

<b>Course title:</b>	<b>Creative Writing for Wellbeing</b>		<b>Code:</b> <b>HSFCMHB524</b>
<b>Tutor:</b>	Gill Mesce		
<b>Day &amp; Time:</b>	Friday 1.00pm-3.30pm		
<b>Start &amp; End Dates:</b>	Term 1	Term 2 27/02/26-27/03/26	Term 3
<b>Number of sessions:</b>		5	
<b>Venue:</b>	Bury Adult Learning Centre		<b>Room No: 10</b>
<b>Learner numbers:</b>	Minimum		Maximum
	6		8
<b>Costs:</b>	Full Fee		Discounted Fee
	Free		Free

**What will I learn on this course?**

In this course, you will undertake a creative activity whilst learning a new skill to help improve your mental health, wellbeing and also help you 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 that 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, you 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 you will be proud of.
- Develop an awareness of how creative writing can help to promote calm and be a coping mechanism when experiencing low mood, stress and anxiety.

**You will receive a free android tablet after the course to assist you with further journalling.**

## **Additional information**

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.

**You will need a good command of English and ESOL learners will need a minimum of L1.** 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](mailto:learner.services@bury.gov.uk).

## **What will I need to provide myself?**

Your tutor will discuss materials further at the first class.

**Please check that the class is running before buying anything.**

## **What could I do next?**

From this course you could 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](mailto:learner.services@bury.gov.uk).

## **Can I get extra help?**

Support with English and Maths is available. 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.

## **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

**Please keep your copy of this information sheet. It will be useful throughout your course.**

