

Writing for Wellbeing in Westcott

Autumn 2022



As one season segues into another and we slowly adjust to muted skies and shorter days, we hear again the invitation to pause, reflect and write. Our workshops this autumn take up the theme of 'The Quest', offering an opportunity to consider the things we search for, what we find and how we choose what to keep. There'll be time and space to write without pressure or expectations, as we allow our words to flow and lead us wherever they will.

Autumn theme: The Quest

SEPT *Searching* Wed 14 (St John's) & Sat 24 (Zoom)

OCT *Finding* Wed 19 (St John's) & Sat 29 (Zoom)

NOV *Keeping* Wed 16 (St John's) & Sat 26 (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.
Payment in advance secures your place.