

MORE THAN ONE STORY

SELF-CARE GUIDE

ABOUT MORE THAN ONE STORY



More Than One Story is a series of nine monologue films exploring the multiple realities of homelessness. The films aim to shine a light on the diverse intersectional factors that cause and exacerbate homelessness.

The films share narratives about different forms of homelessness from sofa surfing, overcrowded living, and temporary accommodation to the experiences of queer, Black, and migrant communities.

The monologues are written and performed by artists with their own lived experience of homelessness, poverty, or inequity.

WHAT IS THIS DOCUMENT?

Some of the stories that are shared in *More Than One Story* may feel uncomfortable or difficult to engage with, especially if you have been directly affected by the issues.

This document contains information about ways to look after yourself before, whilst and after watching *More Than One Story*.

This guide includes:

- An introduction to self-care
- Content guidance for *More Than One Story*
- Self-care suggestions
- Helplines and support
- Further reading and self-care resources

WHAT IS SELF-CARE?

The concept of self-care comes from the Black feminist movement. Self-care is important because it's about recognising that we experience discrimination and oppression because of how others react to who we are, or what we've experienced.

Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.

This guide takes inspiration from [20 Stories High](#) and [Clean Break](#).

MORE THAN ONE STORY CONTENT GUIDANCE

Recommended for ages 12+.

The films contain:

- Use of strong language
- Discussion and depiction of homelessness, poverty, and inequity
- Themes of racism, transphobia, abuse, violence, grief, and mental illness

Each individual film is 4 – 9 minutes long.

The full-length film is 54 minutes long.

THOROUGH CONTENT GUIDANCE



If you would like to know when potentially activating subject matter comes up, we have outlined the content notices as they arise in each film. To note this contains spoilers.

All of the films contain themes of homelessness, poverty and inequity.

SANDWICHES

A story about homelessness and street sleeping. A tent, squirrels, and sandwiches, lots of sandwiches. An honest exploration of the realities of street sleeping and what people think you want and what you really need. Themes of discrimination and the care system.

SABBIR AT THE ESTATE AGENTS

A story about homelessness from the perspective of the migrant community. 15-year-old Sabbir accompanies his mother to the Estate Agents to translate not only language but the ever-complex process of finding a home to call their own. An encounter full of hope, fear, and familiar disappointment. Themes of racism and discrimination. Contains strong language.

OZWALD BOATENG, IF YOU MUST

A story about homelessness from the perspective of the Black community. Johnny reflects on what has led him to his first day as a Big Issue vendor. An exploration of inequities, judgements, and preconceived notions that society has placed upon him as he reunites with the strength of his Oswald Boateng self. Themes of racism, discrimination, and grief. Contains strong language.

BOILING FROGS

A story about homelessness and domestic violence. A story of survival through the power of imagination, the joy of escapism, the thrill of girl power! Alongside a story of struggle through simmering dread, fear and 'sickening thuds'. Themes of domestic violence and substance abuse.

THE SURVIVING ROOM

A story about homelessness and overcrowded living. A room full of things, full of people, full of stories, full of shame, the surviving room. Kali explores the myriad of memories held in her home and the systemic housing crisis that overshadows them. Themes of racism and discrimination. Contains strong language.

AND FOR ONCE, I JUST LET IT BE NICE

A story about homelessness from the perspective of the queer community. A heart-warming exploration of the simplicity and complexity of just wanting another kiss. Who do they have to be? What do they have to hide? The exhausting journey of finding a sense of peace and belonging while holding the weight of the burdens placed upon them. Themes of transphobia and discrimination. Contains strong language.

NO WALLS, STILL TRAPPED

A story of homelessness and the criminal justice system. Over a game of scrabble, we hear Terry's story, a stark reminder of a broken system, a cyclical system that sees no signs of change. An exploration of how things could have been different for Terry if only he'd been given a chance. Themes of the criminal justice system, discrimination, and the care system. Contains strong language.

SNAKES AND LANDLORDS

A story of homelessness and poverty. A focus group is gathered to 'dive into' the word 'homeless'. Jackie breaks her mastery of disguise, the mask she wears to fit the middle-class mould and speaks a truth that's hard to hear. A truth that is systemic, a truth that is preventable and a truth that is not about words but about action. Themes of discrimination. Contains strong language.

THIS IS WHAT IT MEANS

A powerful conclusion that disrupts the stereotypes, generalisations, and misconceptions around homelessness in the UK today. A heartfelt plea to the 'audience who cares to listen' to face the realities of injustice and really see, really hear that there is More Than One Story. Themes of racism, discrimination and domestic violence. Contains strong language.

SELF-CARE SUGGESTIONS

WATCH WITH SOMEONE

Ask a friend or someone you trust to watch the films with you.

TALK WITH SOMEONE

If you find the content uncomfortable or difficult to engage with try talking to someone you trust or try one of the organisations listed in this self-care guide.

BREATHE

Breathing is a great way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, exhaling for four seconds and holding again. Repeat this for as long as you need.

FIND SOME NATURE

Look out of the window or go for a walk if you can; experiencing nature can help us feel grounded.

KNOW IF YOU NEED TO STEP AWAY

There is nothing wrong with deciding the films are not for you or it's too much. All screenings of More Than One Story will be a chilled environment which means you can leave the space at any time, take a break and re-enter if you would like to. Do what feels right for you.

TRY A GROUNDING EXERCISE

Grounding exercises are things you can do to bring yourself into contact with the present moment.

There are many ways you can do this. Here are some ideas:

1. Notice five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
2. Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
3. Wash your hands or drink some water.

HELPLINES AND SUPPORT



MIND

Provides advice and support to empower anyone experiencing a mental health problem.

mind.org.uk or 0300 123 3393

SAMARITANS

Provides 24/7 emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

samaritans.org or 116 123

SHELTER

Provides advice, support and guidance with homelessness and housing.

shelter.org.uk or 0808 800 4444

CRISIS

Advice and support for people experiencing homelessness. Crisis offers support to find housing, employment, develop new skills, and more.

crisis.org.uk

REFUGE

Advice and support for women and children experiencing abuse.

nationaldahelpline.org.uk or [0808 2000 247](tel:08082000247)

AKT

Provides advice and support for LGBTQ+ young people at risk of or experiencing homelessness.

akt.org.uk

FURTHER READING AND SELF-CARE RESOURCES



GUIDES TO HELP WITH HEALING

<https://www.thesurvivorstrust.org/understanding-healing>

Anna Freud Self-Help Hub - this resource hub has been created for young people, but it contains lots of self-help tips and suggestions which anyone could find useful.

<https://www.annafreud.org/on-my-mind/self-care/>

QUESTIONS

If you have any questions or would like more information, don't hesitate to get in touch with the Cardboard Citizens team: mail@cardboardcitizens.org.uk.