



Creative Writing Information

What is Creative Writing?

Creative Writing encourages Living Well Centre Guests to explore their memories, feelings and creative thoughts in a relaxed atmosphere.

Our hope is for each person to find fellowship and opportunity for self expression, to transport themselves through time, place and situation, all within a safe, encouraging and respectful group.

The group was established in February 2017. Local creative writer and poet Steve Urwin tutored the pilot sessions, which were supported by a generous grant from the Pen & Palette Fund at the Community Foundation serving Tyne & Wear and Northumberland.

What happens during a Creative Writing session?

The group often begins with a word game or task to get the imagination going. Throughout the sessions you will be able to develop stories from memory or imagination. We offer you the opportunity to share your stories within the group which can often spark further discussion between group members.

What are the potential benefits?

Creative writing has been linked to improved mood, well-being and reduced stress levels. It can help to preserve memories and emotions. Sometimes these can be things that you would like to look back on fondly and other times it can be a marker to reflect on where you are now.

Writing can be an effective form of therapy or a fun and imaginative expression of ideas.

When is the group held?

Ways with words is held at St Cuthbert's Hospice weekly.

The sessions are facilitated by staff who have had training in creative writing and volunteers with experience or interest in the subject.

Would you like more information?

If you would like to know more about Creative Writing or any other complementary therapies available at St Cuthbert's Hospice please contact **The Living Well Centre** on 0191 386 1170 option 2.

Accessible Information

If you would like a copy of this leaflet in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Living Well Centre

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