

STRENGTH BASED LEARNING PROGRAMME **25/26.**

Storytelling to make changes in
the system.

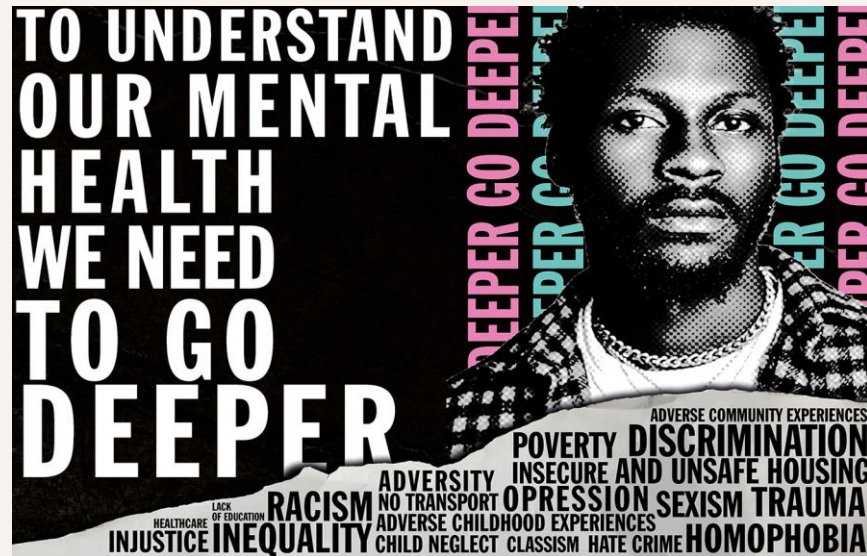
With Anna Suschitzky and Hilary Dyer.

PLATF **FORM**

For mental health and social change
Dros iechyd meddwl a newid cymdeithasol

WHO ARE WE?

- We work alongside 300 staff
- Support 15,000+ people a year
- 150 projects and services
- Work in five Welsh Health Board areas and fifteen local authorities



- **Crisis prevention and home:** crisis services, supported accommodation, homelessness prevention and specialist housing support
- **Employment, volunteering and skills development:** work placements, peer mentoring, qualifications and community support
- **Children, young people and families:** wellbeing programmes, one-to-one and group support, peer networks, out of hours drop-in, community projects
- **Wellbeing:** talking therapies, clinical supervision, workplace wellbeing, trauma informed organisation development and bespoke consultation

