

Writing for Wellbeing in Westcott

January – March 2020



Why not resolve to nurture your own creativity and wellbeing this year? No expertise is needed as we explore themes, individually and together, using a variety of writing prompts and techniques. Write for yourself and share only what you wish to in this stimulating and supportive environment.

Winter theme: Head, Heart and Hands

At the onset of another year, we focus on these parts of the body, each one a physical phenomenon which also represents something beyond its concrete form, something less tangible but just as real. As such, they provide a rich seam to tap through our writing, so do join us and see what treasures emerge.

Wed 15 / Sat 25 January – Head

Sat 15 / Wed 19 February – Heart

Sat 14 / Wed 18 March – Hands

"This is a really enriching group and each session is different." TW

"With well thought out and interesting exercises and prompts you'll be surprised what you come up with to write about!" SB

"I enjoy the supportive group and the writing of others. Heather's relaxed and gentle facilitation of the group encourages all to share something during the session which feels very inclusive." EE

"These sessions allowed my mind to open the door to my imagination, without any restrictions, criticism or expectations."

VDS

PLACE: St John's Hall, Furlong Road, Westcott, Dorking RH4 3PP

TIME: Saturdays: 11.00 - 1.00 Wednesdays: 11.15 - 1.15

COST: Each workshop: £10* All 3 workshops (in advance): £25*

Everyone is welcome but places are limited, so please email Heather Shakespeare to book: heathershakes60@gmail.com

* Refreshments included