



**Strathmartine**

**Hospital Histories Project**

**Storytelling Toolkit**



contents

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introduction

## Introduction



stories

This storytelling toolkit was developed as part of the Strathmartine Hospital Histories project. The project recorded the stories of people who lived and worked at Strathmartine Hospital in Dundee. The recorded stories were deposited with Dundee University archives for safe keeping. The aim of the project was to record these stories so that people with a learning disability will never go back to living in institutions.



aim

Inspired by helping people with a learning disability tell the story of what their life was like at Strathmartine Hospital, the project created this toolkit for anyone who would like to record their personal story. The toolkit aims to be easy to understand for everybody; it can be used by anyone in the community who wishes to record their own history. We hope you will find it useful!



share

If you are a person with a learning disability who lived at Strathmartine and would still like to share your story with the Strathmartine Hospital Histories project, please get in touch.



contacts

Email: [strathmartine@thera.co.uk](mailto:strathmartine@thera.co.uk)

Post: Strathmartine Hospital Histories Project

Thera Trust, The West House, Alpha Court

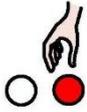
Swingbridge Road, Grantham, NG31 7XT

Website: [www.strathmartinestories.co.uk](http://www.strathmartinestories.co.uk)



why

## Why is it good to record your story?



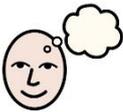
decide

This toolkit might be in your hands because you have already decided that you want to record your own story. You might already have some ideas why it is good to tell your story and how it will help you.



learn

This toolkit might be in your hands because you are not sure if you want to record your own story yet and you want to learn more about it.



reasons

There are many reasons why it is good to record your whole life story or even just one part of it.

- It will help you remember important events and people in your life.
- It will help you understand who you are and what experiences you have had.
- It will give you the chance to share your story with others.
- It will make you proud of your life!



good

**Can you think why recording your story will be good for you?**



how

## How to use this toolkit



guide

This toolkit is aimed to be a guide to help you record your personal story.



choose

As this is just a guide, you can choose to follow it completely or you can decide to only follow some of the ideas that are in it. You can answer all the questions in this booklet, or you can only answer some of them.



plan

You might only want to use some parts of the booklet or all of it. This booklet is to help you plan how you will collect information and record your own story.



questions

In this toolkit, there will be some questions to help you think about the story you want to record. You can use the spaces provided to answer these questions or you can answer the questions elsewhere. You can write, draw, stick pictures or whatever you like into this toolkit.



help

You might want to do this on your own, or you might like to ask someone for some help.



story

## Step 1: What story would you like to tell?



you

This toolkit aims to help you tell your personal history - a story about you. You can choose to collect the story of your whole life from the time you were born until today, or you can decide to tell the story of just one part of your life or even just one event in your life.



what

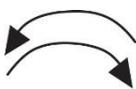
It is important for you to decide what story you would like to record and what it will be about, because:

- it will help you decide the best way to collect the information that you want to include in your story;
- it will help you decide what information to include in your story and what information to keep for another story;
- it will help you organise your story.



clear

It may happen that you collect too much information for your story or that not every piece of information will make sense. By being very clear on what you want your story to be about, you can decide to keep some information for a different story that you can collect another time.



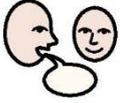
change

You can change your mind about your story at any time. Remember, this is your story! You can decide to do whatever you like with it.



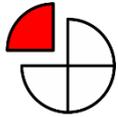
questions

Take a look at the questions below. You can answer them in the spaces provided or you can write your answers somewhere else. If you would like, you can just have a think about them.



tell

**Do I want to tell my whole life story or just one part of it?**



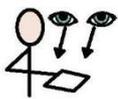
part

**If I only want to record just one part of my life, what part of my life do I want record?**



important

**Why is this story important to me?**



presentation

Once you have decided what story you want to tell, you might find it useful to think about how you want to present it. The way you want to present your story might depend on how you want to record your memories and what kind of research you will want to do.

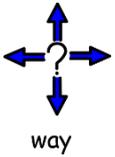


look

You might decide on how to present your story now, but might want to change your mind later. Take a look at “Step 3: Ideas on how to present your story” for some ideas to think about.



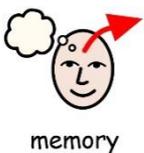
## Step 2: How to collect and record information for your story



There are different ways in which you get information about your life:

- You can do some thinking and record what you remember.
- You can do some research.
- You can interview or talk to others about it to see what they remember. This can be your family, friends, or anyone whom you knew at the time.
- You can ask to meet a group of people to have a chat. Chatting with more than one person at a time might be a bit harder to follow. However, people may help each other remember and it might be a lot of fun!

### Recording your own memories

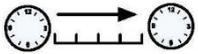


The first thing you should do when you want to tell a story about your life is make a record what **you** remember. To do this, there are three exercises below. You do not have to do all of them, if you don't want to. You can choose any of them or none of them.



You might want to think of your own exercise on how you want to record your memories.

