

Writing for Wellbeing in Westcott

Summer 2019



Why not take time out to nurture your creativity and wellbeing this summer? No expertise is needed as we explore different ways of writing, both individually and together. Share only what you wish to in this stimulating and supportive environment.

Summer theme - Landscapes

Landscapes offer many possibilities for writing, not just descriptively but also on an abstract level as we engage with them intuitively. In these workshops, we will invite the natural world to prompt our writing and provide fresh insights and perspectives.

Wed 1 / Sat 18 May – Mountains and Valleys

Wed 12 / Sat 8 June – Woods and Forests

Wed 10 / Sat 13 July – Sea and Shore

“Heather is skilled at creating a space for connection, creativity, insight and fun. The writing exercises and prompts are great for both newbies and experienced writers alike. I highly recommend.”

“The best thing was seeing creativity in us all and finding ways to access it. “

“Heather has confidently guided us on a writing journey of exploration and provided a safe space for us to share our findings. I cherish this time I have carved out for myself.”

Workshops take place at St John’s Hall, Furlong Road, Westcott, Dorking, Surrey RH4 3PP.

Saturdays: 11.00am-1.00pm

Wednesdays: 11.15am – 1.15pm

Individual 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