

Writing our stories

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Hub leader presentations – English

Narrative Therapy Writing Project

4 Hubs in South Australia

2021



Stories are how human beings connect and how we make sense of our experiences. They have the power to change us and change our world.



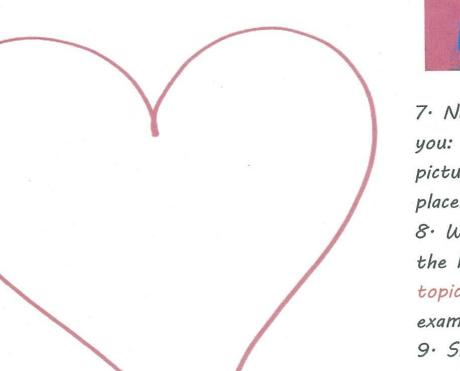
A narrative therapy approach supports families to identify similarities, build awareness of personal and community values, and draw on strength from the content discussed and written, while at the same time extending skills in English speaking, writing, and reading.



- 1 · Draw a big heart on a blank page ·
- 2. Divide the heart into 4 sections.
- 3∙ Close your eyes, take a breath∙
- 4. 4. Breathe out, put your hands on your heart.
- 5. Ask your heart: what is most dear to me? What shall I put in my story?

6. Wait...

Q. What shall I write about? A. Ask your heart!





7. Notice what comes to you: any thoughts, feelings, pictures, ideas, people, places.

8. Write these things inside the heart you drew, one topic in each section (see examples)

9. Share your ideas with someone—and listen to their ideas.

This is the beginning—the foundation plan for your story. You can change your mind later if you want. You can add more topics, or take some out. If you can't decide, talk about it with your teacher, or your friend—or ask your heart.

BOOK PROJECT 'WRITING OUR STORY' TERM 3, 2021

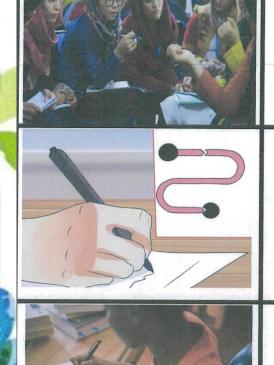
These people are writing about their lives. They are writing about many different things, whatever they want to write about! Some write about their childhood, some about their move to a different country, some about their relatives back in their birth country. Many of them write about their families and their lives here in Australia. It is up to you! Write about what holds you dear and what you would like to tell other people about. This is the process they are using for their writing.



1. Think about what to write about. Brainstorm and write down topics in your 'love heart'. ۷

2. Read and listen to what others have written about.

3. What do you like about other people's writing? Can you get ideas from them?



4. Talk to others about their stories and their writing. Get help or translation from them.

Plan your story. What do want to use from your brainstorming 'love heart'? Where will you start and where will you end?

 Write your story. Check it as you write using all your fabulous English skills and everything you have learnt so far about the writing project.

 Let somebody else read your story and listen to their positive feedback.



One day you will tell your story, of how you've overcome what you're going through now,

