

# Creative Writing Workshops

**will there be assistance for people who have difficulty writing due to poor hand function?**

Given notice, we will try to accommodate individual needs by talking with our Occupational Therapists before the workshops start.

**what will happen to my writing at the end of the workshops?**

Your writing and poetry are for your eyes only, unless, that is, you wish to share your work with others.

**what do people enjoy about the sessions?**

Here are some comments from previous participants:

*“100% enjoyable! The encouragement to write has proved a pleasure and distraction from my illness. I now write more and intend to continue.”*

*“I found it intensely pleasurable....the interplay with other participants....the laughter. The way a poem would bring back memories that we were then able to put down on paper.”*

**For further information please contact:**

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**Large print version available on request.**

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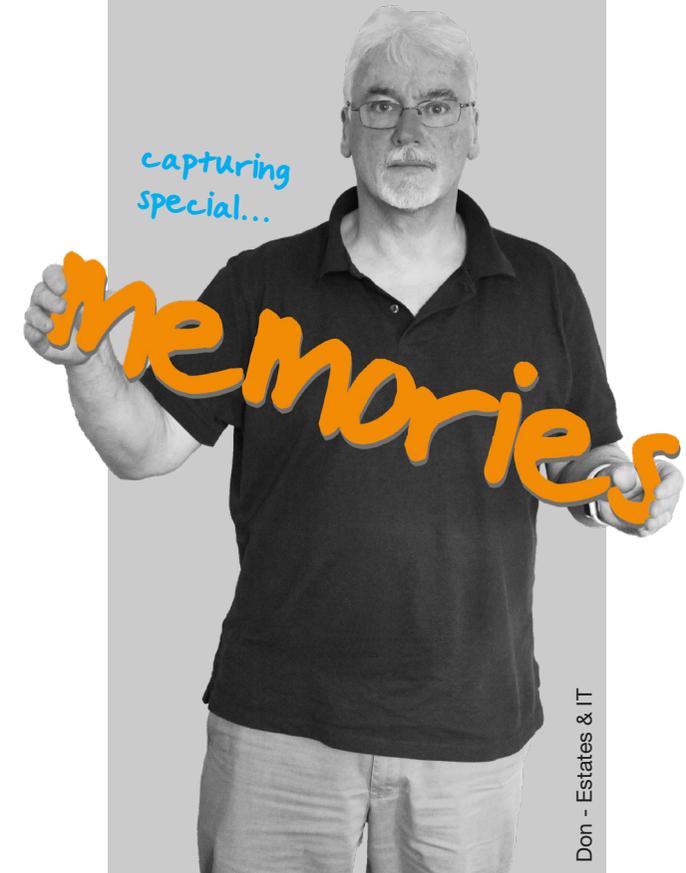
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Don - Estates & IT

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## What do the Creative Writing Workshops involve?

*These informal workshops help patients and carers to capture treasured moments from their lives in a poem or short piece of prose. These moments could be the memory of a special person or place, an evocative smell, or a few lines remembered from a song.*

The sessions help those participating to generate creative ideas which will inspire their confidence and provide a welcome distraction from their illness or disability, or that of the loved one they are caring for.

These workshops are *not* therapy sessions or a difficult, technical exercise - they simply require a little concentration and a willingness to try something new. You don't have to be able to spell correctly and you won't be asked to share any of your writing with any of the group, unless you want to of course.

## Who runs these workshops?

The sessions are run by a local poet, Hilary Hares.



## Where and when do the workshops take place?

The workshops take place in two venues – in the Dove Lounge at Phyllis Tuckwell Hospice in Farnham, and at the Beacon Centre in Guildford. They are held on Monday mornings and each individual session lasts for an hour and a half, which includes a break for refreshments. We plan to hold two workshops a year at each venue and each will run over a period of six weeks. Please ask a member of staff or a volunteer for more information on specific dates and times.

## Will I have to attend all six sessions?

No - these are stand-alone sessions and each will have an individual theme, for example 'Seasonal Recollections', 'Engaging the Senses', 'Irresistible Objects', 'Unforgettable Journeys' and 'Powerful Places'. However, our advice would be to try to attend regularly, as confidence and a sense of achievement will develop with practice.

## Will I be expected to provide my own writing materials?

No, we will provide pens and paper. However, if you would like to use an iPad or laptop then you will need to bring this with you.

