



Course details

Course title

Creative Writing: Wellbeing and Writing Skills

Course code

Q00018503

Course date

Start: 25/01/25

End: 25/01/25

Number of classes

1 sessions

Timetable

Sat 25th Jan, 10:00 to 15:30

Branch

Reigate

Tutor

Stella Stocker

Fee range

Free to £20.35

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

Beginners

Course overview

Are you interested in creative writing as a tool for well being? We will explore creative writing as therapy or personal memoir as a tool for well being and developing writing skills, imagination and confidence and look at different ways of writing about life experience, memory, incidents and details that illustrate a narrative and how the use of imagination can often lead to the development of a story or poem.

Course description

We will explore creative writing as therapy or personal memoir with a view to developing your writing skills and explore different forms of writing directly about experience, expressing feelings and 'stream of consciousness' - free writing. Perhaps you already work with creative writing in this context or have often considered writing therapeutically or to develop memoirs. We will have short writing projects and also look at a few examples of published memoirs, journals or poems known to be autobiographical. You are invited to bring work in progress though this is optional. This course is for beginners or developers.

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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