## Creating your personal timeline



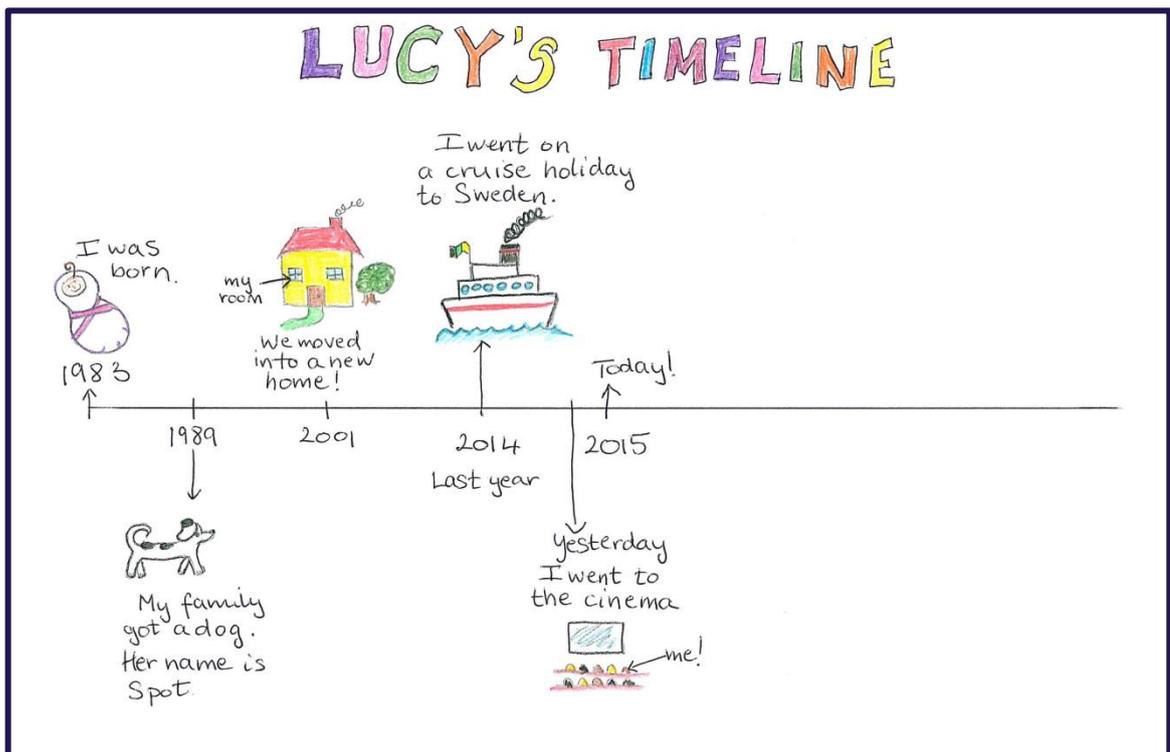
time line

Before you start recording your memories, it might be useful to create a timeline of your life first. You can use this if you are writing your whole life story, or if you are writing a story about just a part of your life. The timeline will help you remember more things and to put them in the order in which they have happened.



create

Create a timeline from the day you were born, until today. You can even extend the timeline into the future and put important events on it that will happen later. You can stick photos and pictures on it, you can draw on it, or do whatever you like.

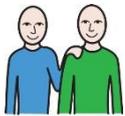


## Creating your family tree



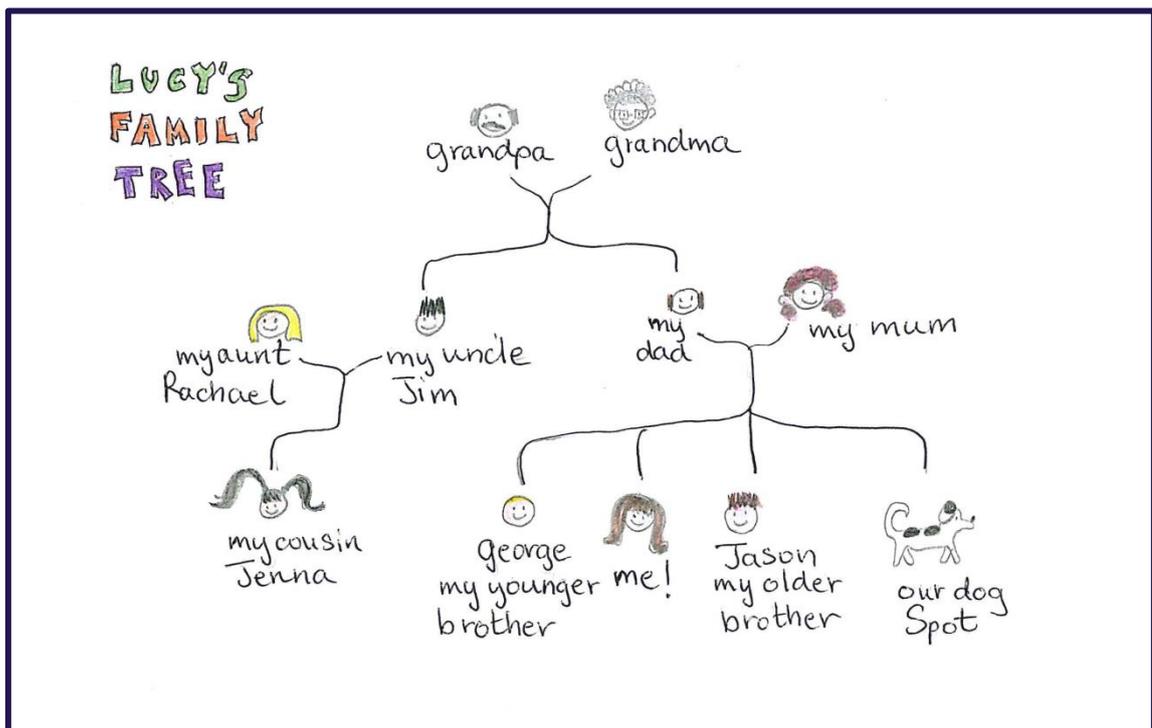
family

Before you start thinking about the story you want to tell, it might be useful to create your own family tree. This means that you can list the members of your family on a poster or book or any other way that you like. You can list all your family members that you know and how they are related to you, such as your mum, dad, brother or sister, aunts and uncles, cousins, etc. You can even list their pets if you want!



friends

If you do not have any family, you might find it useful to list the people who are important to you in your life. These can be your friends, your support workers, your neighbours or anybody you like!

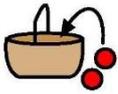


## Thinking about your personal history



questions

To record your own history, there are some questions for you to think about on the following pages. You do not have to answer all of these questions, only the ones you want to or the ones that you feel are relevant to the story that you want to tell. You can even think of your own questions.



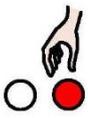
collecting

There is no space in this booklet to answer these questions. You might want to collect your answers on sheets of paper and put them in a folder. You might want to write, draw or stick your answers in a notebook, or you might want to collect items like photographs and other objects in a box.



remember

Remember! This is your story. You should tell it the way you want to and the way it makes sense to you.



choice

If you want to tell your whole life story, you might like to think about all the questions below. If you want to tell a story of only part of your life then you might want to answer only some of the questions that are relevant to your story.



