

ListenUpStorytelling Spring Newsletter!



Welcome to the ListenUpStorytelling Newsletter – Spring Newsletter!

This month, we've been celebrating **National Share-a-Story Month**, a perfect time to reflect on the power of stories to connect, inspire, and uplift us all. At ***ListenUpStorytelling***, we believe that everyone has a voice worth hearing – and this

May, we've been proud to amplify those voices through exciting workshops, community events, and creative collaborations.

Check out our social media at @listenupstorytelling on **Instagram**, **Facebook**, and **LinkedIn**.

International Nurses Day

Earlier this month, we took a moment to honour the incredible dedication and compassion of nurses for **International Nurses Day**. At ***ListenUpStorytelling***, we know that behind every act of care is a powerful story. We're proud to have recently worked with healthcare teams, providing safe and creative spaces for nurses to share their experiences, reflect, and feel heard. Their stories remind us of the strength, humanity, and resilience at the heart of our communities. You can check our LinkedIn post honoring nurses **here**.



VE Day Celebration

On **VE Day**, we paused to remember the sacrifices and stories of those who lived through wartime. As part of our reflection, we shared the story of the **Izzy Doll** on our Instagram – a small handmade figure with a big legacy of comfort and care, especially for children affected by conflict. It's a powerful reminder that even the smallest acts of kindness can carry deep meaning.

👉 *If you missed it, check out the full story on our Instagram – it's one worth sharing.*

Recent Workshops

Over the past few weeks, ***ListenUpStorytelling*** has delivered workshops with organisations including **The Promise Scotland**, **Grassmarket Community Project**, and others, creating space for storytelling, reflection, and shared learning.



From **body mapping** to **CAKE facilitation**, participants consistently highlighted the **kindness**, **safe spaces**, and **power of listening** that shaped each session. Feedback showed a renewed confidence in delivering storytelling sessions, with many leaving inspired to use new strategies for wellbeing and connection.

Themes of **peer support**, **emotional engagement**, and the **transformative power of a simple story** were echoed across evaluations. As one participant noted, “Storytelling is great – the power of listening really stood out.”

We’re grateful for the opportunity to support people in finding their voices and look forward to where these stories lead next.

Looking Ahead – Autumn Sessions



We’re excited to continue delivering storytelling experiences that spark connection, creativity, and confidence. In the coming weeks, ***ListenUpStorytelling*** will be facilitating more sessions across Scotland, supporting teams, communities, and individuals to explore their stories in safe, engaging ways.

Whether through CAKE workshops, or bespoke projects, we’re committed to making storytelling accessible and empowering for everyone. Our next CAKE workshop is on Thursday 27 November online - you can check it [here](#). Dates will be advertised on our Social Media and [ListenUpStorytelling](#)

website -- so stay tuned!

Want to bring a session to your team or community? Get in touch – we’d love to hear from you!

Thank you for being part of our storytelling community. Whether you’ve joined us in a workshop, shared your story, or simply followed along, your presence matters. We believe stories have the power to change minds, build empathy, and create lasting connections – and we’re so grateful to be on this journey with you. Until next time, don't forget to follow us on our social media, keep listening, keep sharing, and keep holding space for the voices that deserve to be heard.

If you would like further information in the work we do, visit our website [here](#). If you'd like information about potential collaborative work, please contact us on info@listenupstorytelling.co.uk.

With warmth,

The ListenUpStorytelling Team