

## **WRITE YOUR LIFE STORY Feb - July 2016**

On 9 Feb 2016 [Jo Livingston](#) visited Meopham U3A to give her talk 'How To Write your Life Story' at the Member's Monthly meeting in St John's Church.

The first meeting of Meopham U3A Write Your Life Story group held on 14th March was interesting and well attended with many ideas of how a life story can be written. The presentation could be chronological, as a memoir, a timeline, chart or sound bites or however you like. The reasons for writing included doing it for the family, as a cathartic experience or even a fictional version.

A very helpful suggestion was the use of 'triggers' to jog memories and with that in mind we each wrote and read out a short piece about our experiences of riding a bicycle. We will be doing this for future meetings, with each person writing a subject on a piece of paper and one will be picked for writing a short piece. Of course working on the story can be done at home.

On 11 April 2016 the trigger selected randomly was: 'moving house'. We wrote privately for 5 minutes, then shared our memories with the group.

It was agreed that confidentiality within the group is very important and that people do not have to share anything that they wish to keep private. Although writing is not compulsory it is encouraged as this forms the basis of the group.

The meeting on 9 May 2016 was abandoned through lack of support.

The 'trigger' used at the meeting on 13 June 2016 was 'Beach Holidays', which kept the four who attended quietly writing for about 15 minutes, before sharing their memories.

The last meeting before the summer break was on Mon 11 July 2015, 2.30-4.30pm at Meopham library. The trigger for this session was 'Pets', and the five who attended read aloud what they had written after about ten minutes' writing. It became clear that pets had figured more significantly in some people's lives than in others!