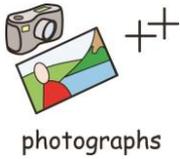
example

For example, if you want to tell a story of when you lived at Strathmartine, you might want to answer all the questions except the “My goals” section. If you want to tell a story of one special event that is important to you, you might only want to answer the sections in the “Special time to remember”.



skip

If you have already done the personal timeline and the family tree exercise, you might want to skip the first few questions as you have already answered them.



To help you remember parts of your story, it might be useful to have a look at your old photographs or any keepsakes that you have from you past experiences.



## Questions for my story:

### My early life:



- What is my name?
- Do I have a nickname?
- When was I born?
- Where was I born?
- What is my family background?
- Who are the members of my family?



### School:

- Where did I go to school?
- What did I like about school?
- Who were my friends at school?



### As an adult:

- Where have I lived?
- What was it like there?
- Did I choose to live there?
- Who did I live with?
- Did I choose to live who I lived with?
- Did I see my family and friends there?
- What were the things that I did every day?



### **Education and work:**

- Did I go to college?
- What did I study in college?
- Did I have any other training? What was it?
- Did/do I have a job?
- What did I do in my job?
- How did I feel about doing my job?



### **Leisure activities:**

- Was I a member of any group (for example advocacy group, or drama group, etc?)
- What did/do I like to do in my free time?
- Do/did I like to be indoors?
- Do/did I like to be outdoors?
- Am I religious? Do/did I go to church?
- Did I go to social evenings? What did I do there?
- Did I go on holidays?
- Where did I go? Who did I go on holiday with? What did I do on holiday?



### **Special time to remember:**

- Do I have a special time that I like to remember?
- What was this special time?
- How did it come about?
- Who was there?
- Where was it?
- How did I feel?
  - Was I happy or was I upset?

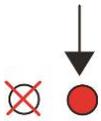
- If I was upset, what was done to make me feel better?
- Does it have a lasting impact on me?



ambition

### **My goals and dreams:**

- Do I have a goal or dream that I have achieved?
- What was my goal or dream?
- What did I do to achieve it?
- How did achieving my goal make me feel?
- Do I have a new goal or new dream? If so, what is it and what will I do to achieve it?



other

**Can you think of any other questions? You can write them down in the box below.**

## Doing research



research

Doing research means that you want to find out more information about something. Sometimes, this is to find out information you don't already know. Doing research can be a very important part of recording your story. It can help you remember more.



help

Doing research is not always easy, so if you need to, make sure you ask someone you know for help!



find out

Where you will need to look for information will greatly depend upon what you want to find out.



archive

If you want to find old pictures of important places, then you should go to the local university or the local city council archives. An archive is a place where old pictures, documents and other items are kept.



library

If you want to learn more about the history of the place where you are from you might also go to the local library.



visit

Another great way of gathering more information about your past is going back to the old places where you lived or visited. You might find something there that will help you remember more. This can be old items, old photographs or anything else.



record

If you go back to visit an old place where you lived or where you used to spend time, it might be useful to make a record of your visit in the following ways:

- Take a camera with you. You might want to take pictures or a video to help you remember what you saw later.
- Make a record of how the visit made you feel and why. How you feel about things is important because it can help you

understand your feelings about other things and help you understand who you are.



talk

If you are able to go back to visit old places from your life, you might also want to talk to people who are there now. They might remember you and might be able to give you more information by sharing their memories. If people did not know you before, they might have other information that they can help you with.

Things to think about:



research

**Do you want to research for your story?**



what

**What kind of things are you looking for in your research?  
(pictures, more historical information, item)?**

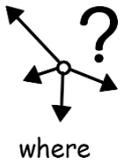


find

**Where will you go to try to find this information?**



**Are you going to visit an old place from your past?**



**Where will you visit?**



**Why are you going to visit this place?**



**How do you think it will make you feel?**



## Interviewing others

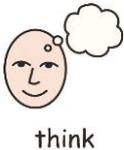
When you have recorded all that you can remember and collected all the information you can, you might also want to interview some people. An interview means asking the other person lots of questions.



Talking to other people can be a really great way of getting more information for your story. Other people might remember things that you have forgotten or they can help you remember what happened.



For example, if you want to record your story of when you lived in Strathmartine Hospital, you might want to talk to other people, your friends, who also lived there. They will help you remember things or might remember things differently to you.



If you want to interview people there are a few things you have to think about.

### Who should I interview?



First of all, you have to think about who you might want to interview. Who you should interview will depend on the story that you want to record. For example, if you want to record your story of when you lived at Strathmartine, you might want to interview the people who came to visit you.



Here is a list of people you could interview:

- Family members – your mum, dad, brother, sister, cousin, aunt, uncle, etc.
- Friends
- Your support worker or nurse at the time
- Your teacher

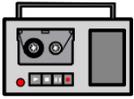
- Someone you worked with



contact

When you have decided who you want to interview, you need to contact them and set up a time to do the interview. You might have to call them on the telephone or write them a letter.

### Recording my interview



recorder

Before you interview them, you need to think about how you will record what they say. The easiest way of recording an interview is with a voice recorder. This way you can listen to the interview again and again to remember what was said after it has finished.



use

If you use a voice recorder, make sure you know how it works before the interview, or ask someone to help you.



important

It is important to tell the person you are interviewing that you will record the interview.



resources

In the 'Resources' section, you can find out where to get a voice recorder from.

### What to ask in an interview?



ask

You can ask anything that you want to know from the person you're interviewing. You can decide what you want to ask and what you don't want to ask.



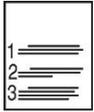
remember

Remember though, that the person you are interviewing might not want to answer some questions. It is important to respect this.



questions

The questions in the “Questions for my story” section will help you write some questions to ask your interviewee. You can create your own questions if you want or you might think of new questions while you are doing the interview.



plan

On the next page, you will find a table that will help you plan your interviews. There is an example to help you fill it out.



write

Make sure you write down the questions you want to ask before the interview on a separate sheet of paper!

