

How to Paint a Life in Words



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Improving health and
emotional wellbeing

Do you have a
passion for writing?

Seasonal
reflections

Creative
self-expression

Time for
yourself

Engaging
the senses

Recalling
memories



Capturing treasured moments in time through poetry and prose. Equally suitable for experienced writers and those new to this form of self expression.

For more information about these sessions, please email karen.mcevoy@pth.org.uk or call 01252 729411.

To book your place call **Karen McEvoy** on **01252 729411**

Living
Well



What do these sessions involve?



These informal sessions help you to capture treasured moments from your life in a poem or short piece of prose. These moments could be a memory, an evocative smell, or a few lines remembered from a song.

The sessions help you to generate creative ideas which will inspire your confidence and provide a welcome distraction. They 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.

Who runs these sessions?

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

Where and when do the sessions take place?

They take place in two venues – at the Dove Lounge at Phyllis Tuckwell Hospice in Farnham, and at the Beacon Centre in Guildford. They are held on Monday mornings for an hour and a half, including refreshments break. We hold two workshops a year at each venue and each run over a period of six weeks. Please ask 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. 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.

Will there be help for people who have difficulty writing?

Given notice, we will try to accommodate individual needs before the sessions start.

What will happen to my writing at the end of the sessions?

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