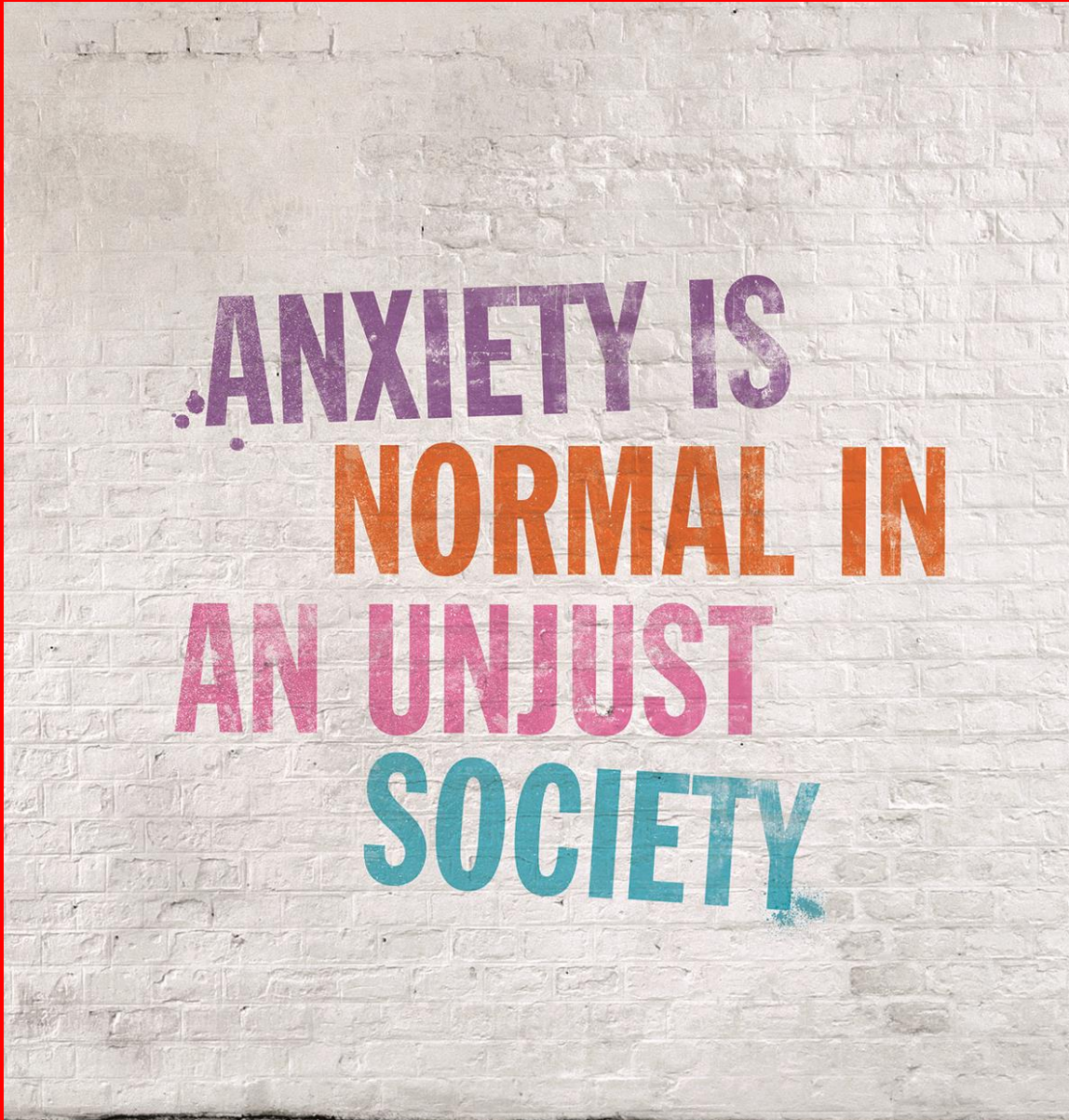
PLATFFFORM'S MISSION

To change the dominant narrative around mental health

- By advocating for the role that trauma, life experiences and socio-economic circumstances have on our mental health + ability to heal.
- By making the evidence for this accessible to help shift public perceptions.

To make our 'helping systems' work better for people

- By changing how we provide services to people in distress.
- Focus first on the mental health, housing, homelessness, and young people's systems we interact with.



ANXIETY IS
NORMAL IN
AN UNJUST
SOCIETY

Digital Storytelling: An Introduction

“There is nothing in the world more valuable than a story based on personal experience that a teller wants to and needs to share with someone else”.

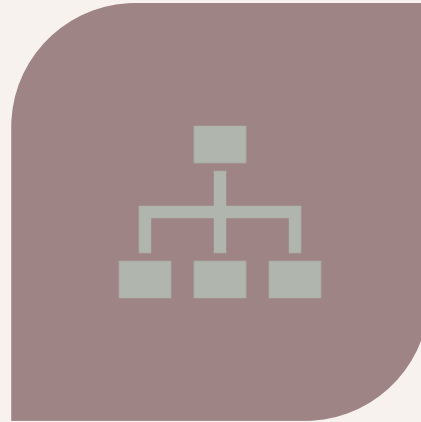
- Jack Zipes



Introductions



NAME



ORGANISATION/ SERVICE



A SMALL GLIMMER - SOMETHING
THAT MADE YOU SMILE

Plan for the session

To provide an overview of digital storytelling in context

Understand the steps to make a digital story

Exploring the benefits of using digital story

Consider the skills required to support someone to share their story

Evidence supporting the use of digital story

What is a
story?



A story is...

"...a way a person makes meaning of their experiences by sharing them with a listener."

Mencap



What is a
digital story?

Pillar to Post

<https://youtu.be/N0TIY9I1Ei0?si=Krt6pPGPwjTzG0Da>

For this session, a digital story:

Privileges
the
storyteller

2-4 minutes
in length

Incorporates
voice and
images

Making a digital story:

Identify the purpose

Consent

Capture audio and images

Edit

Agree

Use it!

Feedback

Why might we invite someone to share their story?



For the individual

Wellbeing:

to support us to make sense of our experiences.

To better understand who we are which will help us to take control of our lives and make decisions



Within communities

For Connection:

to build empathy and to help us better connect with the people around us



For organisations

For Learning:

research, impact and evaluation.

To learn from, or show, where our work and projects might be needed.

