

# Writing for Wellbeing in Westcott (and beyond)

## Winter/Spring 2023



Just before we leave behind those festive treats and little indulgences, we pause to reflect on the names of some of the nation's favourite confectionery – past and present. Our first series of workshops in 2023 will focus on 'Sweet Treats', but this time the calorie-free variety! There'll be an opportunity to explore the associations these names hold and, as always, the space and time to write without pressure or expectations. All are very welcome to join us.

### Winter/Spring theme: Sweet Treats

**JAN**    *Celebrations*    Wed 18 (St John's) & Sat 28 (Zoom)

**FEB**    *All Gold*            Wed 15 (St John's) & Sat 25 (Zoom)

**MAR**    *Heroes*                Wed 15 (St John's) & Sat 25 (Zoom)

Wednesdays at St John's            11.15 – 1.15            £12 (£30 for all 3)\*

Saturdays on Zoom                    11.00 – 12.45            £8

*\* St John's bookings are non-refundable.*

**Booking:** To book, just email me at: [heathershakes60@gmail.com](mailto:heathershakes60@gmail.com).  
Payment in advance secures your place.