

**Lapidus Scotland
Annual Report
April 2019 - March 2020**

March 2021



1. Summary

Lapidus Scotland is based in Glasgow and works across Scotland. We are an independently constituted voluntary organization. The period **April 2019 through March 2020** was a busy and rewarding time for Lapidus Scotland where we continued to evolve the *Words Work Well for All* project activity strands.

Through successful funding we enhanced our wellbeing *Words Work Well* Toolkits and achieved sustained delivery of a diverse range of writing for wellbeing workshops across Glasgow.

We continued to enhance the Lapidus Scotland website www.lapidusscotland.co.uk. The website now includes regular news and blogs on the theme of writing for wellbeing.

Delivery of networking and training events, coupled with increased use of social media, has allowed us to better engage and share the message and benefits of writing for wellbeing across Scotland.

We continue to work with Partner organisations on a range of wellbeing projects, including ***

2. Lapidus Scotland Committee & Staff

Over the period our committee membership has remained stable with no new additions.

- *Mairi Murphy*: Editor of Glasgow Women Poets and co-founder of Four-em-Press. A distinguished Masters graduate in Creative writing, she is a published poet, and radiographer by profession, and natural fertility tutor. She has been invited to read her poetry at symposiums and conferences promoting writing for wellbeing and recovery.
- *Frances Ainslie*: 35 years Senior Manager in the corporate sector, writer, facilitator, and co-active coach with an MLitt Creative Writing, and Scottish Literature. She has been a volunteer brand ambassador for the Maggie's Centres for 7 years.
- *Catherine Eunson*: Extensive professional experience as a music therapist, management experience in arts education, voluntary and work experience in fundraising and development within third sector, and a poet.
- *Kathryn Thompson*: Poet, professional young writer who has facilitated writing groups with young people.

The position of Chair is held by Catherine Eunson (Effective Spring 2019). Robin Adair remained as Treasurer, with Larry Butler remaining as Honorary Convener.

Additionally, we have benefited greatly from the skill and energy of our experienced part-time **Creative Project Managers** who have managed the reporting and delivery of our Wellbeing Project strands: Natasha Kinsella (until August 2019) and our current Project Manager Ken Cockburn (from August 2019).

The first Covid-19 lockdown came into effect at the end of the period in question. We had no events scheduled in late March, and were able to continue running the writing groups online from mid-April 2020. We will reflect on this transition in our next Annual Report.

3. Projects & Activities

3.1 *Words Work Well Scotland*

Our on-line bibliotherapy resource *Words Work Well Scotland* was originally funded by NES (NHS Education Scotland) then developed further with funding from Creative Scotland. In 2019-2020 the toolkit continued to be socialised and enhanced with new 'tools' added for practitioners to apply them in their own settings. It is accessible from our website www.lapidusscotland.co.uk which was launched Spring 2018.

The legacy of *Words Work Well Scotland* is twofold: it continues to provide an accessible and useful online toolkit that can be used as a resource in developing new groups for reading or writing in the future within many organisations, communities and local areas across Scotland.

3.2 *Words Work Well for All*

After receiving funding for 2018-19, Lapidus Scotland's *Words Work Well for All* project received funding for two further years (April 2019 to March 2021) from Glasgow Health and Social Care Partnership's Well Being for Longer in Glasgow Fund, managed by Impact Funding Partners.

The project provides a range of weekly / fortnightly creative writing for wellbeing activities in settings around the city of Glasgow. Participants come from many different backgrounds, all with a desire to self-manage e.g. feelings of social isolation or health conditions. The project offers safe and supported spaces where participants can come together to explore how using words creatively, and making art, can help them find new ways of coping with stress and illness. 'Supported self-management' is an integral aspect of The Scottish Government's 2020 Vision for sustainable healthcare services given the challenge of Scotland's public health record, ageing population, and the economic environment. The project's four strands are:

Writing the Garden at Woodlands Community Workspace, facilitated by Gerry Loose; writing workshops in a therapeutic community garden setting.

