

## Course details

### Course title

Creative Writing: Writing for Wellbeing: Getting Started

### Course code

Q00014576

### Course date

Start: 23/05/24

End: 23/05/24

### Number of classes

1 sessions

### Timetable

Thu 23rd May, 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: Writing for Wellbeing: Getting Started ()

## **Level of study**

Beginners

## **Course overview**

If you would like to learn how to use creative writing in a fun way to support your wellbeing and are interested in developing skills to express your thoughts and feelings, then this friendly and supportive course is the perfect course to get you started. 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 and the use of writing games 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 develop some of these fun approaches to creative writing.

## **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 some different ways to get started, including creative writing games, prompts, techniques and thought processes. If you would like to learn how to develop your creative writing skills in a fun and collaborative way 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 course. Creative writing is an effective, rewarding and sometimes surprising way to develop your self-expression. 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 fun, friendly and supportive course, you will learn some different approaches, prompts and techniques to stimulate your creative writing and may be surprised by what you create. By the end of the course you will have a number of approaches, techniques and prompts to take away with you.

## 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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