

# Stories of Strength



**We need your help to celebrate the incredible strength in your community!**

**We are excited to invite you to join us, in a new creative project: STORIES OF STRENGTH.**

Hi, my name is Charmaine. I am a circus Strong Lady and together with Breckland District Council and Silver Social, I aim to bring together stories and images of strength from your community. We are making a printed booklet and an online exhibition - We would love you to be part of it!

**To be involved, you simply send us a letter by post or email:** telling us the story of a moment in your life when you felt strong (or found strength you didn't know you had). Strength is more than just lifting heavy things, perhaps yours is a story of: overcoming something - courage or resilience - persistence and determination in pursuit of a dream - keeping going against the odds - a choice you made - diving into the unknown - or embracing a change.

**If possible, please also send a photo** that captures your strength in a 'Power Pose'. This can be a photo of you today, an old photo, or one that illustrates your story.

**We will also be running two online workshops.** I'd love you to take part in the workshop, if you'd like to explore your story together and learn storytelling techniques. If you prefer to simply reply with a letter, that is also perfect. See the next page for a guide about what to do next.

Most people worry that they don't have a good story to tell about being strong. The wonderful thing is that once we get started - EVERYONE - has an extraordinary story to share.

You certainly do! Please share it with us!

**Send us your letter and photo by Monday 19th October.** We will then send you a copy of the final booklet and a link to the online exhibition, so you can enjoy other people's stories too.

Thanks so much for joining us in celebrating the incredible strength in your community!  
We can't do it without you... I look forward to hearing your stories!

# Stories of Strength

Please tell us a story of a time you felt strong or found a strength that you didn't know you had

Perhaps it is a time where you: made a choice, made a change, spoke up, faced a fear, reached out, kept going against the odds, or leapt into the unknown...

**Think of a moment where you felt strong.** For many people, their greatest moments of strength were found in unexpected places:

Taking the first step off a plane, alone in an unknown country...  
Overcoming a fear or obstacle or persisting against the odds...  
Standing up for something or Making a change...  
A time you surprised yourself...

**It can be a dramatic event or a simple, everyday thing...** Maybe you have a huge life event in mind or a turning point. However, for some people their strength is best captured in a seemingly ordinary moment. One man told me that he could stay living alone, only as long as he could make it to the top of the stairs each night to bed - for him, reaching the top is a daily moment of triumph & strength.

**Try to be specific and include detail** - strangely, the more specific a story is, the easier it is for people to connect. If you feel comfortable, share your thoughts and feelings, not just the facts of the situation.

---

Please send us a photo of you in a 'Power Pose'

Something that captures your strength or illustrates your story

**Your Power Pose can be anything** - this might be a traditional muscle pose, a close up of your smiling face, or anything that makes you feel strong. Perhaps it is an old photo that you believe captures your strength or illustrates the story well. I can post photos back to you, on request. You can send the photos by email if it is easier.



---

You will be included in both a printed booklet & an online gallery: celebrating the strength of your community

**To be included in the booklet, please send your story and photo to me, no later than Monday 19th October.**

You can send by post or email to:  
Charmaine Childs  
Re: Silver Social Stories

9a Ramuz Drive, Westcliff-on-Sea, Essex SS0 9JA  
[thestronglady@gmail.com](mailto:thestronglady@gmail.com)

---

You can also join us in a workshop: to explore ways for identifying and telling your story, together.

**10.00 to 11.30 on both October 6th & 13th**

Workshops will be online on ZOOM.  
To register your place, please visit [www.thesilversocial.com/events](http://www.thesilversocial.com/events)  
or email [community@breckland.gov.uk](mailto:community@breckland.gov.uk)