### **Practising your interview**



practice

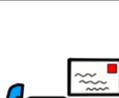
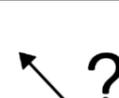
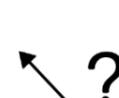
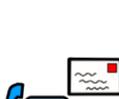
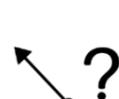
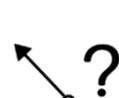
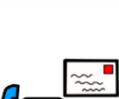
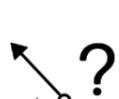
If you are nervous about doing an interview, you can practice before you do it. Once you have set up the interview with the person and have written down all the questions you want to ask them, why not practice asking them?



interview

You can role play an interview with your support workers or friends. One of you can be the person you are going to interview, one of you can be the person who will support you to do the interview and you can be you, the interviewer. Try it! It might be fun!

# My Interview Plan

 who	<b>Who am I interviewing?</b>	 contact	<b>Contact details</b>	 time	<b>When am I meeting them?</b>	 where	<b>Where am I meeting them?</b>	 story	<b>What can they tell me about?</b>
 who	<i><b>Example:</b></i>  <b>My sister</b>	 contact	<i><b>Example:</b></i>  <b>Telephone number:</b> <b>01234 567890</b>	 time	<i><b>Example:</b></i>  <b>Wednesday</b> <b>11 July</b>	 where	<i><b>Example:</b></i>  <b>My sister's house: 65</b> <b>Smith Road,</b> <b>Dundee</b>	 story	<i><b>Example:</b></i>  <b>About my family</b> <b>About their visits to</b> <b>Strathmartine to see me</b>
 who		 contact		 time		 where		 story	
 who		 contact		 time		 where		 story	
 who		 contact		 time		 where		 story	
 who		 contact		 time		 where		 story	

## Meeting a group of people



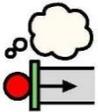
group

If you want to talk to people about one specific experience, it might be fun to get a group of people together who were all there. For example, if your story is about what your life was like in Strathmartine Hospital, you might want to get your friends who also lived there together to talk about what it was like.



invite

You might want to invite 4 or 5 people, but you might only want to invite two.



prepare

Preparing for a group meeting is similar to preparing for an interview:

1. Decide who you want to invite.
2. Contact them to tell them.
3. Set up a meeting time and place.
4. Preparing your prompt questions.



plan

You can use the interview plan on the previous page to plan who you want to invite to the discussion. Your meeting place, time and what you want to talk about will be the same for everyone.

### Things you have to watch out for



useful

Having a group discussion is very different from an interview. In a group discussion you might not have to ask as many questions because people will just start talking and the stories will flow one after another. However, you do have to focus on making sure that the group discussion is useful for your story.



example

For example, if the discussion strays to a topic that is not relevant to your story, you have to ask people another question that is relevant

to your story. Or maybe many people will want to talk at the same time. The bigger your group is, the harder this might be.



help

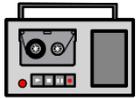
Do not be afraid to ask someone for help with this if you need it.

### **Recording your discussion**



record

Recording your discussion is just as important as recording your interviews. If you record the discussion the right way, it will contain lots of useful information for your story which you can listen to again and again.



recorder

The easiest way to record the discussion is by using a voice recorder or a video camera with a microphone.



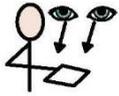
help

If you do this, make sure you know how it works before the interview, or ask someone to help you.



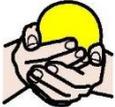
important

It is important to tell the people you are interviewing that you will record the interview.



presentation

## Step 3: Ideas on how to present your story



own

When you have started gathering the information that you want for your story, you can also start thinking about how you want to present it. There are many different ways of doing this. The most important thing is that you make the way you present your story your own. It is your story; it should look the way you want it to.



ideas

Here are some ideas on how you can present your story:



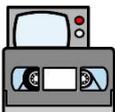
poster

**Poster** – you can create a poster from the information you gather for your story. You can stick photographs, draw pictures, write or anything else that you want on the poster. After this, you can put it on your wall in your room or another special place where you would like to keep it.



book

**Book** – you can make a book from your story. This can be a notebook or a loose leaf ring binder. The advantage of a loose leaf ring binder is that you can take things out and put things in anywhere at any time. You can use different coloured paper or put small objects into plastic sleeves and put them into your folder.



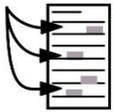
video

**Video** – if you want, you can make your own movie. All you need is a video camera and some editing software. If you need help with this, you will also need someone who can show you how to do this. You can video yourself talking, visiting old places, interviewing people and discussing your story with a group. You can video your family and they might even be able to give you old videos of yourself when you were little to put into your movie. You can talk, sing, dance, role play in your movie. You can do whatever you like!



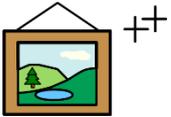
recording

**Voice recording** – you might want to record your story through voice recordings. You can record your own voice when you are talking about your memories, you can record the voices and stories of your family. You might already be doing voice recordings of your interviews and group discussions. You can sing and have music, you can record what things sound like. For example, if you love the sound of trains and you travelled on a holiday by train, you can go to a train station and record what it sounds like.



edit

You can also edit voice recordings. You can take out parts that you want and put things in different places, so that your audio story will sound exactly the way you want it to.



**Collage/Blanket** – if you prefer to have pictures instead of words in your story, you can collect pictures and photographs and make these into a collage. When your collage is done, you can do anything you want with it. You can even print it on a blanket and take the blanket with you on your holidays!



box

**Memory boxes** – if you prefer to collect your story using objects, then you can make your own memory box. Get any kind of box, decorate it the way you want and put lots of things in it that will help you tell your story. You can also number these pictures and objects, or stick dates on them to make sure that you remember what order they come in.



sensory

**Bag book story** – Bag books are multi-sensory books that were created for people who find it difficult to communicate with others. Multi-sensory is something that people can understand by feeling it, hearing it, smelling it and seeing it without using words.



If you find it difficult to communicate with people through words, you might want to create your own bag book story. This means finding things that you can touch, hear and smell that are important to you in your life and sticking them on a piece of cardboard. By putting the pieces of cardboard in order, and feeling what is on them, your story will make more sense to you.



