



Fantastically Appropriate Question's

Some FAQ's for those who would like to be involved in the 'Extra Yards together make the Extra Mile' Movement

What is the aim?

To collect 1760 stories of people going the 'extra yard', one story for each yard in a mile

Who is it for?

Everyone in our care home communities- anyone, resident-staff-visitor-friend, can share their 'extra yard' story about another person or themselves

What do we mean by an 'extra yard'?

When we talk about going the 'extra mile' that possibly feels like we have to be doing something huge- an 'extra yard' reflects that the everyday, sometimes small sometimes big, ways in which people reach out to each other are worth celebrating

When someone is walking an extra yard they might be:

Showing that extra level of **thoughtfulness and consideration** of small touches that can add some spark to a person's day

Giving something a go, for the sake of someone else, that maybe **feels a little out of the box** because it's new or different to what they might normally do

Going **a wee bit further** than what might be the normal run of the mill

How do we collect the stories?

In Kinnections we're using a shoe box in the care homes to collect our stories together; you are welcome to come up with your own ideas for gathering the stories

together . The stories can be filled in on any paper, there are also postcards available online if people would like to use these to fill in their 'extra yard' story.

What do we do with our stories?

Chat about the stories and possibly delve into them a bit deeper. Stories have legs offers some ideas on this.

Share more widely- with the person's permission you might like to share the story more widely, via social media using #GoingtheExtraYard and/or with Kinnections KinnectionsEA@uws.ac.uk

What will happen the stories?

In early April 2019 Kinnections will host an event in East Ayrshire, where we will bring all our extra yard stories together, to make a real life 'extra mile'. This event will happen in collaboration with the CAPA programme and will be an opportunity to raise awareness of all the wonderful, kind and quirky ways in which people are going the 'extra yards' in care homes everyday

I'd like to be involved where can I get the resources:

<http://myhomelife.uws.ac.uk/scotland/kinnections/extra-yards-together-make-the-extra-mile/>

I'd like to delve more into the stories we gather:

<http://myhomelife.uws.ac.uk/scotland/kinnections/storytelling-resources/>

Additional story resources are available on the My Home Life resources page.

I'd like to find out more about 'Extra Yards' or about Kinnections:

Twitter:@KinnectionsEA

Email: KinnectionsEA@uws.ac.uk or edel.rodgy@uws.ac.uk or Alison.mclaughlin@uws.ac.uk