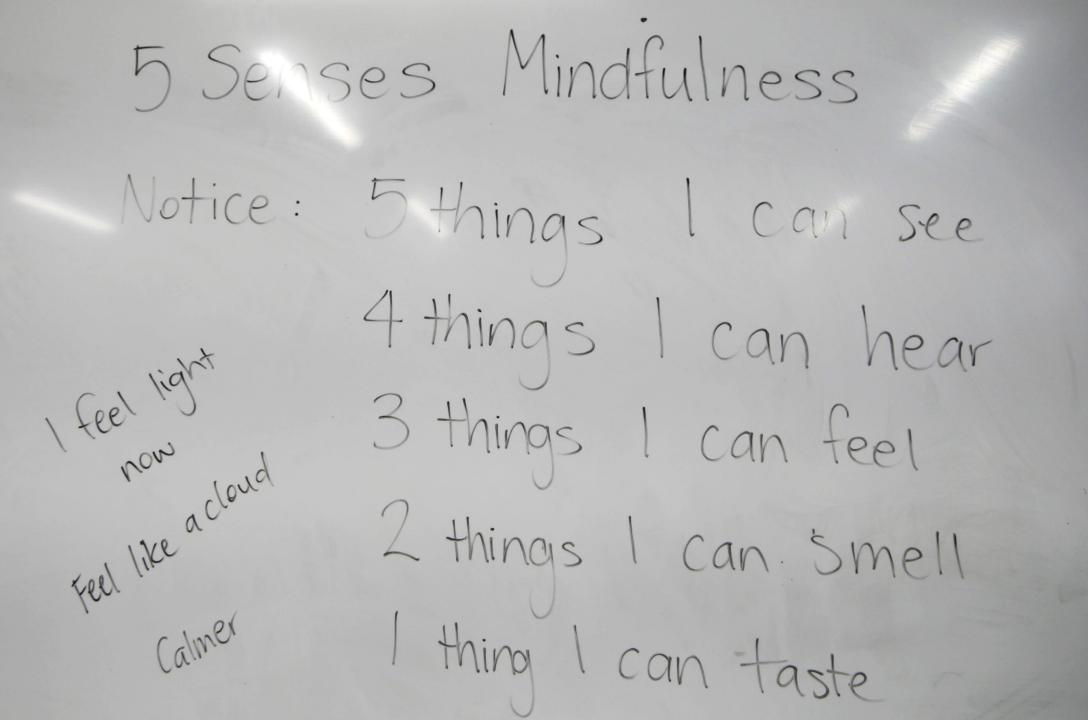
and it will become part of someone else's survival quide. 00





My name is Ah Nyi NU Jay

My Family Live in Salisburg East in Sauth Australia. I am Married. I have B Children. I want to lean More English because I want to talk to other people and make Friends. I have 3 children Australia bat 2 children are in Myanmar I miss them verg much. I am verg happy to be in Australia, but I miss My family a lod!





Halimeh's Story

We left Kabul, Afghanistan in 1990 because the Talibans were killing innocent people. We saw our house burn in front of our eyes and we couldn't do much about it. Three months after that we started a new life in Iran and our first baby was born after four months of being in Iran. We named him Mahdi. Two years past and our second baby was born, we gave her the name Zahra. Three years later we had a third baby who we called Ali. Five years later I had my fourth baby and we named him Hossein.

When I had Hossein for seven months we travelled to Karbala. A city in Iraq, best known as the location of the Battle of Karbala in 680 CE, or the shrines of Imam Husayn and Abbas. This is considered a holy city for Shia Muslims, in the same way as Mecca, Medina and Jerusalem. Coming back from Karbala, suddenly Abdol, my husband had a car accident and needed to stay in hospital for a month. When Abdol came back home from the hospital it was Hossein's birthday. Abdol could not work for two years, and our situation was getting worse. It was only us in Iran with no family and friends. A year later we went to Iran's United Nations, to be able to get out of the situation we were in by getting to a safer country. A year after that we had our sixth baby Zohre.



After five years of waiting, we got the happiest news that we got accepted by the Australian government. My daughter couldn't study at university in Iran because of being Afghan. Also, my sons couldn't go to school because they were Afghans. After arriving in Australia in 2017, everyone was happy that they could study freely and safely. My brothers and sisters are in Afghanistan, they cannot live in peace like how we are here. I have been in the situation where Taliban kill innocent people, that is why we ran away from our country. It has been 27 years since I saw my brothers and sisters and I am very sad about the situation in Afghanistan at the moment. I would love to live in peace with them one day. After getting the news of my mum and dad passing away, I got really sad and sick. I'm thankful for the Australian government accepting us to be able to build a better future here in Australia. Lastly, I want to thank my two best friends Yonna and Liesl for understanding us.





This is my story! By Rhaikit When I was a teenager I loved working On the farm. My ownty had a rice form and I worked there to get her rice to grow. I worked until the rice riped. My ownty Paid money to me for my work.



