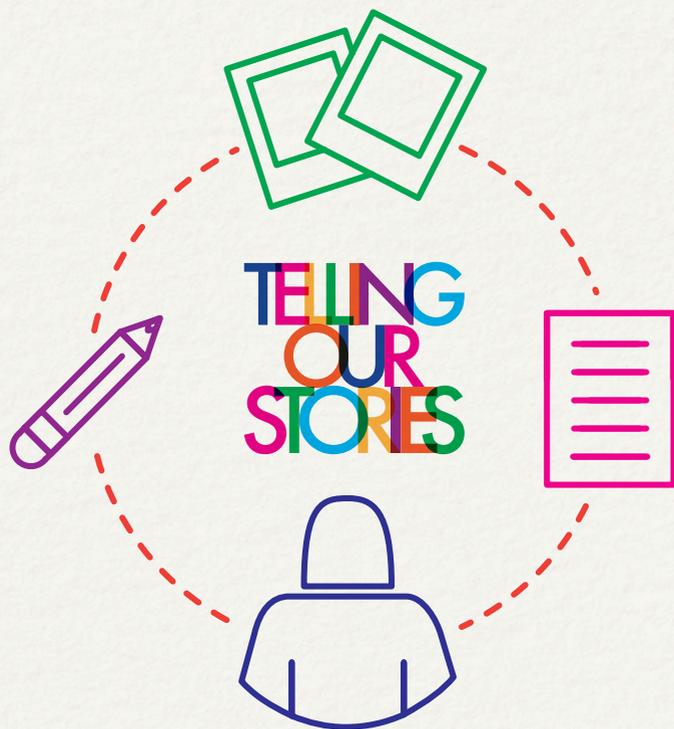


How to fill in this booklet

This booklet is for you to start telling your own stories in your own time, about the journeys you've made in your life. These stories are for you to collect for yourself or, eventually, to share with someone important to you.

When you fill in these pages, you might want to write about journeys from one place to another, or journeys through important stages of your life such as school days, your career or being a parent.

You can also think about journeys through time, as the world changes, for example technological advances that may have affected your life in some way. Or, you might prefer to use this book as a journey of the imagination, and start writing completely made up stories.



Here are some writing tips

When you are writing about a particular journey, some things you might want to think about are:

Where did you go?

Why did you go there?

How did you get there?

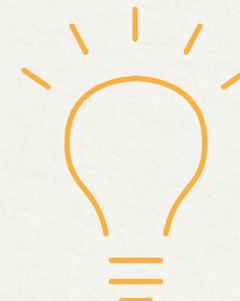
What could you see around you?

Who were you with / who travelled with you?

What were the smells and sounds of your journey?

What changed during the journey?

How did you feel at the beginning and end of the journey?



Don't forget...

You don't need to just write - you can add photographs, newspaper clippings, sketches, bits of fabric or other small items which can help tell your story.

I hope you enjoy telling your story!

Sharon Duggal
New Writing South

Who am I?

Name:

A few words about yourself:

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Decorate these pages with pictures or photos...

Join us for Telling Our Stories workshops
on Zoom from February 2021

TELLING OUR STORIES

For more information, email:
claire.johnson@hkproject.org.uk