To learn from and show the impact our work is having

For Society

For Social Change:

so that we can raise awareness and campaign about the issues that people face





https://youtu.be/di_C9WEIVfc?si=enYKDYRnuUF5KRcB

Organisational Considerations:

Permissions and consent

Appropriate and transparent usage

Storage

Reviewing and retiring stories

Support

GDPR

Handling Stories with Care

Ethics of working with stories and storytellers

Anonymity or attribution

Changing of minds

Sharing

‘Others’

Evidence

Family, friends and carers

The storyteller

Staff

The organisation

Society/ community

The wider context in Wales

- Social Care Wales storytelling framework:

<https://insightcollective.socialcare.wales/a-storytelling-framework-for-social-care-in-wales>

- Public Health Wales Peoples Experience Framework:

<https://www.gov.wales/sites/default/files/publications/2025-04/peoples-experience-framework-2025.pdf>

- Wellbeing of Future Generations Act (2015):

<https://www.gov.wales/well-being-of-future-generations-wales>

- Social Services and Wellbeing Act (2014):

<https://socialcare.wales/resources-guidance/information-and-learning-hub/sswbact/overview>

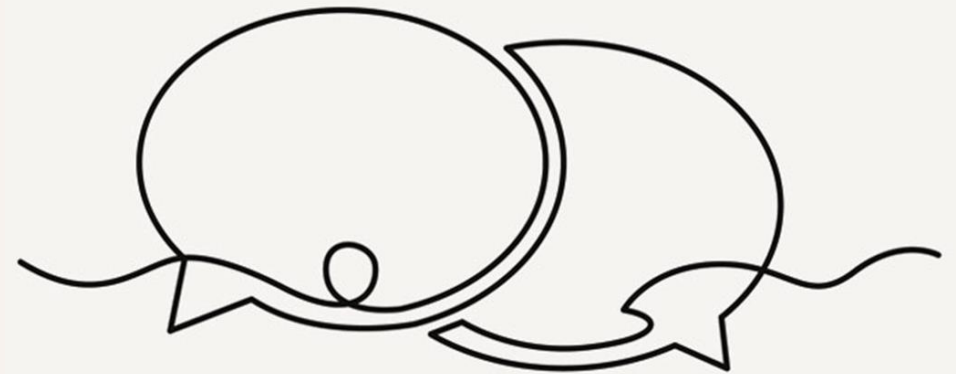
How might you use digital storytelling within your organisations?



Supporting someone to share their story

In small groups consider what you might need to do and think about:

- Before inviting someone to share their story
- During the story capture process
- Once the story is complete





Any Questions?

Close and reflections

"Storytelling is sacred; it is how we keep the dead living, and the living thriving. It's how we show up as our most authentic self. It can permeate artificial boundaries of race, borders, gender, language, and unequal power. It is the language of the heart, reflecting the breadth of our humanity as individuals and as a collective."

- Fatou Wurie, Moth Storyteller

Contact

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ISOLATION TO INCLUSION: THE JOURNEY TOWARDS HOPE AND HEALING



WED 17 SEPT 10:00-14:00
TEMPLE OF PEACE
CARDIFF CF10 3AP

- An event for hope, reflection, and for coming together to imagine a different way forward
- Inspirational stories from those at the heart of Plattform's projects
- Understanding challenges in our mental health system and the strength of community-led responses
- Powerful and creative storytelling, exploring how we can shape services that are **open access, strengths-based**, and rooted in **connection and community**



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UPCOMING STRENGTH BASED SESSIONS:

Storytelling to make changes in the system

11th September, 9:30 – 11:30

Holding boundaries in a broken system: being kind isn't being nice

13th November, 9:30 – 11:30

Looking after our wellbeing as campaigners for change

12th February, 9:30 – 11:30

Recordings of previous session are available on our Youtube channel:

[Strength based learning programme – YouTube](#)

PLATFFORM WELLBEING SUPPORT

Supporting others

- **A relational approach to mental health** – a non-medicalised lens on understanding mental health.
- **Strengths-based Working**– how can we work differently with people we support?
- **Creating the Conditions for Strengths-based working** – How can we create the systems internally to remove barriers to strengths-based working?
- **Clinical Supervision** – our services see a lot of difficult things – how do we support our teams with that?

Supporting ourselves

- **1:1 Talking Therapies**
- **Wellbeing Training** – Topics such as Burnout, Stress, Anxiety, Self-care, being trauma informed.
- **Compassionate leadership programme** - developing emerging leaders
- **Reflective Practice Workshops** – Putting into practice
- **Coaching** – developing thinking with goals and stuckness

www.platffomwellbeing.com



**WE WOULD LOVE
YOUR FEEDBACK**



<https://forms.office.com/e/2uMtd7aDVG>

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THANK YOU.
