

Course details

Course title

Creative Writing: Poetry for Wellbeing

Course code

Q00014577

Course date

Start: 20/06/24

End: 20/06/24

Number of classes

1 sessions

Timetable

Thu 20th Jun, 10:30 to 14:30

Tutor

Heather White

Fee range

Free to £16.80

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

ClayTAWC Ltd (St. Austell)

Fore Street
St. Dennis
St. Austell
PL26 8AF

Qualification name & awarding organisation

Creative Writing: Poetry for Wellbeing ()

Level of study

Beginners

Course overview

If you would like to learn how to use creative writing to support your wellbeing and are interested in developing skills to express your thoughts and feelings, then this friendly and supportive course is perfect for you. Creative writing is an effective and rewarding way to develop your self-expression and a great way to make space and time for personal reflection. It can enable you to re-connect with both your creativity and learning. It has been shown that exploring creativity with words can help us gain insight and perspective on our lives and can build confidence and stimulate problem solving. During this friendly and supportive course, you will learn some different approaches, prompts and techniques to write poetry for wellbeing.

Course description

No prior writing skill or experience is required to join this creative writing for wellbeing course and there is no requirement that you should write in a specific language, style or form. This course is about making the space to write for yourself, with the focus on various prompts, techniques, thought processes and content. If you would like to learn how to use creative poetry writing to support your wellbeing and are interested in developing new skills that enable you to express your thoughts and feelings, then join us on this friendly and welcoming course. Creative poetry writing is an effective and rewarding way to develop your self-expression and a great way to make space and time for personal reflection. It can enable you to re-connect with both your creativity and learning. It has been shown that exploring creativity with words can help us gain insight and perspective on our lives and can build confidence and stimulate problem solving. During this friendly and supportive course, you will learn some different approaches, prompts and techniques to write poetry for wellbeing. by the end of this course you will have gained a number of approaches, techniques and prompts to write your own poetry.

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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