



## 3.1.9 Light Wheel story-gathering template

### Introduction

Gathering a story (a case study) through the lens of the Light Wheel is an effective way to capture a holistic picture of a person's life and get a sense of the changes they have experienced. This template will help you gather a story using the Light Wheel. We recommend that you begin by having a general conversation with the storyteller about their life, and draw out the main aspects of their story. Then, ask more specific questions about the nine aspects of wellbeing (using the template below) to prompt them to think about different areas of life that they might not have already mentioned.



You can learn more about the Light Wheel's nine aspects of wellbeing in our [Introduction to the Light Wheel e-learning course](#)<sup>1</sup> and [Part 1: Prepare](#)<sup>2</sup> in the Light Wheel toolkit. For more help, you could contact one of Tearfund's Regional Communications Officers, or email [lightwheel.support@tearfund.org](mailto:lightwheel.support@tearfund.org)

### Key features of a great story

- Information on **what the situation was like before** the individual became involved in the response/project/CCT process
- A clear description of that **response/project/process** and how the storyteller was involved
- Details of **any changes** that the individual experienced and what their life is like now
- Discussion of **how change happened** and if there was a specific point it began
- Strong and **specific quotes**, especially around the individual's thoughts and feelings
- One or two distinctive details that help 'paint a picture' of their situation (eg their living conditions, the fact that someone is widowed)
- **Good-quality images** to illustrate the story, where possible



When gathering stories, **informed consent is vital**, for use of people's information and for photography. See [Section 2.1.3](#)<sup>3</sup> of the Light Wheel toolkit for more information on 'Informed consent', and see [Consent form template](#) (Resource 3.1.2)<sup>4</sup> for a printable consent form.

Gathering stories requires good listening skills and the best stories come out of an open conversation. As the story-gatherer, you should try to make the storyteller feel as comfortable as possible, eg by making eye contact and appreciating what they are saying. Remember it is a privilege to hear people's stories!

<sup>1</sup> Available at: [learn.tearfund.org/LW-elearning](https://learn.tearfund.org/LW-elearning)

<sup>2</sup> Available at: [learn.tearfund.org/LW1](https://learn.tearfund.org/LW1)

<sup>3</sup> Section 2.1.3 can be found in [Part 2: Facilitate](#) of the Light Wheel toolkit at: [learn.tearfund.org/LW2](https://learn.tearfund.org/LW2)

<sup>4</sup> Find this resource on Tearfund Learn at: [learn.tearfund.org/LW3-1](https://learn.tearfund.org/LW3-1)



# Story-gathering template

## 1. Background information

*Important for any follow-up and to ensure we have permission to use the story.*

**Story-gatherer name:**

**Story-gatherer contact details:**

**Date story gathered:**

**Church or partner name:**

**Location** (*country and community*):

**Name of response/project/process:**

**Description of the context:**

What does a reader of this story need to know in order to understand this context?

**Details of consent and pseudonyms (if used):**

*Explain what consent has been given regarding use of story and images; provide a link to the consent form; and list all pseudonyms (fictitious names) if used.*

**Photos:**

*Add a link here to where images of this person (that you have permission to share) are stored digitally (ideally in jpeg format).*



## 2. Storyteller details

*Record here basic details of the person sharing their story, eg name, age, family details and how they earn a living. Use a pseudonym if you don't have permission to use their real name. Note down anything distinctive you notice about their home or clothing: such details may help paint a clearer picture of their situation and will help you match their story with any photos you take of them.*

## 3. Reflecting on the past

*Ask the storyteller to **think back to how things were in the past**, eg before they were involved in the response/project/process.*

**What did your daily life used to be like?** *eg What opportunities or hopes did you have? Did you face any particular problems or challenges?*



**Light Wheel prompts:** *If you feel any aspects of wellbeing have not been mentioned in the answer to question 3, you can now prompt them to think about these areas using the questions below. Feel free to add any questions of your own.*

Light Wheel spokes	Notes
<b>Living faith:</b> Eg: What was your relationship with God like in the past? How important was your faith? How important was the church in the community?	
<b>Social connections:</b> Eg: What were relationships like here in the past? Were you part of any community groups? How included and safe did you feel?	
<b>Personal relationships:</b> Eg: Who were you closest to in the past? Who could you trust? What were your relationships like at home? Did you ever have disagreements?	
<b>Participation and influence:</b> Eg: How confident were you about sharing your opinions? How much did you participate in household/community decision-making?	



<p><b>Emotional and mental wellbeing:</b></p> <p>Eg: How did you feel about yourself and your situation in the past? Did you feel hopeful? Did you have people to talk to about your feelings?</p>	
<p><b>Physical health:</b></p> <p>Eg: Did you struggle with illness or access to healthcare? Did you have access to safe water or know about good hygiene? How was your diet?</p>	
<p><b>Material assets and resources:</b></p> <p>Eg: Were you able to meet your family's basic needs? Did you ever have to go without things or have debt? Could you save for the future?</p>	
<p><b>Capabilities:</b></p> <p>Eg: What skills or education did you have? Did you believe you could change your situation using those skills? Did you have goals or dreams?</p>	
<p><b>Care of the environment:</b></p> <p>Eg: What condition was your natural environment in? Were there environment-related disasters or environmental damage? Did you protect the environment at all?</p>	



#### 4. Creating change

Ask the storyteller to **reflect on how their life has changed** and **why they think this change happened**. This is your chance to find out what role the person thinks your response/project/process played in creating change.

**What changes have you experienced in your life since you became involved in the response/project/process?**

*How did these changes make you feel?*

*How has this helped alleviate the problems you faced in the past?*

**What do you think was the cause of these changes?**

*Was there a specific point/activity where you think change started?*

**Light Wheel prompts:** *If you feel any aspects of wellbeing have not been mentioned in the answer to question 4, you can now prompt them to think about these areas using the questions below. Feel free to add any questions of your own.*



Light Wheel spokes	Notes and quotes
<b>Living faith:</b> Has your faith been impacted as part of the change that you experienced, and if so, how?	
<b>Social connections:</b> Have community relationships changed as a result of the project/process? Have you noticed any differences in how people relate to each other or support one another?	
<b>Personal relationships:</b> Have your relationships at home, or your friendships, changed as a result of the project/process?	
<b>Participation and influence:</b> Have you noticed any changes in your involvement in the community or in your confidence to be part of decision-making in your household or community?	



<p><b>Emotional and mental wellbeing:</b></p> <p>How do you feel about the changes you have experienced?</p> <p>Have you noticed any changes in your mental and emotional wellbeing?</p> <p>How do you feel about the future?</p>	
<p><b>Physical health:</b></p> <p>Has your physical health changed at all as a result of the project/process?</p> <p>Have you experienced any changes in terms of access to healthcare, nutritious food, sanitation or hygiene facilities?</p>	
<p><b>Material assets and resources:</b></p> <p>What changes, if any, have you seen in your available material assets and resources?</p> <p>How did these changes come about?</p>	
<p><b>Capabilities:</b></p> <p>Have you developed any new skills as a result of this project/process?</p> <p>If so, how did you gain these skills and what have they enabled you to do?</p> <p>Do you have goals for the future and do you feel you will be able to reach them?</p>	





**Care of the environment:**

Have there been changes in the way you care for the natural environment?

If so, what have you done and why?

Do you think there will be enough natural resources for future generations?

**5. Looking ahead**

*If you feel it is appropriate, you may want to conclude your case study by asking the storyteller about their dreams and hopes for the future.*

**What do you hope will happen next for you, and in the future?**