I was 20 years old when I went to Malaysia because my husband called me to come to Australia. When I was in Malaysia, I worked in a tomato company but the also grew salad, cucumbers and some cabbage. I really enjoyed myself when I am working on the farm. I did also work at a restaurant in the kitchen.

In 2014 I arrived in Australia, so happy but I didn't understand the language and everything was different from Burmese and Malaysian. I had no idea what I was going to do and how I was going to find a job, so I was so worried about my future. Then I started asking people for studies and I finally found Salisbury campus TAFE. I started to go to TAFE and I learned the English language. I finished 510 hours. At that time, I knew I had to build confidence for myself. I didn't want to have to ask other people about everything. I want to stand by myself for everything.







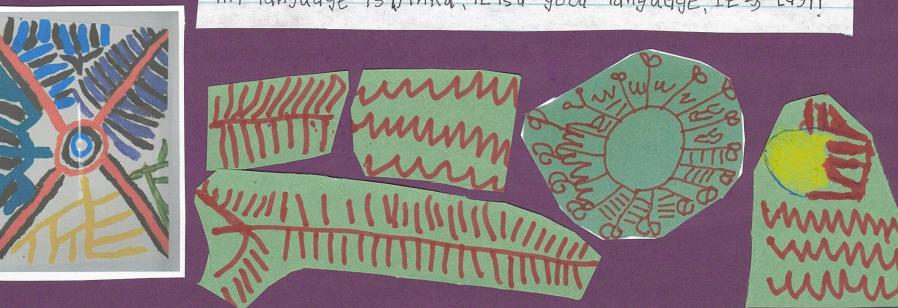


My story by

I was born in Sudan in a village. My family lived in a big house. Mum, dad, sister, brother and a friend all lived with me. Mum and dad worked in the field. We had a big cow, one goat, lambs and chickens. My brother, sister and I did not go to school. We helped mum and dad milking the cow. I was only little when I started milking the cow. We were nice to the animals and they were nice to us. I milked all the animals, and we used the curd and whey in cooking and for drinking. We also used the animals for meat. It was nice in the country.

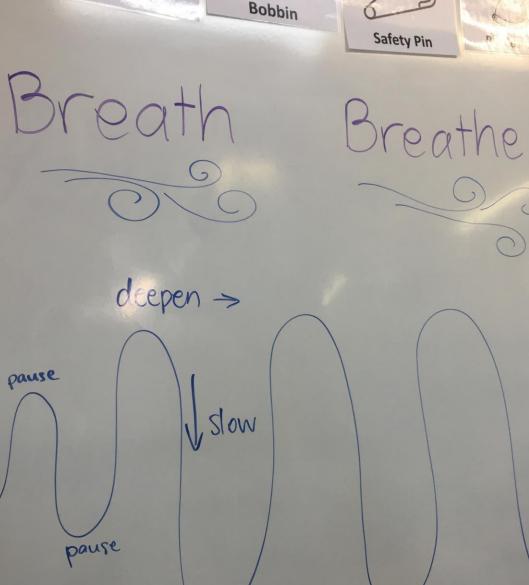
my language is pinka, it is a good language, It's easy!

