

Writing for Wellbeing in Westcott

May – July 2022



As spring brings fresh life and colour to the natural world, our theme for this series of workshops will be colour. We'll be focusing on the three colours of our national flag (with a nod to the upcoming jubilee celebrations). In our writing, we will consider where these colours are found and how they are used, as well as exploring the associations they hold and the emotions they evoke. As always, there'll be time and space to write, reflect and share.

Spring/summer theme: Colour

MAY *Red* Wed 18 (St John's) & Sat 21 (Zoom)

JUN *White* Wed 15 (St John's) & Sat 25 (Zoom)

JUL *Blue* Wed 13 (St John's) & Sat 23 (Zoom)

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

Saturdays on Zoom * 11.00 – 12.45 £8

** The waiting room for Zoom workshops will open 10 minutes before each session for arrival and settling in.*

Booking: To book, just email me at: heathershakes60@gmail.com