Water Story on the Peccadillo barge on the Forth & Clyde Canal, facilitated by Bev Schofield; this strand inspires participants to write as they sail, tapping into Glasgow's historic waterways, and the surrounding natural beauty to inspire their writing and promote wellbeing.

Kibble Scribblers at the Kibble Palace, Glasgow Botanic Gardens; facilitated by Larry Butler; aimed at people living with long-term health conditions, and the social isolation that can occur as a result, who want to use writing as a form of self-management to inspire and promote wellbeing.

Art into Writing at Finn's Place, Langside Parish Church, facilitated by Janie Walker; introduces people living with long-term conditions to different methods of creating art, giving them greater confidence, and empowering them to write about the experience and the creations they have produced.

Words Work Well for All, edited by Frances Ainslie, an anthology of the inspiring written work and artwork produced by some of the participants on the four project strands during 2018–19, was launched in April 2019 at the CCA in Glasgow. (NB Funds for this were taken from the 2018–19 budget.)

New Year Poetry & Story Party at the Kibble Palace, Glasgow Botanic Gardens, on 3 January 2020; this brought together some 35 writers from our four active writing groups. Activities included a renga, a communal poetry-writing activity hosted by Larry Butler and mastered by Gerry Loose; the making of 'visions boards for 2020' facilitated by Jane Walker; our invited guest author Lesley O'Brien offered her own songs and stories, and compered four short open mic sessions at which many of those present read their work. We offered tea and coffee throughout, and a soup lunch. A bookstall offered various Lapidus publications, and leaflets about our own and related activities.

3.3 Creative Words for Wellbeing

Following a joint application from Lapidus Scotland and the Scottish Poetry Library the ***Creative Words for Wellbeing*** project was awarded funding by the Scottish Libraries and Information Council's Innovation and Development Fund.

Led by researcher Ruth Stevenson, the project has:

- mapped current writing for wellbeing projects and initiatives across Scotland
- organised three round table events in Glasgow, Edinburgh and Aberdeen to present its findings
- created a draft report outlining future actions

3.4 Day of Access

Lapidus Scotland has agreed to collaborate with poet and artist Alec Finlay on ***Day of Access***, a project considering place-awareness, access to nature, healing, illness and wounded nature. Funding was received from Heritage Lottery Fund, Paths for All and Carr Gomm for events taking place in summer 2020. (NB Due to the Covid-19 pandemic events have been postponed until summer 2021.)

3.5 Networking & Training Events

In October 2019 Lapidus Scotland organised two events with Ted Bowman, a grief educator / writer from Minnesota, USA, who specialises in change and transition in families, an organisation, or communities.

Facilitating Groups was an experiential workshop in which participants learned group facilitation practices through demonstration, practice, and reflection.

Grieving the State of Our World

was a public talk on the 'Great Grief, our concern not for our personal wellbeing and more for the wellbeing of the whole world. The talk was followed by an open mic session with poetry, stories and songs.

4. Partner Organisations

4.1 Autumn Voices

Lapidus Scotland supported Autumn Voices with a few events in 2019-20. Autumn Voices is now an independent voluntary arts organisations with a [blog and website](#), offering various competitions for writers over 60. "Too often, because of the weight of negative expectations, so much potential that could be released on retirement and so many ambitions that could be fulfilled in later life come

to nothing. By providing positive role models and by furthering our understanding of the nature of creativity in later life, Autumn Voices will help future generations lead creative and fulfilled lives."

4.2 Bank Street Writers

Started in the early 90s, the Bank Street Writers is a closed group limited to nine members. It is many things to each of us with its caring, sharing and crafting (mostly poetry), but ultimately it is the vigorously attentive delight in language that we share.