For example, if you lived at Strathmartine and loved to go swimming in the swimming pool, you can stick a piece of towel fabric on the cardboard and something that will smell of chlorine. This way, you will be able to touch the towel and smell the chlorine and be reminded of the pool.



**Digital storytelling** – There are also lots of different ways you can put your story onto a computer. If you like to write, you can type your story into a word document. If you want to make a collage on the computer, you can scan lots of pictures and place them on a sheet of paper. You can then print them out as many times as you like. You can put your voice recordings and videos on the computer as well and watch them on your TV.



There are also many websites on the internet which you can use to tell your story. Look under the “Resources” section to get some ideas.



**Remember! You can also use your personal stories or even your whole life story as part of your Person Centred Plan.**



resources

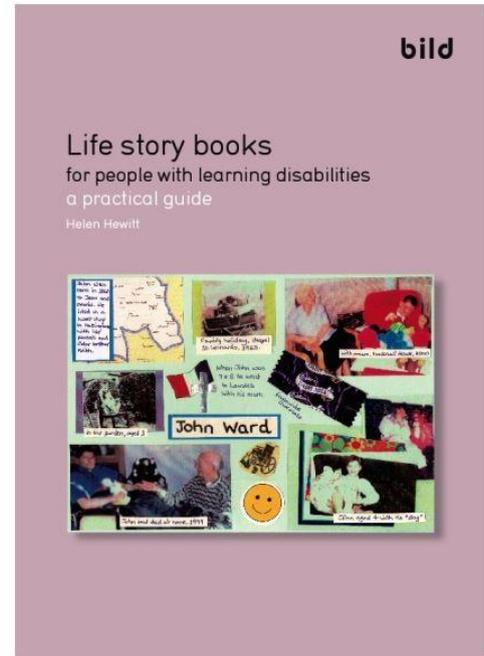


book

## Resources

### Life story books

The British Institute of Learning Disabilities has published a detailed practical guide on how to create life story books. It discusses in detail many things that are important to think about for people who are supporting you to create your own life story. You can order this book online through the [BILD website](http://www.bild.org.uk) ([www.bild.org.uk](http://www.bild.org.uk)).



### Voice recorders



recorder

If you decide to voice record your interviews you might need to buy a voice recorder. There are many technical shops where you can buy them from. If you are comfortable you can also buy one on the internet.



mobile

If you have a mobile phone, that might also have a voice recorder on it. If you are not sure, ask someone for help.



microphone

You can also do voice recording on your computer. Some computers may have voice recorders built into them already. Check if yours does! If your computer does not have a voice recorder, you will need a microphone for this and a website that can record your voice like the [Online Voice Recorder](http://online-voice-) (<http://online-voice->

recorder.com/) website. All you have to do is press the red button and it will record what you say.



videocamera

## Video cameras

If you decide that you would like to record your story with a video camera, you might need to buy a video camera. There are many shops where you can buy one. You can also buy them from the internet.



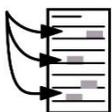
mobile

If you have a mobile phone that can take photographs, you will probably be able to use it to record videos as well! Make sure that you download all the videos you take at the end of each day so that they don't get lost and there will always be enough memory space on your mobile.



computer

If you want to record yourself talking in front of a camera, you might be able to do that with your computer. Today, many laptops have cameras but you can also buy cameras for your computer.



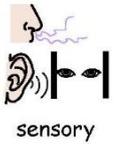
edit

If you decide to create a video, you will also need a computer and software to edit it. On a Microsoft computer, you can do this on the Microsoft Movie Maker and on a MAC you can do this on the MAC Movie Maker. These might already be on your computer or you might have to buy the software separately.



software

The Movie Maker softwares are not difficult to use, however make sure to ask someone for help if you need it.



## Bag Books

[Bag Books](http://www.bagbooks.org/) ([www.bagbooks.org/](http://www.bagbooks.org/)) can be really useful if you find it hard to communicate by talking. Bag books are multi-sensory story books that you can feel, smell, touch and hear. Using these books can help you with ideas on how to make your own multi-sensory book.

**BAG BOOKS**  
*Multi-sensory stories for people with learning disabilities*

home about us in your area bookshop support us latest news contact us

Bag Books are for people with severe or profound and multiple learning disabilities and are told through voice and emotion rather than words and pictures.

Bag Books provides multi-sensory books and storytelling for people with severe or profound and multiple learning disabilities. Our stories are told through voice and emotion rather than words and pictures.

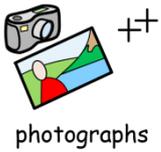


## TalkingMats

talk

[TalkingMats](http://www.talkingmats.com/) (www.talkingmats.com/) is a tool that can help you communicate with others using pictures. You can use talking mats on your iPad or computer, but you can also use printed cards if you want. To use talking mats you might need help from someone who is trained to use them. There are many organisations that can help you with this, such as [Advocating Together](http://www.advocating-together.org.uk) (www.advocating-together.org.uk).

The screenshot shows the TalkingMats website homepage. At the top, there is a navigation bar with the logo 'TalkingMats' and the tagline 'Improving communication, improving lives'. The navigation menu includes links for Home, Products, Training, About Talking Mats, Research & Consultancy, Talking Mats In Action, Blog, and Contact Us. Below the navigation bar, there is a large image of two children sitting at a table, interacting with a tablet displaying Talking Mats. Below this image, it says 'New Talking Mats Digital for use on any tablet or computer'. To the right of the image, there is a 'Latest Blog' section with two entries: 'The Importance of the Talking Mats Blog' and 'Gaining views on social care outcomes'. Below the blog section, there is an 'Our Vision' section with a paragraph of text. Further down, there is a 'Videos' section with four video thumbnails. At the bottom, there is an 'Awards' section with two award logos: 'SOCIAL ENTERPRISE AWARDS 2012 SCOTLAND WINNER' and '2010 Advancing Healthcare Awards'.



## Interactive Photographs

[ThingLink](http://www.thinglink.com) ([www.thinglink.com](http://www.thinglink.com)) is a fun website that lets you make your photographs interactive. This means that you can link other photographs and videos into your picture or photograph. This way you can look at videos without having to open another webpage. In the picture below, you can see what this might look like. If you put your mouse over the little circle in the picture, another picture or video or some writing might appear.

