

Storytelling



Led by Franziska Droll, this workshop explored storytelling as a transformative tool, in an interactive workshop, where participants learned to navigate difficult conversations, build confidence , and foster positive change.

In less than an hour small groups abridged traditional fairy tales, giving them a more positive ending, and performed their work in front of others !

Hand Drumming



Ian Beaton from Nomad Community Music School led a group hand drumming session for all ages and abilities.

INSPIRING LIFE

Storytelling

and

Poetry

DAY - FINALE



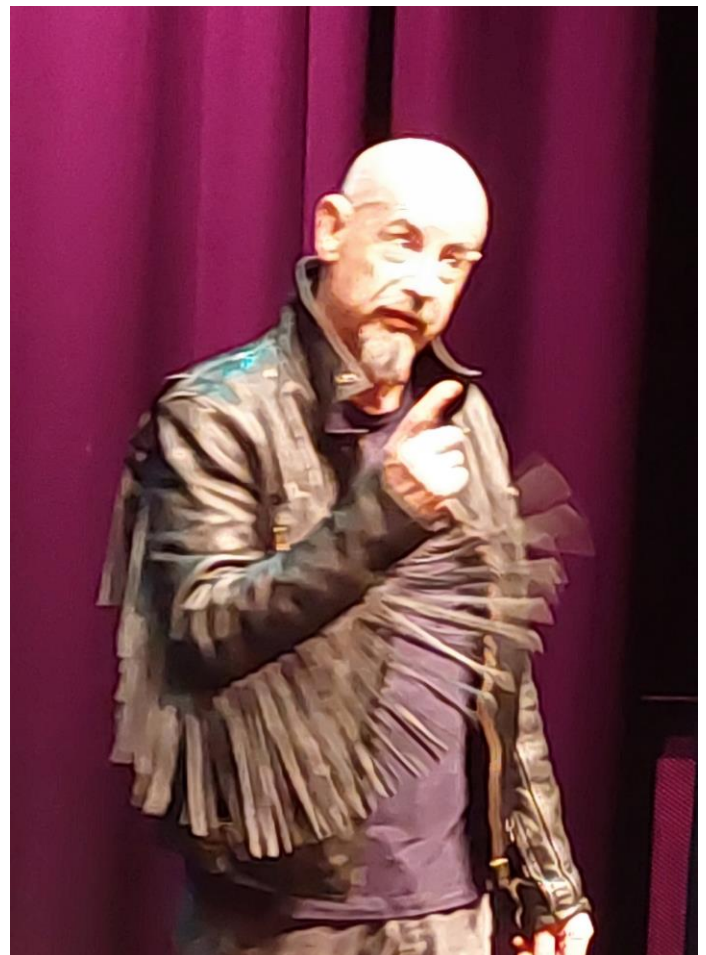
This was a follow up to the See Me event in February. Led by Bridget Dickson and Chik Duncan, this workshop explored the importance of comfort in having difficult conversations.

Using words, poetry, literature, song lyrics, and humour we saw that even challenging conversations are possible. In this safe, welcoming space, participants were able to complete 'Six Wee Wordies' and completely new for some "Haikus"

Six Wee Wordie : " We laughed, we talked, we cried"

Haikus : Their very first words
Are you sitting comfortably?
Yes. So I could start.

Their very first words
Are you sitting comfortably?
No. And so I left



See Me Workshop (Feb '25)



Contemporary Dance Sharing





Song and Dance with No-mad Beat.

Who didn't enjoy the finale of familiar songs and dance tunes from Robbie Tattler and Frances Taylor? The audience were up and dancing in no time. We certainly ended on a high note!

