

The Open University

Writing a life history

Dorothy Atkinson
Mabel Cooper



Mabel Cooper's life story


- tells us about her life
- tells us what it was like living in a long-stay institution
- tells us what it was like for other people

Writing her story helped Mabel make sense of her life




Telling your story from memory

- How we met
- What we did
- Building up the story – into Forgotten Lives





St Lawrence's Hospital, Caterham

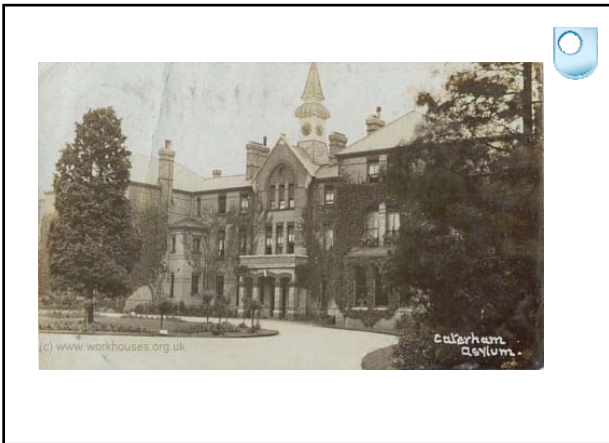












Finding out from records

We had to become history detectives

An illustration featuring a woman detective with short dark hair, a magnifying glass, and a notepad with a pencil. The background is split into yellow and purple sections.

Visiting the archives

An illustration showing a blue filing cabinet, a small sign that says "Archives", and a photograph of an archive building interior with a large circular reading room.

Records can shock!

Be prepared for:

- tragic events
- the language of the past
- things which don't add up