### What is ThingLink?

ThingLink is an interactive media platform that empowers publishers, educators, brands, and bloggers to create more engaging content by adding rich media links to photos and videos.

With 2M content creators, ThingLink has become the most popular cross-platform solution and creative community for interactive media.

Use ThingLink to create interactive news photography, maps, posters, family albums, infographics, and shoppable product catalogs in minutes! You can keep track of how people interact with your content as it spreads across the web.

[SIGN UP](#)

### How to ThingLink!



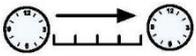
### ThingLink in action



Thinglink storefront images.  
Drive sales with purchase links layered directly onto images.

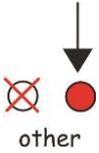


Images are the new storytelling platform.  
Allow users to unlock narrative elements, directly from your image.



## Timelines

time line



If you decide to create a timeline, or to tell your story using a timeline, you can do this on the internet. There are many websites where you can create your own digital interactive timeline. One example is [Timeline JS](http://timeline.knightlab.com/) (<http://timeline.knightlab.com/>). Below, you can see what your timeline might look like if you use this programme.

You can also try other timeline websites like [Timetoast](http://www.timetoast.com/) ([www.timetoast.com/](http://www.timetoast.com/)) and [Dipity](http://www.dipity.com/) ([www.dipity.com](http://www.dipity.com/)).

### Ghana's Timeline

Discover all the important historical news & events that happened in Ghana. 5247 299 107 21 27

[View more timelines](#) [Share](#) [Tweet](#) [+1](#) [Share](#)

**April 27, 1972**

**Dr. Kwame Nkrumah**  
1909 - 1972

Kwame Nkrumah (62), former president of Ghana, died in Romania of cancer.



<http://blogcritics.org/books/article/kwame-nkrumah-a-man-far-ahead/>

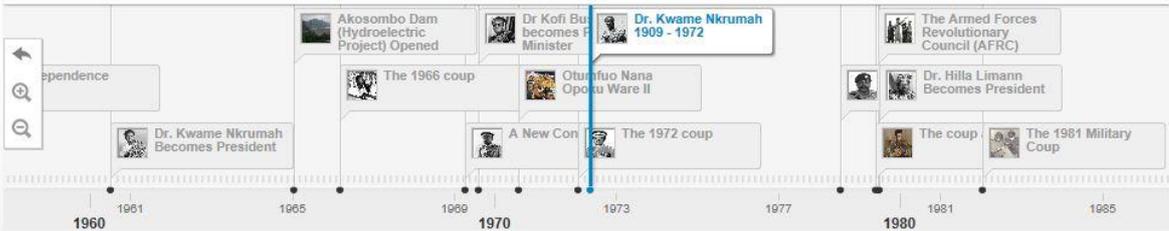
Dr. Kwame Nkrumah

**JULY 5, 1978**

General William Akuffo Takes Control

← JANUARY 13, 1972 The 1972 coup

→



1960 1965 1970 1975 1980 1985

← Home [Article Bank](#) [More Timelines](#) [My Dashboard](#)



## Online storytelling tools

There are many websites and online tools which can help you create your own personal story. Below there are a few that you might find interesting.



comic strip

- **Cartoon and comic strips**– If you want to tell your story with a cartoon strip, then [Pixton](http://www.pixton.com/uk/) ([www.pixton.com/uk/](http://www.pixton.com/uk/)) is the tool for you! You can create your own characters and make them express almost any feeling you want. You create a comic strip, a story board, a graphic novel, a poster and even a photo story, by uploading your photos and putting them in



order.

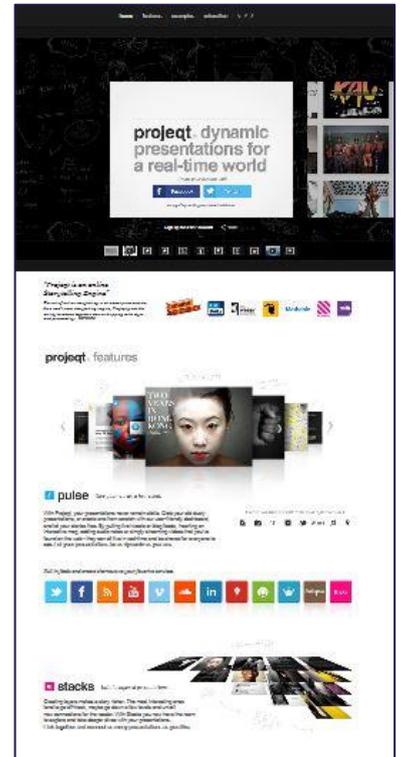


presentation

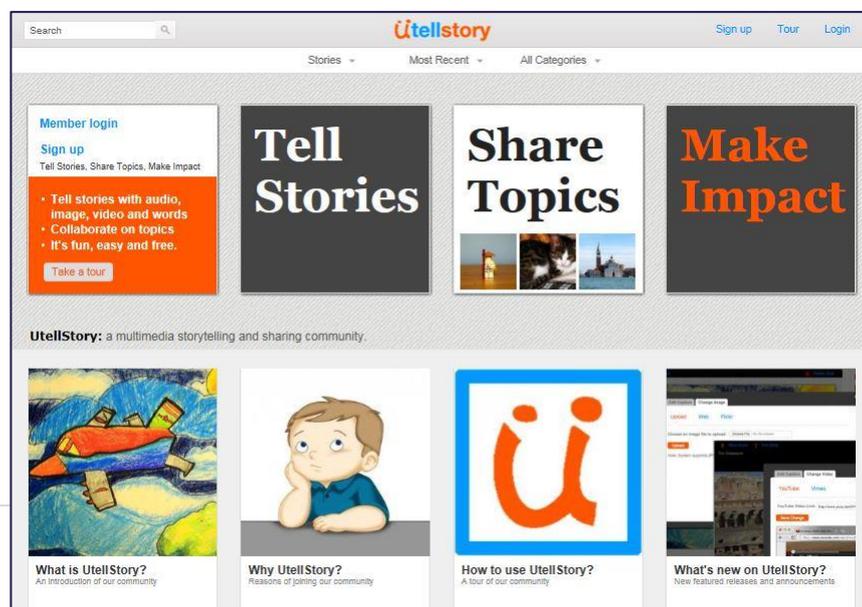
- **Interactive presentations and slide shows** – There are lots of website which help you create your own picture albums and presentations. You can add voice recordings and videos to most. Take a look at these few examples and see which one

you want to use. You can also find more options on the internet.