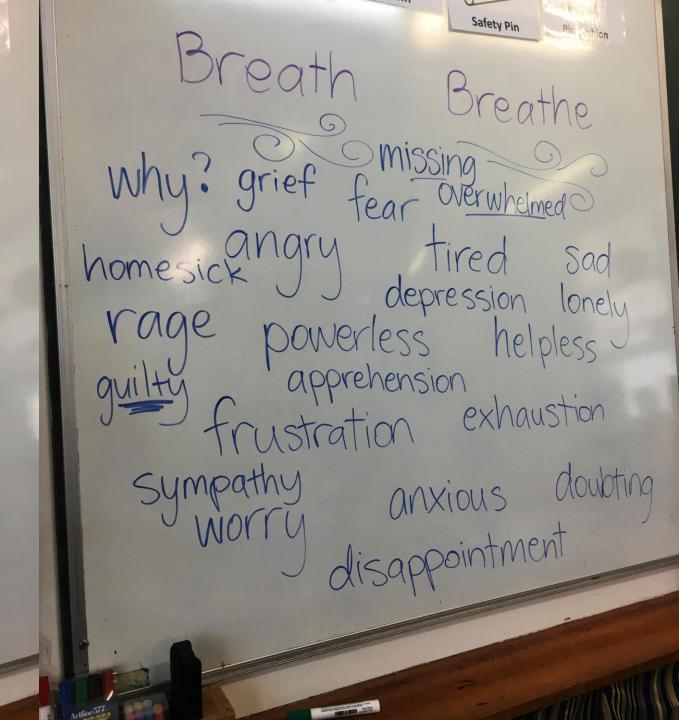
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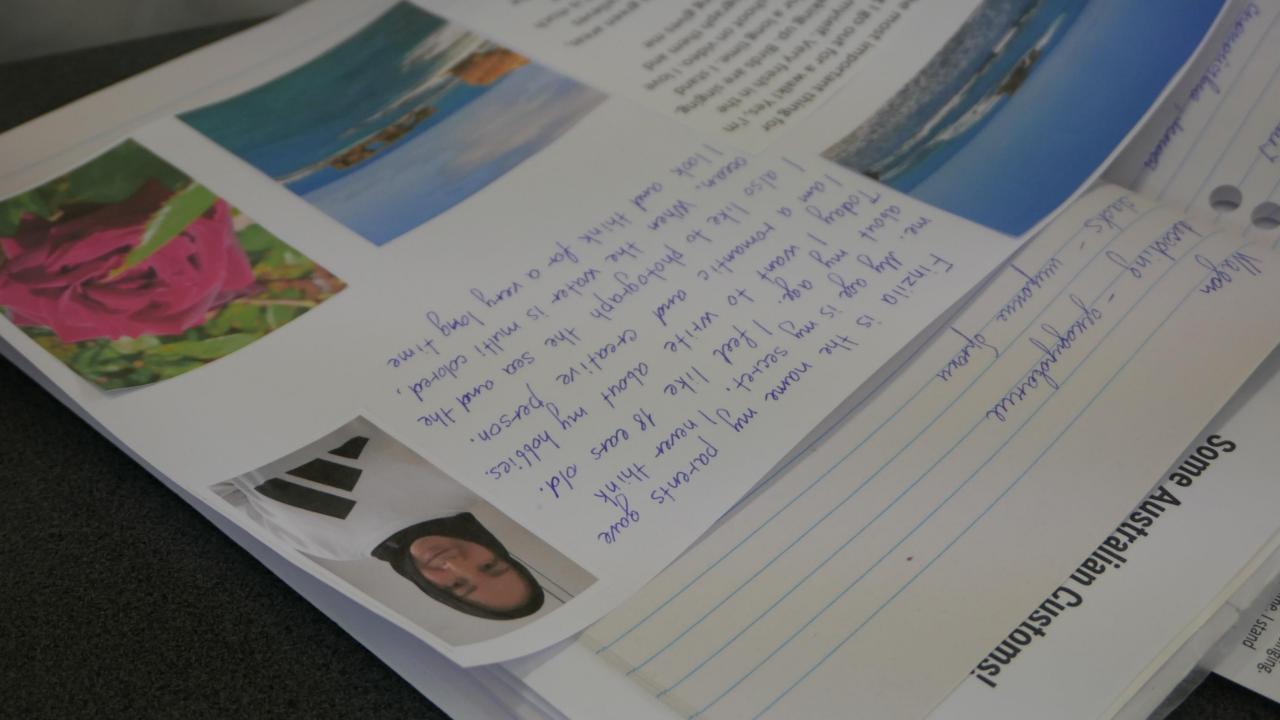






My name is lily. I'm from Myanmar, but I came from India to Australia in 2018. Then I came with My Family. I have Four daughers and one boy. I came to Australia For a better life. When we lived in India it was diffiult to stay For My Family life. So now we are living in Australia, a very very happing life.

