

Writing for Wellbeing in Westcott

Autumn 2021



As we move into autumn with its shift in the balance of darkness and light, the essential rhythm of day and night remains. This series of workshops will focus on the segments into which we divide our days. We will explore the associations they hold for us, and consider their relationship to mood and activity. As always, there'll be time and space to write, reflect and share.

Autumn theme: All in a Day

SEPT *Morning* Wed 15 (St John's) & Sat 25 (Zoom)

OCT *Noon* Wed 13 (St John's) & Sat 23 (Zoom)

NOV *Night* Wed 17 (St John's) & Sat 27 (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