

Course Information Sheet 2023/24

Work & Wellbeing Non-accredited Course

Course title:	Creative Writing for Wellbeing					Code: CMHB526	
Tutor:	Gill Mesce						
Day & Time:	Friday 1.00pm-3.30pm						
Start & End Dates:	Term 1		Term 2		Term 3 14/6/24 – 12/7/24		
Number of sessions:					5		
Venue:	Bury Adult Learning Centre					Room No:21	
Learner numbers:	Minimum			Maximum			
	6			10			
Costs:	Full Fee			Discounted Fee			
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	
			Free			Free	

What will I learn on this course?

Undertaking a creative activity and learning a new skill can help improve our mental health, wellbeing and help us to relax. This creative course aims to give you the outlet to be able to express your thoughts and emotions and develop your writing skills to release your creative potential.

During this course, you will be introduced to mindful journaling and a variety of literary devices to help you to develop your writing skills for short story, poetry and factual writing purely for enjoyment and wellbeing. Through the practice of mindfulness, you will develop your awareness to promote your creative writing through a variety of writing exercises and produce a portfolio of written work you will be proud of. You will be encouraged to write each week with your tutor providing you with writing prompts and inspiration. Come along for a fun afternoon, learning new techniques, and creating inspirational pieces that you will be proud to share with the rest of the group.

By the end of the course, I will be able to:

- Explore how different methods of journaling can help to develop daily goals and reflection
- Explore mindfulness to nurture the concept of 'free writing' as an introduction to beginning to write creatively
- Produce a portfolio of work I will be proud of
- Develop awareness of how creative writing can help to promote calm and be a coping mechanism when experiencing low mood, stress and anxiety.

Additional information

This course is specifically developed for adults who are experiencing mild to moderate mental health conditions such as stress, anxiety, and low mood. The aim of this course is to help improve emotional wellbeing whilst learning something new, meeting people and having fun! The course provides the opportunity to identify and practice ways to cope and feel better.

These courses aim to help people improve their wellbeing and gain the confidence to move into further learning and work, if appropriate. Courses offer a great starting point to develop new skills, gain confidence, improve general wellbeing or adapt to life changes.

Some courses may require a pre-course informal meeting.

Before you enrol on a course, advice and information is available to help you decide on the right course for you. Contact Learner Services on 0161 253 7501 or e-mail at learner.services@bury.gov.uk.

What will I need to provide myself?

You will need a pen and a small notebook or paper, apart from this you do not need to provide any materials for this course.

Please check that the class is running before buying anything.

What could I do next?

From this course you could progress onto one of our Get Ready for Work courses; Confidence Building & Assertiveness, Goal Setting & Motivation or Build Better Resilience. If you want to progress into work, then our Get That Job course can support you in searching and applying for jobs as well as improving your confidence in preparing for interviews.

You could also progress onto English, maths, IT or another course within our Work & Wellbeing programme to develop further your skills for work. Alternatively, if you wish to pursue a hobby or develop a new skill you could progress onto one of our creative courses. Your tutor will be able to advise on the options available to you in their subject. If you would like to speak to someone about moving on, please ask your tutor to refer you to Learner Services or contact them directly on 0161 253 7501 or e-mail at learner.services@bury.gov.uk.

Can I get extra help?

Support with English and Maths is available through our Skills for Life section. For more information, please contact Learner Services on 0161 253 7501.

Extra support is available for those learners who have sensory, physical or cognitive impairments, neuro-divergent or with mental health conditions. Please contact Nikki Naylor on 0161 253 7287.

Help with paying for your course

You may be entitled to a reduced fee for your course if you claim a benefit. Please refer to the course guide or ask at the centre for more details. You will be asked to produce evidence on enrolment.

How to enrol

Phone: 0161 253 5772

Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