

# Writing for Wellbeing in Westcott

## January – March 2021



Creativity has been described as “the art of deriving the new from the old”. So the start of a new year – with its open doors of possibility – is a good time to remind ourselves that we humans are inherently creative. Our next three workshops will focus on creative processes: Building, Weaving and Moulding. We’ll take these themes as a starting point for our writing, allowing our pens to take us wherever they lead...

### **Winter theme: Creating**

Wed 20 / Sat 23 January – Building

Wed 17 / Sat 20 February – Weaving

Wed 17 / Sat 20 March – Moulding

**Time:** 11.00 to 12.30 **on Zoom \***

**Cost:** £8 per session

\* Once you’ve booked and paid, I’ll send you the link. To confirm your place, just email me at: [heathershakes60@gmail.com](mailto:heathershakes60@gmail.com)