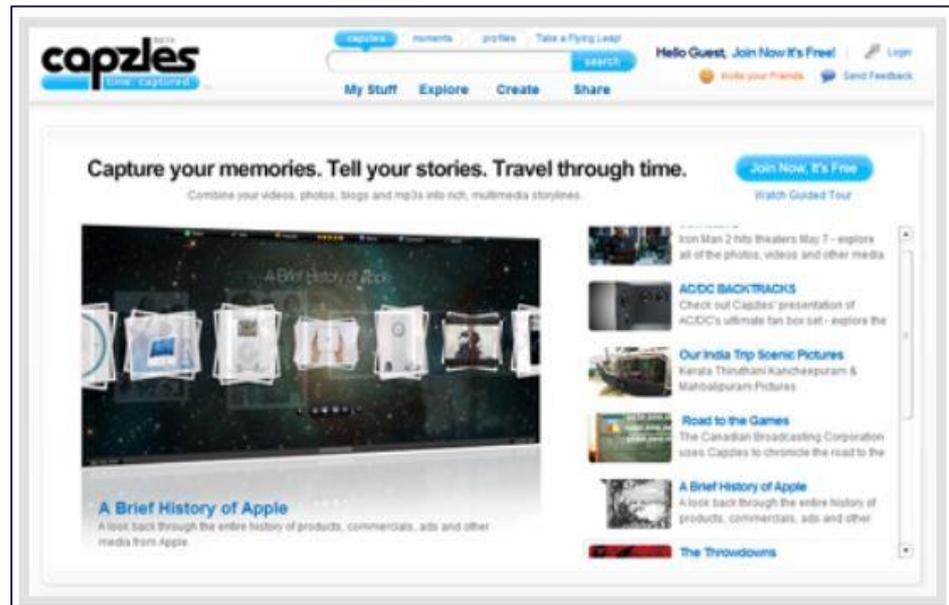
- [Projqt](https://projqt.com) (<https://projqt.com>) is very useful for linking together many stories into one big story or presentation. You can create different stacks of pictures for each smaller story, look at them if you want and then return to the main presentation or story. You can write on your pictures, you can add maps of where you have been and you can add videos.



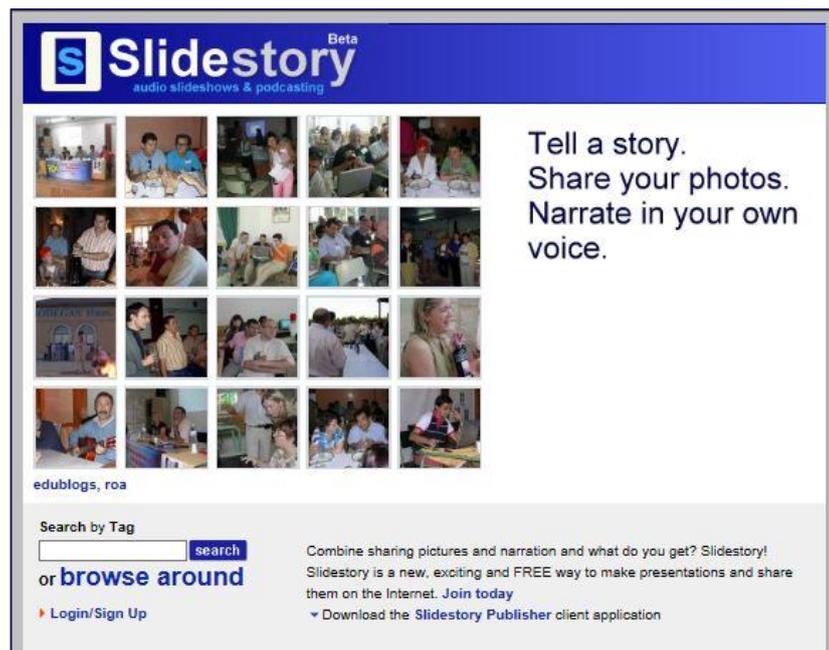
- [UTellStory](http://utellstory.com) (<http://utellstory.com>) - UTellStory is great if you want to create a rolling picture slide show with some videos and a little voice recording. You can create a number of stories and categorise them into topics. You can also decide to share your story with everyone or just a few people.



- [Capzles](http://www.capzles.com) (www.capzles.com)– Capzles is a another way of putting lots of pictures together into groups, adding videos, music, blogs and documents.



- [Slide Story](http://www.slidestory.com) (www.slidestory.com)– Slide Story is an easy to use website if you want to tell your story using pictures and voice recording. You can say something about each picture in your story.



- [Smilebox](http://smilebox.com) (http://smilebox.com)– On this website you can create photo albums and scrapbooks and have them printed into your very own book! There are also lots of templates that will make your presentations look like videos. You can add music and your own videos too.

smilebox®  
TREAT YOUR HAPPY

SUMMER TRAVEL GREETINGS INVITATIONS COLLAGES SLIDESHOWS

CELEBRATING THE EVERYDAY!  
EPISODE 1

Smilebox gives you the extraordinary power to brighten anyone's day.  
Delightful animation and music reveal your personal message.  
Put their name in lights, add favorite photos, and show you care.

GET STARTED

WHAT ARE YOU CELEBRATING TODAY?

