**Do you have irritable bowel syndrome?**

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**Are you interested in ways of living well with this condition?**

We are offering people with irritable bowel syndrome the opportunity to participate in our next cycle of storying workshops. This is part of the University’s Knowing as Healing project, a collaboration between Storying Sheffield in the School of English, the Medical School and the University Library. The project is led by Vicky Grant, a Researcher-Librarian in the University and a Trustee at the IBS Network, the national charity for people living with irritable bowel syndrome.

The workshops are free and open to anyone who lives with IBS. Each workshop lasts for two hours and there will be four in each cycle. After the workshops you will be invited to participate in the project further and to work with us on an ongoing basis. This is entirely voluntary; you are welcome to apply to participate in the workshops and not volunteer further.

The aim of the project is to bring people together, to discuss our experiences of living with IBS and to collaboratively find ways of living well with this condition. Here is what one of our previous participants said in her feedback form:

“Really enjoyed today - first time I have publicly talked about my IBS, feel a lot more positive & less alone. Thank you ☺”

[Watch this film about the project](https://www.youtube.com/watch?v=K2HIQIEQce4)

If you interested in participating then please contact Vicky Grant for the information sheet and application form:

hil@sheffield.ac.uk

The Storying Sheffield Knowing as Healing Project. School of English, University of Sheffield. Jessop West Building. 1 Upper Hanover Street. Sheffield. S3 7RA.