4.3 Die-a-log

The die-a-log groups have continued to grow with new groups forming in the Borders and the West Highlands. The Glasgow based group has been editing a book called *Living Our Dying* and has commissioned 28 writers in Scotland to share their experience in prose and poetry. This book demystifies death and dying, encouraging people to see this as an enriching dimension of our story, enabling them to talk and think more frankly and helpfully about what is often a taboo subject. The should be available by autumn 2021.

4.4 Maggie's Cancer Care Centres

Several Lapidus members, including Larry Butler, Valerie Gillies, Jayne Wilding and Frances Ainslie, facilitate groups at Maggie's Centres in Scotland. They offer therapeutic writing and reading, journaling, telling stories, etc within the centres.

Workshops are offered in blocks of six to eight weekly sessions centred on the technique of 'free writing' and reading a variety of poetic forms. Free writing in particular enables those that come to be present, in the moment, with their thoughts and feelings, and to discover their own innate wisdom as a result. Comfort is found through the sharing of stories in the group, and a sense of achievement is gained as their confidence in their ability to express themselves through writing grows.

Statement of Receipts and Payments for the Year Ended 31st March 2020
Lapidus Scotland

	Note	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
Receipts		£	£	£	£
Donations		307	-	307	-
Grants	1	-	36,634	36,634	20,321
Other Charitable Activities		-	-	-	3,987
		307	36,634	36,941	24,308
Payments					
Charitable Activities	2	1,080	37,283	38,363	25,185
Governance Costs					
Independent Examination		350	-	350	-
		1,430	37,283	38,713	25,185
Net movement in funds	3	(1,123)	(649)	(1,772)	(877)
Transfers between funds		(798)	798	-	-
Surplus/(Deficit) for year		(1,921)	149	(1,772)	(877)

Statement of Balances for the Year Ended 31st March 2020

Lapidus Scotland

	Note	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
Funds Reconciliation		£	£	£	£
Balance as at 01 April 2019		6,352	2,299	8,651	9,528
Surplus/(Deficit) for year		(1,921)	149	(1,772)	(877)
Balance as at 31 March 2020		4,431	2,448	6,879	8,651
Bank & Cash Balances					
Cash at Bank		4,431	2,448	6,879	8,651
		4,431	2,448	6,879	8,651
Liabilities					
Independent Examination		350	-	350	350
		350	-	350	350

Notes for Accounts

1. Income from Grants

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
	£	£	£	£
Wellbeing for Longer in Glasgow	-	24,334	24,334	19,946
Festive Fund	-	1,500	1,500	-
Heritage Fund	-	9,800	9,800	-
Paths for All	-	1,000	1,000	-
Glasgow Life	-	-	-	375
	-	36,634	36,634	20,321

2. Payments relating to Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
	£	£	£	£
Workshop Leaders	-	14,820	14,820	8,393
Workshop Expenses	-	1,744	1,744	-
Day of Access Project	-	8,820	8,820	-
Scottish Book Trust	-	2,588	2,588	3,210
Administration	543	1,212	1,755	928
Bank Charges	112	-	112	108
Rent	125	1,121	1,246	1,840
Wages	200	4,625	4,825	10,686
Anthology	100	2,353	2,453	-
Subscriptions	-	-	-	20
	1,080	37,283	38,363	25,185

3. Movement of Funds

	As at 31/03/2019	Receipts	Payments	Transfers	As at 31/03/2020
	£	£	£	£	£
<u>Unrestricted Funds</u>					
General Fund	6,352	307	(1,430)	(798)	4,431
<u>Restricted Funds</u>					
Awards for All	(4)	-	-	4	-
Wellbeing for Longer in Glasgow	1,866	24,334	(27,005)	805	-
Glasgow Life	437	-	(426)	(11)	-
Festive Fund	-	1,500	(1,032)	-	468
Heritage Fund		9,800	(7,820)	-	1,980
Paths for All		1,000	(1,000)	-	-
	2,299	36,634	(37,283)	798	2,448
Total Funds	8,651	36,941	(38,713)	-	6,879