

Scottish Storytelling Centre - About Organisation

My name's Caroline Budge, and I'm the national storytelling co-ordinator for the Scottish Storytelling Centre.

Storytelling is for everyone. Everyone has a story to tell, regardless of their age, their background, their skills and abilities, and their personal experience.

Across a wide range of settings and contexts, storytelling has its purpose and relevance - from mental health and well-being, to education, environmental settings and heritage settings as well.

Also the fantastic potential of storytelling to improve people's confidence, and their communication skills, to affirm their life experiences, to provide them with a means of accessible creative expression, and to relate to and make sense of the world around them.

I think the brilliant thing about storytelling is that everyone can take part, and get involved.