

Course details

Course title

Creative Writing: Writing for Wellbeing

Course code

Q00014024

Course date

Start: 16/04/24

End: 21/05/24

Number of classes

6 sessions

Timetable

Tue 16th Apr, 15:30 to 17:30

Tue 23rd Apr, 15:30 to 17:30

Tue 30th Apr, 15:30 to 17:30

Tue 7th May, 15:30 to 17:30

Tue 14th May, 15:30 to 17:30

Tue 21st May, 15:30 to 17:30

Tutor

Sarah Wardle

Fee range

Free to £44.40

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Intermediate

Course overview

On this course, you will learn how to use poems as prompts to life writing in poetry or prose and be given the opportunity to share your writing and experiences with others. We will be using prompts for writing on gratitude, awareness, nature and hope. During the course, you don't have to worry about your handwriting, spelling or punctuation. You are writing for yourself and there is no right or wrong way of doing so. It is not about the finished product but the calming process of just writing itself, which allows you to find clarity, space and a moment of relaxation. Anyone can do it. If you can write, you can write creatively.

Course description

The act of writing can be very therapeutic. Whether with pen, keyboard, or dictation, we can fuse our thoughts and words for expression, release, organisation, and self-reflection.

On this course we will look at and discuss various writing-related techniques that can be used to have a positive effect on our mental wellbeing.

We will look at a variety of poems, prose and poetry and how the language is used to bring the text to life creating images in the mind of the reader and a way of expressing innermost feelings and thoughts.

You will learn the following writing techniques:

Mindful writing - being in and focusing on the present moment, writing from the five senses, sight, sound, taste, smell and touch.

Free writing - Writing whatever comes into your head.

Reflective writing - Writing about your memories and stories

You will learn how using these creative writing techniques can help to relieve stress and anxiety, help you find a sense of peace, clarify and organise your thoughts, put your thoughts and feelings into words, and help you achieve calmness and mindfulness.

During the course, you will have the opportunity to share your writing with others and reflect on what you have learnt in a relaxed atmosphere.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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