0 9/2







This is my story) By Marzia My name is Marzia Sarwari and lam 44 years Old My family and 1 live in Salisbury lam from Afghanistan and my family and Imoved to Australia in 2017 because ther was war in Afghanistan.

I have two sisters and I brother we lived in herat Afghanistan. I had a lot of aunts and uncles so We were a big family We also had a lot of guests, so we had some maids as well tohelp us welcome the guests. I love my family and especially my parents but sadly my parents passed away. I love my country and I want to visit it someday.





My Story by Gul

My name is Gul and I come from Afghanistan. I have been in Australia for seven years. In my family there is me and my husband Muhseni and our four children. My husband is a tiler. Two boys go to high school and two children at Salisbury Primary school. Mudia is only three years old.

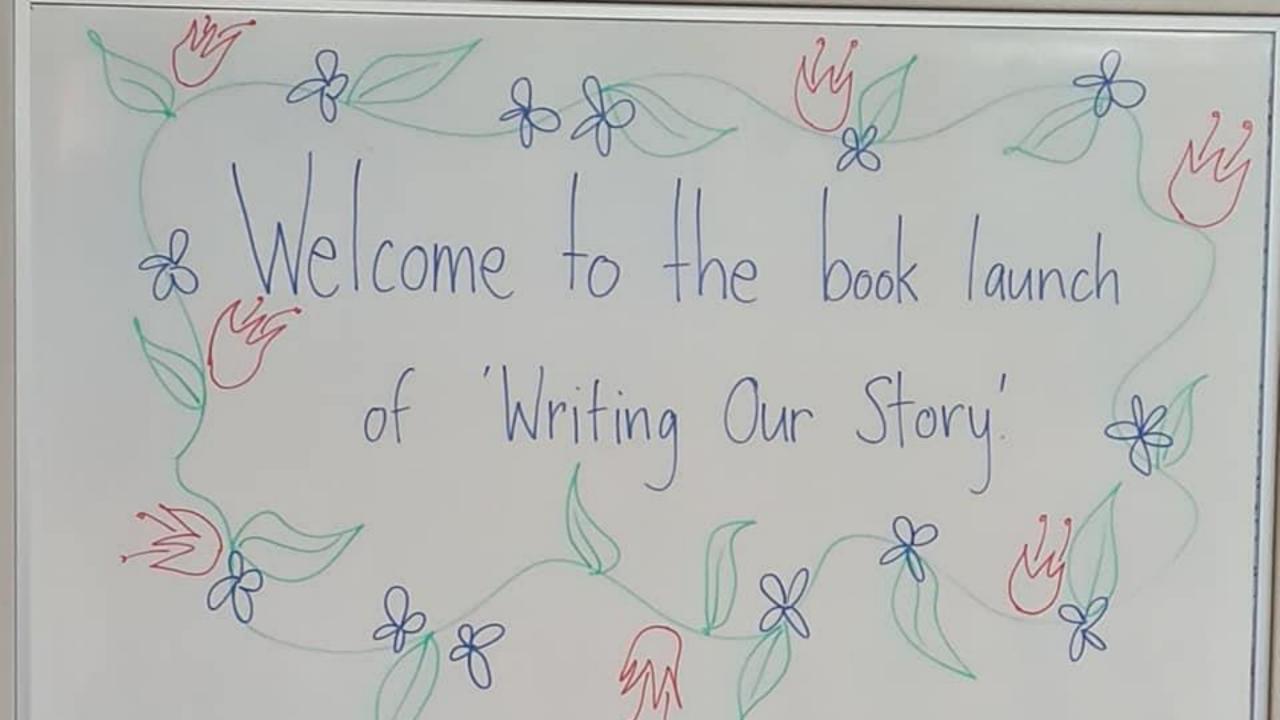
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Three of the four hubs held book launch events, and one hub had a display at the local Council Chambers & Library









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life, we can't stay in ir parents look after us now to take care of our

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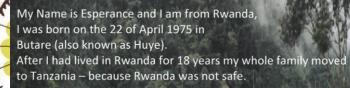
oldes daughed with the standard Catholic Schools. All my School, and all my children have a good future in Australia. My daughter children need to study to have a good future in Australia. My daughter Vestina lives in Canberra now, she is 24 years old. After school and University, she became a midwife. I am very proud of her because she finished school and University, she has a job now.



