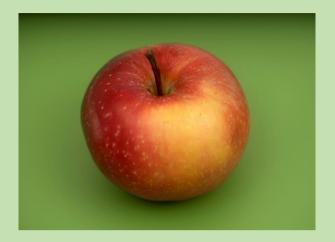
Writing for Wellbeing in Westcott (and beyond) Winter 2025



As another year opens, we step aside and pause to explore, through writing, what makes us human, what makes us whole. Acknowledging that there's always more than meets the eye, we'll consider not only our physical being, but also the intangible aspects of who we are. There'll be a variety of writing prompts and the opportunity to share your words, but only 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.

Winter theme: Whole

JAN	Body	Wed 15 (St John's)	& Sat 18 (Zoom)
FEB	Mind	Wed 19 (St John's)	& Sat 22 (Zoom)
MAR	Spirit	Wed 12 (St John's)	& Sat 22 (Zoom)
Wednesdays at St John's		11.15 – 1.15	£13 (£35 for all 3) *
Saturdays on Zoom		11.00 - 12.45	£8
* Chiebula haaliinna uua uan uafuudahla			

* St John's bookings are non-refundable.

Booking: To book, just email me at: heathershakes60@gmail.com. Payment in advance secures your place.