

Real-Life Stories

My name is Sally Wilson and I'm a features writer based in Edinburgh. Until recently I was a writer on a woman's magazine, That's Life.

Before that I worked at two press agencies in Edinburgh where I wrote stories for all the major magazine titles including Take A Break, Woman, love it!, Reveal, Pick Me Up, and for national newspapers the Daily Mail and the Mirror.

Having now returned to Edinburgh, I have started up my own features agency, specializing in writing 'real-life' stories on issues including pregnancy, anxiety and dieting.

In my experience of writing 'real-life' stories, people always have a reason for wanting to tell their story. It might be that they've been through a tragedy and want to help others in a similar position, or perhaps they want to raise awareness of a disease or condition.

In contacting you, I was interested in finding out how sufferers first began feeling anxious, how anxiety affects the mechanisms of their everyday life, how it affects their relationships with others and how they manage it.

To give you an example, one woman I did a story with who suffered from body dysmorphic disorder (BDD) told me how she had worn make-up since she was ten years old and it became a mask she couldn't face the world without. She barely left the house for a year because she was so afraid of how she appeared to people and couldn't have relationships with anyone. She's now in her late twenties and is in the process of addressing BDD through CBT. Her journey is by no means over, but she now is able to leave the house without make-up which was a huge step for her.

While I have no specific project in mind at this stage, what I'd like to do is have a brief 5/10 minute chat with anyone who's interested in sharing their story.

The magazines in particular usually offer a fee to interviewees by way of thanking them for taking the time to share their stories. They can choose to donate this to a charity if they wish.

I then come back to the interviewee and they can decide whether they want to take that offer or not. From there, we'd have a longer interview and before I send the story to the magazine or newspaper, I would read it back to the interviewee to ensure all details are factually correct. I then liaise with the interviewee throughout the publishing process to make sure they're fully aware of what is going on.

One thing I do always ensure when dealing with people who are willing to share their stories is that there are no surprises and that they are entirely happy at every step of the way.

If you are interested please contact me on:

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