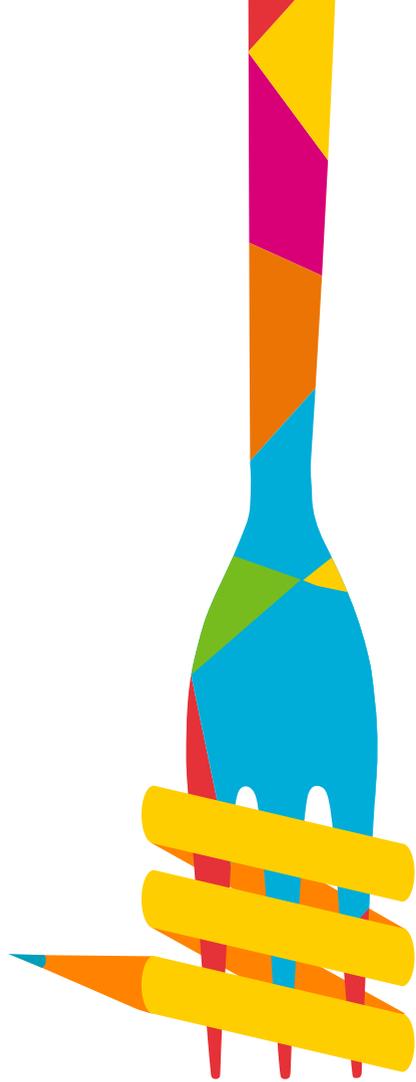




# Nourish

If stories be the food  
of life, write on!



Do you have a tale to tell?  
Share your stories of life and food at

**[scottishbooktrust.com](http://scottishbooktrust.com)**

f [scottishbktrust](https://www.facebook.com/scottishbktrust) [@scottishbooktrust](https://twitter.com/scottishbooktrust)

**Scottish  
Book Trust**  
Inspiring readers and writers



## From a poke of chips to granny's pork pies, we want a taste of what food means to you.

Whether it's about growing your own, howking tatties, creative cooking, sharing a poke of chips or a celebratory feast, we want a bite of what fuels your body and mind.

Food can evoke memories, connect us with others, present difficult choices or simply set us up for the day – it can challenge and inspire us and offer nourishment beyond what's on the plate.

Even if you've never written before, give it a try! We encourage you to submit up to 1,000 words in any form you like – story, poem, comic strip, play or letter – and we welcome entries in Gaelic and Scots.

Our favourite stories will be published in an e-book for Book Week Scotland (27 Nov–3 Dec 2017) – our national celebration of books and reading.

**Ma bhios sgeulachdan a' biadhach na beatha, nach sgrìobh thu tè!**

**If you don't know where to start, come along  
to one of our friendly FREE writing workshops!**

### **Aberdeen**

**Saturday 6 May, 2.30–4pm**

Fiona Thackeray at Central Library

### **Ayr**

**Saturday 20 May, 2–3.30pm**

Uganaa Ramsay at Carnegie Library

### **Dundee**

**Saturday 22 April, 2–3.30pm**

Fiona Thackeray at Central Library

### **Edinburgh**

**Saturday 8 April, 10–11.30am**

Catherine Simpson at Central Library

### **Fort William**

**Tuesday 9 May, 2–3.30pm**

Linda Cracknell at Fort William Library

### **Galashiels**

**Saturday 13 May, 2–3.30pm**

Catherine Simpson at MacArts Centre

### **Glasgow**

**Saturday 29 April, 2–3.30pm**

Uganaa Ramsay at The Mitchell  
Library

### **Inverness**

**Saturday 6 May, 2–3.30pm**

Linda Cracknell at Eden Court Theatre

### **North Berwick**

**Saturday 22 April, 2–3.30pm**

Catherine Simpson at North Berwick  
Library

### **Stirling**

**Saturday 13 May, 10.30am–12pm**

Fiona Thackeray at Bannockburn  
Library

### **Thurso**

**Saturday 6 May, 10.30am–12pm**

Alex Patience at Thurso Library

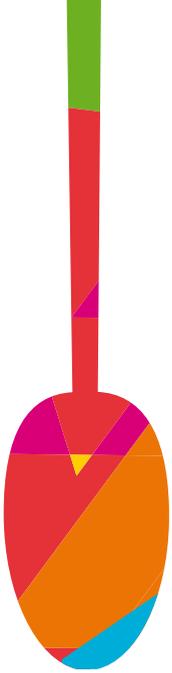
**'The workshop [gave me] more than enough  
inspiration and tools to have a shot at my story.'**

Participant

To book, visit

[scottishbooktrust.com/nourish](http://scottishbooktrust.com/nourish)

or call 0131 524 0170



## Submit your story by Wednesday 7 June 2017 online or by post.

Submissions should be no more than 1,000 words.  
Only one entry may be made per person. Full terms  
and conditions are listed on our website.

Find out more, read stories and submit your own at  
[scottishbooktrust.com/nourish](http://scottishbooktrust.com/nourish)  
or write to us at:

Nourish  
Scottish Book Trust  
Sandeman House  
Trunk's Close  
55 High Street  
Edinburgh  
EH1 1SR



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