E.



I am Abeer Mohamed, a Muslim and Egyptian Citizen. I got married two years ago with one child. I hope to see my daughter in a good health and loved by all. My husband is currently studying for his PhD in Engineering. I study English, it is my love and I feel happy in the English classes. I dream of speaking English fluently. I dream of travelling to many countries the world. I miss my home country so much and I hope to return soon. I wish to hug my parents, sisters, and brothers.



Kye

Keres

Writing Our Stor Some people where picked up by the police and taken back to Rwanda – but I stayed in Tanzania it was 1997 my first daughter was born in Tanzania 1997 and my son in 1999.

When my son was 4 days old, my husband and I with our children travelled through the jungle, there were lions in the jungle we travelled on foot and by bus to Malawi. We crossed rivers it was a dangerous journey. It took 24 days to arrive in Malawi.

Sadly my husband died – some years later we left Malawi and came to Australia arriving on a humanitarian visa.

Everything is good in Australia for me and my children, Vestina my oldest daughter was 7 years old when I took her to a **Catholic Boarding School**, and all my children have attended Catholic Schools. All my children need to study to have a good future in Australia. My daughter Vestina lives in Canberra now, she is 24 years old. After school and University she became a midwife. I am very proud of her because she finished school and University, she has a job now. ch as ng on it. e, because many

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San Kyi My Story

My name is San Kyi. My age is 31. I love singing, especially

hymns. I live in Elizabeth Vale with my family and my brother's family. I have been in Australia for seven years. In my family there is me and my husband and two children, my

son and my daughter.

I come from Myanmar. It is not a happy country. Many people are not happy. I am sad because many people are dying. The military is controlling and killing people. It is hard to know if people are safe because the phonelines are broken.

I pray for a good government in my country. Then people will be happy again. My family here is safe, but some family is still in Myanmar.

I am learning English. When I came here, I did not speak or understand English. I needed a lot of help. When my English is good then I will help other people.



My name is Zoubida and this is my story!

I was born in Afghanistan. My family and I live in Salisbury East in South Australia.

We have three children, one boy and 2 girls. My husband came to Australia in solo and I came in 2013.

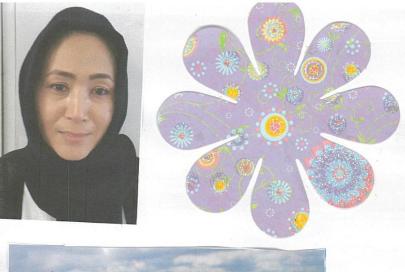
I went to TAFE to learn English. I want to learn more English to improve. In the future I would like to become a hairdresser and beautician. Now I look after my children and help my daughter with her homework and that helps me improve my English too.

In my own time I like to plant flowers in my garden. I have red roses in my garden. I also have a mandarin tree. I also like to play with my children, that makes me feel happy.

I would like to talk about my country. It has many mountains, very beautiful rivers and low valleys.

Afghanistan my country has four seasons – Spring, Summer, Autumn and Winter. Temperatures in summer is hot sometimes with 30 - 35 degrees. In Autumn the temperature is 20 - 25 degrees. I really like this temperature. In winter the temperature gets below zero and the rivers freeze. Many people use the wood heaters to keep warm. In spring the temperature is between 15 – 27 degrees. I like spring because the flowers are starting to grow again and it's very beautiful.



















I am Fatima and this is my story!

I am Fatima and this is my story! My name is Fatima. I am From Afghanis tan. I was about 15 years old

When I got married. My husband Was

Five years older than me. Then we moved to pakistan.







