

Scottish Storytelling Centre - About Project

Our ArtFull project is called space for stories - we wanted to draw on the vast amount of expertise and experience that exists with the storytelling directory, in the area of mental health and well-being.

So we've brought together seven or eight storytellers with a range of different backgrounds in this area, and created a mental health and well-being working group which really has become the backbone of the Space for Stories project.

The storyteller will work with the existing skills, strengths and abilities of each member of the group, and tailor-make their approach to make sure that everyone can take part and contribute, and feels that their contribution is valued - and really being defined by being part of a creative group, rather than being defined as perhaps having mental health problems.

I think if they can apply the skills that they've learnt to other parts of their lives, then that's fantastic.