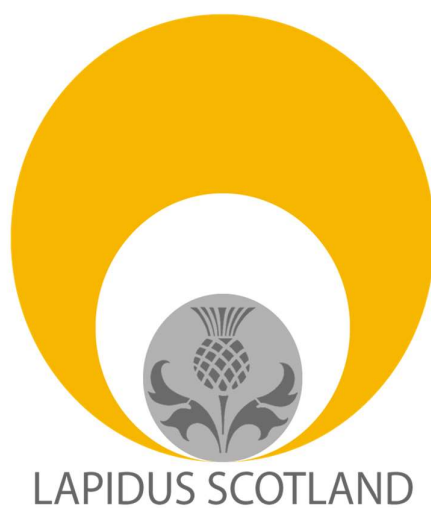


**Lapidus Scotland
Annual Report
April 2021 - March 2022**

January 2023



1. Summary

Lapidus Scotland is based in Glasgow and works across Scotland. We are an independently constituted voluntary organization. Founded in 1996, 2021 marked our silver anniversary.

The period **April 2021 through March 2022** was a challenging but rewarding time for Lapidus Scotland. Our *Words Work Well for All* project activities were again supported by the Well Being for Longer in Glasgow fund. Continuing Covid-related restrictions meant many of our sessions continued to take place online, although we were able to return to face-to-face work in outdoor settings.

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, as well as new resources for the Facilitators' Toolkit.

Online 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 continued to work with partner organisations on a range of writing and wellbeing projects, including Scottish Book Trust, Scottish Poetry Library, Culture Perth & Kinross and Paisley Book Festival.

2. Lapidus Scotland Committee & Staff

During 2021-22 the position of Chair was held by Catherine Eunson. Robin Adair remained as Treasurer, with Larry Butler remaining as Honorary Convener. Ken Cockburn remained in post as part-time Creative Project Manager.

Over the period we were pleased to retain some committee members, to welcome newcomers, and to thank and say farewell others.

Those who stood down and were re-elected were:

- *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.
- *Renita Boyle*: a writer, artist and storyteller, living in Dumfries & Galloway
- *Andy Jackson*: a poet and editor, living in Perth & Kinross
- *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, a radiographer by profession, and a natural fertility tutor. She has been invited to read her poetry at symposiums and conferences promoting writing for wellbeing and recovery.
- *Kathryn Thompson*: Poet, professional young writer who has facilitated writing groups with young people.

Sandra Walls, who has served in the past, re-joined the committee. Hazel-Ann Urquhart, a mature student at UHI who undertook a placement with LS in early 2021, joined the committee in May, but resigned in autumn 2021.

We said farewell to Robin Adair, Catherine Eunson, Aileen Paterson and Helen-Marie Tuiwaiwai.

3. Projects & Activities

3.1 *Words Work Well Scotland*

Our on-line bibliotherapy resource or 'facilitator's toolkit' continued to be enhanced with new 'tools' added for practitioners to apply them in their own settings. Four new resources were added, by Larry Butler, Noreen Haq, Lorna Hill and Kenneth Steven, all of which were commissioned from guest authors following visits to LS groups (see below).

The purpose of the resource is to provide an accessible and useful online toolkit that can be used as a resource for those currently working in the area of writing and wellbeing, and for those developing new groups for reading or writing in the future across Scotland.

3.2 *Words Work Well for All*

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

The project provided a range of creative writing for wellbeing activities for residents of Glasgow. Participants came from many different backgrounds, all with a desire to self-manage physical or mental health conditions. The project offered safe and supported spaces where participants explored how using words creatively, and making art, could 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.

Each of the four established groups continued to meet, generally with decreasing support from LS facilitators, using the LS Zoom account for online meetings when required.

Kibble Scribblers: Larry Butler facilitated 10 sessions (April – July), and thereafter the group met weekly, usually face-to-face at the Kibble Palace, but online when the venue was unavailable. The group invited and hosted sessions by several guest authors.