Reflections from the participants about their experiences of the project

Reflection by Rhaikit

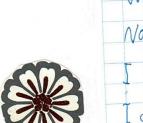
I have done two of these writing projects now, in two different English classes. The first one really helped me to prepare writing the second one. I felt very confident when I did the last writing, and I am extra happy with this one. I have also really liked decorating this one with my own photos.

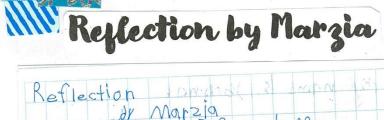
Reflection by Finzüa

I love to write history. This time I wrote about my hobbies. At first, I thought for a long time. It's hard to start. Every day I said to myself "write Finziia and it will be easier for you." I finished it. And I had a really nice feeling. Lightness on the shoulders and soul! Thanks to everyone who helped!

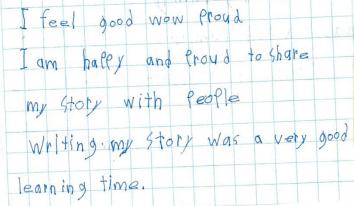
Reflection by Gul

When Istarted Ifelt etcited and happy to learn English. Now that. MY Story is Finished, Ifeel. happy because it millbe in a book. I am proyd to share my story with people; MY hand writing is much beher how.





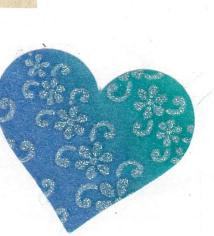
When I Harted I falt happy Now that my story is finished





Reflection when Istarted I felt good: Now that my story is finished I feel very happy I om feeling really good to share my story with people writing my story was good.

Reflection by Ajoh





Reflections by:

Huyen's Reflections on Meditation and Communication

<u>Fínzíia</u>

I really love to write. This project is already the second one for me. What was interesting? For me personally, this is mediation. I remembered my native village, childhood. For creating a plan, this was a super option. This time I wrote about family, the dearest people to me. I remembered my father and cried. I really miss him. When I made a proposal, I asked for help. I know the words, but the sentence does not always work out.

<u>Khín</u>

I have been learning at St Augustine's Hub for a while. This term I had a great time as we had two teachers to help us. We have learnt not only the English language but also Meditation that helps us to relieve our stress.

I also wrote about My Story for the book, and I gained confidence in writing. What a lovely time I had at St Augustine's Hub!

Many thanks to teachers and St Augustine's Hub.

My thankful

In this term, we had meditation sessions held in the class. I really like this time as it is very helpful.

The first thing I felt is my feeling about breathing. I felt grateful when I am still breathing. For a long time, I didn't think of my breathing. It was short, fast and sometimes stop breathing. I didn't notice because there were a lot of things waiting for me to do. Meditation helps me live slower, think of myself, love myself more and be thankful about what I have.

Secondly, my body was changed every time I practice. I felt a new energy was flowing inside me. My shoulders were lighter instead of heavy for problems I faced with. My mind was refreshed and more creative.

I think I will continue to practice meditation because it's helpful. I also like the music, it makes me calmer, forgot things unnecessary, just think and after what I lost and what I need to do.

My communication

I knew about the English class and Community Hub by an officer. I have joined this group for 2 years.

I still remember the first day I came, every one was very friendly and Liz, our first teacher, was so nice and she has a warm heart. In this group, it's not only learning English but also building up our communication.

This is a really good chance for me to improve my English and more luck when now Yonna is our teacher. She is one of excellent teachers I know. She has a thoughtful learning journey for us, she understands every student and very enthusiastic. She is as a glue connecting everyone in the class altogether.

I also love my friends who came from other countries. They're very nice and friendly. We usually talk about our children, family, religion, cooking recipes, or things we do in the spare time.

Besides, I appreciate those who looked after my child while I have learned. They do a great job. I like their job.

I will try to improve my English with wishing I can communicate with others in English fluently one day and could find a job that suits me.

June 2021