

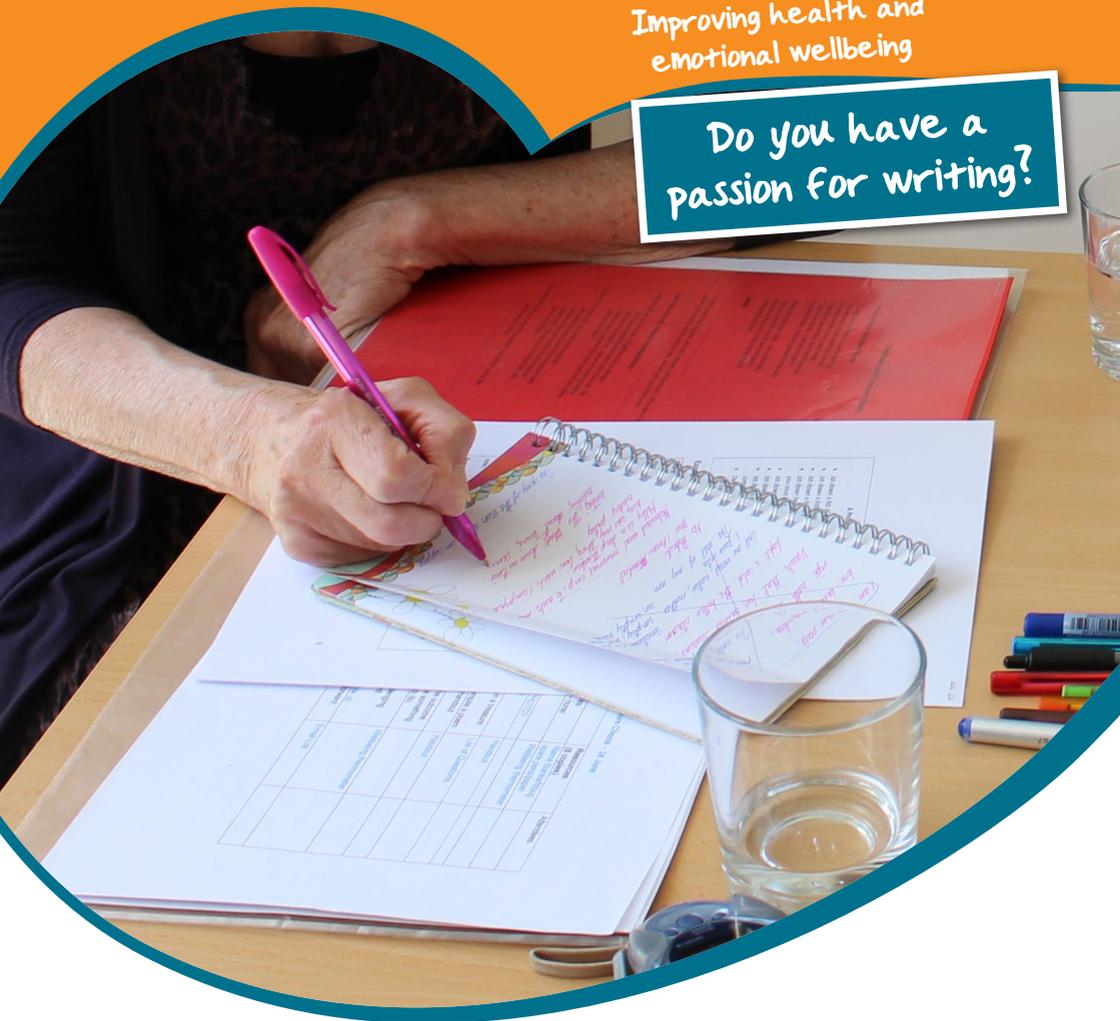


Phyllis<sup>®</sup>  
Tuckwell  
Hospice Care  
...because every  
day is precious

# Creative Writing

Improving health and  
emotional wellbeing

Do you have a  
passion for writing?



For you and your carer to capture treasured moments through poetry and prose. Suitable for experienced writers or those new to this form of self-expression.

For more information about Creative Writing, please contact [rachel.copes@pth.org.uk](mailto:rachel.copes@pth.org.uk) or 01252 729411.

For information about Living Well, call 01252 913040

Living  
Well



# Creative Writing

## what are these groups?

This volunteer-led art group is suitable for those who are living with an advanced or terminal illness and who have a passion for writing.

## what are the benefits?

You can benefit from improved emotional wellbeing, as well as increased confidence and motivation to continue writing.

## what happens in these sessions?

These volunteer-led sessions help you to capture treasured moments from your life in a poem or short piece of prose. You do not need to be able to spell correctly and won't be asked to share any of your writing with the group.

## is transport to the venue available?

There is public transport to the site as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

## do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

## when are the groups held?

The group meets on Monday mornings at the Hospice in Farnham. Each stand-alone session has an individual theme and sessions are held seasonally, running at each venue over six weeks.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.