



Course details

Course title

Creative Writing for Wellbeing

Course code

Q00018500

Course date

Start: 15/10/24

End: 19/11/24

Number of classes

6 sessions

Timetable

Tue 15th Oct, 15:00 to 16:30

Tue 22nd Oct, 15:00 to 16:30

Tue 29th Oct, 15:00 to 16:30

Tue 5th Nov, 15:00 to 16:30

Tue 12th Nov, 15:00 to 16:30

Tue 19th Nov, 15:00 to 16:30

Tutor

Frances Owen

Fee range

Free to £25.20

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

Online

Level of study

Level 1

Course overview

Do you enjoy using words and writing to express yourself? Would you like to be more in touch with your ideas and feelings? Or would you like to learn more about using journaling and writing to support your wellbeing? Then come and join a friendly group on this weekly online course. No previous experience is necessary – all learners will gain confidence and increase their wellbeing through developing skills in creative writing

Course description

Every week learners will develop their creativity using guided exercises and a range of writing prompts. You will be introduced to techniques for writing and journaling that you can use in daily life, supporting wellbeing and personal confidence into the future. Using writing as a creative tool for self-awareness and personal development, you may choose to recover old memories, open up new ways of thinking or use free writing to explore ideas and emotions. There will be opportunities to share your writing in the group, which can bring fresh insight and suggest new ways of being. Working together in a supportive setting will encourage creativity and self-awareness.

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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