

Writing for Wellbeing in Westcott (and beyond)

Autumn 2023



**“Ideally, a human life
should be a constant
pilgrimage of discovery.”**

John O'Donohue

Join us for any or all of our workshops this autumn as we explore this ancient theme of pilgrimage and see where it leads. There'll be a range of prompts, with plenty of space and time to write, as well as the opportunity to share your words or reflections if you wish to. No writing talent or experience is needed and you can be sure of a warm welcome in this relaxed and supportive group.

Autumn theme: Pilgrimage

SEP *Setting Out* Wed 20 (St John's) & Sat 30 (Zoom)

OCT *Pressing On* Wed 18 (St John's) & Sat 28 (Zoom)

NOV *Arriving* Wed 22 (St John's) & Sat 25 (Zoom)

Wednesdays at St John's 11.15 – 1.15 £13 (£35 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.
Payment in advance secures your place.