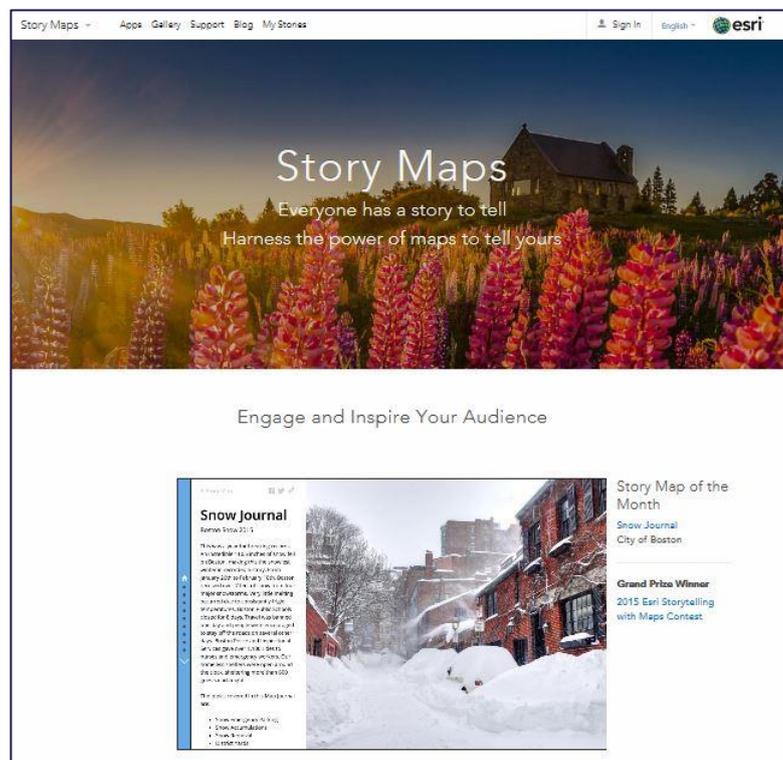
BIRTHDAY COLLECTION

SUMMER TRAVEL COLLECTION

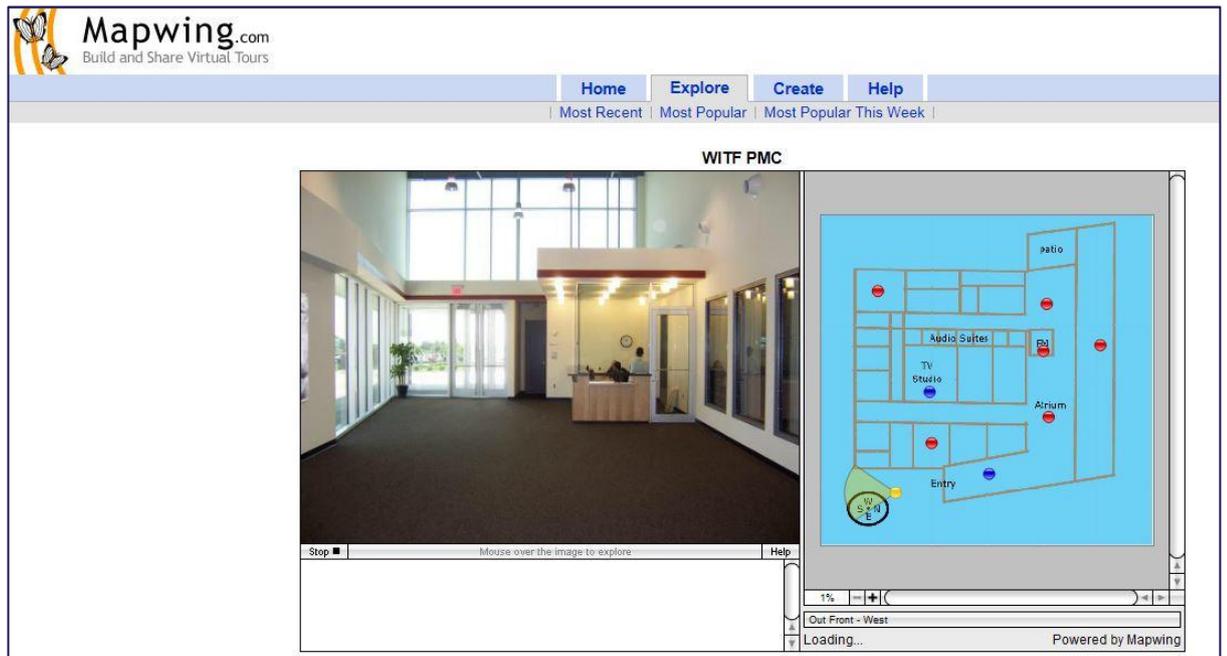


- **Using maps in your presentations** – There are also lots of different website which specialise in helping you tell your story with maps. Here are two examples:

- [Story Maps](http://storymaps.arcgis.com) (<http://storymaps.arcgis.com>)– On this website you can create beautiful interactive presentations using maps. You can zoom into your maps, swipe them and many other things. You can add pictures, videos and writing next to your maps. If you love maps and geography, you will love this website!



- [Mapwing](http://www.mapwing.com) (www.mapwing.com) – Mapwing is a really fun tool where you add pictures to a map. You can create a map and as you flip through your pictures, another picture will tell you where your picture was taken on the map.





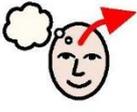
try

These are just some resources that you might find useful to help you tell your own story. You do not have to use all of them. You can try them and see which one you like.



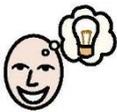
find

You can also find your own tools and have your own ideas on how to present your story.



remember

Remember! This is your story. It should look and feel the way you want it to.



ideas

We want to keep improving this toolkit. We want this toolkit to be more useful for you. So, if you find a tool or resource that you really like or if you have a great presentation idea, send it to us and we can add it to our resources list in this booklet.



contacts

Email: [strathmartine@thera.co.uk](mailto:strathmartine@thera.co.uk)

Post: Strathmartine Hospital Histories Project

Thera Trust, The West House, Alpha Court

Swingbridge Road, Grantham, NG31 7XT



notes

## Your notes and ideas

The following pages are for you to write down any notes and ideas that you have about your story. You can also use it as more space to answer the questions in this toolkit. You can write, draw or stick pictures on these pages.



## Your notes and ideas

notes



## Your notes and ideas

notes



[www.strathmartinestories.co.uk](http://www.strathmartinestories.co.uk) [strathmartine@thera.co.uk](mailto:strathmartine@thera.co.uk)

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