

Writing for Wellbeing in Westcott

Autumn 2019



Why not take time out to nurture your creativity and wellbeing this autumn? 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.

Autumn theme: How We Spend Our Days

“How we spend our days is, of course, how we spend our lives.”

Annie Dillard

These workshops provide a chance to reflect on what fills our time. We will explore the areas of work, rest and play, considering what they mean to us, what part they play in our lives and how we might hold them in balance.

Sat 14 / Wed 18 September – Work

Sat 12 / Wed 16 October – Rest

Sat 9 / Wed 20 November – Play

"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