Water Story, facilitated by Bev Schofield, met 4 times face-to-face (at Loch Lomond and on the Forth & Clyde Canal) and 4 times online. As Lifebelt, the group began meeting weekly online, independently of Bev.

Writing the Garden: Gerry Loose facilitated 10 online sessions (April – July), and the group then met regularly online for a period, with Gerry with returning as a guest author; Elizabeth Reeder also guested.

Art into Writing: Jane Walker facilitated 10 online sessions. Due to the needs and abilities of participants, this group has not started meeting independently.

We began these new groups:

Walking & Writing: 30 sessions (four blocks each of 6 sessions, and two blocks each of 3 sessions) took place at locations across Glasgow, facilitated by a range of writers:

- ~ Kelvingrove Park, Brian Whittingham
- ~ Linn Park, Juana Adcock
- ~ Botanic Gardens, Larry Butler, Gerry Loose
- ~ Gartnavel Hospital grounds, Christie Williamson
- ~ Cuningar Loop, Lesley O'Brien
- ~ Glasgow Green, Lesley O'Brien

I'm Missing: Jane Walker facilitated 10 online sessions, and guided 6 participants to make short videos featuring their writing and art. These were edited by Kevin Cameron into a short film [available on vimeo](#) (using the password missing).

Mindfulness & Writing: Bev Schofield and Adrienne Hannah led jointly 22 online sessions, with an average attendance of about 20.

Living Our Dying, a block of 8 face-to-face sessions at the Kibble Palace, facilitated by Larry Butler, based on a recent anthology of the same name he co-edited with Sheila Templeton. Participants talked about the still-taboo subject of death – their own, and those of others close and not so close to them.

The various LS groups hosted 10 sessions by guest authors using WBFLG funding; additionally 7 guest authors led sessions thanks to Scottish Book Trust funding.

Work written by group members was selected by poet Valerie Gillies for [a set of 14 postcards](#), published in spring 2022.

3.3 *Recovery, Reading and Resilience*

Our partnership with the Scottish Poetry Library continued. LS programmed an ambitious series of digital events in spring and summer 2021, featuring seven poets including John Glenday, Liz Niven, and Naomi Shihab Nye. Sessions were a mixture of writing workshops and readings / presentations.

3.4 *Crossing Thresholds*

Having postponed our annual facilitator training retreat to Gullane in spring 2020 and again in spring 2021 due to COVID restrictions, we replaced this with an online programme. *Crossing Thresholds* online facilitator training delivered over 4 sessions and totalling 12 hours in all. Two courses were run, in spring and autumn 2021, with 37 attendees in all. The first course was facilitated by Larry Butler, Valerie Gillies and Ted Bowman; and the second by Ken Cockburn, Lorna Hill and Em Strang.

3.5 *City Poetry Walks*

Following an invitation from Culture Perth & Kinross, Andy Jackson devised a peripatetic poetry session in Perth in August 2021, [Walking with Words in Perth](#). A similar event was delivered by Mairi Murphy for Paisley Book Festival in February 2022.

3.6 *Day of Access*

In 2019 Lapidus Scotland agreed to collaborate with poet and artist Alec Finlay on this 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. Due to Covid restrictions, the project has been postponed, but project activities began in autumn 2022 and are due to be completed by autumn 2023.

*

4. *Partner Organisations*

4.1 *Autumn Voices*

Established with help from Lapidus Scotland, Autumn Voices is now an independent organisation, offering online and face-to-face creative activities and competitions for people aged over 60.

4.2 *Bank Street Writers*

Started in the early 90s, the Bank Street Writers is now a closed group. 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 Glasgow group prepared the book *Living Our Dying*, edited by Larry Butler and Sheila Templeton, and published by Rymour Press in autumn 2021.

4.4 *Maggie's Cancer Care Centres*

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

KC, January 2023